

# GIRRAWEEN ATHLETICS CLUB Inc



## ANNUAL REPORT 2014/2015

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

*Presented at the 37th Annual General Meeting  
10<sup>th</sup> June 2015  
Kings Langley Public School*



**ANNUAL REPORT 2014 / 2015**  
**OF**  
**GIRRAWEE ATHLETICS CLUB Inc**

*Presented at the 37th Annual General Meeting*

*Held at*

*Kings Langley Public School*

*On*

*Wednesday 10th June 2015.*

**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

Income and Expenditure

Summer Canteen and Fund Raising Report

Coaching

Summer Competition

Club Competition Champions

New Records

Winter Competition Report

Representative Award

Publicity

Emails, the Results and News

CV Kelly Ground Records



GIRRAWEEEN ATHLETICS CLUB Inc.

## **PRESIDENT'S REPORT**

On behalf of the Committee, I have great pleasure in presenting our Club's 37th Annual Report for the 12 months ended 31st March 2015. Thanks to everyone involved in compiling it, particularly Steve Williams.

Another Committee year comes to an end. Winter 2014 was another great cross country season and the 2015 season has started well. Thanks to our Winter Coordinator Steve Clark who as usual has done a great job of organising ANSW event participation.

Summer at CV Kelly was a great season too. Thanks to our Summer Coordinator Michael Grogan, he did a great job in his first season in the role. Thanks also to the members and visitors who competed. The only disappointment was the generally low level of volunteer support to set up and at times pack away equipment.

Our members continue to show their commitment to running. If they are not competing in Athletics NSW, Girraween or West Metropolitan events they are competing in park runs, fun runs and community events. I always look forward to reading Michael Christie's monthly newsletters. Congratulations to all of our athletes.

Brad Milosevic has gone from strength to strength. In our 37<sup>th</sup> season he came second in the Gold Coast Half Marathon, second in the City to Surf, first in the Sydney Half Marathon, first in the Japan Half Marathon and first in the 3000 metres. His loyalty to this club is second to none and he sets a great example for our athletes young and old. They say the apple doesn't fall far from the tree. His parents George and Judy have set him a good example to follow.

Once again, I would like to thank the Committee and members for their support in my second season as President. 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.

Carly Eager has been great in the role of Treasurer, unfortunately for us she is moving overseas early next year and cannot continue in the role. Her financial leadership and Vince's before her are the foundation for our future.

The new Committee will face new challenges planning for the future of the club. Our links to the Girraween Little Athletics Centre continue to remain strong but I am not comfortable with our reliance on their resources. We need to invest in our own growth and over the next seasons I encourage you to generously support our fundraising initiatives. I have some ideas that I want to share with the next Committee and I welcome your ideas too.

Thanks to our committed team of committee and members who rallied in the preparation and running of our third "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.

Congratulations to our award recipients and thanks to Steve Clark, Lynette Clarke, Steve O'Donnell, Michael Grogan and Michael Christie for the collection and collation of the seasons' results. It is not an easy job.

I look forward to 2015/2016 season.

Wayne Thurlow  
President

**Wayne Thurlow**  
**Club President**

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

Hi Michael,

Thanks for the invitation to the Club's AGM. I am sorry that I cannot be with you.

I have been following the results for both the summer and winter seasons and congratulate all members on their efforts. Are you starting this coming summer season at CV Kelly Park? You have been at Greystanes for so long that no doubt Girraween members will be pleased to be back "home" again.

With congratulations and all good wishes,  
Joan Wheeler.



(Formed September 1978)

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

**CLUB PATRON**

(-)

**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                      Lynette Smith - 2015

**20-YEAR MEDALLISTS**

Bob Sewell – 1997  
Vivian Manwaring – 2006  
Lynette Smith – 2009  
Graham Sheargold - 2012

**15-YEAR MEMBERS**

Bob Sewell - 1992  
Vivian Manwaring - 2001  
Graham Sheargold - 2007  
Phil Bowden - 2009  
Richard Frost - 2010  
Suresh Raju - 2010  
Steven Williams – 2010  
Lisa Grant - 2013  
Gary Micallef – 2014  
Robert Giesler - 2014

**10-YEAR MEDALLISTS**

Jackie Wheeler - 1988	Tracey Wheeler - 1988	Deborah Mulhall - 1988
Bob Sewell - 1988	John Doolan - 1989	Peter Kropman - 1989
Paul Sewell - 1991	Robert Kropman - 1993	Catherine Kropman -1993
Vivian Manwaring - 1997	Lynette Smith - 2000	Michael Kammerer - 2003
Stephen Halverson -2003	Graham Sheargold - 2003	Phil Bowden - 2004
Vikki Savage - 2005	Richard Frost - 2005	Steven Williams - 2005
Suresh Raju - 2005	Wayne Jeff - 2005	Keith Mayhew - 2007
Lisa Grant - 2008	Chelsea Kimpton - 2008	Robert Giesler - 2009
Gary Micallef - 2009	Vince Adams - 2010	Stacey Argent - 2010
Carly Eager - 2010	Robert Eager - 2010	Amanda Giesler - 2010
Eddie Makki - 2010	Bradley Milosevic - 2010	Geoffrey Sheargold - 2010
Joseph Butler – 2011	Michael Free – 2011	Michael Evans – 2011
Jean Davis – 2012	Stephen O'Donnell – 2012	Stephen Parkins – 2012
Clive Kidson – 2013	George Milosevic – 2013	Michael Christie – 2013
Roger Mar – 2013	Terry Rose – 2013	Wayne Thurlow - 2013
Danny Martins -2014	Katrina Russell - 2014	

**HON. AUDITOR**

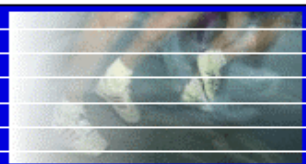
Tony Ward

**Public Officer**

Viv Manwaring



# GIRRAWEEEN ATHLETICS CLUB



(Formed September 1978)

C V Kelly Park, Oramzi Road, Girraween

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<b>President</b>	<b>Year</b>	<b>Secretary</b>
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
Wayne Thurlow	2014-2015	Katrina Russell

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# GIRRAWEEEN ATHLETICS CLUB



## CLUB COMPETITION SUMMER CHAMPIONS

	2014 / 2015	*	Michael Grogan (Seniors)
Jean Davis (Masters)	2013 / 2014	*	Wayne Thurlow (Masters)
Helen Ozols	2012 / 2013	*	Wayne Thurlow (Masters)
Robyn Smith	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 2014 / 2015

<u>Club Patron</u>	-	Vacant
<u>President</u>	Wayne Thurlow	Elected AGM August 2014
<u>Secretary</u>	Katrina Russell	Elected AGM August 2014
<u>Treasurer</u>	Carly Eager	Elected AGM August 2014
<u>Registrar</u>	Graham Sheargold	Elected AGM August 2014
<u>Public Officer</u>	Viv Manwaring	Appointed 2005
<u>Fund Raising</u>	Judy Milosevic Heidi Juhart	Elected AGM August 2014 Elected AGM August 2014
<u>Summer Competition</u>	Michael Grogan	Elected AGM August 2014
<u>Winter Competition</u>	Steve Clark	Elected AGM August 2014
<u>Club Records</u>	-	Vacant
<u>Coaching Co-ordinator</u>	-	Vacant
<u>Publicity Officer</u>	Michael Christie (GAP)	Elected AGM August 2014
<u>Canteen Manager</u>	-	Vacant
<u>ANSW Delegate</u>	Peter Matthews Brad Milosevic	Elected AGM August 2014 Elected AGM August 2014
<u>Park Trust Delegate</u>	Peter Matthews Wayne Thurlow	Elected AGM August 2014 Elected AGM August 2014
<u>Uniform Officer</u>	Judy Milosevic	Elected AGM August 2014
<u>Webmaster</u>	Steven Williams	Elected AGM August 2014
<u>General Committee</u>	Geoff Sheargold George Milosevic	Elected AGM August 2014 Elected AGM August 2014



**MEMBERSHIP****2014/2015****MEN: 55****WOMEN: 38****TOTAL: 93****Dual Registrations**

Hannah Branson  
Sarah Branson  
Adriana Busic  
Renata Busic  
Elijah Harris  
Liam Howarth  
Tayla Jobson  
Emily Morgan  
Nicholas Morgan  
Dylan Nagle  
Brendon Neich  
Teagan Neich  
Tahlia O'Connell  
Mikayla Ozols  
Natasha Ozols  
Jye Perrott  
Harine Somasundaram  
Emma Watkins  
Shikorah Way  
Willow Way

**Under-13**

Ben O'Donnell  
Daniel O'Donnell  
James Lachlan  
Chloe Grogan  
Hayley Zammit

**Under-16**

Jamie Bratovic

**Under-18**

Michael Howard  
Luke Jobson

**Seniors**

Divine Aaron  
Renee Juhart  
Andrew Branson  
Rebecca Branson  
Steve Clark  
Michael Christie  
Claudio Corvanlan  
Taylor Doyle  
Carly Eager  
Adam Etherington  
Craig Faller  
Stephanie Faller  
Richard Frost  
Lisa Grant  
Nicholas Hanna  
Michael Howard  
Danny Martins  
Nicole Mantarro  
Mark Milliss  
Rowena Milliss  
Brad Milosevic  
Pavan Pradeep  
Stephanie Russell  
Lauren Sinclair  
Geoff Sheargold  
Karen Short  
Lynette Smith  
Jill Woodruff

**Golden Oldies**

Joe Butler  
Robert Eager  
Keith Mayhew  
Viv Manwaring  
Terry Rose  
Raminder Singh

**Masters**

Vince Adams  
Brad Boyle  
Ed Bratovic  
Lynette Clark  
Jean Davies  
Louise Elliot-Watson  
Andrew Free  
Rob Giesler  
Michael Grogan  
Nancy Keasbery  
Bernard Hemakumara  
Heidi Juhart  
Roger Mar  
Peter Matthews  
Gary Micallef  
Stephen Mifsud  
George Milosevic  
Judy Milosevic  
Stephen O'Donnell  
Mick Parker  
Stephen Parkins  
Suresh Raju  
David Perry  
Katrina Russell  
Greg Sargeant  
Graham Sheargold  
Robyn Smith  
Peter Tutty  
Wayne Thurlow  
Steven Williams  
Rod Zammit

## **SECRETARY'S REPORT**

A big thank you to our President Wayne Thurlow, committee members and club members for their contribution to another successful year of athletics.

Once again, members have gone out of their way to get the winter and summer season's athletics organised which is no mean feat! Special mention must go to Michael Grogan as the Summer Competition Manager and to Steve Clark as the Winter Competition Manager. Also thank you to members involved in organising times/records from week to week and help offered in a myriad of ways, it is appreciated!

Run For Jess 2015 raised funds to go towards C5C at Westmead Hospital once again. Thank you especially to Lynette Clark for her contribution to this event.

One of the highlights of the past year has of course been the amazing running success of Brad Milosevic here and overseas! Brad has had a long association with Girraween Athletics Club. He is certainly on a winning streak and we wish him well!

The President and the GAC committee encourage all members to attend the important AGM 10<sup>th</sup> June 2015. We look forward to seeing you there!

**Katrina Russell**  
**Club Secretary**

## **REGISTRAR'S REPORT**

This season we have 93 members and acknowledge our ongoing relationship with the little A's with 20 Dual Registrations this season and 73 Senior Members:

Dual Athletes	20
U13	5
U16	1
U18	2
Senior	28
Master	31
Golden	6

**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 \$7140.83 at the start of the year and our assets finished with \$7626.12. Our Club's financial position is again healthy.

Fundraising activities conducted this year included the chocolate drive (profit \$600.09) and Cricket bat and Christmas raffles (profit \$368). 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 (\$1816), Canteen (\$229.4) and athletes ground fees (\$1351.45). Despite difficulties with keeping the canteen running, it has provided a 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 registration costs for members participating for the Club, which this year amounted to \$418. There is also the regular fee for our use of the ground at CV Kelly Park (\$1500) and affiliation fees of \$762.3.

Finally I would like to thank the Committee and members for their support throughout the year.

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



Carly Eager  
Treasurer  
2<sup>nd</sup> June 2015

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## Income/Expense Comparison by Category - 2015:4

1/04/2013 through 31/03/2015 (in Australian Dollars)  
St. George Bank Account 111-528-203 (Cheque)

18/05/2015

Page

Category Description	1/04/2013- 31/03/2014	1/04/2014- 31/03/2015	Amount Difference
<b>INCOME</b>			
Bank Interest	21.50	10.19	-11.31
Bunnings BBQ	572.60	0.00	-572.60
Canteen Income	788.90	337.20	-449.70
Chocolate Drive	0.00	1,500.00	1,500.00
Clothing Sale	830.00	398.00	-432.00
<b>Employment-Employment Income</b>			
Other Employment-Employment Income	0.00	300.00	300.00
<b>TOTAL Employment-Employment Income</b>	<b>0.00</b>	<b>300.00</b>	<b>300.00</b>
Ground fees	961.85	1,351.45	389.60
Other Income-Royalties, share schemes	0.00	200.00	200.00
Raffle	555.00	388.00	-187.00
Registration manual	2,035.00	285.00	-1,750.00
Regos ANSW online	6,010.00	7,008.85	998.85
Sausage Sizzle Sales	328.00	0.00	-328.00
<b>TOTAL INCOME</b>	<b>12,100.85</b>	<b>11,768.69</b>	<b>-342.16</b>
<b>EXPENSES</b>			
Uncategorised	64.95	0.00	64.95
Affiliation Fees	693.00	762.30	-69.30
Business Expenses	349.04	300.67	48.37
Canteen Expenses	0.00	168.60	-168.60
Catering	200.00	150.00	50.00
Chocolate Drive Expenses	0.00	899.91	-899.91
Electricity	0.00	150.00	-150.00
Equipment	0.00	112.00	-112.00
IMG Online Fee	74.16	67.36	6.80
<b>Investment-Investment income</b>			
Other Investment-Investment Income	9.51	0.00	9.51
<b>TOTAL Investment-Investment income</b>	<b>9.51</b>	<b>0.00</b>	<b>9.51</b>
Park Trust Fees	0.00	1,500.00	-1,500.00
Registration Relays	684.00	418.00	266.00
Rego ANSW Manual	2,106.88	0.00	2,106.88
Rego ANSW Online	4,645.00	5,477.85	-832.85
Rego Refund	135.00	0.00	135.00
Trophies	0.00	2,044.95	-2,044.95
Winter BBQ	0.00	24.86	-24.86
<b>TOTAL EXPENSES</b>	<b>8,961.52</b>	<b>12,076.50</b>	<b>-3,114.98</b>
<b>OVERALL TOTAL</b>	<b>3,139.33</b>	<b>-317.81</b>	<b>-3,457.14</b>
<b>Balance Carried Forward</b>	<b>2569.55</b>	<b>5708.88</b>	
<b>Account Balance</b>	<b>5708.88</b>	<b>5391.07</b>	

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 \$5391.07)	\$ 5391.07
Plus 31 Singlets @ \$33.35 each (unsold)	\$1033.85
Plus 27 Jackets @ \$33.50 each (unsold)	\$904.50
Plus 9 polo shirts @ \$21.70 each (unsold)	\$195.30
Plus 4 bags @ \$25.35 each (unsold)	\$101.4
Liabilities (None)	

**NETT ASSETS**

\$7626.12

Accountant

  
 A.M. WARD

1/6/15

## **FUNDRAISING REPORT**

We had a few fund raising events during the 2014/15 season. Our major money raiser was the Chocolate Drive which made us a profit of \$600.00.

Thank you to everyone who helped out selling chocolates and to others who helped eating them.

Our Framed Australian Cricket bat raffle continued on into this season, with an extra \$180.00 being raised for that.

Judy's famous Xmas raffle earned us \$188.00 – a big thank you to Judy for organising that and to the people who donated prizes.

Canteen sales over the Summer competition earned us \$168.20.

Thanks again to everyone who has supported this year's Fund Raising events.

Heidi Juhart  
**The Fundraising Committee.**

## **2014/2015 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 2014/2015 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 are 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 2014/2015 summer competition.

## Detailed Summer Results Club Competition Point Scores

Michael	Grogan	91	David	Perry	12
Jean	Davis	80	Gregory	Sargeant	12
Helen	Ozols	77	Michael	Howarth	11
Wayne	Thurlow	70	Emma	Watkins	10
Graham	Ryan	66	Steven	Williams	10
Teagan	Neich	61	Lisa	Grant	9
Daniel	O'Donnell	60	Steve	Clark	9
Dylan	Nagle	50	Heidi	Juhart	8
Stephen	Parkins	50	Richard	Frost	6
Brendon	Neich	49	Vincent	Adams	6
Katherine	Farrugia	49	Graham	Sheargold	5
Stephen	O'Donnell	47	Terry	Rose	5
Mikayla	Ozols	46	Karen	Short	4
Roger	Mar	46	Shikorah	Way	4
Ben	O'Donnell	44	Alexandra	Alizart	3
Michael	Christie	40	Carly	Eager	3
Rob	Giesler	36	Lachlan	James	3
Lynette	Clark	34	Robert	Eager	3
Tahlia	O'Connell	33	Laura	Corvalan	2
Raminder	Singh	32	Michael	Parker	2
Tayla	Jobson	32	Peter	Matthews	2
Claudio	Corvalan	30	Peter	Tutty	2
Natasha	Ozols	30	Robyn	Smith	2
Liam	Howarth	22	Trey	Barton	2
Katrina	Russell	19	Andrew	Free	1
Nathan	Moffitt	19	Geoff	Sheargold	1
Ed	Bratovic	16	Harine	Somasundaram	1
Willow	Way	16	Michael	Evans	1
Cristobal	Corvalan	13	Michael	Kammerer	1
Danny	Martins	12	Rakshayen	Sommasunjaram	1

## 2014/2015 Category

### Winners

#### **Under 20**

##### **Male**

1st	Daniel O'Donnell	60
2nd	Dylan Nagle	50
3rd	Brendon Neich	49

##### **Female**

1st	Teagan Neich	61
2nd	Mikayla Ozols	46
3rd	Tahlia O'Connell	33

#### **Seniors**

1st	Michael Grogan	91	1st	Lisa Grant	9
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**Masters**

1st	Wayne Thurlow	70	1st	Jean Davis	80
2nd	Claudio Corvalan	30	2nd		
3rd	Ed Bratovic	16	3rd		

**Masters Plus**

1st	Stephen Parkins	50	1st	Katrina Russell	19
2nd	Stephen O'Donnell	47			
3rd	Roger Mar	46			

**Golden Oldies**

1st	Raminder Singh	32	1st	Lynette Clark	34
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**Visitors**

1st	Graham Ryan	66
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**Michael / Grogan / Stephen O'Donnell**

## **WINTER COMPETITION – 2014**

The Winter Competition in 2014 had a total of 57 athletes turn out for the Girraween Senior Athletics Club competing in a large variety of different age categories and distances.

A great debt of gratitude goes 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. 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. Thank you Michael!

## **EXPLANATION OF THE WINTER CLUB COMPETITION POINT SCORE – 2014**

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 3<sup>rd</sup> 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 - 2014**

The 2014 awards were presented at the West Metropolitan Series Presentation Day. A list of the Girraween Athletics Club members who received awards is below:

<b>Short Distance</b>			
<b>Age Group</b>	<b>Place</b>	<b>Name</b>	<b>West Met Points</b>
F45+	1st	Robyn Smith	106
F45+	2nd	Nancy Keasbery	99
F60+	1st	Lynette Clark	116
M U/10	2nd	Daniel O'Donnell	78
M30+	2nd	Danny Martins	81
M30+	3rd	Steve Clark	68
M45+	1st	Wayne Thurlow	102
M45+	2nd	Bernard Hemakumara	88
M45+	3rd	Ed Bratovic	77
M50+	2nd	David Perry	100
M55+	2nd	Andrew Free	84
60+	1st	Terry Rose	76

<b>Medium Distance</b>			
<b>Age Group</b>	<b>Place</b>	<b>Name</b>	<b>West Met Points</b>
W20+	2nd	Carly Eager	47
W40+	1st	Jean Davies	116
W40+	2nd	Heidi Juhart	96
W45+	2nd	Jill Woodruff	83
W55+	3rd	Katrina Russell	48
M30+	1st	Michael Grogan	96
M50+	1st	Michael Christie	89
M50+	2nd	Peter Matthews	83
M50+	3rd	Stephen Parkins	69
M75+	1st	Joe Butler	90

<b>Long Distance</b>			
<b>Age Group</b>	<b>Place</b>	<b>Name</b>	<b>West Met Points</b>
M50+	2nd	Stephen O'Donnell	88
M60+	2nd	Robert Eager	74

## **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**  
**31st May 2015**

## **Girraween Winter Club Championship Results 2014**

<b>Short Distance</b>			
<b>Age Group</b>	<b>Place</b>	<b>Name</b>	<b>Club Points</b>
Female U/20	1st	Chloe Grogan	271
Female U/20	2nd	Hayley Zammit	251
Female Master	1st	Robyn Smith	298
Female Master	2nd	Nancy Keasbery	287
Female GoldOld	1st	Lynette Clark	273
Male U/20	1st	Daniel O'Donnell	231
Male Senior	1st	Danny Martins	277
Male Senior	2nd	Steve Clark	171
Male Master	1st	Wayne Thurlow	298
Male Master	2nd	Michael Free	257
Male Master	3rd	Ed Bratovic	229
Male Master +	1st	David Perry	278
Male Master +	2nd	Gregory Sargeant	257
Male Master +	3rd	Roger Mar	225.5

<b>Medium Distance</b>			
<b>Age Group</b>	<b>Place</b>	<b>Name</b>	<b>Club Points</b>
Female Master	1st	Heidi Juhart	296
Female Master	2nd	Jean Davis	288
Female Master	3rd	Jill Woodruff	257
Male Master	1st	Michael Grogan	295
Male Master +	1st	Michael Christie	277
Male Master +	2nd	Stephen Parkins	259
Male Master +	3rd	Mark Milliss	194
Male GoldOld	1st	Joseph Butler	211

<b>Long Distance</b>			
<b>Age Group</b>	<b>Place</b>	<b>Name</b>	<b>Club Points</b>
Male Master	1st	Stephen O'Donnell	286
Male Master	2nd	Rod Zammit	264
Male Masters +	1st	Graham Sheargold	293
Male GoldOld	1st	Robert Eager	246



## 2014 Wes Met Results - Medium Distance

Name	WM1	WM2	WM3	WM4	WM5	WM6	WM7	WM8	WM9	WM10	WM11	WM12	WM13	WM14
Etherington, Adam	0:29:05													
Busic, Adriana														
Free, Andrew				0:21:05										
Hemakumara, Bernard														
Boyle , Brad	0:21:42													
Eager, Carly				0:20:36		0:18:57	0:21:29	0:19:55		0:21:37				
Kidson, Clive					0:23:26							0:35:53		
O'Donnell, Daniel														
Martins, Danny						0:17:31	0:19:02	0:17:56		0:19:14	0:17:59	0:23:15		0:22:47
Perry, David	0:20:36	0:17:32	0:18:53	0:18:39	0:25:45	0:17:27		0:19:32	0:18:57	0:19:27	0:18:28	0:24:03	0:18:46	
Bratovic, Ed					0:23:12	0:16:16	0:19:23	0:17:43	0:18:28					
Micallef, Gary														
Sheargold, Geoff												0:18:32		
Sheargold, Graham					0:26:39							0:26:16		
Sargeant, Gregory		0:19:43	0:21:58		0:29:27	0:21:51			0:23:22	0:23:01			0:22:12	
Juhart, Heidi	0:23:23			0:20:52		0:19:55	0:21:57	0:20:49		0:21:25	0:20:57	0:27:22	0:20:20	0:28:23
Davis, Jean	0:25:21	0:21:01		0:22:20	0:30:33	0:20:53	0:22:27	0:21:48	0:22:10	0:24:51	0:22:28	0:29:31	0:20:56	0:30:30
Butler, Joseph	0:31:46		0:28:48	0:26:56	0:35:45	0:27:22		0:27:18	0:29:16		0:29:19			
Russell, Katrina				0:23:04			0:27:12			0:25:11	0:24:07			
Busic, Liliana														
Grant, Lisa						0:16:49								
Clark, Lynette														
Smith, Lynette														
Christie, Michael	0:26:17	0:21:44	0:27:37	0:25:43	0:32:08	0:22:42	0:25:00	0:23:11	0:25:43	0:24:11		0:31:05		0:32:28
Free, Michael														
Grogan, Michael	0:22:18	0:18:11	0:20:50	0:19:54	0:25:44	0:18:48	0:21:35	0:19:05	0:19:33	0:20:01	0:19:58	0:26:52	0:20:15	
Hanna, Nic														
Tutty, Peter														
Busic, Renata														
Eager, Robert										0:25:17				
Smith, Robyn								0:22:37						
Mar, Roger	0:26:05	0:22:29			0:30:26	0:22:08		0:23:08	0:23:38	0:26:32	0:23:18	0:31:25	0:24:47	0:33:15
Russell, Stephanie		0:22:32												
Clark, Stephen	0:28:51	0:21:57		0:19:32				0:23:01		0:20:11	0:22:57			
Mifsud, Stephen					0:25:34				0:20:56	0:21:28				0:25:41
O'Donnell, Stephen							0:21:54	0:25:30	0:22:06	0:24:01	0:21:38		0:21:43	
Parkins, Stephen			0:21:02	0:20:27	0:26:30		0:21:21	0:20:21		0:21:22		0:25:56	0:19:37	0:27:48
Williams, Steven	0:22:56	0:18:45												
Rose, Terry		0:15:31												
Thurlow, Wayne	0:19:48		0:17:26	0:17:22	0:21:57	0:16:03		0:17:32	0:18:10					
Zammit, Hayley														
Bratovic, Jamie					0:28:11									
Perrott, Jye														
Short, Karen	0:28:50	0:21:48						0:23:25	0:23:52		0:22:56			
James, Lachlan				0:19:09	0:24:40		0:21:46							
Elliot-Watson, Louise														
Keasbery, Nancy														
Juhart, Renee														
Zammit, Rod			0:26:37					0:26:31	0:23:46					
Milliss, Rowena			0:17:38					0:18:13					0:17:51	
Parker, Mick	0:30:56	0:24:41	0:26:34		0:35:37	0:25:07	0:27:12	0:25:28	0:27:26	0:29:14				
Grogan, Chloe														
Matthews, Peter	0:18:55			0:15:02			0:17:21	0:16:38		0:16:54			0:16:09	
Woodruff, Jill	0:25:10	0:20:11	0:21:52	0:22:27	0:28:48	0:20:31	0:24:55	0:22:08	0:23:04					
Milliss, Mark			0:22:46	0:22:00			0:22:12	0:20:59	0:21:14		0:23:08		0:20:59	
Raiu, Suresh							0:26:35							





## **Girraween Athletics Club Publicity Report 2014-2015**

This year's publicity report covers the period April 2014 through to March 2015. I have endeavoured over the last 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 2014 West Metropolitan cross-country season was a successful one for Girraween's athletes. The number of participants was slightly up on those of 2013. Approximately on average thirty-eight Girraween athletes competed each Saturday afternoon with a highest number of fifty-five competing at Ermington half way through the season. Once the West Metropolitan awards were handed out in September, twenty-three athletes from Girraween won awards across various age categories, in the short, medium and long distance runs. This was eight more than 2013. The majority, twelve, were gained in the short event. 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 over the 2013/2014 season which concluded in June 2014. Held from October through to June this Sydney running institution continues to attract a healthy number of runners who compete over the 5km, 10km and 21/30km distances. The Girraween athletes who compete regularly at Greystanes are always keen for more of their club mates to join them. This season Rod Zammit, Terry Rose, Stephen Mifsud, Geoff Sheargold and Carol Adams were successful in picking up awards in various categories. Michael Christie also reached the significant landmark early on in the season of one hundred consecutive 5km races since Oct 2002, an achievement marked with a presentation of a special race number by the race organisers. Stephen Mifsud at this time was also presented with a special race no marking his contribution to this series over many decades. These no's are used in perpetuity. This series continues to be popular with all athletes.

The winter of 2014 also saw a good representation of our athletes at Athletics NSW events. Girraween athletes were spotted at such events as the NSW Novice Cross Country at Ramsgate, the NSW State Road Championships at Homebush, the NSW Cross Country Relays at Miranda, the NSW Long Course Cross Country Championships at Cambewarra, the NSW Road Relays at Ourimbah, the NSW Short Course Cross Country at Dundas and the State Half Marathon at Lake Gillawarna. While in 2014 there were no team medals there were great individual performances from Brad Milosevic who picked up bronze in the Long Course Cross Country at Lake Gillawarna and the gold medal at the Short Course Cross Country Championships at Dundas. This was a historic moment for Girraween Athletics as it was the first Open gold medal in the club's history, a wonderful effort by Brad. Whilst it was exciting to see Brad make such a big breakthrough it was also most encouraging to see 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 run was to the fore. This philosophy once again remains a strong point of the Girraween Athletics Club.

Winter 2014 also saw many Girraween athletes compete in many fun runs and other events outside the scope of West Metropolitan and ANSW sanctioned events. Events such as the Australian Athletics Championships, Parkrun (various locations), Lindfield Rotary Run, Australian Running Festival Canberra, Easter Orienteering Carnival Clandulla, Sri Chinmoy (various locations), Mother's Day Classic, SMH Half



Marathon, Heart of the Lake Fun Run, Great Nosh Footrace, Woodford to Glenbrook, Asics Half Marathon/Marathon Gold Coast, Sydney Harbour 10km/5km, Blacktown Running Festival, City to Surf, Parkinson's NSW Unity Runs Homebush, Orange Blossom Fun Run and Sarah Hilt Foundation Run and Walk Camden. 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 Saturday afternoon track and field season ran from September 2014 through to March 2015 at CV Kelly Park Girraween. The surface had continued to settle down after the works of eighteen months ago and stayed in good condition throughout the season. These meets on the whole were well supported by our members. 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 that more athletes are able to take advantage of this competition in the coming seasons.

In November 2014, the annual NSW State Track and Field Relays were held at the Sydney Olympic Park Athletics Centre. Girraween entered ten teams in various events over both days. The Men's U18's Walks team of Dylan Nagle, Brendon Neich, Luke Jobson and Elijah Harris won a great silver medal in their event, which was Girraween's only medal of these relays. Nevertheless, the remainder of our teams in these relays competed very well against strong competition and also enjoyed the opportunity to compete against top class oppositions at a great facility.

The summer of 2014/2015 also saw Girraween athletes compete at a number of NSW Inter-Club and permit meets. Our junior and senior athletes did a fine job representing their club at a number of venues in conditions that were often very challenging. Rob Giesler, Teagan Neich, Brendon Neich, Nicholas Hanna, Tahlia O'Connell, Taylor Doyle, Divina Aaron, Tayla Jobson, Brad Milosevic, Lynette Smith, Michael Grogan, Luke Jobson, Raminder Singh, Harine Somasundaram and Elijah Harris all did a superb job representing Girraween across the summer months.

Throughout the 2014/2015 summer season Girraween athletes competed in a large number of other events such as the Wagga Trail Marathon, Sunshine Coast Half Marathon, Parkruns (various locations) SIDS stampede Windsor, Sri Chinmoy (various locations), Ryde River Festival, Willoughby Orienteering Festival, Blackmores Sydney Running Festival, Western Sydney Marathon at Penrith, Sydney Striders, Alice Springs Masters Games, Padstow Rotary Fun Run, Melbourne Marathon Running Festival, Triathlon Pink, Special Olympics National Games Melbourne, Sydney Marathon Clinic, Pan Pacific Masters Games Gold Coast, Run for Fun, Treloar Shield, Carcoar Cup Running Festival, Fishers Ghost Fun Run, Run for the Hills Castle Hill, Mingara One Central Coast Half Marathon and 10km, Ryde Roller Coaster Run, Australian All Schools Athletics Championships, Balmain Fun Run, Zatopek 10, Christmas Five Day Orienteering Festival, NSW Club Championships and Combined Events Championships SOPAC, Knapsack Lap Race, Dee Why-Manly Sun Run, NSW Junior and Youth Championships, Australian World Cross Country Trials, NSW 5000M Championships, All Comers Meets, NSW Masters Athletics Championships, NSW Open and Paralympic Championships, NSW Masters Athletics Throws and Pentathlon Championships, NSW State League Orienteering, Australian Junior Athletics Championships Sydney, Sydney Track Classic, R4J and Australian Athletics

Championships Brisbane. 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 third season running during the 2014/2015 season. Sadly, it remains to be seen if this event will ever 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. There were a number of stand-out performances. The performances of Brad Milosevic over the period of this report were the greatest by a Girraween athlete in this club's proud history. Here is a summation of his major achievements as follows in chronological order: 3rd in the NSW Long Course Cross Country Championships at Cambewarra, 2nd in the Asics Half Marathon at the Gold Coast (1st in the Oceania Half Marathon Championships), 1st NSW Open Short Course Country Championships Dundas (an historic first Open gold medal for Girraween at this level), 2nd in the City to Surf, 1st Sydney Running Festival Half Marathon (Australian Champion for the Half Marathon as this event doubled as the Australian Half Marathon Championships 2014), 1st NSW 5000m Championships and 1st Nagoya City Half Marathon (his first international win). By any stretch of the imagination this series performances was remarkable and marked his emergence onto the national scene as an athlete to watch. Tayla Jobson's 1st place in the Women's U16 Hammer Throw at the Australian Junior Athletics Championships in March 2015 was a wonderful result for this up and coming athlete where she absolutely dominated the field. It was one of the great individual performances by any athlete at these championships. Tayla is an athlete of exciting potential and one to keep an eye out in future years. Taylor Doyle's progress over the last twelve months has been truly remarkable. Whilst not winning any major championships during this time, the fact that she has fought her way back from a debilitating and critical illness to once again compete at the elite level is testament to her courage and tenacity and extraordinary support from her family. Taylor is a great role model to all athletes at all levels showing you can achieve anything if you want to. We look forward to her developing athletic career.

In conclusion, it's been another remarkable twelve months. Our athletes continue to amaze us all with their versatility across a wide range of events and willingness to give events a go well outside their comfort zone. Long may this continue.

Michael Christie                      (GAP)