

GIRRAWEEEN ATHLETICS CLUB Inc



ANNUAL REPORT 2011/2012

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

*Presented at the 34th Annual General Meeting
18th June 2012*

Toongabbie Sports and Bowling Club



ANNUAL REPORT 2011 / 2012
OF
GIRRAWEEN ATHLETICS CLUB Inc

Presented at the 34th Annual General Meeting

Held at

Toongabbie Sports and Bowling Club

On

Monday 18th June 2012.

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GIRRAWEEN ATHLETICS CLUB Inc.

PRESIDENT'S REPORT

Dear Member,

On behalf of your Committee, I have great pleasure in presenting our Club's 34th Annual Report for the 12 months ended 31st March 2012. We clearly have much to be proud of as Girraween Athletics Club continues to grow and flourish.

This Annual Report highlights the wonderful season that has been enjoyed by our club and its membership. Included are our committee reports, comprehensive reports of the 2011 / 2012 Summer Competition, 2011 Winter Competition and the Publicity and Club Records. This report reflects on the past season with our members' participation in a wide range of events almost as diverse as the range in ages of club members (from 3 to 86).

In this, an Olympics' year, athletics continues to be a popular sport, as our Club also continues to attract new membership as well as working tirelessly to increase the retention rate of our current members. In the thirty-four year history of our Club we have been privileged to register 869 members. It is reassuring to note that 47% of our Club's 10 Year Medallists still enjoy their membership with Girraween Athletics Club. This positive trend continues as other groups of members are also nearing their ten years of membership with Girraween Athletics Club. This year, I would especially like to congratulate Viv Manwaring on reaching his 25th year of membership. Viv is only the second member in our Club's history to accomplish this amazing achievement.

It is a huge job maintaining all aspects of our Club. It is pleasing to note that our Club's Committee works tirelessly throughout the season in keeping our Club on "track" and keeping our members well-informed and up-to-date. We achieved an amazing feat at last year's AGM having 25 members accepting positions on our Club's 34th Committee. Through the committee's tireless work, Girraween Athletics Club continues to grow and provide the best for its members and we are always looking at how we can improve.

I would like to thank our members and our committee for their support as our Club would not continue to flourish without the hard work, time, dedication and passion that is given to our club. Some members have been through difficult times and the support within our club helps in many ways.

With C.V. Kelly Park being closed for refurbishment from September 2011, a lot of extra work was involved in the relocation of equipment and setting up for our Summer season at Gipps Road Sporting Complex. I would like to thank Girraween Little Athletics Club (GLAC) for the huge contribution they made in this venture, including our club members who are affiliated with GLAC. Although a challenging time, this contribution certainly made the relocation less painful for our senior club.

As we competed at Gipps Road for the Summer season, it was decided to acknowledge ground records for this venue. Therefore, this report contains CV Kelly Ground records as well as ground records set at Gipps Road during the 2011/2012 season.

In closing, I am once again grateful for the assistance and support provided by our committee members who selflessly give their personal time in an effort towards securing a better future for our Club. Many

hours of committee members' time is taken up with many and varied duties which occur behind the scenes. On behalf of all members, I sincerely thank our committee for the continued dedication they have for our Club. I would also like to acknowledge the time and assistance by non-committee members who have assisted tremendously throughout the summer and winter competitions.

We look forward to continued success and wish all members the best of luck during the forthcoming season.

As President of Girraween Athletics Club, I am proud of our Club, our history and the people who continue to make this wonderful Club what it is!

I look forward to a successful 2012 / 2013 season and to the commitment of representing our Club as we achieve another milestone with our 35th year.

In the words and philosophy of our founding member, John Wheeler, we aim to continue to promote athletics “with good, friendly competition and in a social environment”.

Steven Williams
Club President

Message from Joan Wheeler (wife of our founding member – John Wheeler)

Dear Jean and Michael,

Thank you for the kind invitation to attend the Annual General Meeting of Girraween Athletics Club on 18th June 2012. I am sorry I am not able to attend.

I enjoy reading your emails and seeing the activities of the Club, and I am very pleased to see that the athletes are doing so well with both summer and winter programs.

Congratulations to the members, who are being presented with awards at the AGM, and I wish the Club every success in the future.

With all good wishes,
Joan Wheeler.



GIRRAWEEEN ATHLETICS CLUB



(Formed September 1978)

C V Kelly Park, Oramzi Road, Girraween

CLUB PATRON

The Hon. Nathan Rees (2010 -)

LIFE MEMBERS

John Wheeler – 1986 (died 1997)

Bob Sewell – 1988

Vivian Manwaring – 1997

Stephen Halverson – 2003

Lynette Smith – 2006

Graham Sheargold - 2009

25-YEAR MEDALLISTS

Bob Sewell - 2002

Vivian Manwaring - 2011

20-YEAR MEDALLISTS

Bob Sewell – 1997

Vivian Manwaring – 2006

Lynette Smith – 2009

15-YEAR MEMBERS

Bob Sewell - 1992

Vivian Manwaring - 2001

Lynette Smith - 2004

Graham Sheargold - 2007

Phil Bowden - 2009

Richard Frost - 2010

Suresh Raju - 2010

Steven Williams - 2010

10-YEAR MEDALLISTS

Jackie Wheeler - 1988

Bob Sewell - 1988

Paul Sewell - 1991

Vivian Manwaring - 1997

Stephen Halverson - 2003

Vikki Savage - 2005

Suresh Raju - 2006

Lisa Grant - 2008

Gary Micallef - 2010

Carly Eager - 2011

Eddie Makki - 2011

Joseph Butler - 2012

Tracey Wheeler - 1988

John Doolan - 1989

Robert Kropman - 1993

Lynette Smith - 2000

Graham Sheargold - 2003

Richard Frost - 2006

Wayne Jeff - 2006

Chelsea Kimpton - 2008

Vince Adams - 2011

Robert Eager - 2011

Bradley Milosevic - 2011

Michael Free - 2012

Deborah Mulhall - 1988

Peter Kropman - 1989

Catherine Kropman - 1993

Michael Kammerer - 2003

Phil Bowden - 2004

Steven Williams - 2006

Keith Mayhew - 2007

Robert Giesler - 2010

Stacey Argent - 2011

Amanda Giesler - 2011

Geoffrey Sheargold - 2011

Michael Evans – 2012

HON. AUDITOR

Tony Ward

Public Officer

Viv Manwaring



GIRRAWEEEN ATHLETICS CLUB



(Formed September 1978)

C V Kelly Park, Oramzi Road, Girraween

President	Year	Secretary
John Wheeler	1978-1979	John Wheeler
John Wheeler	1979-1980	John Wheeler
John Wheeler	1980-1981	John Wheeler
John Wheeler	1981-1982	John Wheeler
John Wheeler	1982-1983	John Wheeler
John Wheeler	1983-1984	John Wheeler
John Wheeler	1984-1985	John Wheeler
John Wheeler	1985-1986	John Wheeler
John Wheeler	1986-1987	John Wheeler
John Wheeler	1987-1988	John Wheeler
Bob Sewell	1988-1989	Viv Manwaring
Bob Sewell	1989-1990	Viv Manwaring
Bob Sewell	1990-1991	Viv Manwaring
Bob Sewell	1991-1992	Viv Manwaring
Bob Sewell	1992-1993	Viv Manwaring
Bob Sewell	1993-1994	Viv Manwaring
Bob Sewell	1994-1995	Viv Manwaring
Bob Sewell	1995-1996	Viv Manwaring
Bob Sewell	1996-1997	Viv Manwaring
Graham Sheargold	1997-1998	Viv Manwaring
Bob Sewell	1998-1999	Viv Manwaring
Bob Sewell	1999-2000	Viv Manwaring
Bob Sewell	2000-2001	Viv Manwaring
Bob Sewell	2001-2002	Viv Manwaring
Bob Sewell	2002-2003	Lynette Smith
Steven Williams	2003-2004	Lynette Smith
Steven Williams	2004-2005	Garry Womsley
Steven Williams	2005-2006	Garry Womsley
Steven Williams	2006-2007	Garry Womsley
Steven Williams	2007-2008	Garry Womsley
Steven Williams	2008-2009	Garry Womsley
Steven Williams	2009-2010	Garry Womsley / Jean Davis
Steven Williams	2010-2011	Jean Davis
Steven Williams	2011-2012	Jean Davis



GIRRAWEEEN ATHLETICS CLUB



CLUB COMPETITION SUMMER CHAMPIONS

	Jean Davis (Masters)	2011 / 2012	*	Stephen Parkins (Masters +)
	Jean Davis (Masters)	2010 / 2011	*	Wayne Thurlow (Masters)
*	Venessa Separovich (Snr)	2009 / 2010		Robert Giesler (Masters +)
*	Jean Davis (Masters)	2008 / 2009		Peter Matthews (Masters)
	Andrea Hendley (Masters)	2007 / 2008	*	Wayne Thurlow (Masters)
	Brenda Micallef (U16)	2006 / 2007	*	Wayne Thurlow (Masters)
	Kelly Micallef (U15)	2005 / 2006	*	Stephen Blunden (Masters)
*	Cath Germech (Snr)	2004 / 2005		Robert Giesler (Masters)
*	Andrea Hendley (Masters)	2003 / 2004		Steven Williams (Masters)
	Brenda Micallef (U12)	2002 / 2003	*	Brad Milosevic (U14)
*	Chelsea Austin (U18)	2001 / 2002		= Peter Kimpton (U18)
				= Brad Milosevic (U13)
	Chelsea Austin (U17)	2000 / 2001	*	Suresh Raju (Snr)
	Gemma Austin (U13)	1999 / 2000	*	Steven Williams (Vet)
	Samantha Marshall (Snr)	1998 / 1999	*	Graham Sheargold (Vet)
	Erin Scouller (U15)	1997 / 1998	*	Suresh Raju (Snr)
	Jessica Fisher (U14)	1996 / 1997	*	Stephen Halverson (Vet)
	Jessica Fisher (U13)	1995 / 1996	*	Peter Balinski (U13)
	Linda Balinski (Vet)	1994 / 1995	*	Stephen Muir (U13)
*	Michelle Townsend (Snr)	1993 / 1994		Doug Leabon (Snr)
*	Lynette Smith (Snr)	1992 / 1993		Michael Finucane (Snr)
*	Lynette Smith (Snr)	1991 / 1992		= Michael Finucane (Snr)
				= Viv Manwaring (Vet)
*	Lynette Smith (Snr)	1990 / 1991		Bruce Hogg (U18)
	Stella Mauceri (U17)	1989 / 1990	*	John Doolan (Snr)
	= Elizabeth Knoke (U15)	1988 / 1989	*	Jeff Micallef (U19)
	= Kate Rada (U15)			
	Jackie Wheeler (Snr)	1987 / 1988	*	Viv Manwaring (Vet)
*	= Jackie Wheeler (Snr)	1986 / 1987		Michael Jamieson (U14)
	= Deborah Mulhall (Snr)			
	Jackie Wheeler (U20)	1985 / 1986	*	Peter Kropman (U18)
*	Jackie Wheeler (U19)	1984 / 1985		Frank Soballa (U17)
	Kellie Fenech (U14)	1983 / 1984	*	Peter Kropman (U14)
	Kellie Fenech (U14)	1982 / 1983	*	Phillip Fenech (U15)
	Deborah Mulhall (U16)	1981 / 1982	*	Phillip Fenech (U14)
	Jackie Wheeler (U15)	1980 / 1981	*	Michael McHugh (U14)
*	= Catherine Downer (U13)	1979 / 1980		Ralph Downer (U15)
	= Jackie Wheeler (U14)			
*	Joanne Kendall (U13)	1978 / 1979		Simon Gemmell (U14)

* Denotes overall
Champion/s

GIRRAWEE ATHLETICS CLUB Inc

CLUB COMMITTEE 2011 / 2012

<u>Club Patron</u>	The Hon. Nathan Rees	Established June 2010
<u>President</u>	Steven Williams	Elected AGM June 2011
<u>Secretary</u>	Jean Davis	Elected AGM June 2011
<u>Treasurer</u>	Vince Adams	Elected AGM June 2011
<u>Registrar</u>	Graham Sheargold	Elected AGM June 2011
<u>Public Officer</u>	Viv Manwaring	Appointed 2005
<u>Fund Raising</u>	Judy Milosevic Cheryl Argent Lauren Sinclair	Elected AGM June 2011 Elected AGM June 2011 Elected AGM June 2011
<u>Summer Competition</u>	Steve Clark	Elected AGM June 2011
<u>Winter Competition</u>	Robert Eager	Elected AGM June 2011
<u>Club Records</u>	Jean Davis & Stephen O'Donnell	Elected AGM June 2011
<u>Coaching Co-ordinator</u>	Katrina Russell Brad Milosevic	Elected AGM June 2011 Elected AGM June 2011
<u>Publicity Officer</u>	Michael Christie (GAP) Matt Stenning	Elected AGM June 2011 Elected AGM June 2011
<u>Canteen Manager</u>	Lilliana Busic	Elected AGM June 2011
<u>ANSW Delegate</u>	Geoff Sheargold Graham Sheargold	Elected AGM June 2011 Elected AGM June 2011
<u>Park Trust Delegate</u>	George Milosevic Peter Matthews Ed Bratovic	Elected AGM June 2011 Elected AGM June 2011 Appointed Dec 2011
<u>General Committee</u>	Wayne Thurlow George Milosevic Ed Bratovic Steven Blunden	Elected AGM June 2011 Elected AGM June 2011 Elected AGM June 2011 Elected AGM June 2011

MEMBERSHIP**2011/2012****MEN: 63****WOMEN: 48****TOTAL: 111****U12**

Ben O'Donnell
Daniel O'Donnell
Lachlan Tranter

U13

Niquisher Tranter
Tayla Jobson
Bret Owen
Mikayla Ozols
Julia Achmar

U14

Jamie Bratovic
Eliza Trevena
Reba Maxwell
Nathaneal Falzon
Caitlin Thurlow
Aimee O'Brien
Natalie Poole
Tayla Chaplin
Katelyn Free
Bethany Parker
Dana Polverino
Shivon Noland

U15

Thomas Norton
Jye Perrott
Ashley Harris
Bradley Matthews
Ryan Owen
Gordon Allan
Shadi Bahlawan
Joel Wheatley
Estil Faith

U16

Connor Vernon
Luke Jobson
Dale Parker
Ashleigh Thurlow
Ashlee Tait
Todd Owen

U17

Katelyn Matthews
Rebecca Gay
Joshua Dunn
Ajay Mohan
Rebecca Norton

U18

Brooke Hojel
Clare Sibraa

U19

Corinna Moore

U20

Megan Moore

Seniors (20+)

Taylor Doyle
Stephanie Russell
Stacey Argent
Paul Tleige
Daniela Fuentes
Brad Milosevic
Clara Mousa
Cherie Tranter
Lyndsay Glohe
Lauren Sinclair
Mark Marlow
Carly Eager
Nicholas Hanna
Laura Free
Geoff Sheargold
Tim Evans
Lisa Grant
Danny Martins
Amanda Giesler
Monica Juhart
Stephen Clark
John Rolfe
Renee Juhart
Michael Grogan

Masters**(Men 40+, Women 35+)**

Jean Davis
Lynette Smith
Heidi Juhart
Ed Bratovic
Robyn Smith
Wayne Thurlow
Matthew Stenning
Michael Free
Peter Tutty
Stephen O'Donnell
Darren Gould
Gary Micallef
Richard Lamas
Peter Matthews
Michael Christie

Masters Plus**(Men & Women 50+)**

David Perry
Carol Adams
Sharon Free
Lilliana Basic
Stephen Parkins
Gregory Sargeant
Steven Blunden
Mick Parker
Suresh Raju
Rob Giesler
Michael Evans
Andrew Free
Stephen Mifsud
Roger Mar
Steven Williams
Graham Sheargold
George Milosevic
Judy Milosevic
Vincent Adams
Geoff Crumpton
Lynette Clark
Robert Eager

Golden Oldies**(Men & Women 60+)**

Terry Rose
Clive Kidson
Vivian Manwaring
Raminder Singh
Joseph Butler
Brad Boyle

SECRETARY'S REPORT

This year has been another great year for GAC. We have had some great performances this year. Many members placed in their chosen events at the Met Wests Cross Country during winter. This was followed by good performances at CV Kelly Park each Saturday and by members representing the club at ANSW meets. It was great to see some new faces at the Club this year and to see so many families participating. There was an increased number of LA's competing each week from an increased number of clubs with was great to see. Hopefully you will return again next summer.

I would like to thank the club members who helped on the course during winter and those that assisted each Saturday during summer. Without your help, the program would not run as smoothly as it does. I would also like to thank the club members who donated their time to assist with the various fund raising events. Your help has enabled our fees to stay at a reasonable level.

Thanks also to the committee, time is very limited and your contribution is appreciated. In particular, thank you to Steve Williams.

Jean Davis
Club Secretary

REGISTRAR'S REPORT

Our registrations for 2011/2012 totalled 111. This is slightly less than last year and we have done extremely well to maintain our current athletes.

While the on-line registration system continues to evolve we recommend that our members utilise this system to enhance registration efficiency.

Large numbers of Little A's registered with seniors last season and attended our summer competition. This was a trend that the Committees of both Seniors and Little A's continued to develop with 44 members coming from the U20 age group..

Under 20	44
Seniors	24
Masters	15
Masters Plus	22
Golden Oldies	6

Graham Sheargold
Registrar

Treasurer's Report

Thanks to our Club's Committee and participants for providing another enjoyable and successful year of athletics.

The year began with \$6,755.71 in the bank and finished with \$6,687.62 and no outstanding liabilities. Our Club's financial position is healthy.

Fundraising activities conducted this year included the chocolate drive (profit \$1,155.12) and a Christmas raffle (\$225). Last year's NSW All Schools Athletics Carnival volunteers' payment of \$675 was deposited to our Club this year. Thank you to all who supported by purchasing items and volunteering to this year's fundraising activities.

We also received profits from on line and manual registration fees (\$1,157.94), Canteen (\$220) and athletes ground fees (\$986.70). Thanks to Wayne and Lilliana for their time keeping the canteen running this year.

Besides the expenses incurred to generate the above profits there are ongoing costs such as trophies, uniforms, insurance, and other business expenses including postage costs and printing of AGM reports. This year we paid for club uniform items purchased last year (\$1907).

For the Athletics New South Wales Summer and Winter Relays events, the Committee covers the majority of registration costs for members participating for the Club, which this year amounted to \$1063.

Finally I would like to thank the Committee and members for their support to me and a big thank you to Tony Ward for auditing the books again this year.



Vince Adams
Treasurer
1 May 2012

25/04/2012

Income/Expense Comparison by Category - 2012

1/04/2010 through 31/03/2012 (in Australian Dollars)

St. George Bank Accounts 111-528-203 (Cheque) and 0000348427507 (Term Deposit)

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Category Description	1/04/2010- 31/03/2011	1/04/2011- 31/03/2012	Amount Difference
INCOME			
Bank Interest	282.32	168.32	-114.00
Canteen Income	739.65	220.00	-519.65
Chocolate Drive	0.00	2,883.00	2,883.00
Clothing Sale	1,722.00	524.00	-1,198.00
Donation	301.00	0.00	-301.00
Event volunteers	0.00	675.00	675.00
Ground fees	1,170.15	986.70	-183.45
Raffle	466.00	334.00	-132.00
Registration manual	3,612.00	1,267.00	-2,345.00
Registration Refund	0.00	220.00	220.00
Regos ANSW online	3,838.06	3,866.00	27.94
Unpaid Cheque Write off-Cheque unrepresented...	5.45	0.00	-5.45
TOTAL INCOME	12,136.63	11,144.02	-992.61
EXPENSES			
Uncategorised	0.00	0.00	0.00
Bank charges	58.10	0.00	58.10
Business Expenses	470.65	191.90	278.75
Canteen Expenses	406.80	0.00	406.80
Catering	204.10	408.36	-204.26
Chocolate Drive Expenses	0.00	1,727.88	-1,727.88
Clothing purchased-Clothing purchased	0.00	1,907.00	-1,907.00
Donations	0.00	887.00	-887.00
Electricity	235.14	0.00	235.14
Equipment	242.89	75.00	167.89
Gifts-Gift Expense	0.00	55.95	-55.95
IMG Online Fee	50.82	42.47	8.35
Insurance-Insurance	793.00	672.00	121.00
Other Expenses-Other expense	0.00	20.69	-20.69
Park Trust Fees	2,520.00	0.00	2,520.00
Registration Relays	475.00	819.00	-344.00
Rego ANSW Manual	3,149.50	1,063.00	2,086.50
Rego ANSW Online	2,910.50	3,132.06	-221.56
Rego Refund	130.00	0.00	130.00
Trophies	2,047.75	209.80	1,837.95
TOTAL EXPENSES	13,694.25	11,212.11	2,482.14
OVERALL TOTAL	-1,557.62	-68.09	1,489.53
Balance Carried Forward	8,313.33	6,755.71	
Account Balance	6,755.71	6,687.62	

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

ASSETS :

Bank Accounts (Cheque \$2,389.12, Term Deposit \$4,298.50)	\$6,687.62
Plus 3 Training shirts @ \$25 each (unsold)	75.00
Plus 16 Singlets @ \$30 each (unsold)	480.00
Plus 3 Pair Socks @\$6.50 (unsold)	19.50
Liabilities	NIL
NETT ASSETS	\$7,262.12

Accountant

 20/5/12
A.M. WARD

Girraween Athletics Club Equipment (Stored at CV Kelly Park)

Line marking machine (professional model)
Competition standard hurdles – 60
Distance marker for hurdles
Transporter for steeples
Steeple jump for training
Trolley for discuses / shot puts
Trolley (green) for general equipment
Senior relay batons x 6
Mini Hurdles x5
Javelin set up tape

Javelins:	3 x 800g	Shot puts:	2 x 7.26kg (16lb)
	1 x 700g		1 x 6kg
	3 x 600g		1 x 5kg
			2 x 4kg
Discuses:	3 x 2kg metal ring		1 x 3kg
	1 x 1.75kg metal ring		1 x 2kg
	3 x 1.5kg metal ring		1 x 2.724kg (6lb) for modified program
	2 x 1kg metal ring		
	1 x 1kg rubber	Hammer Wire Set 1x	
	1 x 750g rubber		

High Jump: 1 x cross bar

Tapes: 2 x 100m
1 x 50m
1 x 30m

Stop watches: 10 x multi (Matador brand) (5x purchased 1x written off – since last season)
2 x multi (Dick Smith brand) – (Written off – not operational)
1 x printout type (Seiko brand) (Borrowed by GLAC)

Starting Blocks:	2 sets	Mini Training Hurdles:	x 5 (Stored CV Kelly Park)
Starter guns:	2	Starter caps:	0 – previous stock used / too old
Ear protectors:	1 set		
Starter's signaller:	1		
Safety Glasses:	1 pair		

Miscellaneous: 1 cabana
3 club banners
1 records board (Stored CV Kelly Park)
1 dry eraser board (size 3x4) (Stored CV Kelly Park)
18 clip boards (6 plastic and 12 wooden)
4 sets of throw markers (2 sets metal / 2 sets wooden)
2 throw marker carry boxes – poor condition
1 first aid kit
2 sets of race position markers

Uniforms

Singlets: Mesh x10 + New Style x6
Socks: x 3 pairs
Training Shirts: x3

FUNDRAISING REPORT

Fundraising is crucial for the existence of Girraween Athletics Club.

With only two (2) fundraising events this year collectively we raised a substantial amount of funds totaling \$1,380.12.

The club had a Cadbury Freddo Drive and our annual Christmas Raffle.

The chocolate drive was actually an excellent way of raising funds with a profit of \$ 1,155.12. Thank you to everyone who participated in either buying chocolates, selling chocolates or donating money in lieu.

The Christmas raffle raised \$225.00 in which all prizes were donated by club members and their families therefore all money raised resulted in profit for the club.

Finally, on behalf of the Fundraising Committee, many thanks must go to everyone who generously supported and contributed. This was greatly appreciated.

The Fundraising Committee.

SUMMER CANTEEN REPORT

I would like to thank all the wonderful people who helped me to set-up and pack-up the canteen goodies every Saturday Comp. It was pleasing to serve the athletes and their families who waited patiently while I was participating in the events. The net income from the canteen was \$220.

Lilliana Busic
Canteen Manager

SUMMER COMPETITION REPORT

Girraween Athletics Club has once again enjoyed a highly successful Summer Competition. The 2011 / 2012 season enjoyed a good number of members competing at CV Kelly Park. There was an increase of younger competitors that were mainly from dual membership from Girraween Little Athletics Club. There were 20 athletes in the Under 20 age category.

CV Kelly Park was closed for this summer competition therefore the competition was held at Gipps Road Greystanes. It was a particularly wet season with week 5 cancelled immediately prior to competition because of a large storm. Subsequent weeks 11, 18, 19, 20, 23 and 24 were also cancelled, meaning there were 7 weeks of competition missed.

Our competition hungry athletes were able to make the best of having lost competition days thanks to the summer competition manager Steve Clark, who organised an alternate event on washed out days. The alternative event was a 2, 4 and 8 km run along the Gipps road bike path. This event became commonly called the snake pit run and was well attended.

The move to Gipps road gave opportunity for the throwers in the club to utilise the Hammer throwing facility. This was a welcome event and was well contested. However, it cannot be included on our point scoring system.

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. Competition days consist of both grading weeks and all other weeks excluding modified weeks. In the event that a competition week is cancelled all athletes will have this week allocated as attended, however the competition week must be cancelled prior to any track or field event being held.

There were 7 weeks cancelled from the total of 24, which means a competitor is eligible for club champion and category winners if they competed in 5 or more events.

The summer 2011/2012 competition categories
Under 20 (male and female)
Senior (20 to 39 years male)
Senior (20 to 34 years female)
Masters (40 to 9 years + male)
Masters (35 to 49 years + female)
Masters Plus (50 to 59)
Golden Oldies (60 -69)
Veteran (70-79)
Visitors

There are 1st, 2nd and 3rd places available within each summer competition category, catering for men and women. From these placings, 1st, 2nd and 3rd summer champion awards are 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 summer season.

Summer Club Champion

The summer competition was very tight and there were three people Steve Parkins, Jean Davis and Wayne Thurlow within 8 point on the unadjusted scale. When the worst four weeks were removed the gap narrowed to 5 points with adjusted scores from 74 to 79 with a winner by one point only.

Congratulations to **Steve Parkins** who is our 2011 / 2012 season's **Club Champion**. This is Steve's first summer club champion award.

Steve has improved his track times and field distances over the season after a relaxing holiday and completed a fantastic season with 79 points Steve is an excellent competitor with friendly rivalry, who has steadily improved throughout the season.

Summer Male and Female Champions

The men's competition was won by Steve Parkins with 79 points. Wayne Thurlow accomplished another great season gaining 2nd place on a creditable 74 points with another fine athlete Steve Williams, gaining 3rd place on 65 points. Congratulations and well done.

Jean Davis won the women's competition. This is Jean's third women's champion award and we hope she continues with her fine efforts each season. Jean scored 78 points, with Mikayla Ozols, gaining 2nd place with 67 points. In 3rd place was Robyn Smith, who has also performed well gaining 66 points.

All of these athletes not only had outstanding seasons on the field they also were fantastic assistance in setting up and packing up event equipment and managing the canteen. The club thanks you for these great efforts.

The following tables display the age category winners:

<u>Under 20</u>				
1st	Luke Jobson	53	Mikayla Ozols	67
2nd	Joel Wheatley	41	Tayla Jobson	49
3rd	Daniel O'Donnell	21	Aimee O'Brien	34
<u>Seniors</u>				
1st	Michael Grogan	62	Amanda Giesler	38
2nd	Steve Clark	53	Lisa Grant	22
3rd	Danny Martins	27		
<u>Masters</u>				
1st	Wayne Thurlow	74	Jean Davis	78
2nd	Stephen O'Donnell	50	Robyn Smith	66
3rd	Ed Bratovic	48	Heidi Juhart	14
<u>Masters Plus</u>				
1st	Stephen Parkins	79	Lilliana Busic	60
2nd	Steven Williams	65		
3rd	Rob Giesler	48		
<u>Golden Oldies</u>				
1st	Raminder Singh	44		
2nd				
3rd				

Summer Visitor Champion

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 Graham Ryan who has gained first place again this year as Champion Visitor. Accomplished a great season and gaining 2nd place was Fred Daniels. With our Summer Competition known as Girraween All comers, we attract regular visitors from other clubs and non dual athletes from Girraween Little Athletic and acknowledge the contribution from regular visiting athletes.

Congratulations to all members and visitors for your enthusiasm and dedication to athletics during the 2011 / 2012 Summer Competition.

Many thanks to Steve Clark for collection and input of results every week and the organisation of competition weeks.

Stephen O'Donnell

Detailed Summer Results

Club Competition Point Scores

Stephen Parkins	79	Lauren Sinclair	11
Jean Davis	78	Jamie Bratovic	10
Wayne Thurlow	74	Michael Evans	10
Mikayla Ozols	67	Nathanael Falzon	9
Robyn Smith	66	Ashleigh Thurlow	9
Steven Williams	65	Tim Evans	7
Michael Grogan	62	Graham Sheargold	7
Steve Clark	53	Megan Moore	5
Luke Jobson	53	David Perry	5
Stephen O'Donnell	50	Peter Tutty	5
Tayla Jobson	49	Brad Boyle	4
Ed Bratovic	48	Ryan Owen	4
Rob Giesler	48	Todd Owen	4
Roger Mar	45	Paul Tleige	4
Raminder Singh	44	Lynette Clark	3
Joel Wheatley	41	Reba Maxwell	3
Michael Christie	39	Rebecca Norton	3
Amanda Giesler	38	Eliza Trevena	3
Amiee O'Brien	34	Joseph Butler	2
Vince Adams	32	Ben O'Donnell	2
Danny Martins	27	Terry Rose	2
Lisa Grant	22	Geoff Sheargold	1
Bethany Parker	22		
Tayla Chaplin	21		
Daniel O'Donnell	21		
Michael Free	19		
Caitlin Thurlow	19		
Matthew Stenning	17		
Mick Parker	16		
Gregory Sargeant	16		
Shivon Noland	15		
Heidi Juhart	14		
Andrew Free	13		
John Rolfe	12		

Note Registered Members who did not compete in the summer competition are not listed in these point scores.

WINTER COMPETITION – 2011

The Winter Competition in 2011 had a total of 61 athletes turn out for the Girraween Senior Athletics Club. It was another enjoyable and successful season.

Once again I would like to acknowledge the assistance provided to me by Steve O'Donnell and Michael Christie for their help in collecting the race times and for tabulating the Winter 2011 point scores. Thanks again for your assistance Steve and Michael.

EXPLANATION OF THE WINTER CLUB COMPETITION POINT SCORE – 2011

The point score was based on participation in the various West Metropolitan Zone and ANSW State Championship and Special Events.

Competition for males and females was separate.

Athletes must have finished an event to score points in that event. To be eligible for a Club award, athletes must have completed at least 50% of the events on offer (i.e. on offer was a total of 21 events being 14 West Metropolitan and 7 Championships). If athletes did not participate in any Championships but participated in the required number of West Metropolitan events (i.e. 50% of 21 being 10 events), they are still eligible for a Club award. Point scoring is determined as follows:

West Metropolitan Zone races:

The Short, Medium and Long distances are open to all age groups.

Athletes were included in the Short, Medium or Long distance category based on the distance they nominated at the commencement of the season.

Where an athlete failed to notify the Winter Competition Manager of a nomination the athlete was allocated a category at the managers' discretion.

Points were awarded from the fastest finisher to the slowest i.e. 1st finisher gains maximum points (this year 30), second gained 29 points, third gained 28 points etc.

If athletes did not participate in their nominated event but participated in another event, they received half points for one event only based on the same point scoring criteria as above, e.g. if 3rd fastest time normally receives 28 points, they would receive 14 points.

Championship Events

If the same distance was run by everyone (e.g. 4k Cross Country Relays), times were ranked, based on the athletes nominated distance. If various distances were held for different age categories, each category was scored separately.

Those who participate in Fun Runs only are awarded points for competing but can only be worth 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)
- 1 from 3 Road / Cross Country Championship Events
- 1 from 2 Relay championships
- 1 from 2 Special Events (Novice or Half Marathon)

This means the final points scores are based on a maximum of 13 events.

WEST METROPOLITAN TROPHY WINNERS - 2011

The 2011 awards were presented at the West Metropolitan Series Presentation Day – West Auburn – Saturday 3rd September 2011.

A list of the Girraween Athletics Club members who received awards is below:

Short Distance West Metropolitan Points

W20U

2nd Stephanie Russell 78pts

W20+

1st Laura Free 84pts

W40+

1st Heidi Juhart 93pts

2nd Robyn Smith 79pts

W50+

1st Sharon Free 100pts

2nd Lilliana Busic 80pts

W55+

1st Katrina Russell 80pts

M20+

1st Danny Martins 100pts

M30+

1st Michael Grogan 100pts

M45+

2nd Wayne Thurlow 94pts

3rd David Perry 75pts

M50+

1st Stephen Mifsud 98pts

2nd Greg Sargeant 94pts

M55+

1st Terry Rose 100pts

2nd Vince Adams 88pts

3rd Roger Mar 80pts

Medium Distance

W30+

1st Jean Davis 84pts

M45+

2nd Peter Matthews 90pts

M50+

3rd Andrew Free 84pts

M70+

3rd Joe Butler 75pts

Long Distance

M55+

3rd Robert Eager 62pts

M60+

1st Viv Manwaring 89pts

2nd Clive Kidson 76pts

CHANGES TO THE WINTER CLUB COMPETITION POINTSCORE SYSTEM – 2012

Background

The current Winter Points coring system has evolved over a number of years. In the early years the system was manageable – e.g. when Steve Williams joined the club in 1995 there were only 29 winter members. In those days, only the 8km run counted for points, in time changing to all distances counting for points, but with an anomaly that adult males couldn't use points gained from 2k or 4km events.

The current system is complicated in that it must account for the many athletes / the various distances and the different competition types i.e. West Met / ANSW Championships / ANSW Special Events and Fun Runs. The growing numbers of athletes competing has added to the burden of this task.

Sub-Committee Findings

In 2011 a sub- committee was formed to simplify the administration of the Winter Point score.

The committee recognizes the Club welcomes all standards and ages and is family based and also the Club will try to keep its' fees at a minimum to encourage membership and not impose any form of influence to spend additional money in order to compete for a club trophy for the winter season.

It was also recognized the Club should encourage athletes to compete in as many events as practical, including those events external to the West Met series such as half marathons, novice etc. (7 in total). People who are dedicated enough to do this should also be recognised in the same manner as the people who represent the club in the summer series (the representative trophy).

In summary the committee has recommended:

- 1) The Girraween Winter Club Competition Point score is to be based on the West Metropolitan Cross Country Series. Age groupings and points accumulated are as per the current structure.
- 2) A Girraween Winter Representative Trophy points system for male and female be created.

The winter representative system is based on sanctioned NSW Athletics events Plus the City to surf. Calculations of the points are based on an athletes weighted time (and resulting points) for each race distance (the same as a pentathlon).

This means each athlete is given an even playing field no matter how old you are. The weighting is internationally recognized and therefore assumed to be best practice. Where a distance has no recognized weighting calculation the next highest on is used. For example in the City to surf a 15K weighting factor would be used for the 14K race.

The Club will publish the weighting tables to be used for transparency.

Summary of the new point scoring system

Club Awards

These awards are age based and scored on the 14 West Metropolitan events. To qualify for the award, club members must complete at least 50% of the events for your nominated distance. The top ten point scoring events will count toward the club award. These distances are short, middle and long. You must nominate (and inform the Winter Organiser) your distance within the first three weeks of competition.

Representative Awards

These awards will be awarded to athletes who choose to represent the club at ANSW sanctioned events plus the City to Surf. The more races entered the more points you will get. Points are based on your time scaled for your age against international standards (there is no first, second, third point scoring). This creates an even playing field for all athletes for all ages. An example would be if a 60 year old ran a 10km time of 40 minutes and a 20 year old ran a 10km time of 35 minutes the 60 year old would gain more points because of the age scaled scoring system.

The current representative races are:

1. Ramsgate - State Novice Championships 10km / or 10km Fun Run for those not eligible for Novice;
2. NSW Half Marathon Georges Hall;
3. Olympic Park - 10km Road Race;
4. Nowra - Long Course Cross Country;
5. Dundas Rydalmere Upjohn Park - Short Course Cross Country;
6. Miranda (Cross Country Relays 4km);
7. Ourimbah (Road Relays 4km); and
8. City to Surf

The new point scoring system will be implemented in the Winter Season 2012.

Robert Eager
Winter Competition Manager
4th June 2012

Winter Club Trophy Winners 2011

Short Event			
<u>Female</u>	<u>Place</u>	<u>Name</u>	<u>Points</u>
U20	1st	Stephanie Russell	256
Master	1st	Heidi Juhart	338
	2nd	Katrina Russell	307
	3rd	Sharon Free	271
<u>Male</u>	<u>Place</u>	<u>Name</u>	<u>Points</u>
Master	1st	Wayne Thurlow	381
	2nd	Mifsud, Stephen	329
	3rd	Terry Rose	293
Senior	1st	Michael Grogan	349
	2nd	Martins, Danny	341
	3rd	Stephen Clarke	254
Middle Event			
<u>Female</u>	<u>Place</u>	<u>Name</u>	<u>Points</u>
Master	1st	Jean Davis	295
<u>Male</u>	<u>Place</u>	<u>Name</u>	<u>Points</u>
GoldOld	1st	Joseph Butler	251
Master	1st	Michael Christie	344
	2nd	Free, Andrew	332
	3rd	Richard Lamas	319
Senior	1st	Geoff Sheargold	193
Long Event			
<u>Female</u>	<u>Place</u>	<u>Name</u>	<u>Points</u>
Senior	1st	Lisa Grant	270
<u>Male</u>	<u>Place</u>	<u>Name</u>	<u>Points</u>
GoldOld	1st	Vivian Manwaring	325
	2nd	Clive Kidson	300
Master	1st	Michael Free	303
	2nd	Robert Eager	277

Totals	Distance	Time
Short	533	42:57
Middle	837	71:30
Long	894	75:21
Champion	629	28:13
Total	2892.5 km	218 hours

Met West Long Distance Event

Name	Nominate	Age	Gender	2/04/2011	Haberfield	9/04/2011	Concord	16/04/2011	Bella Vista	23/04/2011	Smithfield	7/05/2011	Rydalmere	14/05/2011	Ermington	21/05/2011	Dundas	11/06/2011	Emu Plains	18/06/2011	North Ryde	2/07/2011	Prospect	16/07/2011	Greystanes	23/07/2011	Ermington	6/08/2011	Winston Hills	27/08/2011	Dundas	Total Distance	Total Running Time	Average Time per km					
				Points	Time	Points	Time	Points	Time	Points	Time	Points	Time	Points	Time	Points	Time	Points	Time	Points	Time	Points	Time	Points	Time	Points	Time	Points	Time	Points	Time	Points	Time	Points	Time	Points			
Blunden, Steven	L	51	Male	26	49:01	27	46:01																																
Eager, Robert	L	59	Male					28	51:57																														
Free, Michael	L	45	Male					30	41:24	30	41:10																												
Grant, Lisa	L	26	Femal					30	35:05	30	35:46	30	33:27																										
Kidson, Clive	L	60	Male	30	35:21	30	35:21																																
Manwaring, Vivian	L	64	Male	28	37:41	29	37:41	29	41:30																														
Mathews, Peter	L	49	Male	29	35:22		35:22																																
Williams, Steven	L	55	Male	27	38:18	28	38:18																																
Lamas, Richard	M	49	Male																																				
Adams, Carol	S	50	Femal																																				
Clarke, Stephen	S	33	Male																																				
Grogan, Michael	S	36	Male																																				
Mar, Roger	S	55	Male																																				
Martins, Danny	S	27	Male																																				
Mifsud, Stephen	S	53	Male																																				
O'Donnell,	S	47	Male																																				
Perry, David	S	49	Male																																				
Sargeant, Gregory	S	51	Male																																				
Thurlow, Wayne	S	45	Male																																				
																	Total Girraween km run										894	Total Girraween time running (hh:mm)										75:21	

		Special Events										Championship Events										Relays								
Name	Distance	Ramsgate					Lake Gillwarra					Olympic Park					Nowra					Dundas					Miranda		Woolongong	
		Novice 4K Invitational	Fun Run	Novice 10K Invitational	Novice 10K Male Open	Novice 4K Womens Open	Points	Half Marathon 22 km	Points	34 & Under Women 8km	55-59 Men 8km	50-54 Men 12km	Points	Fun Run	Championships 5km	Cross Country	Championships 7.5km	Points	Relay 4km	Points	Relay 4km	Points	Relay 4km	Points	Total Distance	Total Time Running	Average Time per km			
Adams, Carol	Female																							14.00	1:07:09	4:47.4				
Davis, Jean	Female																							4.00	0:21:16	5:18.6				
Eager, Carly	Female																							4.00	0:23:01	5:45				
Grant, Lisa	Female					16:05																		31.00	2:11:24	4:13.8				
Inhart, Heidi	Female																							6.50	0:31:46	4:52.8				
Russell, Katrina	Female																							9.00	0:54:33	6:3.6				
Smith, Robyn	Female					20:06																		8.00	0:38:58	4:52.2				
Butler, Joseph	Male																							8.00	0:49:52	6:13.8				
Christie, Michael	Male					57:22																		35.50	3:18:11	5:34.8				
Clarke, Stephen	Male					19:54																		24.50	2:03:00	5:1.2				
Eager, Robert	Male																							17	19:44	32:00	3:03:47	5:44.4		
Free, Andrew	Male																							25.50	2:09:47	5:4.8				
Free, Michael	Male																							57.50	4:28:37	4:40.2				
Grogan, Michael	Male																							11.50	0:52:38	4:34.2				
Hanna, Nic	Male																							10.00	0:37:52	3:46.8				
Kidson, Clive	Male																							24.00	1:51:42	4:39				
Lamas, Richard	Male																							8.00	0:37:30	4:40.8				
Manwaring, Vivian	Male																							18.00	1:24:53	4:42.6				
Mar, Roger	Male																							57.50	5:37:44	5:52.2				
Martins, Danny	Male																							28.00	2:09:07	4:36.6				
Matthews, Peter	Male																							11.50	0:49:32	4:18				
Mifsud, Stephen	Male																							26.00	2:00:04	4:36.6				
Milosevic, Brad	Male																							29.50	1:32:50	3:8.4				
O'Donnell, Stephen	Male																							4.00	0:18:16	4:33.6				
Parkins, Stephen	Male																							14.00	1:07:30	4:49.2				
Perry, David	Male																							4.00	0:17:08	4:16.8				
Rosse, Terry	Male																							23.00	1:50:47	4:48.6				
Sargeant, Gregory	Male																							4.00	0:18:34	4:38.4				
Sheargold, Geoff	Male																							35.50	2:12:55	3:44.4				
Sheargold, Graham	Male																							23.00	1:46:01	4:36				
Thurflow, Wayne	Male																							28.00	2:01:53	4:21				
Williams, Steven	Male																							10.00	0:46:08	4:36.6				

Total Girraween km run 629

Total Girraween time running (hh:mm)

28:13

REPRESENTATIVE RESULTS

Below are the results of members who competed in International, National and State Championship events during the 2011/12 season (all events are finals and Open competition unless stated otherwise).

Congratulations to our Award Winners for 2011/2012 :

OPEN – Brad Milosevic JUNIOR – Taylor Doyle MASTERS – Lynette Smith

INTERNATIONAL

Special Olympics – 2011 Summer Games - Athens, Greece (25/06 – 4/07/11)

Taylor Doyle

7 th	100m	14.78s
3 rd	Long Jump	3-84m
1 st	4 x 100m Relay	1:00.54s

INAS Global Games - Liguria, Italy (30/09 – 2/10/11)

Taylor Doyle

8 th	100m	14.82s
7 th	200m	34.87s (Heat)
10 th	Long Jump	4.02m (Qualifying)

World Masters Athletics Championships - Sacramento, USA (6-17/07/11)

Lynette Smith (W40-44)

2 nd	Javelin	37-08m
2 nd	High Jump	1-62m
4 th	Heptathlon	4260pts

NATIONAL

Australian Open Athletics Championships - Albert Park, Melbourne (13-15/04/12)

Lynette Smith

8 th	Javelin	35-75m
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Australian AWD Open Athletics Championships - Albert Park, Melbourne (13-15/04/12)

Taylor Doyle

7 th	100m	14.77s (Heat)	6 th	Long Jump	4-05m
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Australian AWD Junior Championships - SOPAC, Homebush (12-13/11/11)

Taylor Doyle (U20)

5 th	100m	14.73s	5 th	Long Jump	3-71m
6 th	200m	32.83s	1 st	4 x 100m Relay	59.36s

Australian Junior Championships - SOPAC, Homebush (14-18/03/12)

Rebecca Norton (U17)

10 th	200m	25.53s (Heat)	4 th	4 x 400m Relay	4:01.1s
9 th	400m	58.88s (Heat)			

Joel Wheatley (U15)

9 th	Triple Jump	10-73m
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Australian Masters Athletics Championships - Albert Park, Melbourne (6-9/04/12)

Lynette Smith (W40-44)

1 st	High Jump	1-55m	1 st	Throws Pentathlon	2893pts
1 st	Long Jump	4-71m	2 nd	1500m Walk	8:04.14s
1 st	Javelin	36-81m	2 nd	Hammer	32-62m
1 st	Discus	34-10m	2 nd	Weight Throw	9-72m
1 st	Shot Put	9-85m	5 th	200m	29.59s
1 st	Outdoor Pentathlon	3009pts			

NATIONAL (cont'd)*Australian Masters Athletics Championships - Albert Park, Melbourne (6-9/04/12)***Geoff Crumpton (M55-59)**

7 th	Weight Throw	8-73m	10 th	Hammer	22-17m
7 th	Javelin	24-88m	10 th	Throws Pentathlon	2070pts
8 th	Shot Put	8-40m	11 th	Discus	24-63m

Raminder Singh (M65-69)

3 rd	Long Jump	2-54m	6 th	Throws Pentathlon	1882pts
3 rd	Triple Jump	5-77m	7 th	Hammer	19-08m
6 th	Weight Throw	7-56m	8 th	Javelin	16-25m
6 th	Outdoor Pentathlon	919pts	12 th	Discus	22-22m

STATE*NSW Open Championships - SOPAC, Homebush (30/03 – 1/04/12)***Lynette Smith**

3 rd	Javelin	37-00m	5 th	High Jump	1-60m
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Brad Milosevic

2 nd	10000m	30:48.10s
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Matt Stenning

9 th	Hammer	35-54m
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*NSW 3000m Championships - SOPAC, Homebush (12/11/11)***Lisa Grant**

5 th	3000m C Race	11:09.01s
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Brad Milosevic

13 th	3000m A Race	8:26.81s
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Nicholas Hanna

11 th	3000m G Race	11:07.13s
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*NSW Mile Championships - The Crest, Bankstown (13/12/11)***Brad Milosevic**

2 nd	Mile	4:21.24s
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*State 5000m Championships - SOPAC, Homebush (14/01/12)***Nicholas Hanna**

6 th	5000m D Race	18:47.59s
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*NSW Junior Championships - SOPAC, Homebush (10-12/02/12)***Rebecca Norton (U18)**

6 th	200m	25.24s	6 th	400m	58.97s
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Joel Wheatley (U16)

5 th	Triple Jump	11-03m	9 th	Long Jump	4-93m
8 th	Discus	34-80m	9 th	Javelin	29-90m

*NSW AWD Championships - SOPAC, Homebush (30/03 – 1/04/12)***Taylor Doyle (20+)**

1 st	100m	14.82s	1 st	Long Jump	4-11m
1 st	200m	32.31s			

Gordon Allen (U15)

2 nd	Discus	14-97m	2 nd	Shot	5-93m
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STATE (Cont'd)

NSW Masters Championships - The Crest, Bankstown (25-26/02/12)

Lynette Smith (W40-44)

1 st	High Jump	1-60m	1 st	Hammer	33-12m
1 st	Javelin	32-56m	2 nd	Long Jump	4-41m
1 st	Discus	31-68m	2 nd	Weight Throw	9-75m
1 st	Shot Put	9-88m	3 rd	200m	29.19s

Robyn Smith (W45-49)

2 nd	Triple Jump	8-04m	4 th	Long Jump	3-49m
2 nd	1500m	6:12.40s	5 th	Discus	18-92m
3 rd	800m	2:59.73s			

Steve Clarke (M30-34)

3 rd	100m	12.02s			
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John Rolfe (M35-39)

3 rd	400m	58.06s	5 th	200m	26.81s
3 rd	800m	2:17.93s	11 th	100m	12.76s (Heat)
4 th	60m	8.13s			

Matt Stenning (M45-49)

3 rd	Hammer	34-70m	5 th	Shot Put	7-69m
3 rd	Weight Throw	9-13m	12 th	100m	14.30s
4 th	Discus	29-31m			

Rob Giesler (M50-54)

2 nd	Long Jump	4-53m	6 th	High Jump	1-30m
3 rd	Triple Jump	9-24m	8 th	200m	27.65s
4 th	60m	8.32s			

Vince Adams (M55-59)

8 th	60m	8.97s	13 th	100m	14.40s
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Geoff Crumpton (M55-59)

4 th	Weight Throw	7-82m	7 th	Discus	21-51m
7 th	Shot Put	6-03m			

Raminder Singh (M65-69)

1 st	Long Jump	2-15m
1 st	Triple Jump	5-81m
1 st	Hammer	19-59m
1 st	Weight Throw	8-33m
2 nd	Javelin	18-72m
3 rd	Shot Put	7-73m
3 rd	Discus	24-95m
5 th	60m	11.05s
5 th	100m	18.1

STATE (Cont'd)

NSW Masters Throws Pentathlon Championships - Campbelltown (11/03/12)

Lynette Smith (W40-44)

1st Throws Pentathlon 3073pts

Matt Stenning (M45-49)

4th Throws Pentathlon 2105pts

Geoff Crumpton (M55-59)

7th Throws Pentathlon 1677pts

Raminder Singh (M65-69)

2nd Throws Pentathlon 1939pts

NSW Relay Championships - SOPAC, Homebush (19-20/11/11)

Tayla Jobson, Reba Maxwell, Shivon Noland, Mikayla Ozols (U14)

2nd 4 x 1500m Walk 42:30.60s

Bethany Parker, Reba Maxwell, Aimee O'Brien, Tayla Chaplin (U14)

3rd Shot Put 32-31m

Bethany Parker, Aimee O'Brien, Dana Polverino, Natalie Poole (U14)

3rd Discus 77-08m

Natalie Poole, Shivon Noland, Reba Maxwell, Tayla Chaplin (U14)

6th 4 x 800m 12:11.82s

Rebecca Norton, Caitlyn Thurlow, Tayla Chaplin, Eliza Trevena (U16)

8th 4 x 200m 1:53.30s

Jean Davis, Robyn Smith, Lilliana Busic, Lynette Smith (120+)

8th 4 x 100m 62.51s

Jean Davis, Robyn Smith, Heidi Juhart, Lynette Smith (160+)

7th 4 x 1500m 24:35.92s

Paul Tleige, Rob Giesler, Luke Jobson, Steve Clark (Open)

18th 4 x 100m 48.69s

Matt Stenning, Raminder Singh, Geoff Crumpton, Steve Clark (Open)

9th Discus 101-91m

Roger Mar, Steve Williams, Steve Clark, Wayne Thurlow (160+)

10th 4 x 200m 1:57.53s

Matt Stenning, Raminder Singh, Geoff Crumpton, Steve Clark (Masters)

4th Shot Put 36-44m

PUBLICITY OFFICER'S REPORT

Girraween Athletics Club Publicity Report 2011-2012

This year's publicity report covers the period April 2011 through to March 2012. I have endeavoured over the preceding twelve months, to keep a record of our athlete's achievements within this timeframe. This report is essentially a summation of their achievements within this period.

The 2011 West Metropolitan cross-country season was another successful one for Girraween's athletes. The numbers of participants were very similar to those of 2010. Approximately on average forty-three Girraween athletes competed each afternoon with interestingly a highest number of fifty-three competing at Emu Plains in the middle of the season. Once the West Metropolitan awards were handed out in September, twenty-three athletes from Girraween had won awards across various age categories in the short, medium and long distance races. By far the majority, sixteen, were gained in the short event. Again this was a great achievement, as in many of the categories, competition was fierce.

A number of Girraween athletes also competed in the Sydney Marathon Clinic series of races held at Smithfield over the 2010/2011 seasons, which concluded in June 2011. This series of events held from October through to June continues to attract a large number of runners who compete over the 5km, 10km and 21/25/30km distances. The Girraween athletes who compete regularly at Smithfield are always keen for more of their club mates to join them. This season Joe Butler, Michael Christie, Michael Grogan and Greg Sargeant were successful in picking up awards in various categories. It is a very successfully run event and continues to go from strength to strength.

The winter of 2011 also saw a very good representation of our athletes at Athletics NSW events. Girraween athletes were spotted at such events as the NSW Novice Championships at Ramsgate (in some of the worst conditions imaginable), the State Road Championships at Homebush, the State Cross Country Relays at Miranda (where it didn't rain this time), the NSW Long Cross Country at Cambewarra, the State Road Relays at Wollongong, Short Course Cross Country at Dundas, State Half Marathon at Lake Gillawarna. While medals were scarce this year, these relays nevertheless illustrated once again the ethos behind Girraween Athletics and that is to give everyone a run who wants to. It reinforces the successful philosophy that is Girraween Athletics strength.

Winter 2011 also saw Girraween athletes compete in many fun runs and other events outside the scope of West Metropolitan and NSW sanctioned events. Events such as NSW Masters, Sydney Striders, Oatley Park Fun Run, Canberra Marathon, Australian Athletics Championships (Melbourne), a great job done here by Taylor Doyle, Australian Masters (Brisbane), the Lynette Smith legend continues to grow, Mt Solitary Ultra Run, Camden Anzac Day Run, Mothers Day Classic, Arafura Games – Taylor Doyle to the fore here, NSW Orienteering State League, SMH Half Marathon, Blacktown City Fun Runs, Bondi Barefoot, Heart of the Lake Fun Run, Great Nosh footrace, NSW Throwers Club, Epping District Fun Run, Paddy Pallin 6 hr Rogaine, Mini Mos Fun Runs, Cooks River Fun Run, Special Olympics Athens- Taylor Doyle one bronze and one gold medal, Asics Half Marathon, Gold Coast Marathon, World Masters in Sacramento, Lynette Smith two silver medals, Lawler Partners Winery Running Festival, Westlink Cities Marathon and Half Marathon Relay, Sri Chinmoy series, Bay Run, City to Surf (22 Girraween athletes in 2011), Australian Cross Country Championships- great effort Brad Milosevic, Sutherland Half Marathon, Mudgee Marathon, Mt Wilson to Bilpin Run and Parkinson's Unity Fun Run. An exhausting list, but once again illustrating the incredible versatility of our membership who compete all year round.

With the onset of the warmer weather, Girraween's summer Saturday afternoon track season ran from September 2011 through to March 2012 at Gipps Road Athletics complex at Greystanes. This is our temporary home pending the finalisation of major ground renovations at C V Kelly Park Girraween. It was a challenging season for our athletes particularly in the months after Christmas with the onset of a longer than normal wet spell, which saw many Saturdays' track and field competition cancelled. However in lieu of that, we still managed to hold a number of runs on the bike paths in the vicinity, which proved to be very popular. When we are able to compete, these meetings proved to be very well supported, as Girraween is one of the few clubs to hold a regular competition on a Saturday afternoon. This competition continues to be an important proving ground for Girraween athletes of all levels wanting to improve their skills and try out new events in a friendly and competitive environment. It is hoped that more athletes are able to take advantage of this competition in coming seasons.

In November 2011, the annual State Track and Field Relays were held at Sydney Olympic Park Athletics Track at Homebush over a very warm and steamy weekend. Girraween entered eleven teams in various events over both days. For the first time since 2007, Girraween obtained medals, which was very exciting. Our U14 women's teams picked up a silver medal in the 4x1500m Relay Walk, and a bronze medal in the Shot Put and the Discus. Tayla Jobson, Reba Maxwell, Shivon Nolan, Mikayla Ozols, Bethany Parker, Aimee O'Brien, Dana Polverino and Natalie Poole did a phenomenal job in obtaining their medals in difficult conditions in these events. The remainder of our teams also acquitted themselves very well and they enjoyed the opportunity to compete against top class opposition at a great facility. In some instances obtaining pub's to.

The summer of 2011/2012 also saw Girraween athletes compete at a number of ANSW and ANSW permit events. Girraween's younger athletes including Aimee O'Brien, Rebecca Norton, Eliza Trevena, Bethany Parker, Joel Wheatley and Gordon Allan competed well at a variety of events and it is hoped they return in 2012/2013. Our senior athletes including Taylor Doyle, Rob Gielser, Geoff Crumpton, Lynette Smith, Brad Milosevic, Nicholas Hanna, Lisa Grant, Raminder Singh, Paul Tleige, Matt Stenning and Steve Clark competed admirably at ANSW interclub and ANSW permit events in often adverse conditions.

Throughout the 2011/2012 summer season Girraween athletes competed in a large number of other events such as the Hidden Half Marathon, McDonalds Fathers Day Fun Run, Glasshouse 100 Trail Run, NSW Orienteering State League, Orange Blossom Fun Run, Blackmores Running festival, St Mary's Spring Festival, INAS Global Games, Liguria, Italy, Lap of the Lake, Sydney Striders, Fitzroy Falls Marathon, Spring into Shape, ACT Rogaining, Sri Chinmoy, Rotary Club Fun Run Maroubra, St Mary's Community Fun Run, Auckland 10km, Run for Fun, Carcoar Cup Running Festival, NSW Throwers Club, Fishers Ghost, City to Sea, Sydney Urban Max, Trishave Triathlons, Bingara Half Marathon, Balmain Fun Run, Australian All Schools, Zappo Rock N Roll Marathon/Half Marathon Las Vegas, Resolution Run, Revesby Workers, NSW Junior Championships, Park Run, NSW Masters Championships, Running Wild Trail Runs, Tokyo Marathon, Malta Half Marathon, Paris Half Marathon, Australian Junior Championships, All Comers, NBN Triathlon Newcastle, NSW Open Championships, SMC Series. Again as you can see, versatility is the name of the game.

The annual Blacktown/Girraween/Hills interclub challenge was held at Roxborough Park Baulkham Hills in March 2012, at very short notice due to the ongoing bad weather, which led to a last minute venue change. Many thanks to Hill Athletics Club for taking this on board at such short notice. A large number of our athletes represented Girraween well in this competition. In a narrow competition, Hills won the challenge this year with Girraween second and Blacktown third. A big congratulations to Hills on their success. Given the issues with actually holding the event, it is a large credit to all concerned that it took place and was such a successful meet. Many thanks to all members who also did a great job officiating in at times were wet conditions. May next season's be very successful.

Over the last twelve months there have been many highlights from our athletes who have represented Girraween. All our athletes always gave their best when representing Girraween and this is what counts. It's always hard to pick any highlights but there are some worth mentioning. Taylor Doyle's effort in been selected for two Australian teams to compete overseas in the Special Olympics in Athens and the INAS Global Games in Liguria, Italy was a tremendous achievement and to win two medals at the Special Olympics was icing on the cake. Lynette Smith's two silver medals at the World Masters games was another highlight as well as her bronze medal in the NSW Open Championships in March 2012 in the Javelin. This really was extraordinary. Stephen Mifsud completed an incredible milestone in September of 2011, when he completed his 100th marathon in Sydney as part of the Blackmores Running Festival. It was fitting that he achieved this goal in his hometown, in front of his family and friends. Brad Milosevic won a silver medal in the NSW Open Championships 10,000m in March of 2012, which was a major breakthrough for him and he continues to improve with every outing. Monica Juhart's efforts in her many triathlon events continue to amaze and she is continuing to improve and set herself new goals in this challenging sport. Lisa Grant's versatility was once again to the fore in her many orienteering and rogaining events and once again she won the 2011/2012 Open Women's division in the Sydney Summer Series orienteering event, no mean feat, when one realizes that this event lasts from September 2011- March 2012. The achievements of our athletes continue to inspire.

In conclusion, it has been a great twelve months. Our athletes have as you can see shown their amazing versatility across a wide range of events. It continues to be this writer's wish that someone can step into the breach as this club's publicity officer, so our athlete's achievements can be broadcast outside the confines of this great club and to the wider community-, as they deserve it.

Michael Christie
Publicity Officer
Girraween Associated Press (GAP)

Girraween Athletics Club
Gipps Road Sporting Complex
Ground Records

Field Events

<u>Veteran (70-79) Male</u>		<u>Event</u>	<u>Veteran (70-79) Female</u>	
Joseph Butler	4:10.43	100M		
		200M		
		400M		
		800M		
		1500M		
Joseph Butler	18:06.82	1500MW		
		3000M		
Joseph Butler	31:46.00	3000MW		
		5000M		
		High Jump		
		Long Jump		
		Triple Jump		
		Discus		
		Shot Put		
		Javelin		

<u>Golden Oldie (60-69) Male</u>		<u>Event</u>	<u>Golden Oldie (60-69) Female</u>	
Raminder Singh	0:40.57	100M		
		200M		
		400M		
Terry Rose	3:11.07	800M		
		1500M		
		1500MW		
		3000M		
		3000MW		
Terry Rose	24:47.81	5000M		
		High Jump		
Raminder Singh	02.55	Long Jump		
Raminder Singh	05.26	Triple Jump		
Raminder Singh	25.61	Discus		
Raminder Singh	18.56	Javelin		

<u>Masters Plus (50-59) Male</u>		<u>Event</u>	<u>Masters Plus (50-59) Female</u>	
Rob Giesler	0:13.16	100M	Lilliana Busic	0:17.97
Rob Giesler	0:27.12	200M	Lilliana Busic	0:40.36
Steven Williams	1:07.32	400M	Lilliana Busic	1:43.78
Steven Williams	2:47.82	800M	Lilliana Busic	4:16.18
Gregory Sargeant	06:05.79	1500M		
		1500MW		
		3000M		
Gregory Sargeant	13:13.70	3000MW		
		5000M		
David Perry	21:59.99	High Jump		
Stephen Parkins	01.28	Long Jump	Lilliana Busic	02.87
Rob Giesler	04.43 =	Triple Jump		
Stephen Parkins	04.43 =	Discus	Lilliana Busic	06.14
Stephen Parkins	08.96	Shot Put	Lilliana Busic	14.73
Geoff Crumpton	32.04	Javelin	Lilliana Busic	06.29
Geoff Crumpton	10.74		Lilliana Busic	14.29
Geoff Crumpton	31.62			

Masters (40-49) Male		Event	Masters (35-49) Female	
Wayne Thurlow	0:13.31	100M	Lynette Smith	0:14.67
Stephen O'Donnell	0:28.45	200M	Jean Davis	0:32.69
Stephen O'Donnell	1:06.37	400M	Lynette Smith	1:11.39
Michael Free	2:38.04	800M	Robyn Smith	2:54.15
Michael Free	05:27.22	1500M	Robyn Smith	06:17.10
		1500MW		
Ed Bratovic	12:00.53	3000M	Robyn Smith	14:02.94
		3000MW		
Wayne Thurlow	20:39.05	5000M	Heidi Juhart	26:19.51
Stephen O'Donnell	01.40	High Jump	Lynette Smith	01.45
Stephen O'Donnell	04.48	Long Jump	Robyn Smith	03.67
Stephen O'Donnell	09.69	Triple Jump	Jean Davis	08.48
Matthew Stenning	27.09	Discus	Lynette Smith	31.79
Matthew Stenning	08.30	Shot Put	Lynette Smith	09.88
Stephen O'Donnell	29.62	Javelin	Lynette Smith	31.25

Senior (20-39) Male		Event	Senior (20-35) Female	
Paul Tleige	0:11.33	100M	Amanda Giesler	0:14.80
Steve Clark	0:24.45	200M	Amanda Giesler	0:31.15
John Rolfe	0:58.49	400M	Lisa Grant	1:10.57
John Rolfe	2:22.15	800M	Lisa Grant	2:41.08
Geoff Sheargold	05:01.89	1500M	Lisa Grant	05:18.46
		1500MW		
John Rolfe	12:22.71	3000M	Lisa Grant	11:35.81
		3000MW		
Michael Grogan	21:51.85	5000M	Lisa Grant	21:20.36
Tim Evans	01.64	High Jump		
Tim Evans	05.69	Long Jump	Amanda Giesler	03.34
Steve Clark	10.39	Triple Jump	Amanda Giesler	09.26
Steve Clark	27.16	Discus	Amanda Giesler	18.12
Steve Clark	09.04	Shot Put	Amanda Giesler	05.73
Steve Clark	36.34	Javelin	Amanda Giesler	24.67

U19 Male	Event	U19 Female	
	100M		
	200M	Megan Moore	0:40.81
	400M		
	800M	Megan Moore	5:06.72
	1500M		
	1500MW		
	3000M		
	3000MW		
	5000M		
	High Jump	Megan Moore	01.10
	Long Jump		
	Triple Jump		
	Discus		
	Shot Put	Megan Moore	06.88
	Javelin	Megan Moore	18.98

U15 Male		Event	U15 Female	
		100M	Ashleigh Thurlow	0:14.64
		200M	Rebecca Norton	0:25.69
		400M	Ashleigh Thurlow	1:20.21
		800M		
		1500M	Ashleigh Thurlow	06:58.50
		1500MW		
		3000M		
		3000MW		
Luke Jobson	24:04.71	5000M		
		High Jump		
Luke Jobson	04.86	Long Jump		
		Triple Jump		
		Discus		
		Shot Put		
		Javelin	Ashleigh Thurlow	17.07

U14 Male		Event	U14 Female	
Luke Jobson	0:13.68	100M		
Luke Jobson	0:27.09	200M	Ashleigh Thurlow	0:32.19
Luke Jobson	1:06.92	400M		
Luke Jobson	2:32.15	800M	Ashleigh Thurlow	3:04.47
		1500M		
Luke Jobson	08:07.11	1500MW		
Luke Jobson	12:18.80	3000M		
		3000MW		
		5000M		
Luke Jobson	01.39	High Jump	Ashleigh Thurlow	01.16
Luke Jobson	04.75	Long Jump		
Luke Jobson	10.51	Triple Jump		
Dale Parker	40.17	Discus		
		Shot Put		
Joel Wheatley	33.92	Javelin	Ashleigh Thurlow	18.28

U14 Male		Event	U14 Female	
Luke Jobson	0:13.68	100M		
Luke Jobson	0:27.09	200M	Ashleigh Thurlow	0:32.19
Luke Jobson	1:06.92	400M		
Luke Jobson	2:32.15	800M	Ashleigh Thurlow	3:04.47
		1500M		
Luke Jobson	08:07.11	1500MW		
Luke Jobson	12:18.80	3000M		
		3000MW		
		5000M		
Luke Jobson	01.39	High Jump		
Luke Jobson	04.75	Long Jump		
Luke Jobson	10.51	Triple Jump		
Dale Parker	40.17	Discus		
		Shot Put		
Joel Wheatley	33.92	Javelin	Ashleigh Thurlow	18.28

U13 Male		Event	U13 Female	
Joel Wheatley	0:13.13	100M		
Joel Wheatley	0:29.26	200M		
Joel Wheatley	1:09.11	400M		
Joel Wheatley	2:49.43	800M		
		1500M		
		1500MW		
		3000M		
		3000MW		
		5000M		
Joel Wheatley	01.43	High Jump		
Joel Wheatley	04.88	Long Jump		
Joel Wheatley	10.55	Triple Jump		
Joel Wheatley	29.47	Discus		
Joel Wheatley	07.34	Shot Put		
Joel Wheatley	31.21	Javelin		

U12 Male		Event	U12 Female	
Daniel O'Donnell	0:28.98	100M	Eliza Trevena	0:14.30
Jamie Bratovic	0:37.25	200M	Caitlin Thurlow	0:31.05
Jamie Bratovic	1:31.41	400M	Tayla Chaplin	1:09.39
Jamie Bratovic	3:11.56	800M	Tayla Chaplin	2:44.19
Jamie Bratovic	06:40.32	1500M	Shivon Noland	06:48.26
		1500MW	Mikayla Ozols	12:33.71
		3000M		
		3000MW		
		5000M		
Nathanael Falzon	01.33	High Jump		
Nathanael Falzon	03.28	Long Jump	Tayla Jobson	01.11
Nathanael Falzon	09.39	Triple Jump	Eliza Trevena	04.51
Nathanael Falzon	22.60	Discus	Eliza Trevena	09.37
Nathanael Falzon	06.58	Shot Put	Bethany Parker	29.94
Jamie Bratovic	09.00	Javelin	Bethany Parker	26.44

Modified Events

<u>Veteran (70-79) Male</u>		<u>Event</u>	<u>Veteran (70-79) Female</u>	
		60M		
		300M		
		1000M		
		2000M		
		1Mile		
		Shot Put Throw		
		Scissor High Jump		
		Standing Long		
		Jump		
		Hammer		
		Snake Pit 2k		
Joseph Butler	22:59.00	Snake Pit 4k		
		Snake Pit 8k		

<u>Golden Oldie (60-69) Male</u>		<u>Event</u>	<u>Golden Oldie (60-69) Female</u>	
Raminder Singh	0:11.39	60M		
		300M		
Terry Rose	04:16.33	1000M		
Terry Rose	09:00.66	2000M		
		1Mile		
Raminder Singh	12.95	Shot Put Throw		
Raminder Singh	00.70	Scissor High Jump		
		Standing Long		
Raminder Singh	01.62	Jump		
Raminder Singh	22.86	Hammer		
Terry Rose	08:49.63	Snake Pit 2k		
Terry Rose	19:46.00	Snake Pit 4k		
Terry Rose	39:38.00	Snake Pit 8k		

<u>Masters Plus (50-59) Male</u>		<u>Event</u>	<u>Masters Plus (50-59) Female</u>	
Rob Giesler	0:08.45	60M	Lilliana Basic	0:11.21
Rob Giesler	0:48.61	300M		
David Perry	03:51.68	1000M		
Peter Matthews	07:33.70	2000M		
Gregory Sargeant	06:52.89	1Mile		
Stephen Parkins	18.01	Shot Put Throw	Lilliana Basic	06.57
Rob Giesler	01.25	Scissor High Jump		
		Standing Long		
Stephen Parkins	02.33	Jump		
Mick Parker	25.35	Hammer		
Peter Matthews	07:29.1	Snake Pit 2k	Lilliana Basic	12:17.40
Peter Matthews	16:41	Snake Pit 4k	Sharon Free	22:49.00
Michael Christie	42:33.00	Snake Pit 8k		

Masters (40-49) Male		Event	Masters (35-49) Female	
Stephen O'Donnell	0:08.38	60M	Jean Davis	0:09.00
Stephen O'Donnell	0:46.30	300M	Robyn Smith	0:54.59
Michael Free	03:50.98	1000M	Jean Davis	04:04.40
David Perry	08:38.98	2000M	Robyn Smith	09:36.94
Stephen O'Donnell	07:26.12	1Mile	Heidi Juhart	07:55.92
Stephen O'Donnell	16.98	Shot Put Throw	Robyn Smith	10.70
Stephen O'Donnell	01.35	Scissor High Jump	Jean Davis	01.25
		Standing Long		
Stephen O'Donnell	02.48	Jump	Jean Davis	01.95
Matthew Stenning	33.36	Hammer	Lynette Smith	31.52
Wayne Thurlow	07:20.70	Snake Pit 2k	Robyn Smith	09:21.56
Ed Bratovic	17:04	Snake Pit 4k	Jean Davis	19:29
Wayne Thurlow	33:17.00	Snake Pit 8k		

Senior (20-39) Male		Event	Senior (20-35) Female	
Steve Clark	0:07.58	60M	Daniela Fuentes	0:12.58
Steve Clark	0:40.02	300M	Daniela Fuentes	1:24.71
Danny Martins	03:28.05	1000M	Lisa Grant	03:34.35
Michael Grogan	08:05.80	2000M	Lisa Grant	07:30.69
Michael Grogan	06:05.39	1Mile		
Steve Clark	18.58	Shot Put Throw	Daniela Fuentes	06.96
Steve Clark	01.40	Scissor High Jump		
		Standing Long		
Steve Clark	02.81	Jump	Lisa Grant	01.88
		Hammer		
Michael Grogan	08:01.98	Snake Pit 2k		
Michael Grogan	16:05.00	Snake Pit 4k		
		Snake Pit 8k		

U14 Male		Event	U14 Female	
		60M		
		300M		
		1000M		
		2000M		
		1Mile		
		Shot Put Throw		
		Scissor High Jump		
		Standing Long		
		Jump		
Dale Parker	20.98	Hammer		
		Snake Pit 2k		
		Snake Pit 4k		
		Snake Pit 8k		

<u>U13 Male</u>		<u>Event</u>	<u>U13 Female</u>
		60M	
		300M	
		1000M	
		2000M	
		1Mile	
		Shot Put Throw	
		Scissor High Jump	
		Standing Long	
		Jump	
Joel Wheatley	14.86	Hammer	
		Snake Pit 2k	
		Snake Pit 4k	
		Snake Pit 8k	

<u>U12 Male</u>		<u>Event</u>	<u>U12 Female</u>	
		60M	Shivon Noland	0:10.54
		300M	Shivon Noland	0:59.51
		1000M	Shivon Nolland	04:05.65
		2000M	Mikayla Ozols	05.14
		1Mile	Shivon Noland	01.57???
		Shot Put Throw		
		Scissor High Jump		
		Standing Long		
		Jump		
Daniel O'Donnell	01.12	Hammer		
Nathanael Falzon	13.14	Snake Pit 2k		
		Snake Pit 4k		
		Snake Pit 8k		