

# **GIRRAWEEEN ATHLETICS CLUB Inc**



## **ANNUAL REPORT 2006/2007**

*Presented at the 29th Annual General Meeting*

# ANNUAL REPORT 2006/2007

OF

GIRRAWEE ATHLETICS CLUB Inc

*Presented at the 29th Annual General Meeting*

*Held at*

*Toongabbie Sports and Bowling Club*

*On*

*Tuesday 5<sup>th</sup> June 2007.*

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## GIRRAWEEEN ATHLETICS CLUB Inc

### PRESIDENT'S REPORT

Dear Member,

On behalf of the Committee I have great pleasure in presenting the Club's 29<sup>th</sup> Annual Report for the 12 months ended 31<sup>st</sup> March, 2007.

As we enter our 30<sup>th</sup> season, the Committee and Members of the Club have shown a wonderful work ethic and enthusiasm to ensure that Girraween Athletics Club remains a friendly place to enjoy athletics and to meet new friends. Our long time partnership with Girraween Little Athletics Club has continued in a very positive manner. We look forward to building further on this partnership during our 30<sup>th</sup> Anniversary.

Our committee has continued to represent you with enthusiasm and vigour. The fact that most positions were filled readily displays the commitment our members have towards our growing club. I would like to thank the committee members for their valuable contribution to the organization and well being of our club. Every area of responsibility was taken care of in a diligent and careful manner and "non-committee" members often contributed with time and effort, which has been very much appreciated.

I would like to thank Michael Christie and Lynette Smith for their organization of our club shirt. Michael often presents great ideas to the committee, one of which was to introduce a club shirt. Many club members have purchased one (some have purchased two) of the shirts and wear them with pride.

I feel that it is important that we mention and thank the following committee members:

Garry Womsley, our secretary and coach ... and Publicity Officer has spent an enormous amount of time carrying out his duties and promoting our club. He has taken on the extra role of Publicity Officer and we always look forward to the monthly newsletters. Garry has been very successful in gaining attention in newspapers and many of our members have had great stories written about them.

Vince Adams has continued to keep us financially on track in his role as Treasurer. Vince is competent in his role, and with a growing club, the time taken and the responsibility of this job has become even greater.

Viv Manwaring, our Registrar and Public Officer, has been kept busy processing record levels of registrations. Viv is most efficient in this area, processing applications quickly and keeping an informed and up-to-date register of our members.

George Milosevic, our Canteen Manager (and budding photographer), has continued an amazing commitment in the canteen as well as with his great photography and booming voice and always encouraging our athletics. Doug Perrott managed the canteen through the Little A's and co-ordinated our stock with the help of George. We had less competitors at Girraween this year due to more members attending Allcomers. However, our canteen profits increased due to George and Doug's great organisation and hard work.

Our fund raising committee, led by Cheryl Argent, entered a new era this year with our involvement in two new initiatives. These included providing our members as paid volunteers for The Sydney Corporate Triathlon and organising a Community BBQ at Blacktown Bunnings. Combined, both ventures brought in well over \$1000 for our club.

Rob Eager is our Winter Competition organiser. This role carries a large area of responsibility and we are fortunate that Rob has been efficient and effective. This is a stressful and time consuming job and Rob has once again been thorough in his presentation of the results.

Ernie Leseberg took on the role of Club Records Officer during the summer season. In addition, he manages our web site which provides great interest not only to our members, but also to the wider athletics community.

Lynette Smith, our ANSW Delegate, has continued to help promote our Club in many areas. At the Athletics NSW level, Lynette has represented us extremely well, not only as a delegate, but also as a fine athlete. In addition, Lynette is a member of the ANSW advisory panel, a position in which Lynette has a great deal to contribute. Her initiatives and efforts in this area are also very much appreciated.

Wayne Thurlow and George Milosevic have represented Girraween Athletics Club very well as our Park Trust Delegates. They have attended a number of meetings and have provided good local knowledge in helping the Park Trust to function effectively.

Brad Milosevic and Nick Hanna were “Junior” Committee members during the last twelve months. The Junior committee role is something I have been in favour of for some time. I firmly believe the younger members of our club have much to offer and help our club in many ways. Brad and Nick’s attendance at committee meetings and their input into the smooth running of our Club was very much appreciated.

I would also like to publicly thank the many members who assisted in setting up for the Summer Competition, these guys consistently went out of their way in making sure that things were set up and the track inspected for a smooth and safe afternoon of competition. Many came down to CV Kelly early and their dedication and commitment is certainly appreciated.

Although not a committee member, Tony Ward needs to be thanked for his general assistance and line-marking work as well as his contribution in organising our javelin sector. We also thank Tony in his role as Honorary Auditor.

Gary Micallef’s involvement with the Little A’s, his publicity of our “senior” Club and his assistance in providing good communication between the two clubs has been very valuable and we thank him for his time and efforts in this area. Girraween members have always known what a great coach Gary is. We would like to congratulate Gary on his award of NSW little A’s “Coach of the Year” and also acknowledge the contribution he makes to athletics.

It has always been our aim to promote athletics so that our members enjoy participating in a friendly environment. As a bonus, we have also enjoyed record levels of success. We were successful in the State Relays, ANSW Club Premiership, State Club Championships,

State Championships, National Championships and ANSW All-Comers and experienced record numbers at CV Kelly during the early stages of the Summer season.

To the Members, thank you for your confidence and support of our Club. As our Club has grown beyond 100 members, you have continued to unanimously accept decisions made by our Committee as necessary steps to confirm the successful future of Girraween Athletics Club.

Finally I would like to extend my thanks to the Committee members for their united support and effort during the past 12 months. They are a fiercely determined group who are dedicated to guide the Club in a positive manner. I am proud to work with them to forge an even brighter future for Girraween Athletics Club members.

**Steven Williams**



# **GIRRAWEEEN ATHLETICS CLUB**



**(Formed September 1978)**

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

## **LIFE MEMBERS**

John Wheeler – 1986 (died 1997)

Bob Sewell – 1988

Vivian Manwaring – 1997

Stephen Halverson – 2003

Lynette Smith - 2006

## **20-YEAR MEDALLISTS**

Bob Sewell – 1998/99

Vivian Manwaring – 2006/07

## **10-YEAR MEDALLISTS**

Jackie Wheeler – 1988

Bob Sewell – 1988

Paul Sewell – 1991

Vivian Manwaring – 1997

Michael Kammerer – 2003

Vikki Savage – 2005

Suresh Raju – 2006

Tracey Wheeler – 1988

John Doolan – 1989

Robert Kropman – 1993

Lynette Smith – 2000

Graham Sheargold – 2003

Richard Frost – 2006

Steven Williams - 2006

Deborah Mulhall – 1988

Peter Kropman – 1989

Catherine Kropman -1993

Stephen Halverson –2003

Phil Bowden – 2004

Wayne Jeff – 2006

## **HON. AUDITOR**

Tony Ward

## GIRRAWEE ATHLETICS CLUB Inc

### CLUB COMMITTEE 2006 / 2007

<b><u>President</u></b>	Steven Williams	Elected AGM May 2006
<b><u>Secretary</u></b>	Garry Womsley	Elected AGM May 2006
<b><u>Treasurer</u></b>	Vince Adams	Elected AGM May 2006
<b><u>Registrar</u></b>	Viv Manwaring	Elected AGM May 2006
<b><u>Public Officer</u></b>	Viv Manwaring	Appointed 2005
<b><u>Fund Raising</u></b>	Cheryl Argent	Elected AGM May 2006
<b><u>Summer Competition</u></b>	Steven Williams (PB's and Pointscore) Club Members (Setting up equipment)	Position remained vacant following AGM May 2006
<b><u>Winter Competition</u></b>	Robert Eager	Elected AGM May 2006
<b><u>Club Records</u></b>	Ernie Leseberg	Elected AGM May 2006
<b><u>Coaching Co-ordinator</u></b>	Garry Womsley	Elected AGM May 2006
<b><u>Publicity Officer</u></b>	Garry Womsley	Elected AGM May 2006
<b><u>Canteen Manager</u></b>	George Milosevic Doug Perrott	Elected AGM May 2006 Elected AGM May 2006
<b><u>ANSW Delegate</u></b>	Lynette Smith	Elected AGM May 2006
<b><u>Park Trust Delegate</u></b>	George Milosevic Wayne Thurlow	Elected AGM May 2006 Elected AGM May 2006
<b><u>General Committee</u></b>	Cheri Womsley	Elected AGM May 2006
<b><u>Junior Committee</u></b>	Brad Milosevic Nick Hanna	Elected AGM May 2006 Elected AGM May 2006

**GIRRAWEE ATHLETICS CLUB - MEMBERSHIP 2006/07**

**MEN: 70**

**WOMEN: 34**

**TOTAL: 104**

**MASTERS**

(Men 40+, Women 35+)

Vincent Adams  
 Denis Andrew  
 Mark Attwood  
 Steven Blunden  
 Michael Christie  
 Tracy Cubis  
 Matthew Dunn  
 Rashelle Dunn  
 Robert Eager  
 Michael Evans  
 Michael Free  
 Robert Giesler  
 Darren Gould  
 Bruce Harrison  
 Michael Hehir  
 Andrea Hendley  
 Lajos Joni  
 Clive Kidson  
 Richard Lamas  
 Eddie Makki  
 Vivian Manwaring  
 Roger Mar  
 Peter Matthews  
 Gary Micallef  
 George Milosevic  
 Stephen O'Donnell  
 Stephen Parkins  
 Nicole Purdie  
 Suresh Raju  
 Terry Rose  
 Katrina Russell  
 Edward Salinas  
 Greg Sargeant  
 Ken Scalley  
 Graham Sheargold  
 Lynette Smith  
 Matt Stenning  
 Kerry Taylor  
 Wayne Thurlow  
 Teresa Truman  
 Penelope Vandenberg  
 Tom Vandenberg  
 Steven Williams  
 Garry Womsley  
 Jill Woodruff  
 Ray Yorke

**GOLDEN OLDIES**

(Men 60+, Women 55+)

Phil Bowden  
 Joe Butler  
 Robert Field  
 Keith Mayhew

**SENIORS (20+)**

Chelsea Austin  
 Matthew Barlow  
 Jean Davis  
 Fiona Dunn  
 Matthew Dunn  
 Melanie Dunn  
 Richard Frost  
 Amanda Giesler  
 Vivienne Herbert  
 Michael Kammerer  
 Peter Kimpton  
 Ernest Leseberg  
 Christopher Mackey  
 Scott Mortimer  
 Chris Paton  
 Robert Rose  
 Geoff Sheargold  
 Yen Tran  
 John Tosh  
 David Wallis  
 Cheri Womsley

**U20**

Nicholas Hanna  
 Christine Wearne

**U19**

Carly Eager  
 Brendan Evans  
 Lauren Sinclair

**U18**

Ater Mgok  
 Bradley Milosevic  
 Jamie Sherson  
 Adam Sinclair

**U17**

Stacey Argent  
 Kelly Micallef  
 Matthew Modini  
 David Moussa  
 Brianna Parkins  
 Natalie Pellizzari

**U16**

Jessica Baitieri  
 Reece Diaz  
 Erika Hendley

**U15**

Andrew Blunden  
 Danielle Goodin  
 Brenda Micallef  
 Stephanie Russell

**U14**

Michael Chaffen  
 Kacee Cubis  
 Steffany Dunn  
 Natalie Hendley  
 Christopher O'Donnell

**U13**

Kristy Webb

**U12**

Adam Dunn  
 Andrew Dunn  
 Skyler Quinnett-Mayhew  
 Jonas Williams  
 Ethan-Corey Womsley



## SECRETARY

This last year has again been a great one for both me as secretary and for the club. We have continued to build on the solid foundation that we set in 2004-05 and 2005-06. We continue to improve our information network with "The Girraween Athlete", "Girraween This Week" as well as regular e-mails which keep our members in touch and up to date on a regular basis with anything to do with athletics. We are now also catering for those members who don't have access to e-mail by distributing a hard copy of "The Girraween Athlete" either personally on race days or by post each month. We continue to be innovative with our communication to our members meaning that they are the best informed of any athletics club members in Australia.

While our club has got bigger and better in recent years both on and off the track, we continue to strive to increase our membership. We are now communicating with former members who have not renewed their membership on a regular basis encouraging them to again rejoin the club. We are also thinking about the grass roots level of the club and working closely with the Little Athletics Club to encourage those who are interested in continuing their athletics when they turn 15 to do so with us. We have a lot to offer members with 50 weeks of competition offered each year. Our members certainly get value for money.

Our committee has worked closely this year in a number of areas particularly with regard to fundraising. We have taken on a number of initiatives this past year which have brought much needed funds into the club. Personally, it has been a pleasure working with this current committee and I would like to thank each and every one of them. It is so much easier when everyone is moving in the same direction in trying to make our great club even greater. Hopefully that will continue with the new committee elected to serve your club in 2007/2008.

The highlights of 2006/07 for me have included: -

(1) We had 100 members or more for the third year in succession. We again ended the season with 104 members. (2) We again had a large number of teams in the State Relays and earned 3 medals which was a 300% improvement on 2005/06. (3) We again finished in the top 20 of the Club Premiership. This included a fantastic 4th placing in the men's O/35 competition which was an improvement of 2 places from 2005/06. While other clubs unfairly rely on a large quantity of athletes to be successful in this competition, we rely on good performances from our small band of representative athletes and still have a good deal of success. (4) We again did well in the State Club Championships with our men's team finishing in a creditable 11th position. The remarkable aspect of this performance was that despite this competition being for Open athletes we made up our team with Underage and Masters athletes. They took on the might of other clubs' Open athletes and were still competitive. (5) We earned 34 medals in State Championship events over all age groups and we currently have 4 state champions. (6) We had five representatives at the

recent National Masters Track & Field Championships and earned an unprecedented total of 23 medals. We now currently have 3 national champions. (7) Our Steeplechase programme continues to reap rewards for the club with 4 state medals in this event alone. With our own training steeple we were able to conduct many training sessions at C.V. Kelly instead of having to travel to Homebush. (8) The Girraween versus Blacktown Championship which was held for the first time this year. We hope that this will promote a close camaraderie between the two clubs for many years to come and help boost athletics participation in the Greater Western Suburbs. (9) Our bronze rating as a result of the ANSW Model Club Policy. (10) Our members continue to participate in events all over the country and overseas making the blue singlet with the white braces one of the most recognisable uniforms going around.

In conclusion, 2006/07 has been another successful season and the only way is up with all the experience we have gained over the last few years. It has been a pleasure to again serve all of you as secretary.

**Garry Womsley**

## **REGISTRAR**

Registrations for 2006/07 totalled 104 which is the same as last season. This is the third consecutive year that our Club has topped one hundred registrations.

60 joined during the winter (down 13 on last season) of which 9 were 'winter only', and an additional 44 joined during the summer (up 13 on last season). 27 opted for 'club only' registration (up 8 on last season).

On Friday 16 March 2007, our Club joined Athletics NSW's on-line registration system that provides for payment by credit card. Members are encouraged to register on-line by going to <http://www.nswathletics.org.au>, clicking on 'registration' and following the prompts. Of course, members can also register in the normal way by filling out a paper copy of the registration form and paying by cash/cheque.

**Viv Manwaring**

## **SUMMER CANTEEN REPORT**

This summer at C. V. Kelly the canteen had an income of \$1,663.52 which resulted in raising a profit of \$867.18. This was approx \$60 (7%) increase from last year.

The achievement of the favourable profit is only due to the patronage and support of members and visitors. Considering that there was an increase number of our athletes competing and representing away from C.V. Kelly this year, the increased profits are very pleasing.

The success of the canteen was through a partnership with GLAC where the senior club would buy the stock, (at cost) from GLAC via a tally system. It meant that the senior canteen had no need to buy in, transport or carry any stocks. It also gave the canteen greater variety goods for sale.

GAC is grateful and thanks Doug Perrott of GLAC for organizing this arrangement which worked well and was trouble-free to manage.

The expenses of \$248.24 were taken from this year's profits for the costs of the Winter Presentation BBQ and the Christmas Sausage sizzles.

Finally I would like to thank for all the helpers throughout the season in assisting the canteen and sausage sizzles, which resulted in a rewarding contribution to our club.

**George Milosevic**

## COACHING

We again had healthy numbers at training on Mondays and Wednesdays at C.V. Kelly throughout the last year. In fact, on two occasions during the summer we had over 20 athletes attend. It continues to be a source of encouragement for me personally to see how much our athletes have improved. A number of our training squad members again stepped up to a higher level and did very well. While they earned a number of medals, the main thing was that our athletes achieved a number of personal bests. Nick Hanna and Andrew Blunden have been the biggest improvers and they will only get better with the experience of the last year. A big thank you also goes to our regulars Stacey Argent, Brad Milosevic, Adam Sinclair, Roger Mar, Steve Blunden, Wayne Thurlow and Vince Adams who braved all of the elements to train with us.

Our Tuesday night steeplechase sessions were again successful with squad members earning 6 state medals and 1 national medal between them. However, it would be great to get some new members interested in doing this challenging but enjoyable event. During the winter off season, we introduced middle distance training at Homebush on Tuesday nights and this has also been successful and built a solid base for the summer track season. We have now introduced Sunday morning long distance training runs and I have also been available for some special Thursday night training sessions during the year for those athletes who wanted to do extra work in a certain area. That service will continue to be available for those athletes who request it.

During the summer, with the introduction of more qualified coaches, we were able to offer more coaching options each night. This proved to be relatively successful with athletes being able to move from group to group during the session. However, there is always room for more coaches so it would be great if some of our younger members could sit for their coaching certificate. They will reimburse you for all the fees you need to pay. Coaching is certainly a rewarding experience.

Again, the past year has been thoroughly enjoyable for me personally as Coaching Co-ordinator. I completed a Level 2 General Principles of Coaching course by correspondence as well as completing the Level 2 Coaching AWD's course which has now given us more coaching options as we continue to better cater for those athletes with a disability. I will soon be starting the Level 3 coaching course (theory) which will eventually lead into the Level 4 course (practical) specialising in Middle/Long Distance. As a coach, there is always something new to learn and I look forward to the challenge.

Garry Womsley

## SUMMER COMPETITION

Girraween Athletics Club has once again enjoyed a highly successful Summer Competition. The 2006 / 2007 season enjoyed a large number of members competing at CV Kelly Park. In total, 128 athletes took part in the Summer Competition.

Our point scoring 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 over the season. At the end of the season, the four lowest scoring weeks are subtracted from each athlete's total. From this, the season's Club Champion is determined as well as the age category winners and the champion visitor. Athletes need to have completed at least 50% of the competition days held at C.V. Kelly during the season to be eligible for awards.

The categories are **Under 20**, **Senior** (20 to 39 years for men, 20 to 34 years for women) and **Masters** (40 years + for men and 35 years + for women). 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places are available within each category, catering for men and women. From these placings, 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> awards have been presented to the top three men and women. The highest award, Club Champion, is presented to the male or female who has scored the highest total of points for the season.

Congratulations to **Wayne Thurlow** who is our 2006/2007 season's **Club Champion**. Although, Wayne suffered injuries leading into the summer competition, he led the competition throughout the season. To his credit, he trained well and completed a fantastic season. As well as gaining 108 points, Wayne broke two long standing records. Last year's champion, Stephen Blunden accomplished another great season gaining 2<sup>nd</sup> place on a creditable 90 points with another fine athlete, Stephen Parkins gaining 3<sup>rd</sup> place on 78 points. The first three places in the men's competition were taken by men in the Masters age group. Congratulations and well done.

The women's competition was won well by **Brenda Micallef**. Brenda was a close runner-up last year and has continued with her fine efforts during this season. Brenda scored 80.5 points, with Jean Davis, our new Mum gaining 2nd place on 75 points. In 3<sup>rd</sup> place was Mel Dunn, who has also performed well gaining 58 points

The following tables display the age category winners:

<b>Under 20</b>				
	<i>Men</i>		<i>Women</i>	
1st	Adam Sinclair	71.5	Brenda Micallef	80.5
2nd	Andrew Blunden	65.5	Steffany Dunn	54.5
3rd	Brad Milosevic	46.0	Lauren Sinclair	49.0
<b>Seniors</b>				
1st	Scott Mortimer	69.5	Jean Davis	75.0
2nd	Matt Dunn	67.0	Mel Dunn	58.0
3rd	John Tosh	61.5	Viv Herbert	35.0

<b>Masters</b>				
1st	Wayne Thurlow	108.0	Andrea Hendley	41.0
2nd	Stephen Blunden	90.0	Nicole Purdie	33.0
3rd	Stephen Parkins	78.0	Raschelle Dunn	20.0

With Girraween being one of the only clubs competing in track and field on Saturdays, many visitors compete in our competition. Visitors are defined as members from another club or younger athletes who don't qualify for dual membership. Congratulations to **Fred Daniels** who has gained first place as **Champion Visitor**. Fred attended more than 82% of the possible competition days and gained a total of 53.5 points. Fred is a fine athlete and is always determined to perform well. Fred also has gained this award for the last four years and it was our pleasure to once again enjoy his company during the 2006/2007 season.

With our Summer Competition known as Girraween Allcomers, we did attract more regular visitors from other clubs this year. We have highlighted the importance of visitors to our club by presenting further awards to minor placegetters. Graham Ryan was placed 2<sup>nd</sup> on 42 points and Nick Terranova was placed 3<sup>rd</sup> on 14 points. In the Under 20 category, Andrew Ellis was placed 1<sup>st</sup> on 30 points.

Congratulations to all members and visitors for your enthusiasm and dedication to athletics during the 2006 / 2007 Summer Competition.

**Steven Williams**

# **DETAILED SUMMER COMPETITION RESULTS 2006/07**

## **WOMEN**

Micallef, Brenda	80.5	Russell, Katrina	9.
Davis, Jean	75.0	Parkins, Brianna	8.0
Dunn, Mel	58.0	Hendley, Erika	7.0
Dunn, Steffany	54.5	Russell, Stephanie	7.0
Sinclair, Lauren	49.0	Goodin, Danielle	5.0
Hendley, Andrea	41.0	Wearne, Christine	4.0
Micallef, Kelly	40.5	Pellizzari, Natalie	2.0
Herbert, Viv	35.0	Truman, Teresa	2.0
Purdie, Nicole	33.0	Vandenbelt, Penny	2.0
Argent, Stacey	32.5	Cubis, Kacee	0.0
Austin, Chelsea	27.0	Cubis, Tracy	0.0
Hendley, Natalie	26.0	Eager, Carly	0.0
Dunn, Fiona	20.0	Webb, Kristy	0.0
Dunn, Rashelle	20.0	Baitieri, Jessica	0.0
Smith, Lynette	14.0	Yen, Tran	0.0
Giesler, Amanda	12.0	Woodruff, Jill	0.0
Womsley, Cheri	11.0	Taylor, Kerry	0.0

## **MEN**

Thurlow, Wayne	108.0	Hanna, Nick	15.0
Blunden, Steve	90.0	Sheargold, Graham	15.0
Parkins, Stephen	78.0	Andrew, Denis	14.0
Christie, Michael	66.0	Sherson, Jamie	13.5
Sinclair, Adam	71.5	Diaz, Reece	13.0
Mortimer, Scott	69.5	Hehir, Michael	13.0
Dunn, Matt	67.0	Kimpton, Peter	12.0
Blunden, Andrew	65.5	Vandenbelt, Tom	12.0
Williams, Steve	62.5	Eager, Robert	10.0
Tosh, John	61.5	Yorke, Ray	8.0
Stenning, Matt	61.0	Field, Bob	8.0
Mar, Roger	56.0	Harrison, Bruce	8.0
Micallef, Gary	58.0	Raju, Suresh	8.0
O'Donnell, Stephen	57.0	Flower, Chris	7.0
Dunn, Matthew	50.0	Attwood, Mark	7.0
Milosevic, Brad	46.0	Quinnett, Skyler	6.0
Dunn, Andrew	41.0	Rose, Robert	5.0
Adams, Vince	40.5	Leseberg, Ernie	3.0
Modini, Matthew	39.0	Bowden, Phil	0.0
Giesler, Robert	37.0	Chaffen, Michael	0.0
O'Donnell, Chris	36.5	Free, Michael	0.0
Matthews, Peter	33.0	Kammerer, Michael	0.0
Frost, Richard	31.0	Makki, Eddie	0.0
Evans, Brendan	31.0	Milosevic, George	0.0
Purdie, Joshua	30.0	Paton, Chris	0.0
Dunn, Adam	27.0	Wallis, David	0.0
Womsley, Ethan	26.0	Barlow, Matthew	0.0
Rose, Terry	22.0	Lamas, Richard	0.0
Butler, Joe	23.0	Scalley, Ken	0.0
Mayhew, Keith	19.0	Mackey, Christopher	0.0
Evans, Michael	19.0	Mgok, Ater	0.0
Manwaring, Viv	19.0	Moussa, David	0.0
Sargeant, Greg	19.0	Joni. Lajos	0.0
Kidson, Clive	17.0	Salinas, Ed	0.0
Womsley, Garry	17.0	Sheargold, Geoff	0.0

**CLUB COMPETITION - RECORDS SET 2006/07**

NAME	AGE GROUP	EVENT	TIME/DISTANCE
Amanda Geisler	Open	4 x 100 Mixed Relay	55.8
Mel Dunn	Open	4 x 100 Mixed Relay	55.8
Matt Dunn	Open	4 x 100 Mixed Relay	55.8
Brad Milosevic	Open	4 x 100 Mixed Relay	55.8
Stephen Parkins	40+	4 x 100 Mixed Relay	55.9
Gary Micallef	40+	4 x 100 Mixed Relay	55.9
Steven Williams	40+	4 x 100 Mixed Relay	55.9
Robert Geisler	40+	4 x 100 Mixed Relay	55.9
Caitlin Dunn	U20	4 x 100 Women's Relay	63.2
Steffany Dunn	U20	4 x 100 Women's Relay	63.2
Brenda Micallef	U20	4 x 100 Women's Relay	63.2
Danielle Goodin	U20	4 x 100 Women's Relay	63.2
Robert Geisler	Masters	60m	7.8=
Vince Adams	Masters Plus	60m	8.1
Robert Field	Golden Oldie	60m	9.8
Steven Williams	Masters Plus	300m	48.0
Lynette Smith	Masters	300m	48.5
Brad Milosevic	U19	1000m	02:50.9
Brad Milosevic	U19	2000m	06:13.1
Stacey Argent	U18	2000m	09:48.1
Stephen Parkins	Masters	Standing Long Jump	2.53
Vince Adams	Masters Plus	Standing Long Jump	1.94
Lynette Smith	Masters	Scissors High Jump	1.30
Vince Adams	Masters Plus	Scissors High Jump	1.15
Lynette Smith	Masters	Shot Put Throw	16.55
Lajos Joni	Masters Plus	Shot Put Throw	25.50

**MODIFIED COMPETITION – RECORDS SET 2006/07**

NAME	AGE GROUP	EVENT	TIME/DISTANCE
Vince Adams	Masters Plus	100m	12.9
Steven Williams	Masters Plus	400m	66.3
Graham Sheargold	Masters Plus	1500m	05:15.6=
Wayne Thurlow	Masters	100m	12.3
Wayne Thurlow	Masters	200m	26.6
Brendan Evans	U19	Discus	29.76
Jamie Shearson	Shearson	400m	53.5
Jamie Shearson	Shearson	800m	02:03.6
Katrina Russell	Masters Plus	800m	03:14.0
Katrina Russell	Masters Plus	1500m	06:44.5
Katrina Russell	Masters Plus	Long Jump	2.81
Katrina Russell	Masters Plus	Discus	16.36
Lynette Smith	Masters	200m	32.0
Lynette Smith	Masters	800m	02:49.8
Lynette Smith	Masters	Discus	34.76
Lynette Smith	Masters	Shot Put	9.95
Lynette Smith	Masters	Javelin	31.8
Christine Wearne	U20	200m	29.0=
Natalie Pellizzari	U17	400m	01:04.7





## **PUBLICITY**

We have had some good publicity throughout the past year from the local press. Despite many pages being taken up by other sports, we have been able to get some good stories in both the Parramatta Advertiser and Blacktown Advocate which not only promoted our club but also the sport of athletics in the Greater West.

The publicity highlight of the year was definitely being able to get a photographer to C.V. Kelly during our summer competition late last year. He took some great photos and he was so impressed with our set up that he even mentioned that he was interested in competing with us in the future. These photos combined with a good story about our club, appeared in both the Parramatta Advertiser and the Blacktown Advocate. There was also a good story about Andrew Blunden and his many achievements.

Besides the larger stories, there were also a number of smaller stories which appeared in both publications on a regular basis. In fact, we averaged at least two stories per month which was a big improvement from last year. It has been helpful having a good rapport with the sports editor at both publications.

We have also resumed the practice of passing on our weekly results to AAP for distribution to the larger state run papers such as the Sunday Telegraph and Sun-Herald. Either one or both of these publications have published our results each week. These results are always popular with our members. It also gets our name into the public eye.

As you can see from the following pages, we have had a very successful year on the publicity front but the challenge is to improve on this even more in the coming year and get more feature stories.

Garry Womsley

## WINTER COMPETITION – 2006

2006 was an enjoyable and successful season. Girraween had 53 registered athletes available to compete in the West Metropolitan road and cross-country running series and Championships.

Please refer to the list below for point score details:

### DETAILED WINTER RESULTS

#### CLUB COMPETITION RESULTS – WINTER 2006

<b>SHORT DISTANCE - 2006</b>						
Surname	First Name	Age (31/12/06)	Age (West Met)	Age (Girra)	Nom	Points [ adjusted total ]
WOMSLEY	ETHAN-COREY	9	U10	U10	S	327
SHERSON	JAMIE	17	U18	U18	S	210
SINCLAIR	LAUREN	18	U19	U19	S	150
WOMSLEY	CHERI	31	30-39	Senior	S	30
MOUSSA	DAVID	16	U17	U17	S	29
MGOK	ATER (DRE)	17	U18	U18	S	28
<b>MEDIUM DISTANCE - 2006</b>						
Surname	First Name	Age (31/12/06)	Age (West Met)	Age (Girra)	Nom	Points [ adjusted total ]
BLUNDEN	ANDREW	14	U15	U15	M	358
EAGER	CARLY	18	U19	U19	M	351
WILLIAMS	JONAS	11	U12	U12	M	343
WALLIS	DAVID	38	30-39	Senior	M	326
THURLOW	WAYNE	40	40-49	Master	M	323
MICALLEF	GARY	44	40-49	Master	M	310
RUSSELL	KATRINA	51	50-59	Master	M	296
MICALLEF	BRENDA	14	U15	U15	M	284
ROSE	TERRY	54	50-59	Master	M	266
HANNA	NICHOLAS	19	U20	U20	M	255
CHRISTIE	MICHAEL	44	40-49	Master	M	246
ARGENT	STACEY	16	U17	U17	M	208
PELLIZZARI	NATALIE	16	U17	U17	M	178
CHAFFEN	MICHAEL	13	U14	U14	M	153
MACKEY	CHRIS	21	Senior	Senior	M	113
Manwarring	Viv			Master	M	48
GIESLER	AMANDA	22	Senior	Senior	M	0
LESEBERG	ERNEST	35	30-39	Senior	M	0
MICALLEF	KELLY	16	U17	U17	M	0
SMITH	LYNETTE	36	30-39	Senior	M	0
WOODRUFF	JILL	37	30-39	Senior	M	0

**LONG  
DISTANCE -  
2006**

Surname	First Name	Age (31/12/06)	Age (West Met)	Age (Girra)	No m	Points [ adjusted total ]
MILOSEVIC	BRAD	17	U18	U18	L	360
WOMSLEY	GARRY	43	40-49	Master	L	350
FROST	RICHARD	32	30-39	Senior	L	340
SHEARGOLD	GRAHAM	51	50-59	Master	L	323
SHEARGOLD	GEOFF	20	Senior	Senior	L	319
ANDREW	DENIS	58	50-59	Master	L	316
SINCLAIR	ADAM	17	U18	U18	L	280
MAYHEW	KEITH	63	60+	Golden Oldie	L	269
WILLIAMS	STEVEN	50	50-59	Master	L	258
SCALLEY	KEN	58	50-59	Master	L	255
BARLOW	MATTHEW	22	Senior	Senior	L	251
FREE	MICHAEL	40	40-49	Master	L	246
BLUNDEN	STEVEN	46	40-49	Master	L	231
KIDSON	CLIVE	55	50-59	Master	L	226
PATON	CHRIS	31	30-39	Senior	L	222
PARKINS	STEPHEN	46	40-49	Master	L	218
SALINAS	EDWARD	45	40-49	Master	L	210
MAR	ROGER	50	50-59	Master	L	193
ADAMS	VINCE	51	50-59	Master	L	192
O'DONNELL	STEPHEN	42	40-49	Master	L	189
EAGER	ROBERT	54	50-59	Master	L	186
GOULD	DARREN	43	40-49	Master	L	170
LAMAS	RICHARD	44	40-49	Master	L	158
BUTLER	JOSEPH	69	60+	Golden Oldie	L	145
ATTWOOD	MARK	47	40-49	Master	L	106
HEHIR	MICHAEL	48	40-49	Master	L	49
MAKKI	EDDIE	58	50-59	Master	L	12

**GIRRAWEE ATHLETICS CLUB TROPHY WINNERS 2006**

Awards were presented at the *Girrawee Winter Presentation – Saturday, 20<sup>th</sup> January, 2007*  
– C.V. Kelly Park as follows:

**SHORT**

Male

U10                      Ethan-Corey Womsley    (327)

**MEDIUM**

Male

U12                      Jonas Williams            (343)

U15                      Andrew Blunden            (358)

U20                      Nicholas Hanna            (255)

Senior                   David Wallis                (326)

Master                   Wayne Thurlow            (323)

Master                   Gary Micallef              (310)

Master                   Terry Rose                 (266)

Female

U15                      Brenda Micallef            (284)

## **GIRRAWEE ATHLETICS CLUB TROPHY WINNERS 2006**

(continued)

### **LONG**

#### **Male**

U18	Brad Milosevic	(360)
U18	Adam Sinclair	(280)
Senior	Richard Frost	(340)
Master	Gary Womsley	(350)
Master	Graham Sheargold	(323)
Master	Dennis Andrew	(316)
Golden Oldie	Keith Mayhew	(269)
Golden Oldie	Joe Butler	(145)

### **EXPLANATION OF THE WINTER CLUB COMPETITION POINT SCORE – 2006**

Our point scoring system is based on an athlete's participation in the various West Metropolitan Zone and State Championship events. Athletes must have finished to score points in any particular event. To be eligible for a club award, athletes must have completed at least 50% of the events on offer (i.e. 14 West Metropolitan & 6 Championships). If athletes did not participate in any Championships but participated in the required number of West Metropolitan events, they are still eligible for a club award. Point scoring is determined as follows: -

#### **West Metropolitan Zone races:**

Athletes must inform the Winter Manager as soon as possible of their nominated point scoring event for any particular season. The Short, Medium and Long Distances are open to all age groups. All athletes who finish are awarded points depending on where they finished. (i.e. 1<sup>st</sup> receives 30 points, 2<sup>nd</sup> receives 29 points and so on). If athletes do not participate in their nominated event but participate in another event, they receive half points for one event only based on the same point scoring criteria.

#### **Championship Events**

If the same distance was run by everyone (eg 4km Cross Country Relays), times are ranked, irrespective of whichever distance they have nominated to compete in over the season. If various distances were held for different age categories, each category is scored separately. Those who participate in Fun Runs only are awarded points for competing but half that of those who participated in the actual Championship races on the day.

#### **Calculating Total Points**

To allow those who miss the occasional run to still be competitive in the point score, not all races are included in the final tally of points. The lowest point scoring weeks are eliminated to leave: -

10 from 14 West Metropolitan Zone runs (This being the minimum requirement if no Championships or Special Events are contested by an athlete to still be eligible for an award)  
1 from 3 Road / Cross Country Championship Events  
1 from 2 Relay Championships  
1 from 2 Special Events (Novice or Half Marathon)

From this final tally, the various age category winners are determined.

### **WEST METROPOLITAN TROPHY WINNERS**

*Awards were presented at the West Metropolitan Series Presentation Day – West Auburn – Saturday, 2<sup>nd</sup> September, 2006.*

A list of Girraween Athletics Club members who received awards are as follows:

2km: -

30+ Women - Jill Woodruff - 3rd\*

40+ Men - Steve O'Donnell - 3rd\*

50+ Men - Roger Mar - 3<sup>rd</sup>

4km: -

U/20 Women - Carly Eager - 1st

50+ Women - Katrina Russell - 1st

U/12 Men - Jonas Williams - 2nd\*

U/16 Men - Andrew Blunden - 1st

30+ Men - David Wallis - 3rd\*

40+ Men - Wayne Thurlow - 3rd

8km: -

U/20 Men - Brad Milosevic - 1st

U/20 Men - Adam Sinclair - 2nd\*

Open Men - Geoff Sheargold - 2nd

40+ Men - Garry Womsley - 3rd

60+ Men - Keith Mayhew - 1st

**Robert Eager**

**31 May 2007**









GIRRAWEE TIMES & WINTER CLUB COMPETITION POINTSCORES - LONG DISTANCE - 2006													
		Championship 3 3/06/06	West Met 7 10/06/06	Championship 4 17/06/06	West Met 8 24/06/06	West Met 9 1/07/06	West Met 10 8/07/05	Championship 5 15/07/05	West Met 11 22/07/05	West Met 12 29/07/05	Championship 6 5/08/06	West Met 13 19/08/06	West Met 14 26/08/06
Surname	First Name	NSW X Country Relay - Miranda	Rosford St Smithfield	NSW Country Ch'ships - Nowra	Prospect Reservoir	Cowells Lane Ermington	Parramatta River Ermington	NSW Country Ch'ships ( Short) The Crest	River Road Res Emu Plains	Gipps Road Greystanes	NSW Road Relay Wollongong	TREVOR LONARD HCP Prospect Reservoir	Crestwood Baulkham Hills
0		4k	8k	12k	8k	8k	8k		8k	8k	4k	8k	8k
MILOSEVIC	BRAD	13.55		20.22 (6k)	29.03	29.11	27.48		40.18	29.47	12.29 (4k)	29.32	
WOMSLEY	GARRY	16.02			33.02	34.59	33.54	34.19	41.53		15.14 (4k)	32.44	33.17
FROST	RICHARD	15.11	32.14	53.4	32.2	33.21	31.3	35.07		32.09	15.04 (4k)	31.37	33.20
SHEARGOLD	GRAHAM	15.4	33.22	54.11	32.44		32.24		42.08	34.01	15.34 (4k)	31.55	
SHEARGOLD	GEOFF	14.41	31.33		31.5			33.33	41.31	32.39			
ANDREW	DENIS	16.5	35	38.20 (8k)	34.33	35.3	34.05	37.14	44.29	34.45	16.42 (4k)		
SINCLAIR	ADAM	15.01				32.21				32.51	14.48 (4k)		35.48
MAYHEW	KEITH		37.53	39.16 (8k)	35.53	38.19	34.55	36	52.47	37.47	16.41 (4k)	39.35	39.22
WILLIAMS	STEVEN	16.59				39.24	36	37.54	46.48	36.44	16.1 (4k)	34.28	38
SCALLEY	KEN		38.45		37.55	38.28	36.06		48.25	37.53	17.35 (4k)	35.33	40.11
BARLOW	MATTHEW	15.42	32.39		33.39								
FREE	MICHAEL		34.52		35.04	37.54			48.11	36.55			
BLUNDEN	STEVEN	17.24	39.07		18.35 (4k)		37.16	18.50 (4k)	49.53	40.04	16.53 (4k)	38.54	40.27
KIDSON	CLIVE		36.19	34.5		43.1	34.27	36	45.06			36.52	
PATON	CHRIS	17.06			36.16		36.41		49.15		17.32 (4k)	36.54	38.34
PARKINS	STEPHEN	17.31	41.04	62.11		39.01	37.22	38.17	49.27	38.09		37.19	38.14
SALINAS	EDWARD	16.08	38.17				35.33	35.33	44.02				
MAR	ROGER	20		67.11	41.01	21.38 (4k)	47.1	42.58	59.12	46.27	19.56 (4k)	43.00	46.42
ADAMS	VINCE	18.04		65.15		39.27	37.54		50.53	40.07	18.04 (4k)		
O'DONNELL	STEPHEN	18.11			39.42	41.47	19.11 (4k)		24.33 (4k)			18.52	19.53
EAGER	ROBERT	20.3		72.04	46.43	42.18	43.54	43.56		46.25	20.4 (4k)	40.36	48.33
GOULD	DARREN	18.32	18.16		39.44	39.43	37.35	40.22		39.31			
LAMAS	RICHARD	18.58	42.3		44.3	46.42	40.24		55.56	18.45 (4k)		47.46	19.29
BUTLER	JOSEPH						48.02	51.21	62.04	47.48	21.45 (4k)		49.07
ATTWOOD	MARK												
HEHIR	MICHAEL				38.56				53.16	41.18			
MAKKI	EDDIE						19.44 (4k)						