



# 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  
Athletics.

July 2007

Newsletter Date: July2007

Hills District Athletics Club Patron:

*MARLENE MATHEWS-O'SHEA O.A.M*

## A.G.M.

JULY 18TH

A.H. WHALING RESERVE

Time 8.30p.m

Come and support your Club, Hills District Athletics needs you not just as a player but to have a say in how your club runs. To keep a Club alive we need new ideas and people who want to be active in the community to continue being one of the best Athletic Clubs in NSW.

It is not a long meeting and if you come and do volunteer to help the few people that do run this club all that is asked it you attend one meeting on the 3rd Wednesday of the month each month. Many hands make light work and we are looking for help.

**Hank Huston  
President**

Thank you to Winston Hills Mall for their support  
of the Orange Blossom Fun Run



**HILLS DISTRICT ATHLETES THANK**  
**TELSTRA FOR THE**  
**\$2000 GRANT**



This year we applied for the Telstra Grant and we were lucky enough to be one of Clubs chosen from all over Australia. With the \$2000 we are able to purchase equipment for our athletes and coaches. We Thank Telstra for there generosity and for there on going support to Track and Field in Australian Sport.

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**OUR JANA**  
**JUMPS ANOTHER HURDLE IN HER COMEBACK**

**Jana Rawlinson** (*Hills District*) has continued her return to form, with an impressive victory at the IAAF World Athletics Tour meeting in Athens. Rawlinson reduced her season's best time by almost a second with her winning time of 54.25 over a strong field including United States champion Tiffany-Ross Williams.

Rawlinson's performances places her in a strong position in the lead up to the World Championships in late August.

"I was more pleased with the way the race was won than my time," explained the 24 year old after her race.

The time was all the more impressive given that Rawlinson made a mess of the final hurdle.

"I stopped, which cost me half a second. Elite hurdlers shouldn't do that and it was a bad decision. I've got to iron it out to make sure it doesn't happen again."

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**Olivia Tauro**

One of only two current member of the Australian team for the World Youth Championships who has previous international experience is **Olivia Tauro** (*Hills District*). The diminutive, pony-tail wearing sprinter will have a busy program as she contests the 100m, 200m and Medley Relay in Ostrava.. Olivia competed in the last edition of the World Youth Championships two years ago in Marrakesh, Morocco, and was a finalist in the 200m, finishing 8th. This time around she enters the event with the third fastest time in the world by an U18 athlete and is a definite medal chance.

"I'm a bit older this time. I definitely want to try to get a medal. I'm not sure about the 100m, I definitely prefer the 200m. There's more time to make up for mistakes and the bend, you just fly off the bend," said the confident 16 year old.

Olivia set her personal best of 23.65 seconds at the Australian All Schools last December. Since then she has grown in experience, competing against older and more seasoned competitors during the A-Series. It is something that the youngster from the Hills District has relished.

We here at Hills District Athletics are very Proud of Our Olivia



Jana



Olivia



Chris C "one of Ron,s Mob"

# 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 OR AT THE CLUB HOUSE. REGISTRATIONS CAN BE PAID MONDAY OR WEDNESDAY NIGHT BETWEEN 6.30 –8.30.

# TWO HILLS ATHLETES MAKE WORLD YOUTH TEAM IN JULY AT OSTRAVA

## WOMEN

100m <i>Olivia Tauro</i>	Hills District
200m <i>Olivia Tauro</i>	
800m <b>Selma Kajan</b>	Randwick-Botany Harriers
1500m <b>Chloe Tighe</b>	Campbelltown
100m Hurdles <b>Jacinta Doyle</b>	Sutherland
Medley Relay Jacinta Doyle	Olivia Tauro
High Jump <b>Trudy Thompson</b>	Wyong
<b>Mia Mackinnon</b> Illawong	
Shot Put <b>Lomana Fagatuai</b>	Bankstown Sports
Discus <b>Vika Lolo</b>	South Sydney
5000m Walk <b>Melissa Hayes</b>	Asics West

## MEN

800m <i>James Kaan</i>	Hills District
1500m <b>Ryan Gregson</b>	Kembla Joggers
Pole Vault <b>Blake Lucas</b>	Campbelltown
Discus <b>Jamal Idris</b>	Bankstown Sports

Good Luck and Congratulations to Olivia Tauro and James Kaan

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## FRESHWORLD FRUIT MARKET FUN RUN



This Years Fun Run a Date to REMEMBER 16TH SEPTEMBER come and join in the Orange Blossom Festival FUN for all the family

Steve Whelan is running the raffle for the GARMIN GPS watch valued at over \$500. Tickets \$5 each maximum number of 200 tickets. Tickets available from Steve Whelan.

Congratulations to Angela Williams 3rd in the open Womens state Cross Country, and Kristina Cavanna 2nd place in the u16 womens state cross country. Also 2nd place to our open womens team in the same event Angela, Rosemary Roediger, Clare Pendlebury, and Jennifer Moncrieff.

Also congratulations to Billinda Schipp 9th Female in the recent GC half Marathon in under 80 minutes and 2nd in her age group and Rosemary Roediger who did a PB of 84.58 came first in her age group and beat second place by more than 10 and a half minutes.

Series 5000 Roxborough park Rd 7.30pm 18th July

NSW short course cross country champs 14th July Abbotsbury

NSW Road Relays 4th August Wollongong

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

# Presidents Message

We are now well into our Winter Season and its good to see so many training down the track.

Congratulations to all the Winners at the recent Cross Country Championships.

Registrations need to be in Remember you are not insured if you are not registered.

Don't forget our AGM is the 18th of July.

I would like to wish Olivia Tauro and James Kaan well with their World Youth Competition, as

We are very proud to have not one but two at these Championships.

Its that time of year again and we are looking for sponsors, so anyone wishing to help financially please

Contact me my number is on the front of this news letter.

Our Trivia night is coming up soon along with our Presentation night, so start reading up as well as

Training we hope to have everyone attend. It is a fun night with lots of prizes. The date will be in the next news letter.

Good luck to all the School age members who will be competing at the All School State Cross

Country on the 19th of July,. Let your coach know your results so we can publish it in the next Newsletter.

Hank