



# HILLS DISTRICT ATHLETICS CLUB

PATRON ; MARLENE MATHEWS O'SHEA O.A.M

News

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Thanking Telstra for their ongoing support of Australian



## 2007 CASTLE HILL RSL CLUB

# FUN RUN

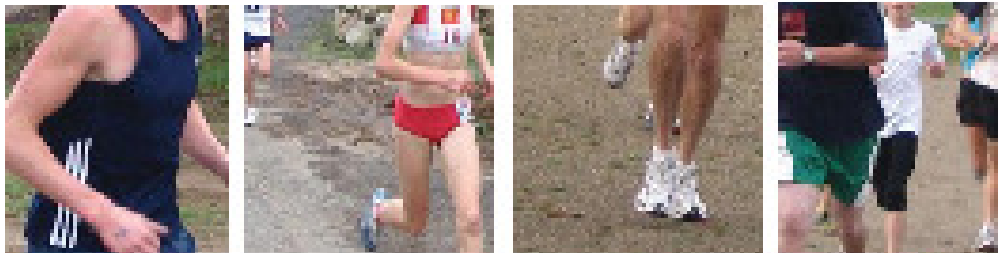
**Sunday 16 September, 2007**  
Castle Hill Showground  
Showground Rd, Castle Hill

*4km race - 8am start  
8km race - 9am start  
2km race - 9.05am start*

Get some friends together and enjoy a scenic run (or walk, if you prefer) through Fred Caterson Reserve. Prizes for category winners.

*Pre registration: Adults \$10 / under 18yrs \$5  
Registration on the day: Adults \$15*

For further information or a registration form contact Hills Athletics Club on 0411 145 190 or email [whelan@hillsathletics.com](mailto:whelan@hillsathletics.com)



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# Stephanie Schweitzer

Stephanie Schweitzer is a member of Hills District Athletic Club. She is trained by Ron and Matt Rawlings and they tell me she is a very dedicated athlete and a pleasure to coach.

Stephanie has only been running competitively since late 2005. Stephanie has competed in the following major events: -

- \* Pan Pacific School Games Melbourne in November 2005, she entered 6 events and won 6 medals, Gold in the long jump, Silver in shot put, Silver in 800m, Silver in 200m, Bronze in the 100m and Silver 4 X 100m relay.
- NSW Combined 34<sup>TH</sup> High Schools Championships on 7<sup>th</sup> – 9<sup>th</sup> September 2006 at Sydney Olympic Park, Homebush Stephanie won Gold in 800m, Gold in Long Jump, Silver in Shot Put and Silver in 100m.
- \* Athletics Australia AWD Underage Championships & ACT Open AWD Championships on Friday 17<sup>th</sup> – Sunday 19<sup>th</sup> September 2006 Stephanie won Silver in Discus, Gold in 400m and Gold in 800m.
- \* Telstra 85<sup>th</sup> Australian Athletics Championships in Brisbane on 8<sup>th</sup> – 11<sup>th</sup> March 2007 Stephanie won Gold in 400m. Stephanie was named 2007 Open Women's AWD 400m Australian Champion at this meet.

Currently Stephanie holds eight (8) Under Age AWD T/F20 Australian Records for 100m, 400m, 800m, Discus and Long Jump for U14, U16 and U18.

Stephanie also enjoys playing Soccer and started playing at 5 years of age with the Winston Hills Club combined teams, and then moved to Pendle Hill Soccer Club in 2004 to play in an all girls team.

Stephanie was nominated in 2002 as female player of the year whilst representing Winston Hills Club and nominated female best and fairest player for Pendle Hill in 2004 and 2006 and her team holds the title of grand champions for 2004, 2005 and 2006. Pendle Hill Soccer Club nominated Stephanie for a Special Sports Award for most outstanding soccer player for their Club in 2006.

Whilst attending Winston Hills Primary School Stephanie's soccer team received a Commonwealth Sport Achievement Award (Minor premiers for 2004) presented to the team at Parramatta on the 14<sup>th</sup> May 2004 by Betty Cuthbert. This was a very special time for Stephanie. The evening show cased Betty Cuthbert throughout her sporting career. It was meeting Betty Cuthbert and seeing her achievements that inspired Stephanie to embark upon her own athletics career. At the end of the evening Stephanie said, "I wish I could run as fast as her".

We congratulate Stephanie as she is off to Brazil this month (September )to compete for Australia and of course, Hills District Athletics will be cheering for her.

“GOOD LUCK STEPH”

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We would like to thank Castle Hill RSL for their kind contribution to our Athletics Club, enabling us to organise the Orange Blossom Fun Run again this year. This event helps to showcase our Athletics Club and gives us an opportunity to contribute to the Orange Blossom Festival.

So come on everyone put on your running shoes and come to our Annual run, there are lots of prizes for young and old, you don't need to be a member of an Athletics club so grab your friends and enjoy a healthy Sunday morning in the fresh air of Castle Hill.



Profile on one of our athletes

**Billinda Schipp**

In November 2004 she won the Christchurch 10km. See picture above.

Billinda is a marathon runner, who has won her only 2 marathons (Melbourne and Canberra) She has been selected for the NSW Cross Country team that will compete in Perth at the National Championships, she has also competed overseas for Australia in the Ekiden Marathon relay (teams of 5 who run various distances to complete the full marathon distance).

She has been a member of the club for about 3 years. We wish Billinda luck with her competition on September 1 in Perth

## REGISTRATION

ARE YOU FINANCIAL?

IF NOT YOU ARE NOT COVERED BY INSURANCE.

IF YOU HAVE NOT PAID YOUR ANNUAL FEES PLEASE DO SO NOW. FORMS ARE AVAILABLE ON LINE AT ATHLETICS NSW  
REGISTRATIONS CAN BE PAID MONDAY OR WEDNESDAY NIGHT BETWEEN  
6.30 –8.30.



## **State Short Course**

All accounts it was a very muddy course, and despite this we had some great results.

Team Medals went to the Girls U/14(Bronze) The U/16 Girls (Gold) the Open Women who came 2<sup>nd</sup> overall and the 45+ men who came 3<sup>rd</sup>.

Thanks to the team managers Ray Marvin and Dave McEwan who did a great job of organizing the teams.

In the individual stakes we had some very good results also, Billinda Schipp continued her great form with a Second the open womens race, Angela Williams and Rosemary Roediger also did well in winning their age groups. Steve Napper a recent addition to the club scored a Third place in his age group, which augers well for his preferred track racing later in the year..

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## **NSW State Road Relay Championships**

The club had 4 Female teams competing In the Open, Over 35□s, U16 and U14 age groups. Each of the teams won a medal with the Over 35□s team taking out Gold. The U16 Girls team came second in a hotly contested race, the Under 14 team also came home with a silver medal. The Open womens team came 3<sup>rd</sup> Outright with great runs from Billinda Schipp and Angela Williams who both ran a couple of the quickest legs of the day

We had 3 mens teams competing in the 35 plus age group, the 45 Plus age group and the 55 Plus age group, they were unable to match the performance of the women

Many thanks to all the competitors and the supporters who urged on all of the runners in a great day out.

Regardless of the outcome we must remember without competitors there is no race, so better luck next time guys, keep up the training, practise makes perfect.

**BAKER'S DELIGHT  
NORWEST, BAULKHAM HILLS AND CARLINGFORD  
Proud Sponsors of Hills District Athletics  
Cross Country**

## James and Olivia represent Australian Youth in Ostrava



**James Kaan won the Victorian Open State Champs in a PB of 1.50.34. He is only 16!!!! He had to run 3 rounds to win and it was his 4<sup>th</sup> world Youth Qualifier in the 800m**

**In Ostrava James progressed through to the final finishing second in his semi-final to automatically qualify. The boys semi final was extremely close ,the quickest qualifier ran 1:49.48 whilst the slowest clocked 1:51.25.**

**James came 6th in the final with a time of 1.51.06  
WELCOME back and CONGRATULATIONS on a  
GREAT EFFORT**



**Olivia Tauro finished sixth in her semi-final of the girls 100m in a time of 11.95. With the first four moving through to the final, She then turned her attention to the 200m and medley relay.**

**Olivia Tauro had produced an impressive run of 24.49 (-2.0) to win her heat and qualify for the 200m semi-final at the World Youth Championships in Ostrava.**

**In the second last event of the day, the women's Medley Relay team consisting of Jane Larkin (Qld), Jacinta Doyle (Sutherland), Olivia Tauro (Hills District) and Selma Kajan (Randwick-Botany Harriers) finished fourth after a close tussle with Canada. The event was taken out by United States,.....**

**Australia entered the final leg (400m) in third place, only a metre behind Jamaica and the United States. Thanks to a sensational 300m leg from Tauro. Canada were a further few metres behind. To finish with a medal was going to be a tough ask, with Kajan, an 800m specialist, having a personal best over two second slower than the anchor runners of the other three teams in contention for medals.**

**Well done Olivia, the write ups alone about your times, showed the world what an up and coming runner you are.  
Congratulations**