

GIRRAWEEEN ATHLETICS CLUB Inc



ANNUAL REPORT 2013/2014

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

*Presented at the 36th Annual General Meeting
11th June 2014
Toongabbie Sports and Bowling Club*



ANNUAL REPORT 2013 / 2014

OF

GIRRAWEEEN ATHLETICS CLUB Inc

Presented at the 36th Annual General Meeting

Held at

Toongabbie Sports and Bowling Club

On

Wednesday 11th June 2014.

Contents

President's Report

Honour Board

Life Members

25 Year Medallists

20 Year Medallists

15 Year Members

10 Year Medallists

Hon. Auditor

Senior Executive Committee Record

Club Competition Champions

Club Committee

Membership

Committee Reports

Secretary

Registrar

Treasurer

Stocktake

Income and Expenditure

Summer Canteen and Fund Raising

Summer Competition

Club Competition Champions

Winter Competition Report

Representative Award

Publicity Report

CV Kelly Ground Records

Gipps Road Ground Records



GIRRAWEEEN ATHLETICS CLUB Inc.

PRESIDENT'S REPORT

On behalf of your Committee, I have great pleasure in presenting our Club's 36th Annual Report for the 12 months ended 31st March 2014. Thank you for the positive memories of my tenth year in the club and first as President.

Our 36th season saw our return to C V Kelly Park after a two year absence. The new ground and facilities are fantastic but are a work in progress. We had a great summer thanks to the coordination of Robyn Smith and the members and visitors who competed.

Our members continue to show their commitment to athletics both through their results and their volunteer spirit. Girraween athletes compete in all levels of competition both at home and abroad. The publicity report demonstrates this and is quite astounding. Congratulations to all of our athletes.

I would like to thank the Committee and members for their support in my first year. Work has been extremely busy this year and I have appreciated and relied on their support. They do a fantastic job. I particularly wish to thank former President Steve Williams and Publicity Officer Michael Christie have been instrumental behind the scenes in keeping the club and I on track. I still have so much to learn but with their assistance the club is in good hands. Thanks also to Carly Eager for keeping the finances in order.

As we enter our 37th 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 will continue and I look forward to working with their new President, Jason Jobson to further strengthen this.

Thanks to our committed team of committee and members who rallied in the preparation and running of our second "Run for Jess" to raise funds for Ward C5c at Westmead Hospital. It was great to see Steve, Amelia, Lynette and many of the Clark and Culbert families and friends getting behind the event. A special thanks to George Milosevic for running the barbecue at this event and at a couple of West Metropolitan venues during the Winter season.

Congratulations to our award recipients and thanks to Steve Clark, Steve O'Donnell, Robyn Smith and Michael Christie for the collection and collation of two seasons' results. It was not an easy job.

I look forward to 2014/2015 season.

Wayne Thurlow
President



GIRRAWEEEN ATHLETICS CLUB



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

Steven Williams - 2012

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
Lynette Smith – 2004
Phil Bowden – 2009
Suresh Raju – 2010
Lisa Grant - 2014

Vivian Manwaring – 2001
Graham Sheargold – 2007
Richard Frost – 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
Jean Davis – 2013
Clive Kidson – 2014
Roger Mar – 2014
Gregory Sargeant - 2014

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
Stephen O'Donnell – 2013
George Milosevic – 2014
Terry Rose - 2014

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
Stephen Parkins – 2013
Michael Christie – 2014
Wayne Thurlow - 2014

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
Steven Williams	2012-2013	Katrina Russell
Wayne Thurlow	2013-2014	Katrina Russell



GIRRAWEEEN ATHLETICS CLUB



CLUB COMPETITION SUMMER CHAMPIONS

Helen Ozols (Masters)	2013 / 2014	*	Wayne Thurlow (Masters)
Robyn Smith (Masters)	2012 / 2013	*	Wayne Thurlow (Masters)
Jean Davis (Masters)	2011 / 2012	*	Stephen Parkins (Masters +)
Jean Davis (Masters)	2010 / 2011	*	Wayne Thurlow (Masters)
* Venessa Separovich (Snr)	2009 / 2010		Robert Giesler (Masters +)
* Jean Davis (Masters)	2008 / 2009		Peter Matthews (Masters)
Andrea Hendley (Masters)	2007 / 2008	*	Wayne Thurlow (Masters)
Brenda Micallef (U16)	2006 / 2007	*	Wayne Thurlow (Masters)
Kelly Micallef (U15)	2005 / 2006	*	Stephen Blunden (Masters)
* Cath Germech (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 2013 / 2014

Club Patron	The Hon. Nathan Rees	Established June 2010
President	Wayne Thurlow	Elected AGM August 2013
Secretary	Katrina Russell	Elected AGM August 2013
Treasurer	Carly Eager	Elected AGM August 2013
Registrar	Graham Sheargold	Elected AGM August 2013
Public Officer	Viv Manwaring	Appointed 2005
Fund Raising	Judy Milosevic Heidi Juhart	Elected AGM August 2013 Elected AGM August 2013
Summer Competition	Robyn Smith	Elected AGM August 2013
Winter Competition	Steve Clark	Elected AGM August 2013
Club Records	Steve Clark	Elected AGM August 2013
Coaching Co-ordinator	-	Vacant
Publicity Officer	Michael Christie (GAP)	Elected AGM August 2013
Canteen Manager	Lilliana Basic	Elected AGM August 2013
ANSW Delegate	Peter Matthews Brad Milosevic	Elected AGM August 2013 Elected AGM August 2013
Park Trust Delegate	Peter Matthews Wayne Thurlow	Elected AGM August 2013 Elected AGM August 2013
Uniform Officer	George Milosevic	Elected AGM August 2013
Webmaster	Steven Williams	Elected AGM August 2013
General Committee	Geoff Sheargold Michael Grogan	Elected AGM August 2013 Elected AGM August 2013

MEMBERSHIP 2013/2014

TOTAL: 94

Dual Athletes

Adriana Busic
Fletcher Casey
Nathanael Falzon
Harrison Frost
Marshal Frost
Luke Jobson
Tayla Jobson
Rowena Milliss
Emily Morgan
Nicholas Morgan
Dylan Nagle
Brenden Neich
Thomas Norton
Bendere Oboya
Aimee O'Brien
Tahlia O'Connell
Ryan Owen
Mikayla Ozols
Kharrinnee
Somasundaram
Ashleigh Thurlow
Emma Watkins
Starla Way
Shikorah Way
Willow Way

Family Athletes

Jean Davis
Ben O'Donnell
Chris O'Donnell
Daniel O'Donnell
Steve O'Donnell

Age Concession

Athletes

Joe Butler
Robert Eager
Robert Field
Roger Mar
Vivian Manwaring

Open Athletes

Vince Adams
Ed Bratovic
Lilliana Busic
Michael Christie
Steve Clark
Hanna Crossland
Taylor Doyle
Darren Falzon
Michael Free
Rob Giesler
Lisa Grant
Michael Grogan
Nick Hanna
Heidi Juhart
Clive Kidson
Daryl King
Mark Laird
Danny Martins
Peter Matthews
Gary Micallef
Brad Milosevic
Michael Parker
Steve Parkins
David Perry
Terry Rose
Suresh Raju
Greg Sargeant
Graham Sheargold
Geoff Sheargold
Karen Short
Lynette Smith
Robyn Smith
Matt Stenning
Wayne Thurlow
Steve Williams

Winter Athletes

Brad Boyle
Jamie Bratovic
Andrew Free
Bernard Hemakumara
Nancy Keasbery
Stephen Mifsud
Mark Milliss
Nicole Mantarro
Katrina Russell
Jill Woodruff
Rod Zammit

Club Athletes

Carly Eager
Michael Evans
Amanda Giesler
Jeanette Frost
Richard Hepworth
Deanne Murray
Helen Ozols
Nizio Rosa

Under-14s

Lachlan James

Under-18s

Divine Aaron

Under-20s

Rebecca Norton

Club Officials

George Milosevic
Judy Milosevic

SECRETARY'S REPORT

Another busy year has gone by with more great performances by GAC. Club members excel in their athletic performances as well as supporting our club in fundraising and other events.

The second 'Run for Jess' was held early this year and raised \$1625.00 which will go to ward (C5C) at Westmead Hospital to help support the great work done with cancer patients. Thank you to all who helped with this event.

Our home ground at CV Kelly Park has been totally upgraded and club members were able to use these grounds for the 2013/14 summer season. Thank you to the club members who contributed their considerable time and effort in running the summer program of events.

With the winter program well under way with the Met Wests cross-country, our club members are yet again doing our club proud with their efforts!

Finally, thank you to the GAC committee and Wayne Thurlow as President for their contribution throughout the year, which is greatly appreciated.

Katrina Russell
Club Secretary

REGISTRAR'S REPORT

The 2013/2014 season was another successful year in terms of registrations for Girraween Athletics Club. The Club had a total of 94 registrants with a representation as follows:

Dual Athletes: 23

Club Athletes: 8

U/14 Athletes: 1

U/18 Athletes: 1

U/20 Athletes: 2

Club Officials: 2

Winter Athletes: 11

Family Athletes: 5

Age Concession Athletes: 6

Open Athletes: 35

A breakdown of the athletes representing the above categories is provided previously in the Annual Report.

We will continue to try and build upon our registrations in the coming season.

Graham Sheargold
Registrar

Treasurer's Report

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

Our assets including bank balances and unsold saleable items (uniforms) was \$7,764.05 at the start of the year and our assets finished with \$7140.83. Our Club's financial position is again healthy.

Fundraising activities conducted this year included the Bunnings BBQ (profit \$572.6) and Cricket bat raffle (profit \$555). Thank you to all who supported by purchasing items and volunteering for this year's fundraising activities.

We also received profits from online and manual registration fees (\$1293.14), Canteen (\$786.90) and athletes ground fees (\$961.85). Despite difficulties with keeping the canteen running, it has provided a healthy profit and thanks to those who helped keep it going.

We had a smaller expenditure bill following the large purchase of uniforms last year. But of course we still have various expenses throughout the year. 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 \$684. There is also the regular fee for our use of the ground at CV Kelly Park (\$1500) and affiliation fees of \$693.

Finally I would like to thank the Committee and members for their support, particularly in my first year as treasurer. I would like to also give a special thanks to Vince Adams for his support and assistance as I've become accustomed to the role.

Thanks to Tony Ward for auditing the books again this year.

Carly Eager
Treasurer

Girraween Athletics Club Equipment (Stored at CV Kelly Park)

Line marking machine (professional model)
Competition standard hurdles – 5 (55 written off with 5 kept for historical purposes)
Distance marker for hurdles
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)

Starting Blocks: 2 sets

Mini Training Hurdles: x 5 (Stored CV Kelly Park)

Starter guns: 2 Starter caps: 0

Clapper starting board x1

Ear protectors: 1 set

Starter's signaller: x1

Safety Glasses: 1 pair

Miscellaneous: 2 cabanas

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 – to be assessed by Uniform Officer for 2015 Annual Report

Income/Expense Comparison by Category - 2014

1/04/2012 through 31/03/2014 (in Australian Dollars)

St. George Bank Account 111-528-203 (Cheque)

20/05/2014

Page 1


Category Description	1/04/2012- 31/03/2013	1/04/2013- 31/03/2014	Amount Difference
INCOME			
Bank Interest	213.44	21.80	-191.64
Bunnings BBQ	0.00	572.80	572.80
Canteen Income	721.65	786.90	65.35
Chocolate Drive	2,423.40	0.00	-2,423.40
Clothing Sale	1,070.00	830.00	-240.00
Ground fees	886.80	961.85	-23.75
Other Income-Royalties, share schemes	1,876.40	0.00	-1,876.40
Raffle	223.00	555.00	332.00
Registration manual	825.00	2,035.00	1,210.00
Rego ANSW online	5,762.00	6,010.00	258.00
Sewage Sizzle Sales	0.00	328.00	328.00
surplus funds-surplus funds	0.20	0.00	-0.20
TOTAL INCOME	14,080.58	12,100.85	-1,989.74
EXPENSES			
Uncategorised	0.00	84.05	-84.95
Advertising-Advertising	200.00	0.00	200.00
Affiliation Fees	0.00	683.00	-683.00
Bank charges	3.25	0.00	3.25
Business Expenses	223.85	349.04	-125.09
Canteen Expenses	378.17	0.00	379.17
Catering	481.80	200.00	281.80
Chocolate Drive Expenses	1,446.90	0.00	1,445.90
Clothing purchased-Clothing purchased	5,237.05	0.00	5,237.05
Donations	1,976.40	0.00	1,976.40
Gifts-Gift Expense	68.00	0.00	69.00
IMG Online Fee	61.94	74.16	-12.22
Insurance-Insurance	630.00	0.00	630.00
Investment-Investment Income			
Other Investment-Investment Income	0.00	9.51	-9.51
TOTAL Investment-Investment Income	0.00	9.51	-9.51
Registration Relays	730.00	684.00	46.00
Rego ANSW Manual	649.00	2,106.86	-1,457.86
Rego ANSW Online	4,630.00	4,645.00	-15.00
Rego Refund	8.00	135.00	-127.00
Trophies	1,503.20	0.00	1,503.20
TOTAL EXPENSES	18,208.66	8,961.52	9,247.14
OVERALL TOTAL	-4,118.07	3,139.33	7,257.40
Balance Carried Forward	6,687.62	2,569.55	
Account Balance	2,569.55	5,708.88	

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 \$5403.94 less unrepresented cheque of 2106.86 plus unbanked money 2411.80)	\$ 5708.88
Plus 43 Singlets @ \$33.35 each (unsold)	\$1434.05
Plus 31 Jackets @ \$33.50 each (unsold)	\$1038.5
Plus 9 polo shirts @ \$21.70 each (unsold)	\$195.3
Plus 14 caps @\$8 each (unsold)	\$112
Plus 6 bags @ \$25.35 each (unsold)	\$152.1
Liabilities (Invoice: use of CV Kelly Park for the 2013/14 season. Paid after 31/03/2014)	\$1500

NETT ASSETS **\$ 7140.83**

Accountant  **A. P. WARD** 22/6/14

FUNDRAISING REPORT

We had 2 major Fund Raising events over the last 12 months. First was the Bunnings BBQ fund raiser back on Sunday 23rd June 2013 which was a fun event, even though the rain decided to join us. Thanks to everyone who volunteered their time that day to help on the BBQ, especially George, Judy and Steve Williams. The BBQ raised \$672.60 for the club. Then we were generously donated a signed and framed Australian Cricket bat by Terry Rose to be raffled off. So far we have raised \$545.00 from this raffle. Thanks to everyone who has supported our Fund Raising ventures this season.

Heidi Juhart
The Fundraising Committee.

SUMMER CANTEEN REPORT

Thank you to all who helped with the selling of canteen goodies on Saturdays. It was good to return to CV Kelly Park with a fully stocked canteen. Apologies for not being there every week because of my commitment to my girls in Little As and my slipped disc issue. Hopefully this will be resolved with the start of our next season so that the canteen will always be available (I heard that a few people were upset).

Lilliana Busic
Canteen Manager

2012/2013 SUMMER COMPETITION REPORT

(This report was not included in the 2012/2013 Annual Report to extenuating circumstances.)

Girraween Athletics Club has once again enjoyed a highly successful Summer Competition. The 2012 / 2013 season enjoyed a good number of members competing each week.

CV Kelly park continued to be closed for this summer competition therefore the competition was held at Gipps Road Greystanes. The season was not as wet as the previous season that had a total of seven competition weeks missed. This season there were three competition weeks washed out and one other week was cancelled by the committee. This means there were a total of four weeks of competition missed.

Our competition hungry athletes were continued to make the best of lost competition days, utilising the "snake pit run" when normal competition was not available. The snake pit alternative event is a 2, 4 and 8 km run along the Gipps road bike path.

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 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 4 weeks cancelled from the total of 20 which means a competitor is eligible for club champion and category winners if they competed in 8 or more events.

The summer 2011/2012 competition categories
Open (male and female)
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 are available within each summer competition category, catering for men and women. From these placing's, 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 as usual very tight and there were only two points separating first and second. Wayne Thurlow and Robyn Smith were within 4 points on the unadjusted scale. When the worst four weeks were removed the gap stayed at 4 points with adjusted scores from 83 to 81 with a winner by two points.

Congratulations to Wayne Thurlow who is our 2013 / 2013 season's Club Champion. This is Waynes fourth summer club champion award. Wayne is a good competitor and was in fine athletic form this season.

Summer Male and Female Champions

The men's competition was won by to Wayne Thurlow with 83 points. Michael Grogan accomplished another great season gaining 2nd place on a creditable 70 points with another fine athlete Steve Clark, gaining 3rd place on 69 points. Congratulations and well done.

The women's competition was won by Robyn Smith. This is Robyn's first women's champion award and we hope she continues with her fine efforts each season. Robyn scored 81 points, with Jean Davis, gaining 2nd place with 67 points. In 3rd place was Mikayla Ozols, who has also performed well gaining 54 points.

These three competitors were also in last year's top three Jean was first followed by Mikayla and Robyn. Mikayla is becoming a strong and competitive athlete and it may very well be Mikayla's year next season. 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:

Under 20				
1st	Brendon Neich	65	Mikayla Ozols	54
2nd	Daniel O'Donnell	25	Shivon Nolland	39
3rd	Nathanael Falzon	16	Aimee O'Brien	37
Seniors				
1st	Michael Grogan	70		
2nd	Steve Clark	69		
3rd	Danny Martins	71		
Masters				
1st	Wayne Thurlow	83	Robyn Smith	81
2nd	Stephen O'Donnell	63	Jean Davis	67
3rd			Helen Ozols	54
Masters Plus				
1st	Roger Mar	62	Lilliana Busic	49
2nd	Michael Christie & Rob Giesler	46	Lynette Clark	29
3rd				
Golden Oldies				
1st	Raminder Singh	51		
2nd	Terry Rose	11		
3rd				

Summer Visitor Champion

With Girraween being one of the few 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 2012 / 2013 Summer Competition.

Many thanks to all those who assisted in the collection and input of results every week and the organisation of competition weeks.

Stephen O'Donnell

2013/2014 SUMMER COMPETITION REPORT

Girraween Athletics Club has once again enjoyed a successful summer competition with our return to our home ground at C V Kelly park after the track upgrades for the 2013/2014 season and enjoyed a good number of members and visitors competing weekly on Saturday afternoon

The summer competition categories are:

- Under 20;
- Senior (20 to 39 years male);
- Senior (20 to 34 years female);
- Masters (40 to 59 years + male);
- Masters (35 to 59 years + female);
- Golden Oldies (60 years +); and
- Visitors.

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 best four events each week are counted for each competitor and the points are accumulated over the season .At the end of the season, the four lowest scoring weeks are subtracted from each athletes 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.

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.

Congratulations to all the members and visitors for your enthusiasm and dedication to athletics during the 2013/2014 summer competition.

Detailed Summer Results Club Competition Point Scores

Wayne Thurlow	88	Raminder Singh	26
Helen Ozols	69.5	Lynette Clark	25
Brendon Neich	57	Graham Sheargold	24
Graham Ryan	54	Rob Giesler	19
Michael Christie	53	Heidi Juhart	18
Robyn Smith	51	Karen Short	18
Roger Mar	50	Chloe Grogan	17
Mick Parker	47	Teagan Neich	17
Tahlia O'Connell	43	Daniel O'Donnell	17
Stephen Parkins	43	D Barton	16
Michael Grogan	42	David Perry	16
Mikayla Ozols	42	Adriana Busic	15
Jean Davis	36	Steve Clark	15
Steve O'Donnell	36	Darren Falzon	14
Willow Way	32.5	Renata Busic	11
Michael Free	32	Ben O'Donnell	11
Dylan Nagle	30	Lisa Grant	10
Lilliana Busic	29	Peter Matthews	9
Tayla Jobson	27	Geoff Sheargold	9
Gary Micallef	26	Michael Evans	7

2013/2014 Category

Winners

Under 20

Male

1st	Brendon Neich	57
2nd	Dylan Nagle	30
3rd	Daniel O'Donnell	17

Female

1st	Tahlia O'Connell	43
2nd	Mikayla Ozols	42
3rd	Willow Way	32.5

Seniors

1st	Michael Grogan	42
2nd	Steve Clark	15
3rd	Geoff Sheargold	9

1st	Karen Short	18
2nd	Lisa Grant	10

Masters

1st	Wayne Thurlow	88
2nd	Steve O'Donnell	36
3rd	Michael Free	32

1st	Helen Ozols	69.5
2nd	Robyn Smith	51
3rd	Jean Davis	36

Masters Plus

1st	Michael Christie	53
2nd	Roger Mar	50
3rd	Mick Parker	47

1st	Lilliana Busic	29
-----	----------------	----

Golden Oldies

1st	Raminder Singh	26
-----	----------------	----

1st	Lynette Clark	25
-----	---------------	----

Visitors

1st	Graham Ryan	54
-----	-------------	----

Robyn Smith

WINTER COMPETITION – 2013

The Winter Competition in 2013 had a total of 63 athletes turn out for the Girraween Senior Athletics Club competing in a large variety of different age categories and distances.

Once again, a big thank you must go out to Michael Christie, who did a fantastic job of collecting the times for all the Girraween athletes as well as producing a weekly report outlining our athletes' achievements that week. It is impossible to overestimate the amount of work Michael puts in each week and his work certainly valued personally by me, and by all in the club.

EXPLANATION OF THE WINTER CLUB COMPETITION POINT SCORE – 2013

The point score was based on participation in the various West Metropolitan Zone 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. 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. first 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.

Calculating Total Points

To allow those who miss the occasional run to still be competitive in the point score, the final score will be made of the competitor's best 10 events of the season, meaning that if an athlete ran in all 14 West Metropolitan Zone races, their 4 lowest scoring races will be omitted from the final total.

WEST METROPOLITAN TROPHY WINNERS - 2013

The 2013 awards were presented at the West Metropolitan Series Presentation Day. A list of the Girraween Athletics Club members who received awards is below:

Short Distance			
Age Group	Place	Name	West Met Points
W30+	1st	Karen Short	120
W40+	1st	Heidi Juhart	100
W45+	2nd	Nancy Keasbery	108
W60+	1st	Lynette Clark	120
M45+	2nd	Bernard Hemakumara	98
M50+	2nd	David Perry	118
M55+	3rd	Andrew Free	91

Medium Distance

Age Group	Place	Name	West Met Points
W20+	2nd	Carly Eager	100
W40+	3rd	Jean Davies	95
W45+	1st	Robyn Smith	98
M55+	3rd	Stephen Mifsud	83
M70+	1st	Joe Butler	78

Long Distance

Age Group	Place	Name	West Met Points
W20+	1st	Lisa Grant	79
M45+	1st	Stephen O'Donnell	97
M55+	3rd	Graham Sheargold	92

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

Steve Clark
Winter Competition Manager

Girraween Winter Club Championship Results

Short Distance			
Age Group	Place	Name	Club Points
Female U20	1st	Hayley Zammit	269
Male U20	1st	Daniel O'Donnell	255
	2nd	Lachlan James	199
Female Senior	1st	Karen Short	295
	2nd	Carly Eager	147
Male Senior	1st	Michael Grogan	290
Female Master	1st	Heidi Juhart	270
	2nd	Nancy Keasbery	266
Male Master	1st	Bernard Hemakumara	258
Female Master +	1st	Lynette Clark	280
Male Master +	1st	David Perry	300
	2nd	Andrew Free	278
	3rd	Gregory Sargent	265

Medium Distance			
Age Group	Place	Name	Club Points
Male Senior	1st	Steve Clark	207
Female Master	1st	Jean Davis	296
	2nd	Robyn Smith	239
Male Master	1st	Rob Zammit	283
Male Master +	1st	Stephen Mifsud	290
	2nd	Stephen Parkins	278
	3rd	Roger Mar	
Male GoldOld	1st	Joseph Butler	197

Long Distance			
Age Group	Place	Name	Club Points
Female Senior	1st	Lisa Grant	210
Male Master	1st	Stephen O'Donnell	286
Male Master +	1st	Graham Sheargold	290
Male GoldOld	1st	Clive Kidson	297
	2nd	Robert Eager	250

West Met Short Distance Results

Name	West Met 1	West Met 2	West Met 3	West Met 4	West Met 5	West Met 6	West Met 7	West Met 8	West Met 9	West Met 10	West Met 11	West Met 12	West Met 13	West Met 14
Etherington, Adam		0:15:19												
Busic, Adriana				0:09:42										
Free, Andrew	0:09:50	0:09:09	0:10:16	0:09:47	0:10:16	0:08:54	0:12:58	0:09:32	0:10:17	0:09:34	0:10:39	0:10:37	0:10:02	0:13:44
Hemakumara, Bernard		0:13:08	0:13:44	0:13:18	0:13:39	0:11:35	0:17:00	0:13:08	0:12:56	0:12:17		0:13:56	0:12:39	0:17:37
O'Donnell, Daniel	0:18:12	0:15:12	0:13:46	0:14:34	0:14:43	0:12:38	0:16:32		0:12:04	0:11:46		0:12:50	0:11:47	
Martins, Danny	0:07:34			0:07:40										
Perry, David	0:07:52		0:07:58	0:07:59	0:08:41	0:07:19	0:10:33	0:07:45	0:08:41	0:07:54	0:08:15	0:08:31		0:10:32
Bratovic, Ed							0:13:01	0:08:10						
Sargeant, Gregory	0:10:30	0:09:14	0:11:41	0:11:06						0:10:48				
Juhart, Heidi			0:09:41	0:09:40	0:09:44	0:09:03	0:12:50			0:09:31	0:09:32		0:10:20	0:12:40
Russell, Katrina			0:12:16	0:11:03										
Busic, Liliana				0:11:57		0:11:23								
Clark, Lynette	0:13:49	0:12:08	0:13:58	0:13:21	0:14:27	0:12:48	0:17:44	0:13:04	0:14:15	0:13:06	0:13:35	0:14:57		
Christie, Michael										0:10:13				
Free, Michael														0:14:15
Grogan, Michael	0:08:12		0:08:15		0:08:41	0:07:39	0:12:15	0:08:22		0:08:15	0:08:33	0:08:56	0:08:32	0:11:06
Tutty, Peter	0:08:48	0:08:14			0:09:20		0:12:06						0:08:24	
Busic, Renata				0:11:31										
Mar, Roger	0:10:06	0:09:25	0:10:24	0:10:18	0:11:01	0:09:27		0:09:47		0:10:00		0:10:47	0:10:46	0:14:34
Clark, Stephen		0:15:20								0:07:35				
Mifsud, Stephen							0:12:59		0:10:06	0:09:35	0:10:40			
O'Donnell, Stephen	0:18:13	0:15:13	0:13:47	0:24:01	0:14:44	0:12:40	0:16:33							
Zammit, Hayley			0:16:25	0:14:56	0:16:16	0:13:27	0:19:05	0:14:09	0:14:26	0:13:44	0:15:11	0:15:10	0:16:22	0:19:32
Bratovic, Jamie				0:11:23		0:09:49	0:13:00						0:10:00	
Short, Karen	0:10:20	0:09:38	0:10:22		0:10:29	0:09:15	0:13:29	0:09:13	0:10:34		0:10:17	0:10:16		0:13:43
James, Lachlan		0:07:53			0:09:18	0:08:03	0:11:42				0:08:49	0:09:18		0:12:38
Elliot-Watson, Louise	0:12:46	0:11:00	0:12:07	0:11:12			0:16:41		0:13:26					
Keasbery, Nancy		0:13:50	0:15:11	0:14:56	0:15:39	0:13:30	0:19:03		0:14:34	0:13:46		0:15:09	0:14:21	0:19:37
Juhart, Renee			0:11:15	0:11:20						0:11:31				
Zammit, Rod					0:16:17	0:13:28	0:19:06	0:14:10	0:14:27	0:13:45	0:15:12	0:15:36	0:16:24	

West Met Medium Distance Results

Name	West Met 1	West Met 2	West Met 3	West Met 4	West Met 5	West Met 6	West Met 7	West Met 8	West Met 9	West Met 10	West Met 11	West Met 12	West Met 13	West Met 14
Etherington, Adam		0:18:20	0:19:09		0:19:53	0:18:10		0:18:24						
Free, Andrew		0:20:45		22:06:00		0:20:43		0:20:58						
Boyle , Brad				0:17:38		0:17:11							0:18:03	
Eager, Carly		0:19:36			0:22:41	0:20:08	0:26:54	0:19:46	0:20:35	0:19:31	0:19:52	0:26:11		0:26:59
Martins, Danny				0:19:51				0:19:09						
Perry, David	0:17:14		0:19:40	0:17:16	0:19:41	0:17:16	0:25:03	0:19:05	0:17:38	0:19:33	0:17:47	0:24:54		0:27:40
Micallef, Gary	0:24:52		0:24:52		0:24:00	0:22:35						0:31:11	0:22:11	0:31:06
Sheargold, Geoff										0:13:24				
Sheargold, Graham										0:19:09				
Sargeant, Gregory	0:19:49	0:17:55	0:19:43	0:19:29	0:20:28	0:18:54		0:18:56	0:20:54		0:19:49	0:26:19	0:19:14	0:27:46
Davis, Jean	0:20:54	0:19:32	0:22:47	0:21:18	0:22:33	0:21:04	0:27:58		0:22:58	0:21:09	0:23:27	0:28:37	0:21:40	
Butler, Joseph	0:26:00		0:28:02	0:25:50			0:37:30	0:27:01			0:27:28	0:37:36	0:26:43	
Russell, Katrina			0:22:59	0:22:41		0:21:59	0:30:58				0:22:55			
Smith, Lynette				0:18:51	0:19:01	0:17:58		0:20:40						
Christie, Michael	0:22:25	0:20:19	0:23:28	0:22:48	0:23:50	0:21:14	0:32:39	0:21:26	0:24:13	0:22:30	0:22:18			0:31:30
Grogan, Michael	0:20:47		0:20:49		0:21:07	0:17:56		0:19:38		0:19:32	0:19:32	0:25:52	0:19:48	0:27:37
Tutty, Peter	0:17:56	0:17:12			0:19:19		0:25:51						0:17:41	
Eager, Robert					0:22:23							0:30:40		
Smith, Robyn			0:21:54	0:22:18					0:22:29	0:19:54	0:21:10	0:26:32	0:19:06	0:26:43
Mar, Roger	0:21:47	0:20:07	0:22:05	0:22:10	0:22:37	0:21:51		0:21:03		0:22:10		0:29:39	0:22:57	0:29:16
Clark, Stephen		0:16:55			0:17:52		0:23:35	0:16:39		0:17:49	0:17:24	0:22:40		
Mifsud, Stephen			0:22:54	0:18:36	0:18:23	0:17:24	0:24:08		0:19:17	0:17:39	0:19:20	0:22:30		0:24:13
Parkins, Stephen				0:18:49		0:18:35	0:25:12	0:18:33	0:20:02	0:18:09	0:19:21	0:24:10	0:18:19	0:24:40
Zammit, Rod	0:22:04	0:19:45	0:20:33	0:21:14	0:21:41	0:19:23	0:26:41	0:18:10	0:20:16	0:18:12	0:18:53	0:24:25	0:18:10	0:26:33
Milliss, Rowena								0:17:05			0:17:32			

West Met Long Distance Results

	West Met 1	West Met 2	West Met 3	West Met 4	West Met 5	West Met 6	West Met 7	West Met 8	West Met 9	West Met 10	West Met 11	West Met 12	West Met 13	West Met 14
Boyle, Brad	0:36:22										0:38:30			
Kidson, Clive	0:39:07		0:38:58	0:38:07			0:36:36	0:36:43	0:39:15		0:37:58	0:49:02	0:37:00	0:36:09
Perry, David	0:36:39			0:39:34	0:40:20	0:37:29	0:37:32	0:37:10	0:38:04	0:36:31	0:37:21	0:51:28		0:36:21
Sheargold, Geoff								0:28:38		0:30:05				
Sheargold, Graham	0:39:42	0:37:50		0:37:44	0:41:00		0:38:49	0:38:37		15:22:00		0:52:39	0:39:03	0:38:44
Sargeant, Gregory		0:42:07	0:47:12	0:48:44	0:45:49			0:43:19	0:46:27	0:43:36	0:43:57	0:58:56	0:44:08	0:47:57
Russell, Katrina											0:55:07			
Grant, Lisa	0:33:53	0:00:00			0:36:18		0:33:24			0:33:22		0:45:14	0:34:04	
Hanna, Nic			0:31:28									0:39:58		
Tutty, Peter		0:37:23												
Eager, Robert		0:41:14	0:45:04		0:52:33	0:47:13		0:43:07	0:47:29		0:49:10	1:04:23		0:44:51
Mar, Roger		0:49:47	0:51:10									1:07:53		
Clark, Stephen												0:54:52		
Mifsud, Stephen							0:42:45			0:38:56				
O'Donnell, Stephen	0:40:52	0:38:36	0:40:50	0:43:01	0:42:13	0:39:32	0:37:32			0:39:53	0:41:41	0:56:44	0:43:03	
Parkins, Stephen				0:47:05		0:41:52	0:41:49	0:40:33		0:40:17		0:55:18	0:40:21	
Williams, Steven	0:45:21			0:42:40	0:52:34									
Zammit, Rod													0:40:22	

Girraween Representative Results

Male 1st place: Nic Hanna – 431 points

Male 2nd place: Brad Milosevic – 415 points

Male 3rd place: Geoff Sheargold – 366 points

Female 1st place: Lisa Grant – 273 points

Female 2nd place: Karen Short – 247 points

Female 3rd place: Carly Eager – 223 points

Girraween Athletics Club Publicity Report 2013-2014

This year's publicity report covers the period April 2013 through to March 2014. 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 2013 West Metropolitan cross-country season was a relatively successful one for Girraween's athletes. The numbers of participants was down on those of 2012. Approximately on average thirty-five Girraween athletes competed each Saturday afternoon with a highest number of forty-four competing at Rydalmere early on in the season. Once the West Metropolitan awards were handed out in September, fifteen athletes from Girraween won awards across various age categories, in the short, medium and long distance runs. This was eight less than 2012. The majority, seven, were gained in the short event. Nevertheless, this was a fine achievement as many of the categories were very even.

A number of Girraween athletes also competed in the Sydney Marathon Clinic series of races held at Greystanes on a new course over the 2012/2013 season which concluded in June 2013. Held from October through to June, this Sydney running institution continues to attract a large number of runners who compete over the 5km, 10km and 21/25/30km distances. The Girraween athletes who competed regularly at Greystanes are always keen for more of their club mates to join them. This season, Michael Grogan, Stephen Mifsud, Joe Butler and Terry Rose 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 2013 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, the State Road Championships at Homebush, the State Cross Country Relays at Miranda, the ANSW Long Course Cross Country at Cambewarra, the State Road Relays at Ourimbah, the Short Course Cross Country at Dundas and the State Half Marathon at Lake Gillawarna. This season Girraween picked up some medals, a fine achievement given the level of competition. The men's 55-64 team of Stephen Mifsud, Graham Sheargold, Clive Kidson and Terry Rose picked up a bronze medal in the team's category at the State Road Championships at Homebush in a great repeat of their 2012 achievement. Brad Milosevic finished 3rd in the Long Course Cross Country Championships at Cambewarra near Nowra, which given the high level of competition was a great achievement. In August in the Short Course Cross Country Championships at Dundas came one of the most remarkable achievements in Girraween's history. The Open men's team of Brad Milosevic, Geoff Sheargold, Nicholas Hanna and Danny Martins combined to collect the bronze medal in this event. Given that Girraween has little depth in the Open Men's age group and are always competing against much larger clubs with many athletes this achievement remains a remarkable one.

Whilst it was exciting to see our athletes pick up medals in these events in the 2013 winter season, the highlight once again was seeing so many Girraween athletes competing in all these events, particularly the relays, where once again the Girraween philosophy of giving everyone a run who wanted to was to the fore. This philosophy once again remains a strong point of the Girraween Athletics Club.

Winter 2013 also saw Girraween athletes compete in many fun runs and other events outside the scope of West Metropolitan and ANSW sanctioned events. Events such as Sri Chinmoy (various locations) Sydney Striders 10km, Parramatta Park Run, Lindfield Rotary Run, Canberra Running Festival, Australian Athletics Championships, Boston Marathon, Sydney Marathon Clinic, Macarthur Lions Anzac Run Camden, Mother's Day Classic, ACT Mountain Running Championships, Sydney Trail Running Series, NSW State League Orienteering, NSW Thrower's Club, Blacktown City Fun Run, SMH Half Marathon, Heart of the Lake Fun Run Lake Gillawarna, Comrades Marathon South Africa, Gold Coast Half Marathon, Sydney Harbour 10km, IPC World Athletics Championships, Lyon, France, Westlink M7 Cities Marathon and Teams Relay, Coal and Allied Running Festival Hunter Valley, Bay Run Iron Cove, Sutherland City to Surf, Sun Herald City to Surf (18 finishers), St Peters & Townsville Park Runs, Parkinson's Unity Fun Run Sydney Olympic Park, Adelaide Marathon, Mudgee Running Festival and Australian Cross Country Championships Launceston. This is an exhausting list, which once again illustrates the incredible versatility of our members, who compete all year round.

With the onset of the warmer weather, Girraween's summer afternoon track season ran from September 2013 through March 2014 at CV Kelly Park Girraween. Athletics returned to CV Kelly for the first time since March 2011 after the ground renovations were finally completed. Everyone was happy to be back on their old stamping grounds. The surface itself was looking good by the end of the summer after some much needed rain and it is envisaged that once additional drainage work is carried out after the first twelve months of re-occupation it will be even better. These meets were on the whole well supported as Girraween is still one of the few clubs around that holds a regular Saturday afternoon competition over the summer. When the ground was not available due to weather, we were still able to hold cross-country runs out at Greystanes, which our athletes were grateful for. This Saturday afternoon 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 to be hoped more athletes are able to take advantage of this competition in coming seasons.

In November 2013, the annual State Track and Field Relays were held at Sydney Olympic Park Athletics Track over a weekend that saw much rain, particularly on the Sunday afternoon when conditions were appalling. Girraween entered thirteen teams in various events over both days. A little bit of history was created on Saturday when the Masters Women's Shot Put team of Lynette Smith, Jean Davis, Robyn Smith and Karen Short won a gold medal in their event. It was Girraween's first gold medal at these relays in over ten years of participation, so it was a landmark achievement by these ladies. The Men's U18 Walks team of Luke Jobson, Tayla Jobson, Brendon Neich and Dylan Nagle won a great bronze medal in their event. The Women's U14 Shot Put team of Tayla Jobson, Kharrinnee Somasundaram, Mikyla Ozols and Willow Way were also successful in winning a well taken bronze medal. The Women's U14 Discus team of Tayla Jobson, Kharrinnee Somasundaram, Mikayla Ozols and Willow Way also won another great bronze medal in their event. It was great to see these young athletes in action and they had a very successful meet. The Mens 120+ 1500m team of Steve Clark, Rob Giesler, Michael Christie and Gary Micallef won a well-earned silver medal in appalling conditions on Sunday afternoon and did a fine job in the bargain. The remainder of our teams at these Relays competed very well and also enjoyed the opportunity to compete against top class competition at a great facility.

The Summer of 2013/2014 also saw Girraween athletes compete at a number of ANSW and ANSW permit meets. Our junior and senior athletes did a fine job representing their club in conditions on occasions that were very challenging indeed. Tayla Jobson, Matt Stenning, Divine Aaron, Lynette Smith, Brad Milosevic, Nicholas Hanna, Rob Giesler, Thomas Norton, Darryl King, Taylor Doyle, Brendon Neich, Raminder Singh, Ryan Owen, Hannah Crossland, Gary Micallef, Rowena Milliss, Robyn Smith, Kharrinnee Somasundaram, Elihah Harris and Danny Martins all did a superb job representing Girraween across the summer months.

Throughout the 2013/2014 summer season Girraween athletes competed in a large number of other events such as Running Wild Blue Mountains, North Lakes Qld Park, Parramatta Park Run, St Peters Park Run, Curl Curl Park Run, Sids Stampede Windsor, Centennial Park Ultra, Blackmore's Running Festival (8 finishers), Attard AC 10km Run Malta, Orange Blossom Fun Runs Castle Hill, Sarah Hilt Foundation Fun Run Camden, Berlin Marathon, Western Sydney Marathon events, Sydney Trail Running Series, Melbourne Marathon Festival, Sydney Trail Running Series, Juniors Maroubra Fun Run, Sydney Striders 10km, Women's Triathlon Festival Penrith, Sri Chinmoy (various locations), Balmain Fun Run, Special Olympics Asia Pacific Games Newcastle, Zatopek 10, Oceania Masters Bendigo, Cadbury Marathon Festival Hobart, Running Wild Knapsack Lap Race Glenbrook, Kyoto Marathon, NSW Masters, NSW Open Championships, NSW Throwers Club, NSW 5000m Championships, Six Foot Track, Australian Masters Championships Hobart, Australian Junior Championships Homebush. As you can see our athletes do not stop for summer, they keep on going.

Due to unknown circumstances, the annual Blacktown/Girraween/Hills interclub challenge did not take place for a second season running during the 2013/2014 season. Sadly, it remains to be seen if this event will be run again, time will tell.

Over the previous twelve months there have been many highlights from our athletes who have represented Girraween. All our athletes always give their best when representing Girraween and this is what counts. It's always hard to pick any highlights, but there were some worth mentioning. Brad Milosevic continues to develop as an elite athlete and over the last twelve months, his results illustrated this. His efforts in the Long Course Cross Country at Cambewarra near Nowra, his performance as part of the Girraween men's open team at Dundas and his great sub 30.00 min run in the iconic Zatopek 10 in Melbourne were a stand out. Taylor Doyle's effort in been selected for the small Australian team that competed at the IPC World Athletics Championships in Lyon, France was remarkable. Her efforts in the Special Olympics Asia Pacific Games in Newcastle towards the end of 2013 were also eye catching and her career continues to develop. Brendon Neich's effort in becoming Australian Champion in the Men's U14 Hammer Throw at the Australian Junior Championships held in Sydney in March was a remarkable achievement by this up and coming athlete and his future in this sport will be watched with great interest. Lisa Grant also finished second in the 2013/2014 Open Women's category in the Sydney Summer Series of Orienteering, no mean feat given the high level of competition that she faces each week.

In conclusion, it's been another remarkable twelve months. Our athletes continue to amaze us all with their amazing versatility across a wide range of events. Long may this continue.

Michael Christie
(GAP)

GIRRAWEE ATHLETICS CLUB

C V KELLY PARK GROUND RECORDS AS AT 31 MARCH 2011

<u>MEN</u>				<u>WOMEN</u>			
<u>OPEN</u>				<u>OPEN</u>			
S Mallard (NEP)	91/92	10.7	100 =	Rebecca Deane	93/94	12.7	
			100 =	Leanne Saliba	90/91	12.7	
Gary Howard	04/05	23.5	= 200	Heidi Novosell (G)	83/84	26.9	
Ernie Leseberg	04/05	23.5	= 200				
Gary Howard	04/05	51.5	400	Rachel Pederson (BLK)	07/08	1:01.0	
Craig Downie	84/85	2:01.9	800	Susannah Hartgers (TW)	83/84	2:24.0	
R Hamill (RH)	85/86	4:11.1	1500	Katie-Ellen French	00/01	4:59.5	
Craig Downie	86/87	9:04.2	3000	Katie-Ellen French	00/01	10:56.9	
Bruce Hogg	91/92	16:17.4	5000	Katie-Ellen French	00/01	18:55.4	
Adam Rutter (SYP)	02/03	6:07.0	1500W	Lisa Grant	02/03	6:49.6	
Adam Rutter (SYP)	02/03	12:49.2	3000W	Lisa Grant (SU)	05/06	13:57.3	
Robert Kropman	92/93	16.2	110H/100H	Lynette Smith	93/94	17.6	
Robert Kropman	92/93	28.1	200H	Catherine Downer	82/83	33.3	
David Tarbotton (CBT)	82/83	59.2	400H	Tracey Wheeler	84/85	1:14.6	
Nathan Manwaring	92/93	6-50	LJ	Nicole Page	93/94	5-13	
Craig Willetts	92/93	14-17	TJ	Natalie Deegan	93/94	10-65	
Craig Willetts	93/94	1-91	HJ	Vera Abramas (STG)	85/86	1-66	
Robert Kropman (7.26kg)	92/93	13-95	SP	Lynette Smith (4KG)	09/10	10-51	
Robert Kropman (2kg)	91/92	42-08	DIS	Sue Read (NC) (1kg)	89/90	39-66	
Robert Kropman (800g)	90/91	56-72	JAV	Lynette Smith (600g)	03/04	38-60	

BLK: Blacktown CBT: Campbelltown G: Greystanes NC: North Canberra NEP: Nepean PAR: Parramatta
 RH: Ryde-Hornsby STG: St George SYP: Sydney Pacific SU: Sydney Uni TW: Tiger Wests

VETERAN PLUS (80+)

VETERAN PLUS (80+)

VETERANS (70 – 79)

VETERANS (70 – 79)

Don Porter	08/09	14.9	100
Don Porter	08/09	34.0	200
Joe Butler	07/08	1:37.9	400
Joe Butler	07/08	3:49.6	800
Joe Butler	07/08	7:29.7	1500
Joe Butler	07/08	15:34.1	3000
Joe Butler	07/08	28:47.9	5000
			1500W
			3000W
Don Porter	08/09	3.31	LJ
Don Porter	08/09	6.74	TJ
			HJ
			SP
			DIS
			JAV

GOLDEN OLDIES (60-69)

John Dwyer	00/01	14.4	100
John Dwyer	00/01	31.9	200
Keith Mayhew	04/05	1:09.2	400
Keith Mayhew	04/05	2:32.3	800
Keith Mayhew	03/04	5:15.3	1500
Keith Mayhew	04/05	11:18.7	3000
Keith Mayhew	05/06	19:55.4	5000
Keith Mayhew	03/04	3-20	LJ
Keith Mayhew	03/04	6-19	TJ
Ram Swami	00/01	1-14	HJ
Viv Manwaring (5kg)	07/08	8-08	SP
John Dwyer (1kg)	00/01	29-14	DIS
Viv Manwaring (600g)	07/08	28.91	JAV

MASTER PLUS (50 – 59)

Rob Giesler	09/10	12.8	100
Rob Giesler	09/10	28.10	200
Steve Willams	06/07	1:06.3	400
Graham Sheargold	07/08	2:32.4	800
Graham Sheargold	07/08	5:12.5	1500
Graham Sheargold	05/06	11:26.9	3000
Steven Blunden	10/11	10:34.00	1500W
			3000W
Graham Sheargold	05/06	19:41.5	5000
Steven Blunden	10/11	4.56	LJ
Steven Blunden	10/11	9.30	TJ
Steven Blunden	10/11	1.27	HJ
Lajos Joni	05/06	11-85	SP
Lajos Joni	05/06	36-28	DIS
Lajos Joni	09/10	29-64	JAV

MASTERS (40-49)

Wayne Thurlow	07/08	12.2	100
Wayne Thurlow	06/07	26.6	200
Viv Manwaring	90/91	58.9	400
Jon O'Brien	04/05	2:20.6	800
Bruce Harrison	96/97	4:47.4	1500
Bruce Harrison	96/97	10:24.8	3000
Bruce Harrison	96/97	18:08.7	5000
Steve Blunden	08/09	9:53.0	1500W
Gary Micallef	04/05	22:31.5	3000W
Steven Williams	98/99	24.6	110H/100H
Viv Manwaring	87/88	31.8	200H
Viv Manwaring	88/89	5-25	LJ
Viv Manwaring	88/89	10-83	TJ
Stephen Halverson	94/95	1-55	HJ=
			HJ=
Lajos Joni (7.26kg)	04/05	10-62	SP
Lajos Joni (2kg)	04/05	30-86	DIS
Jon O'Brien (800g)	04/05	40-59	JAV

GOLDEN OLDIES (60-69)

Katrina Russell	05/06	15.5	
Katrina Russell	05/06	35.5	
Katrina Russell	05/06	1:18.4	
Katrina Russell	06/07	3:14.0	
Katrina Russell	06/07	6:44.5	
Katrina Russell	09/10	14:37.37	

MASTER PLUS (50 – 59)

Katrina Russell	05/06	15.5	
Katrina Russell	05/06	35.5	
Katrina Russell	05/06	1:18.4	
Katrina Russell	06/07	3:14.0	
Katrina Russell	06/07	6:44.5	
Katrina Russell	09/10	14:37.37	
Katrina Russell	08/09	28:49.9	
Katrina Russell	08/09	3.11	
Katrina Russell	10/11	6.74	
Katrina Russell	09/10	17-92	
Katrina Russell	07/08	16-65	

MASTERS (35-49)

Lynette Smith	10/11	13.53	
Lynette Smith	07/08	29.3	
Lynette Smith	05/06	1:07.3	
Lynette Smith	07/08	2:43.0	
Lynette Smith	05/06	5:53.9	
Lynette Smith	07/08	13:09.0	
Terri Baraniak	89/90	22:08.0	
Lynette Smith	10/11	8:17.8	
Lynette Smith	10/11	4.17	
Lynette Smith	10/11	9.37	
Lynette Smith	07/08	1-50	
Lynette Smith	10/11	1-50	
Lynette Smith (4kg)	09/10	10-51	
Lynette Smith (1kg)	10/11	34.9	
Lynette Smith (600g)	10/11	38.46	

SENIOR (20 – 39)

Gary Howard	02/03	10.9	100
Gary Howard	04/05	23.5	= 200
Ernie Leseberg	04/05	23.5	= 200
Gary Howard	04/05	51.5	400
Craig Downie	84/85	2:01.9	800
Michael Finucane	91/92	4:18.7	1500
Craig Downie	86/87	9:04.2	3000
Craig Downie	84/85	16:25.7	5000
Michael Grogan	10/11	7:37.78	1500W
			3000W
Robert Kropman	92/93	16.2	110H/100H
Robert Kropman	92/93	28.1	200H
Bob Broadhurst	82/83	1:09.9	400H
Jeff Micallef	90/91	6-26	= LJ
Peter Murray	91/92	6-26	= LJ
Peter Kropman	88/89	13-23	TJ
Craig Willetts	93/94	1-91	HJ
Robert Kropman (7.26kg)	92/93	13-95	SP
Robert Kropman (2kg)	91/92	42-08	DIS
Robert Kropman (800g)	90/91	56-72	JAV

SENIOR (20 – 34)

Lynette Smith	00/01	13.5
Lynette Smith	99/00	28.9
Lynette Smith	99/00	1:01.8
Lynette Smith	99/00	2:27.5
Lynette Smith	99/00	5:11.7
Lynette Smith	00/01	11:11.2
Lynette Smith	00/01	19:37.3
Lisa Grant	08/09	7:14.8
Lisa Grant	08/09	14:50.9
Lynette Smith	93/94	17.6
Lynette Smith	93/94	35.6
Tracey Wheeler	87/88	1:16.1
Lynette Smith	90/91	4-83
Lynette Smith	90/91	10-28
Lynette Smith	93/94	1-60
Lynette Smith (4kg)	93/94	10-20
Lynette Smith (1kg)	05/06	37-10
Lynette Smith (600g)	03/04	38-60

U/20

Damien Beckhouse	92/93	11.6	= 100
Tim Evans	05/06	11.6	= 100
Jason Willetts	93/94	23.9	200 =
			200 =
Jeff Micallef	89/90	53.4	400
Garry Moran		2:10.9	800
Bruce Hogg	93/94	4:31.7	1500
Matthew Graham	01/02	10:13.9	3000
Bruce Hogg	93/94	17:29.0	5000
Peter Kimpton	03/04	10:00.7	1500W
			3000W
Peter Kropman	86/87	16.9	110H/100H
Tim Evans	04/05	28.0	200H
Garry Moran		1:04.4	400H
Jeff Micallef	89/90	6-48	LJ
Craig Willetts	92/93	14-17	TJ
Damien Beckhouse	92/93	1-81	HJ
Robert Kropman (6kg)	89/90	12-26	SP
Robert Kropman (1.75kg)	89/90	35-50	DIS
Robert Kropman (800g)	89/90	46-40	JAV

U/20

Catherine Kropman	90/91	14.0
Jackie Wheeler	85/86	29.0
Christine Wearne	06/07	29.0
Jackie Wheeler	85/86	1:05.6
Tracey Wheeler	86/87	2:44.0
Jackie Wheeler	85/86	6:02.0
Lisa Grant	04/05	12:10.1
Tracey Wheeler	87/88	25:35.0
Lisa Grant	04/05	7:13.2
Lisa Grant	04/05	15:06.2
Tracey Wheeler	86/87	18.5
Jackie Wheeler	85/86	35.4
Tracey Wheeler	86/87	1:16.6
Lynette Smith	90/91	4-61
Catherine Kropman	90/91	10-03
Lynette Smith	90/91	1-53
Jessica Ward (4kg)	04/05	10-18
Tracey Wheeler (1kg)	86/87	36-94
Tracey Wheeler (600g)	86/87	37-40

U/19

Marcus Bakes	03/04	11.4	100
Paul Manton	84/85	23.9	200
Jeff Micallef	88/89	53.0	400
Bruce Hogg	92/93	2:08.2	800
Jamie Sherson	07/08	4:28.8	1500
Bruce Hogg	92/93	9:21.9	3000
Matthew Graham	00/01	16:56.6	5000
Peter Kimpton	02/03	8:15.2	1500W
Michael Jones	01/02	24:50.1	3000W
Peter Kropman	86/87	16.2	110H/100H
Peter Kropman	86/87	28.2	200H
Peter Kropman	86/87	1:01.2	400H
Peter Kropman	86/87	6-46	LJ
Craig Willetts	91/92	13-20	TJ
Peter Kropman	86/87	1-82	HJ
Brendan Evans (6kg)	05/06	11-17	SP
Brendan Evans (1.75kg)	06/07	29-76	DIS
Andrew Grace (800g)	85/86	49-34	JAV

U/19

Jackie Wheeler	84/85	13.8
Nicole Page	94/95	28.5
Jackie Wheeler	84/85	1:04.6
Katie French	04/05	2:28.1
Lisa Grant	03/04	5:42.0
Susan Ireland	03/04	12:24.2
Susan Ireland	03/04	22:36.1
Lisa Grant	03/04	7:03.4
Lisa Grant	03/04	14:55.0
Tracey Wheeler	85/86	18.7
Tracey Wheeler	85/86	35.9
Tracey Wheeler	85/86	1:15.6
Nicole Page	94/95	5-04
Nicole Page	94/95	10-64
Tracey Wheeler	85/86	1-52
Jessica Ward (4kg)	03/04	9-99
Tracey Wheeler (1kg)	85/86	35-04
Tracey Wheeler (600g)	85/86	37-06

U/18

Tim Evans	03/04	11.4	100
Phillip Fenech	85/86	24.6	200
Jamie Sherson	06/07	53.5	400
Jamie Sherson	06/07	2:03.6	800
Jamie Sherson	06/07	4:18.9	1500
Bruce Hogg	91/92	9:16.5	3000
Bruce Hogg	91/92	16:17.4	5000
Peter Kimpton	01/02	8:27.9	1500W
Peter Kimpton	01/02	17:50.1	3000W
Peter Kropman	85/86	16.0	110H/100H
Peter Kropman	85/86	29.1	200H
Peter Kropman	85/86	1:03.6	400H
Nathan Manwaring	92/93	6-50	LJ
Tim Evans	03/04	13-36	TJ
Shane Hanlon	91/92	1-89	HJ
Sam Setrallah (5kg)	04/05	11-55	SP
Greg Howard (1.5kg)	84/85	38-78	DIS
Andrew Grace (700g)	84/85	45-28	JAV

U/18

Nicole Page	93/94	13.2
Jackie Wheeler	83/84	28.3
Jackie Wheeler	83/84	1:03.4
Jackie Wheeler	83/84	2:41.1
Susan Ireland	02/03	5:36.2
Jackie Wheeler	83/84	13:09.0
Jackie Wheeler	83/84	22:46.0
Lisa Grant	02/03	6:49.6
Lisa Grant	02/03	14:51.2
Kylie Walker	92/93	19.1
Kylie Walker	91/92	36.8
Jackie Wheeler	83/84	1:18.2
Nicole Page	93/94	5-13
Catherine Kropman	88/89	9-73
Catherine Kropman	88/89	1-50
Jessica Ward (4kg)	03/04	10-00
Natalie Avellino (1kg)	86/87	35-02
Tracey Wheeler (600g)	85/86	33-24

U/17U/17

Kurt Quinlivan	92/93	11.5	100 =	Nicole Page	10/11	13.38
Phillip Fenech	84/85	24.1	200	Tracey Connors	84/85	28.4
Phillip Fenech	84/85	53.8	400	Natalie Pellizzari	06/07	1:04.8
Jon Hetherington	84/85	2:08.9	800	Jackie Wheeler	82/83	2:35.0
Bruce Hogg	90/91	4:31.4	1500	Kim Pitzing	86/87	5:12.0
Bruce Hogg	90/91	9:33.1	3000	Kim Pitzing	86/87	11:50.0
Bruce Hogg	90/91	16:49.0	5000	Jackie Wheeler	82/83	23:06.0
Adam Sinclair	05/06	9:21.2	1500W	Lisa Grant	01/02	6:52.2
Matthew Jenkin	00/01	19:40.0	3000W	Lisa Grant	01/02	14:44.4
Kurt Quinlivan	92/93	16.2	110H/100H	Kylie Walker	91/92	18.7
Phillip Fenech	84/85	28.8	200H	Tracey Connors	84/85	33.9
Peter Kropman	84/85	1:02.9	400H	Tracey Wheeler	84/85	1:14.6
Phillip Fenech	84/85	6-37	LJ	Nicole Page	92/93	5-05
Timothy Evans	02/03	12-53	TJ	Catherine Kropman	86/87	10-16
Shane Hanlon	90/91	1-83	HJ	Tracey Wheeler	84/85	1-58
Brendan Evans (5kg)	04-05	11-58	SP	Shari Apikotoa (4kg)	05/06	9-91
Greg Howard (1.5kg)	83/84	39-72	DIS	Tracey Wheeler (1kg)	84/85	32-62
Robert Kropman (700g)	85/86	53-76	JAV	Tracey Wheeler (600g)	84/85	32-50

U/16U/16

Shaun Wearne	99/00	11.6	100 =	Jackie Wheeler	81/82	13.4
			100 =	Linda Hatherly	93/94	
Phillip Fenech	83/84	24.3	200	Jackie Wheeler	81/82	28.9
Phillip Fenech	83/84	53.6	400	Jackie Wheeler	81/82	1:05.1
Andrew Baraniak	90/91	2:11.0	800	Jackie Wheeler	81/82	2:36.0
Andrew Baraniak	90/91	4:32.3	1500	Jackie Wheeler	81/82	5:35.0
Andrew Baraniak	90/91	9:37.9	3000	Katie-Ellen French	00/01	11:11.6
Paul Sewell	88/89	18:12.0	5000	Kim Pitzing	85/86	20:12.0
Paul Sewell	88/89	9:54.0	1500W	Lisa Grant	00/01	7:20.4
			3000W	Lisa Grant	00/01	16:21.3
David Gallo	86/87	14.9	100H/90H	Catherine Downer	82/83	15.7
Phillip Fenech	83/84	29.1	200H	Catherine Downer	82/83	33.3
Phillip Fenech	83/84	1:05.1	400H	Tracey Wheeler	83/84	1:16.4
Chris Saliba	89/90	6-11	LJ	Tracey Wheeler	83/84	5-01
Irwin Burbage	99/00	12-19	TJ	Natalie Deegan	93/94	10-65
Peter Kropman	83/84	1-73	HJ	Lynette Smith	86/87	1-58
Tristan Manwaring (4kg)	00/01	12-47	SP	Natalie Avellino (4kg)	86/87	10-32
Greg Howard (1kg)	82/83	44-30	DIS	Natalie Avellino (1kg)	86/87	33-78
Jon Hetherington (700g)	83/84	44-14	JAV	Tracey Wheeler (600g)	83/84	30-18

U/15

Michael McHugh	81/82	12.0
Ilia Gill	82/83	24.7
Phillip Fenech	82/83	57.2
Andrew Baraniak	89/90	2:08.1
Andrew Baraniak	89/90	4:24.0
Andrew Baraniak	89/90	9:34.7
Andrew Baraniak	89/90	16:50.0
Brent Balinski	95/96	8:00.5
Nicholas Potten	84/85	15.8
Michael McHugh	81/82	31.2
Michael Wheeler	86/87	1:07.8
Franky Wong	98/99	5-78
Michael McHugh	81/82	11-61
Ilia Gill	82/83	1-81
Andrew Blunden (4kg)	06/07	8-49
Andrew McIlwaine (1kg)	87/88	48-50
Andrew McIlwaine (600g)	87/88	52-84

U/15

100 =	Rebecca Deane	93/94	12.7
100 =	Leanne Saliba	90/91	12.7
200	Rebecca Deane	93/94	27.5
400	Tracey Wheeler	82/83	1:06.3
800	Katie-Ellen French	00/01	2:26.5
1500	Katie-Ellen French	00/01	4:59.5
3000	Katie-Ellen French	00/01	10:56.9
5000	Katie-Ellen French	00/01	18:55.4
1500W	Lisa Grant	99/00	7:06.0
3000W	Carly Eager	01/02	25:36.6
100H/90H	Rebecca Deane	93/94	14.6
200H	Rebecca Deane	93/94	33.4
400H	Tracey Wheeler	82/83	1:17.7
LJ	Linda Atkins	80/81	4-94
TJ	Sarah Ferguson	86/87	10-28
HJ	Tracey Wheeler	82/83	1-59
SP	Kelly Micallef (3kg)	04/05	9-22
DIS	Natalie Avellino (1kg)	85/86	34-38
JAV	Tracey Wheeler (600g)	82/83	30-00

U/14

Ilia Gill	81/82	12.1
Ilia Gill	81/82	25.6
Andrew Scully	99/00	58.4
Reece Diaz	04/05	2:18.4
Nathan Schmid	91/92	4:52.0
Stephen Muir	95/96	10:42.0
Brent Balinski	94/95	18:33.6
Brent Balinski	94/95	8:00.0
Michael Jamieson	86/87	15.1
Phillip Fenech	81/82	34.0
Nicholas Potten	83/84	1:10.4
Liam Correy-Yorke	02/03	5-59
Barry Prasetya	83/84	10-67
Ilia Gill	81/82	1-76
Reece Diaz (3kg)	04/05	9-67
Andrew McIlwaine (1kg)	86/87	48-50
Andrew McIlwaine (600g)	86/87	52-84

U/14

100	Rebecca Norton	10/11	12.71
200	Rebecca Deane	92/93	28.3
400	Rebecca Deane	92/93	1:03.8
800	Katie-Ellen French	99/00	2:27.1
1500	Katie-Ellen French	99/00	5:17.7
3000	Katie-Ellen French	99/00	11:01.9
5000	Susan Ireland	98/99	19:33.9
1500W	Lisa Grant	98/99	6:55.6
3000W	Julie Grant	01/02	18:14.2
90H/80H	Rebecca Deane	92/93	13.3
200H	Rebecca Deane	92/93	32.5
400H	Catherine Kropman	84/85	1:21.9
LJ	Linda Atkins	79/80	4-73
TJ	Catherine Kropman	84/85	9-90
HJ	Jessica Fisher	96/97	1-57
SP	Steffany Dunn (3kg)	06/07	8-45
DIS	Natalie Avellino (1kg)	84/85	34-22
JAV	Ashley Micallef (400g)	01/02	21-61

U/13

Ivica Mikic	79/80	13.1	100
Ilia Gill	80/81	27.0	200
Michael Ryan	78/79	1:05.0	400
Reece Diaz	03/04	2:30.6	800
Reece Diaz	03/04	5:09.3	1500
Nathan Schmid	90/91	10:49.0	3000
Nathan Schmid	90/91	18:12.2	5000
Peter Balinski	95/96	9:20.3	1500W
			3000W
Chris Saliba	86/87	14.5	90H/80H
Chris Saliba	86/87	37.9	200H
Warren Dempsey	84/85	1:18.1	400H
Rodney Scarr	78/79	4-97	LJ
Chris Saliba	86/87	9-88	TJ
Ilia Gill	80/81	1-66	HJ
Dale Parker (3kg)	10/11	10.62	SP
Andrew McIlwaine (1kg)	85/86	37-71	DIS
Andrew McIlwaine (600g)	85/86	32-51	JAV

U/13

Rebecca Norton	09/10	13.13
Rebecca Norton	09/10	28.15
Tracey Wheeler	79/80	1:06.5
Katie-Ellen French	99/00	2:41.1
Catherine Kropman	83/84	5:37.0
Katie-Ellen French	99/00	12:03.7
Kim Pitzing	82/83	21:39.0
Lisa Grant	98/99	7:35.6
Julie Grant	01/02	18:39.0
Sarah Ferguson	84/85	14.6
Sandra Narezzi	92/93	37.0
Sarah Ferguson	84/85	1:22.1
Tracey Wheeler	79/80	4-58
Tracey Wheeler	79/80	9-68
Tracey Wheeler	79/80	1-44
Ashley Micallef (2kg)	00/01	7-91
Ashley Micallef (750g)	00/01	21-47
Ashley Micallef (400g)	00/01	15-76

U/12

Jye Perrott	10/11	12.9	100
Jye Perrott	09/10	27.91	200
Jye Perrott	10/11	1:02.67	400
Jye Perrott	10/11	2:27.36	800
Nathan Schmid	89/90	4:59.6	1500
Peter Balinski	94/95	11:05.9	3000
Peter Balinski	94/95	19:43.5	5000
Connor Vernon	08/09	9:30.0	1500W
			3000W
Matthew Beattie	93/94	15.3	90H/80H
Jeff Micallef	81/82	36.9	200H
Michael Wheeler	83/84	1:22.0	400H
Jye Perrott	09/10	4-57	LJ
Jye Perrott	10/11	10.10	TJ
Ilia Gill	79/80	1-55	HJ
Michael Chaffen (3kg)	04/05	7-79	SP
Andrew McIlwaine (1kg)	84/85	31-08	DIS
Joel Wheatley (600g)	10/11	26.4	JAV =

U/12

Ashlee Tait	09/10	13.76
Linda Hemmerling	80/81	30.3
Linda Hemmerling	80/81	1:10.1
Kellie Fenech	81/82	2:48.0
Catherine Kropman	82/83	5:42.0
Stacey Argent	01/02	12:12.2
Stacey Argent	01/02	21:42.4
Brenda Micallef	03/04	10:01.2
Brenda Micallef	03/04	22:25.1
Melissa Briggs	92/93	16.8
Melissa Briggs	92/93	40.2
Catherine Kropman	82/83	1:35.0
Tracey Wheeler	78/79	4-35
Catherine Kropman	82/83	8-75
Melissa Briggs	92/93	1-42
Danielle Goodin (3kg)	03/04	7-27
Bethany Parker (750g)	10/11	28.46
Bethany Parker (400g)	10/11	24.24

NOTE: Where an event is not listed in an age group, a record has not yet been set

ARCHIVED RECORDS

These are events that are not held as part of the club programme any more.

Open	800m Steeplechase	Kevin Junor (PAR)	84/85	2:19.0	Yvette Jaeger	84/85	2:53.6
Masters (40+)	800m Steeplechase	Bob Sewell	87/88	3:17.7			
Senior	800m Steeplechase	John Doolan	86/87	2:52.5	Jackie Wheeler	86/87	3:21.0
U20	800m Steeplechase	Peter Kropman	87/88	3:21.0	Jackie Wheeler	85/86	3:17.0
U19	800m Steeplechase	Peter Kropman	86/87	2:30.9	Jackie Wheeler	84/85	3:24.0
U18	800m Steeplechase	Mark Irving	85/86	2:32.1	Tracey Connors	85/86	3:15.6
U17	800m Steeplechase	Mark Irving	84/85	2:28.0	Tracey Wheeler	84/85	3:19.9
U16	800m Steeplechase	Peter Kropman	83/84	2:41.9	Tracey Wheeler	83/84	4:10.0
U15	800m Steeplechase	Shane Ferguson	84/85	2:43.7	Cherie Madden	86/87	3:31.0
U14	800m Steeplechase	Warren Dempsey	85/86	2:56.0	Catherine Kropman	84/85	3:32.0
U13	800m Steeplechase	Stephen Mooney	84/85	3:09.3	Catherine Kropman	83/84	3:44.0
U12	800m Steeplechase	Dale Berryman	83/84	3:21.0			
U19 SP	Jeff Micallef (5.449kg)	13-49	U15 SP	Dianne Kidd (2.724kg)	12-28		
U19 Dis	Damien Beckhouse (1.5kg)	39-78	U14 SP	Natalie Avellino (2.724kg)	12-91		
U18 SP	Robert Kropman (5.449kg)	13-63	U14 Jav	Natalie Avellino (600g)	30-44		
U17 SP	Robert Kropman (4.535kg)	14-20	U13 SP	Natalie Avellino (2.724kg)	12-20		
U16 SP	Robert Kropman (4.535kg)	13-58	U13 Dis	Natalie Avellino (1kg)	33-04		
U15 SP	Andrew McIlwaine (3.632kg)	16-18	U13 Jav	Natalie Avellino (600g)	23-76		
U14 SP	Andrew McIlwaine (3.632kg)	14-88	U12 SP	Natalie Avellino (2.724kg)	8-51		
U13 SP	Andrew McIlwaine (2.724kg)	14-22	U12 Dis	Natalie Avellino (1kg)	18-70		
U12 SP	Andrew McIlwaine (2.724kg)	12-15	U12 Jav =	Tracey Wheeler (600g)	15-06		
			U12 Jav =	Amy Van Trier (600g)	15-06		

CLUB WINTER CHAMPIONS

Prior to 2002, only males competing in the long event and females competing in the middle event were considered in the pointscore for Winter Champion. From 2002, the system was changed with age category competitions within each of the short, medium and long events.

<u>FEMALE</u>	<u>SEASON</u>	<u>MALE</u>
Ashleigh Micallef (U14)	2001	Bradley Milosevic (U13)
Vikki Savage (Snr)	2000	Matthew Graham (U19)
Chelsea Austin (U16)	1999	Matthew Graham (U18)
.=Michelle Kurp (U16)	1998	Kevin Casey (Vet)
.=Zulay Sastre (U14)	1998	
-	1997	Graham Sheargold (Vet)
Leanne Bourke (Snr)	1996	Graham Sheargold (Vet)
Linda Balinski (Vet)	1995	Graham Sheargold (Vet)
Vikki Savage (U15)	1994	Brett Warner (U18)
Lynette Smith (Snr)	1993	Bob Sewell (Vet)
Lynette Smith (Snr)	1992	Con Starr (Snr)
Amy Thorpe (U14)	1991	Bruce Hogg (U18)
Terri Baraniak (Vet)	1990	Wally Schmid (Snr)
Terri Baraniak (Vet)	1989	Paul Sewell (U17)
-	1988	Bob Sewell (Vet)
-	1987	Bob Sewell (Vet)
Pauline Gunns (U20)	1986	Bob Sewell (Vet)

MODIFIED PROGRAM RECORDS AS AT 31 MARCH 2011

4 x 100M RELAY

OPEN MEN	46.64	(02/03)	OPEN WOMEN	55.0	(93/94)
Marcus Bakes (U18)	Timothy Evans (U17)		Nicole Page (U18)	Linda Hatherly (U17)	
Gary Howard (Sen)	Ernest Leseberg (Sen)		Sandra Narezzi (U15)	Melissa Briggs (U13)	
OPEN MIXED	55.8	(06/07)	U20 MIXED	56.5	(04/05)
Amanda Giesler	Mel Dunn		Jemma Austin	Jessica Ward	
Matt Dunn	Brad Milosevic		Tim Evans	Scott Mortimer	
40+ MEN	55.9	(06/07)	35+ MEN	53.8	(03/04)
Stephen Parkins	Gary Micallef		Rob Giesler	Stephen Parkins	
Steven Williams	Rob Giesler		Darren Gould	Steven Williams	
U20 MEN	49.2	(03/04)	U20 WOMEN	63.2	(06/07)
Marcus Bakes (U19)	Brendan Evans (U16)		Caitlin Dunn	Steffany Dunn (U14)	
Tim Evans (U18)	Scott Mortimer (U18)		Brenda Micallef (U15)	Danielle Goodin (U15)	

8 x 100M RELAY

OPEN MEN	1:39.7	(90/91)		
Michael Finucane (Sen)	Wayne Jeff (Sen)		Bruce Hogg (U18)	
Craig Willetts (U18)	Garry Dempsey (U17)		Shane Hanlon (U17)	
Nathan Manwaring (U17)	Andrew Baraniak (U16)			
OPEN WOMEN	1:50.5	(84/85)		
Jackie Wheeler (U19)	Tracey Connors (U17)		Tracey Wheeler (U17)	
Michelle Cauchi (U15)	Natalie Avellino (U14)		Catherine Kropman (U14)	
Jackie Neil (U14)	Tracey Scorer (U14)			
OPEN MIXED	1:46.2	(94/95)		
(minimum 3 women)				
John Dwyer (Vet)	Stephen Halverson (Vet)		Garry Dempsey (Sen)	
Lynette Smith (Sen)	Paul Weymark (U20)		Nicole Page (U19)	
Adrian Grogan (U18)	Sandra Narezzi (U16)			

Open Men				Open Women		
Ernie Leseberg	02/03	07.00	60M Sprint	Nicole Page (NEP)	95/96	08.10
Andrew Scully (BLK)	02/03	00:37.00	300M Unlaned	Lynette Smith	99/00	00:44.70
Gary Howard	03/04	02:50.80	1000M	Katie-Ellen French	00/01	03:11.20
Bruce Hogg	93/94	04:35.80	1 Mile	Kim Pitzing	84/85	05:53.00
Michael Kammerer	02/03	06:18.20	2000M	Katie-Ellen French	00/01	07:04.00
Robert Kropman	92/93	31.66	SP Throw 2.724kg	Lynette Smith	93/94	16.92
Tim Evans	03/04	1.65	Scissor HJ	Lynette Smith	93/94	1.45
Robert Kropman	92/93	2.84	Standing LJ	= Catherine Kropman	92/93	2.30
			Standing LJ	= Lynette Smith	93/94	2.30

<u>Veteran (70-79) Male</u>				<u>Veteran (70-79) Female</u>		
Don Porter	08/09	09.50	60M Sprint	Vacant Record		
Joe Butler	08/09	01:10.00	300M Unlaned	Vacant Record		
Joe Butler	07/08	04:59.80	1000M	Vacant Record		
Joe Butler	07/08	08:25.50	1 Mile	Vacant Record		
Joe Butler	07/08	10:03.30	2000M	Vacant Record		
Vacant Record		0.00	SP Throw 2.724kg	Vacant Record		
Vacant Record		0.00	Scissor HJ	Vacant Record		
Don Porter	08/09	1.64	Standing LJ	Vacant Record		

<u>Golden Oldies (60-69) Male</u>				<u>Golden Oldies (60-69) Female</u>		
Robert Field	07/08	09.10	60M Sprint	Vacant Record		
Keith Mayhew	03/04	00:52.50	300M Unlaned	Vacant Record		
Keith Mayhew	03/04	03:24.60	1000M	Vacant Record		
Keith Mayhew	03/04	05:46.90	1 Mile	Vacant Record		
Keith Mayhew	03/04	07:29.30	2000M	Vacant Record		
Keith Mayhew	03/04	12.74	SP Throw 2.724kg	Vacant Record		
Keith Mayhew	03/04	1.15	Scissor HJ	Vacant Record		
Keith Mayhew	03/04	1.71	Standing LJ	Vacant Record		

<u>Masters Plus (50-59) Male</u>				<u>Masters Plus (50-59) Female</u>		
Rob Giesler	10/11	08.01	60M Sprint	Katrina Russell	05/06	09.80
Rob Giesler	10/11	00:45.69	300M Unlaned	Katrina Russell	05/06	00:57.60
Graham Sheargold	05/06	03:27.90	1000M	Katrina Russell	05/06	04:39.40
Dennis Andrew	05/06	06:24.40	1 Mile	Vacant Record		
Graham Sheargold	05/06	07:29.60	2000M	Katrina Russell	05/06	10:32.30
Lajos Joni	06/07	25.50	SP Throw 2.724kg	Katrina Russell	05/06	7.24
Rob Giesler	10/11	1.27	Scissor HJ	Katrina Russell	05/06	1.05
Lajos Joni	08/09	2.39	Standing LJ	Katrina Russell	05/06	1.86

<u>Masters (40-49) Male</u>				<u>Masters (35-49) Female</u>		
Steven Williams	01/02	07.80	60M Sprint	Andrea Hendley	04/05	09.00
Robert Giesler	06/07	07.80	60M Sprint			
Wayne Thurlow	10/11	07.80	60M Sprint			
Steven Williams	99/00	00:42.20	300M Unlaned	Lynette Smith	09/10	00:48.38
Keith Mayhew	98/99	03:10.40	1000M	Lynette Smith	05/06	03:50.10
Bill Flanagan	02/03	05:19.80	1 Mile	Lynette Smith	05/06	06:40.60
Bill Flanagan	02/03	06:54.80	2000M	Jean Davis	09/10	9:24.65
Stephen Parkins	08/09	20.69	SP Throw 2.724kg	Lynette Smith	06/07	16.55
Stephen O'Donnell	04/05	1.45	Scissor HJ	Lynette Smith	09/10	1.40
Stephen O'Donnell	06/07	2.53	Standing LJ	Andrea Hendley	03/04	2.03

<u>Senior (20-39) Male</u>				<u>Senior (20-34) Female</u>		
Ernie Leseberg	02/03	07.00	60M Sprint	Amanda Giesler	04/05	08.30
Gary Howard	03/04	00:37.60	300M Unlaned	Lynette Smith	99/00	00:44.70
Gary Howard	03/04	02:50.80	1000M	Lynette Smith	99/00	03:20.40
Craig Downie	87/88	04:46.70	1 Mile	Lynette Smith	00/01	05:58.70
Michael Kammerer	02/03	06:18.20	2000M	Lisa Grant	09/10	07:39.54
Robert Kropman	92/93	31.66	SP Throw 2.724kg	Lynette Smith	93/94	16.92
Tim Evans	10/11	1.62	Scissor HJ	Lynette Smith	93/94	1.45
Robert Kropman	92/93	2.84	Standing LJ	= Catherine Kropman	92/93	2.30
			Standing LJ	= Lynette Smith	93/94	2.30

<u>U20 Male</u>				<u>U20 Female</u>			
= Nathan Manwaring	93/94	07.50	60M Sprint	Jemma Austin	04/05	09.10	
= Tim Evans	04/05	07.50	60M Sprint				
Paul Weymark	94/95	00:40.00	300M Unlaned	Lisa Grant	03/04	00:54.30	
Matthew Modini	08/09	03:09.50	1000M	Vikki Savage	99/00	03:44.60	
Bruce Hogg	93/94	04:35.80	1 Mile	Lisa Grant	04/05	07:05.40	
			2000M	Lisa Grant	03/04	08:34.40	
Nathan Manwaring	93/94	20.55	SP Throw 2.724kg	Tracey Wheeler	86/87	14.54	
= Nathan Manwaring	93/94	1.60	Scissor HJ	Chelsea Austin	02/03	1.20	
= Timothy Evans	04/05	1.60	Scissor HJ				
Peter Kimpton	02/03	2.79	Standing LJ	Chelsea Austin	02/03	2.03	

<u>U19 Male</u>				<u>U19 Female</u>			
= Tim Evans	03/04	07.50	60M Sprint	Nicole Page	95/96	08.20	
= Brendan Weyland	04/05	07.50	60M Sprint				
= Tim Evans	03/04	00:40.20	300M Unlaned	Nicole Page	94/95	00:52.90	
= Matthew Graham	00/01	00:40.20	300M Unlaned				
Brad Milosevic	06/07	02:50.90	1000M	Lisa Grant	02/03	03:47.70	
Bruce Hogg	92/93	04:54.20	1 Mile	Jackie Wheeler	84/85	06:23.00	
Brad Milosevic	06/07	06:13.10	2000M	Vacant Record			
Jeff Micallef	88/89	24.60	SP Throw 2.724kg	Tracey Wheeler	85/86	16.29	
Timothy Evans	03/04	1.65	Scissor HJ	Nicole Page	94/95	1.25	
Peter Kimpton	02/03	2.78	Standing LJ	Nicole Page	94/95	2.16	

<u>U18 Male</u>				<u>U18 Female</u>			
= Nathan Manwaring	91/92	07.40	60M Sprint	Nicole Page	93/94	08.20	
= David Beattie	96/97	07.40	60M Sprint				
David Beattie	96/97	00:40.40	300M Unlaned	Lisa Grant	01/02	00:49.80	
Brad Milosevic	05/06	02:57.20	1000M	Lisa Grant	01/02	03:40.00	
Bruce Hogg	91/92	04:47.60	1 Mile	Kate Stockings	00/01	06:26.30	
Matthew Graham	99/00	06:44.20	2000M	Charlotte Stenning	08/09	09:33.10	
Peter Kropman	85/86	23.86	SP Throw 2.724kg	Veronica Sestic	92/93	12.78	
Timothy Evans	02/03	1.61	Scissor HJ	Nicole Page	93/94	1.35	
Nathan Manwaring	91/92	2.71	Standing LJ	Nicole Page	93/94	2.13	

<u>U17 Male</u>				<u>U17 Female</u>			
David Beattie	95/96	07.50	60M Sprint	Linda Hatherly	93/94	08.50	
David Beattie	95/96	00:39.90	300M Unlaned	Kate Stockings	00/01	00:50.00	
Jamie Sherson	04/05	02:56.60	1000M	Kate Stockings	00/01	03:47.00	
Ron Irving	85/86	04:56.40	1 Mile	Carly Eager	03/04	08:15.10	
Matthew Graham	98/99	06:37.70	2000M	Kate Stockings	00/01	09:22.90	
Robert Kropman	86/87	27.24	SP Throw 2.724kg	Tracey Wheeler	84/85	14.66	
Timothy Evans	02/03	1.65	Scissor HJ	= Linda Hatherly	93/94	1.26	
			Scissor HJ	= Lee Westwood	91/92	1.26	
David Beattie	95/96	2.52	Standing LJ	Nicole Page	92/93	2.25	

<u>U16 Male</u>				<u>U16 Female</u>			
Peter Hogan	96/97	07.70	60M Sprint	Natalie Pellizzari	04/05	08.30	
Peter Hogan	96/97	42.60	300M Unlaned	Natalie Pellizzari	04/05	00:45.30	
Adam Sinclair	03/04	03:13.17	1000M	Kate Stockings	99/00	03:35.50	
Paul Sewell	88/89	05:01.10	1 Mile	Katrina Ward	90/91	06:14.00	
Bradley Milosevic	03/04	06:52.90	2000M	Stacey Argent	04/05	08:45.10	
Robert Kropman	85/86	26.99	SP Throw 2.724kg	Natalie Avellino	85/86	13.53	
David Beattie	94/95	1.56	Scissor HJ	Natalie Deegan	93/94	1.30	
Christopher Flower	00/01	2.66	Standing LJ	Sandra Narezzi	94/95	2.22	

<u>U15 Male</u>				<u>U15 Female</u>		
Matthew Dux	95/96	07.90	60M Sprint	Sandra Narezzi	93/94	08.60
Matthew Dux	95/96	00:43.90	300M Unlaned	Vikki Savage	94/95	00:51.50
Reece Diaz	04/05	03:10.50	1000M	Katie-Ellen French	00/01	03:11.20
Andrew Baraniak	89/90	04:44.30	1 Mile	Kim Pitzing	84/85	05:53.00
Andrew Blunden	05/06	07:04.20	2000M	Katie-Ellen French	00/01	07:04.00
Robert Kropman	83/84	18.80	SP Throw 2.724kg	Dianne Kidd	90/91	12.91
David Hatherly	93/94	1.45	Scissor HJ	Sandra Narezzi	93/94	1.20
Stephen Hinwood	93/94	2.44	Standing LJ	Sandra Narezzi	93/94	2.21

<u>U14 Male</u>				<u>U14 Female</u>		
Andrew Scully	99/00	07.80	60M Sprint	Sandra Narezzi	92/93	09.00
Andrew Scully	99/00	00:42.00	300M Unlaned	Helen Sestic	92/93	00:48.50
Reece Diaz	03/04	03:19.00	1000M	Helen Sestic	92/93	03:35.50
Stephen Muir	95/96	05:30.70	1 Mile	Susan Ireland	98/99	06:07.70
Bradley Milosevic	02/03	07:21.10	2000M	Zulay Sastre	98/99	08:07.50
Andrew McIlwaine	86/87	21.34	SP Throw 2.724kg	Jessica Ward	99/00	9.84
Stephen Muir	95/96	1.25	Scissor HJ	Lisa Grant	98/99	1.20
Andrew Scully	99/00	2.28	Standing LJ	Sandra Narezzi	92/93	2.08

<u>U13 Male</u>				<u>U13 Female</u>		
Damien Murray	96/97	08.80	60M Sprint	= Melissa Briggs	93/94	09.00
			60M Sprint	= Jessica Fisher	95/96	09.00
Connor Vernon	10/11	00:44.52	300M Unlaned	Stacey Argent	02/03	00:52.20
Brent Balinski	93/94	03:32.60	1000M	Stacey Argent	02/03	03:43.90
Nathan Schmid	90/91	05:37.00	1 Mile	Vacant Record		
Danny Martins	96/97	08:44.50	2000M	Stacey Argent	02/03	07:48.90
Jason Irvine	84/85	13.16	SP Throw 2.724kg	Melissa Briggs	93/94	9.19
Matthew Beattie	94/95	1.35	Scissor HJ	Jessica Fisher	94/95	1.35
Damien Murray	96/97	2.05	Standing LJ	Melissa Briggs	93/94	2.17

<u>U12 Male</u>				<u>U12 Female</u>		
Joel Wheatley	10/11	9.04	60M Sprint	Shindhu Raju	96/97	09.70
Jye Perrot	10/11	00:50.6	300M Unlaned	= Natalia Sestic	92/93	00:58.00
			300M Unlaned	= Shindhu Raju	96/97	00:58.00
Peter Balinski	93/94	03:48.00	1000M	Natalia Sestic	92/93	04:08.00
Gerard Mahony	89/90	05:37.00	1Mile	Melissa Briggs	92/93	06:50.50
Jye Perrot	10/11	8.54	2000M	Shindhu Raju	96/97	09:34.80
Wayne Mulhall	84/85	7.83	SP Throw 2.724kg	Natalia Sestic	93/94	5.72
Stephen Muir	93/94	1.05	Scissor HJ	Natalia Sestic	92/93	1.05
Joel Wheatley	10/11	2.07	Standing LJ	Shindhu Raju	96/97	1.78

BLK: Blacktown

NEP: Nepean

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		
Joseph Butler	31:46.00	3000M		
		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		
Raminder Singh	02.55	High Jump		
Raminder Singh	05.26	Long Jump		
Raminder Singh	25.61	Triple Jump		
Raminder Singh	18.56	Discus		
		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			
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		