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Bugg produces his best riding in championship

MOTOR SPORT

By MARK RAYNER

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BATHURST rider Joe Bugg has produced some of the best riding of his career to take out second place in his division at the 2010 Australian Junior Dirt-Track Championships in Kurri Kurri

The young talent was a consistent place getter during the heats and finals in the 200cc to 250cc 4 stroke class for under 16s and at the end of the weekend was just one win short of taking out the

"It was very close in the finals, there were four points separating first and second. He only had to finish first in one of the heats and he would have won it. It was close racing, very close all weekend basically," Bugg's father Robert Patterson said.

"They were the best in Australia and we were just pleased that Joe made it into the finals and we were doubly pleased when he got second, especially when it was

"It was a big thrill for us to see Joe do so well. It was a big grid to narrow down to 12 so we were very pleased with the results of the whole weekend."

Bugg arrived on the Friday in time to participate in the afternoon practise session before getting ready for the first of his heats on Saturday.

He was beginning to make his mark in the first race and was sitting in fourth when he was hit from behind and dropped back to fifth place, where he finished.

He improved with back-tothe heats with a second, which was good enough to see him go through to Sunday's finals.

The finals series consisted of three races with points awarded for positions and the rider with the most points declared the Australian champion.



PROUD WINNER: Joe Bugg with his trophy he received for finishing second at the Australian Junior Dirt-Track Championships in Kurri Kurri. Photo: CHRIS SEABROOK

able to finish in third before movback thirds before rounding out ing up to second in the second final and repeating that performance in the third. His results were enough for second overall.

He is now busy preparing for the Victorian titles and after that, the New South Wales titles and he is hoping for good results in both.

"I'm going to Melbourne for In the opening final Bugg was the Victorian titles soon. It was

either that or the Queensland Australian titles. titles so I decided to go to Melbourne," he said.

"I finished second there last year so hopefully I can go one better and win it. After that is the New South Wales titles at my home track in Cowra."

Patterson said he and Joe were indebted to those who had helped them to prepare and go to the we are.'

"We just want to thank the sponsors. We couldn't have done it without them. They have helped us out 100 per cent," he said.

"Lumax Engineering and Tim Tobin have both been great. They supplied the petrol and Tim did the work on Joe's bike and without them we wouldn't be where



Western Advocate Thursday

Western Advocate 15th July Thursday

ME AND MY PET Second chance at life for Bosca

By RYAN YOUNG

WO years ago when Joseph Martin heard that a friend's feral cattle dog was going to be shot dead, he knew he had to do something.
"I couldn't stand to see

him die," Joseph told the Western Advocate.

After countless attacks on rabbits and other livestock, the out-of-control canine's owners had decided enough was enough. The only solution it seemed, would be a bullet between the eyes.

But when Joseph learnt of the four-legged feral's fate, he knew there was something he could do. Bosca well and truly dodged a bullet when Joseph decided to take him in.

A few years since his second chance at life, Joseph says Bosca is a different dog.

"He's not feral anymore and I've got another dog he gets along well with."

Well behaved, loyal and low maintenance – Bosca has come leaps and bounds since his days as a rebellious youngster wreaking havoc on the

"He's perfectly healthy now

'He loves it when we have a kick of the footy.'

and I have hardly any prob-lems with him," Joseph said.

Joseph says Bosca also doubles a guard dog, keeping an eye on all those who pass through his family's gates. "Whenever anyone he's

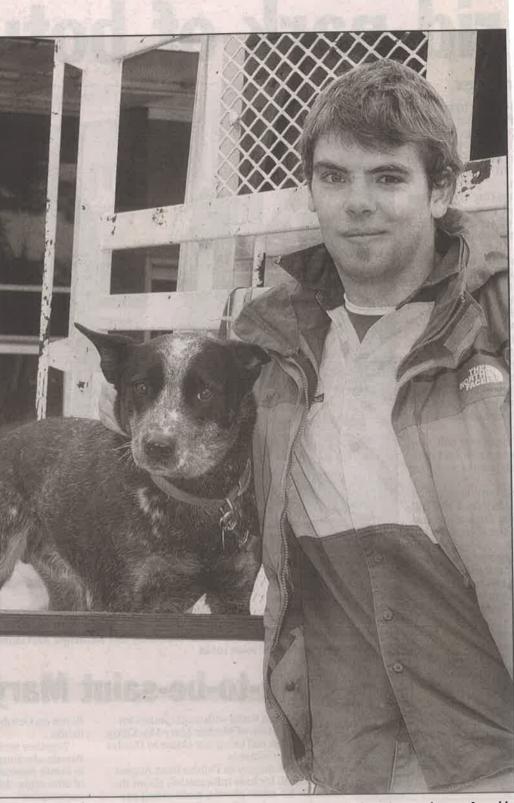
unfamiliar with comes over, the ears go up and he starts sussing them out." While James doesn't like to

speculate what Bosca would do if he came across an intruder or someone he didn't see eye-to-eye with, he says Bosca is generally an easygoing kind of dog.

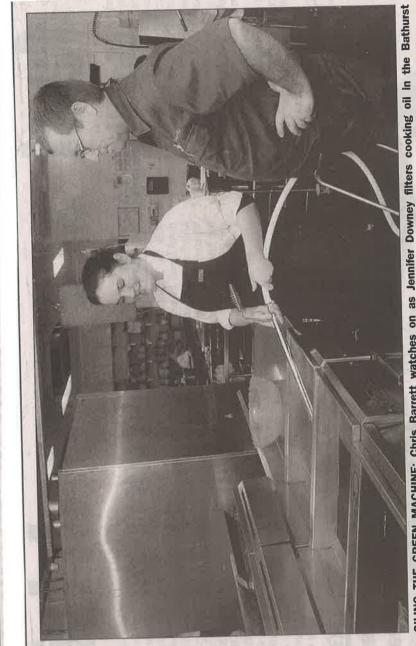
Bosca doesn't differ from his Aussie human counterparts, with his favourite past time being footy.

"He loves it when we have a kick of the footy in the yard, he runs around like mad.

Bosca is proof that a loving owner goes a long way.



SAVIOUR: Joseph Martin was the saviour for 'Bosca' the blue cattle dog who now loves a free ride on the family's work truck.



RSL turns n new leaf

Western Advocate Tresday 20 July

Coach satisfied with Bathurst City's win against Ex-Services

Long battle to make the finals



LOVE A CHALLENGE: Bathurst City's Esther Hotham (right) works to win the ball from Ex- this year, we are not the number one or two Services rival Linda Wilson. Photo: PHILL MURRAY

By ANYA WHITELAW

BATHURST City's performance against Ex-Services on Saturday may have been a step down from the slick hockey which has carried them to three consecutive grand finals, but they got the win and that was enough to satisfy coach Jillian Long.

After entering the competition in 2007 as a product of a merge between Kelso and Waratahs, City forged a reputation as one of the teams to beat as their speed, skill and potent attack saw their wins far outweigh

While they did have player turnover between seasons, the same as other teams in the competition, City's blend of youth and experience helped them to a premiership in their debut year, a second title in 2008 and last year the only side which finished ahead of them was St Pat's.

Season 2010 has still seen City shape as one of the finalists, but they have not enjoyed the same sort of domination as they have in the past.

That's not to say they have been travel-

Following their 2-1 victory over Ex-Services on Saturday, City sit in second place on the ladder with their record reading eight wins, three losses and a draw from 12 games.

However, they have played two more games than three of the teams sitting in the top five so Long thinks the ladder is somewhat deceptive.

"We are down further in the competition 071710polty4 side in the competition, we have got two

games in hand that is why we are up there. Take away those two games and I believe we'd probably be fifth or sixth," she said.

Like City, Ex-Services have now played 12 games as well, but as they went into Saturday's game sitting just two points behind Long's side, the outcome was important.

City took the initiative when Katie Lindsay and Jess Hotham scored in the space of 90 seconds, but despite having more ball and attacking chances than their rivals in the first half they could not push further ahead.

Ex-Services were guilty of giving away the ball too easily in the first half, most of their turnovers coming as they seemed to be building something in attack, but that changed after the break.

The Orange team applied pressure on the hosts and City had two players spend time in the dug-out after being shown a green card meant they had to work even

Ex-Services scored with seven minutes remaining, but that was as far as their comeback went as City ran out 2-1 winners.

"Defending a man short in that last 10 minutes was very tough, but Ex-Services are one of the top sides in the competition and we are not," Long said.

"Our effort against a team that is probably second was very good and we are improving every week.

'It's going to be a longer battle this year than it was last year when we sat back, but I think our girls like it better than being number one when they look back. There is less pressure and our girls have got to fight for every game and at the end of the day they go out and fight for every game."

Western Advocate Wednesday 2lst July

Western Advocate

Thursday 22nd July

Down on troops, Panthers step up

RUGBY LEAGUE

THE Bathurst Panthers under 16s produced one of their best performances of the season on Saturday, beating the Oberon Tigers 30-18.

It was a big test for the boys with five players missing. Down on troops the Panthers needed to step up as Oberon are one of the strongest sides in the competition (they had five players in the rep team).

Kiamurra Crawford and Blake Lawson.

This effort helped us dominate with the boys sticking to the game plan of kicking early and turning Oberon around with deep kicking by Slick and Blake. A kick chase team was led by Kiamurra, Kajeel, James, Jake and Kaleeb.

Panthers led at half time, 24-4, with tries to Jake Betts and a brace of solo tries to Blake Lawson.

In the second half Panthers were forced to do a lot more defending and let Oberon

defence by Blake Crisp, Slick Ingwerson, score some points. However they managed to regroup and score some entertaining tries. First, Kiamurra busted through from a scrum and ran 60m to score under the post. Joey Bugg also scored from a neat little chip-and-chase to seal the win in style.

Special mention goes to Kaleeb Sharwood and Terrien White who stepped up and played on short notice and went extremely well. Jihad Alembbidine played injured but would not let his mates down, and Rory, Sam and Dion our front rowers played a lot of minutes, due to the lack of fit

players on the bench, and were also outstanding.

The points this week could have gone to five players but with much thought: 1 point went to Blake Lawson who played one of his best games and goal kicked extremely well; 2 points went to Slick Ingwerson who pulled off three to four try saving tackles when we needed them; and 3 points went to captain courageous Jake "the hitman" Betts who played like a leader and lead the hitups and the tackle count. Well done, looking forward to Lithgow this weekend.

www.westernadvocate.com.au

Panthers started well with some great WESTERN ADVOCATE, Thursday, July 22, 2010

Thursday 22nd July Western Advocate



TRADITIONAL DRESS: Back, Jamon Simpson, Luke Leonard and Fred Holmes and, front, David Newton and Joey Doolan, Joined in the NAIDOC celebrations at the Kelso Community Centre.

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Group's NAIDOC event a success

THE Bathurst Aboriginal Women's Group has held a successful NAIDOC celebration at the Kelso Community Centre.

The women organised a barbecue, jumping castle, face painting, sport and recreation activities, dancers and had a jewellery store to sell jewellery that the women had made previously during the women's group prior to the event.

The women identified their own unsung heroes in conjunction with the Naidoc 2010 theme Unsung Heroes – Closing the Gap and acknowledged the efforts made by these heroes.

A member of the Bathurst Aboriginal Women's Group cut an Aboriginal and Torres Strait Islander cake to mark the event. It was kindly donated by Nicholas Packham of Ageing, Disability and Home Care in Bathurst.



FUN AND GAMES: All ages came together for the celebrations.

Women's Group agreed that it was a shame the event clashed with Towri Macs Centre Celebrations but it was great some people were able to attend both events.

The weather held out and the turnout was bigger than expect-

The Aboriginal Women's
Group thanks service groups,
volunteers and the community
for attending and helping out
on the day. It is looking forward
to planning another event next
year. The whole of the community will celebrate NAIDOC

Western Times 22nd July Thersday



Age: Old enough to know better.

Where were you born? Bathurst Base Hospital.

Family? My fabulous wife Julia and our puppy, Gadget. My immediate family members still live in and around Bathurst.

How long have you lived in Bathurst? My first 18 years and the past two and a half years.

What do you do for a living? I work for Skillset (CWGA) as project manager for The Flannery Centre.

What does that involve? Lots of reading, meetings, networking and thinking! My job is to help make sure the building has the lowest environmental impact possible and also fill it with exciting activities that demonstrate living sustainably. That means developing exhibitions, programs, training opportunities and showcasing technology and lifestyle options.

Hobbies? Bushwalking, music, gardening, antique machinery.

Favourite movie? Whale Rider, Mary and Max, The Bourne Trilogy.

Favourite book? Anything that teaches me more about how the world works.

What kind of music do you listen to? Mood dependent of course, hence eclectic! Mozart to Muse

Do you have any favourite quotes? The Cree
Prophesy: "When all the trees have been cut

down, when all the animals have been hunted, when all the waters are polluted, when all the air is unsafe to breathe, only then will you discover you cannot eat money." 6 P

What do you like most about Bathurst? The lifestyle opportunities here are among the best in the world. Nice pace. Good people. Plenty of cultural stimulation, good distinct seasons, just close enough to, and far enough away from,

What do you like least about Bathurst? In town – the shopping centres and other boring architecture. Out of town – the eroded gullies and denuded streams.

Who is your hero? I don't think I have one. We're all just doing the best we can with what we've got.

Pet peeves? Waste. Modern consumerism – that is, excessive consumption and the "throw it away and get a new one" attitude.

What makes you smile? My wife and family, nature and music.

What would be the first thing you took if your house was on fire? My back-up hard drive.

Favourite meal? Heaps of fresh organic vegetables – whatever is in season.

Favourite drink? Water straight from streams in the bush

What do you want to do before you die? Live a good life with no regrets.

Weekend Advocate 24/25 July

Perthville trio shake down championships



STEPPING UP: Justin Cheesman (left), Cambell Morris (centre) and instructor Simon Berzins after all three took their competition to the next

Cheesman fights for gold

MARTIAL ARTS

Expecting some tough competition but going into the tournament with reasonable

The Perthville instructor has mixed his work with his own training at both Leura and THE Perthville-based branch of the Blue expectations, the youngster not only acquit- Manly where he is furthering his skills in both

Western Advocate Monday 27 July



HANDS ON: Western NSW Panthers FC's Jack Press (left) battles a Sydney University opponent in the under 14s Super Youth League soccer on Saturday. 072410



BIRTHDAY GIRL: Jennifer (left), Courtney, mum Deb with Lucy, birthday girl Melissa Downey, Ben and Lucas and dad Gary Downey at Melissa's 18th birthday party. Photos by: CHRIS SEABROOK

Cartoon character theme for Melissa's birthday

Western Advocate Thursday 2014 July

Western Advocate Monday 2nd August.

Owen receives highest honour

EVERYONE enjoyed supporting Owen Sutton as he received his Baden Powell Scout Award

The presentation ceremony was held in the Scout Hall and friends, family and scouting mates stood by as the 26-year-old received the highest award a rover can achieve in the scouting movement.

Owen's dioramas were on display for everyone to see and attendees enjoyed a yummy supper after the ceremony.

Keep an eye on the Western Advocate for the full story on Owen's achievement.

Western Advocate 30r July Thursday

Solid wins for Panthers'

junior sides

when Blake Lawson and Joey Bugg rushed to put pressure on the Lithgow five eight causing him to fumble the ball.

Joey picked the ball up and sprinted away to score the match winner.

Another special mention to the under 15s who played – they were Matt, Tieryn, Adrian and Tyson who all played well. Other stand-outs were Slick Ingwerson with his rock solid defence and again he pulled off a couple of try saving tackles to keep us in the game.

Blake Lawson and Jake Betts were also strong and did not take a backwards step.

Sam Callan and Rory Josh also played their best games of the season but the difference between the two sides was Joey Bugg who scored three tries and was non stop in defence.

Joey is starting to show that he is by far the best half back in group 10 under 16s and was a class above his rivals.

Games points:

Three points Joey Bugg, two points Slick Ingwerson and one point Blake Lawson.

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Western Advocate Monday 2nd August



NEED WINS: Souths player Carly George goes on the attack in her side's 3-0 loss to Ex-Services on Saturday. Her side will need to win their last two games to be a chance of playing finals hockey. Photo: STEVE GOSCH 0733is@dethhock2

Souths' finals hopes take a beating

HOCKEY

By DANIEL BRIGGS and MARK RAYNER

SOUTHS women have suffered a blow in their bid for a place in the Premier League Hockey finals series with a 3-0 loss to Ex-Services at the Orange Hockey Centre on Saturday.

The win was Ex-Services first in four matches and takes them back into third spot on goal difference from Lithgow Panther on 34 points, six points ahead of fifth-placed Souths.

The Orange side had struggled to score goals all season but did the damage in the first half as they took a 3-0 lead into the break.

It came despite a strong start from Souths.

"Everytime we have played on that turf it has taken us a while to settle in but our first 10 minutes had been pretty good," Souths coach Mandy George said. "After that we got off beat and began chasing our tails. We were reacting to what they were doing rather than playing our own game."

Ex Services player Danielle Said opened the scoring midway through the first half after finding the back of the net following some impressive build-up play from the back.

Defender Leanne Kennewell doubled Ex-Services' lead from a penalty stroke in the 28th minute after a Souths player prevented a certain goal with their foot.

Ali Baker then struck a crucial blow one minute before half-time after a great run through the centre of the two blues' defence was finished off with a goal

"We're very happy with that. Everyone was happy with the way they played," experienced player Kennewell said. "We controlled the ball and played possession a lot better [than in recent weeks] today.

For the home side Kennewell, Baker and defender Kayla Orrock were impressive, while Jocelyn McGarity did well for Souths. George said the whole team gave their best shot.

"There weren't any standouts. A lot of people put in big efforts and played really well," she said.

"That was our fourth game in eight days and we went out and tried to play a longer [passing] game which meant we had to do more running.

The coach said her side would work playing a shorter passing game before next week's local derby against Bathurst City to make sure they do more when they have possession of the ball.

The side know they need to get wins from their next two games because they have the bye in the last round and will be battling to get into the top five.

ORANGE EX-SERVICES 3 (Danielle Said, Leanne Kennewell, Ali Baker) defeated BATHURST SOUTHS 0.

Under 16s:

Panthers 24 defeated Lithgow 18. With five guys missing this was always going to be a tough game against Lithgow. We started slowly and only scored through some individual magic from Joey Bugg. We tried hard in attack with no luck and fell off a lot of one-on-one tackles. This gave Lithgow a sniff and they took a half time lead of 10-6.

After some intense words at half time the boys came out more committed and scored some quality tries through Vinno Morgan and Joey Bugg but once again our defence was soft and at fulltime we were 18-18.

The last play of the game Lithgow had a scrum feed and were setting for a field goal

MacPherson again shows fighting spirit

HOCKEY

By ANYA WHITELAW

LAST month Sam MacPherson was involved in the best comeback performance of the 2010 men's Premier League Hockey season thus far and on Sunday he was very nearly part of another successful fight back - only this time it was on a much bigger stage.

MacPherson is part of the NSW Country side which is currently contesting the Australian Country Championships in Canberra, the fleet-footed centre forward a late call up to the representative outfit.

NSW Country entered the tournament as defending champions and while they made a bright start to this year's campaign with a 5-2 victory over South Australia on Saturday, they looked in big trouble in round two when trailing 3-1 to Queensland Country.

However, just as MacPherson's club team St Pat's had come from 2-0 down against defending premiers Lithgow Panthers in late July, NSW Country showed they too would fight until the final whistle

While the Saints went on to win their

match 3-2, NSW Country finished on level scorers in NSW Country's opening two games, terms with their Queensland rivals, the game he did find the mark in a trial against a ending in a 3-all draw.

Sam MacPherson's father Russell MacPherson was at the Lyneham complex to watch the game and admitted NSW Country were lucky not to suffer their first defeat of the tournament.

"They were down 3-1 late in the second half but they came back to get a 3-all draw, it was a bit like the Pat's-Lithgow game," he said.

"They nearly lost the game after the bell too, the goalkeeper came out and was beaten, but fortunately the shot went wide."

While Sam MacPherson previously played for a junior NSW Country side as a 14-yearold, this is the first time he has gotten the nod for the senior outfit.

What helped him gain selection was his performance as skipper of the NSW Bushrangers team which toured South Africa last year.

Coach of the Bushrangers outfit, Jai Singhota, is also the mentor of NSW Country so when he needed players to fill gaps in his squad, MacPherson's name was on his mind.

Though MacPherson was not amongst the

he did find the mark in a trial against a Canberra side on Thursday as part of his team's preparations.

"I think it is great for him to be playing at this level, it is a great experience for him." Russell MacPherson said. "He started in the game against Queensland and he looks pretty happy to be playing at that level."

MacPherson and his team-mates, who

include Alex Said (Orange), Ben Hawken (Parkes), Sam Mould (Dubbo) and Mitch Britton (Lithgow), were set to meet Victoria Country late yesterday afternoon.

Meanwhile the women's NSW Country side featuring Bathurst representatives Kristy Conroy, Kirsten Howard and Tara Picker, also have a win and a draw from their first two

Like the men's side, the NSW Country women entered the Canberra tournament as defending champions.

They began with a 1-0 victory over South Australia Country before drawing nil-all with Queensland Country on Sunday morning goalkeeper Picker making it two shut outs in



NEW CHALLENGE: Sam MacPherson is enjoying his first tournament with the NSW Country seniors.

Western Advocate Monday 2nd August



TRICKY SITUATION: Esther Hotham from Bathurst City versus Lithgow Panthers.

meda Championships teams World 90 chance T es,

SHOOTING

By ANYA WHITELAW

IT was only four years ago that Bathurst's Michael Coles first took up the sport of shooting, but now he finds himself in a battle for a teams medal at the 50th International Shooting Sport Federation World Championships in Munich, Germany.

Michael Coles took up the sport that his grandfather Clive Coles and father Glem Coles enjoyed back in 2006. In 2007 as a 17-year-old he became the youngest ever person to fill the role of Bathurst Gun Club secretary and it was in 2008 that he started competing seriously.

His potential for the sport soon became obvious, placing second to two-times Olympic gold medallist Michael Diamond in the men's single trap at last year's Queensland titles. On June 2 this year he got the news he would represent Australia at the World Championships.

Coles, a national junior trap champion, gained selection after an impressive performance in the Australian Cup Series.

Coles, a national junior trap champion, gained selection after an impressive performance in the Australian Cup Series.

He headed to Germany as one of three Australian shooters to contest the junior men's trap event – joining fellow NSW products Michael McNabb and Russell McCloy.

While the Bathurst 20-year-old had little practice in the lead up to the opening three rounds of the junior men's trap, his mother Karol reported he was confident.

"He only got in four practice rounds since he left Australia but he was shooting 22s and 23s [out of 25] and said he felt really good and his eye was in the right place,"

The first day of competition saw a field of 75 junior competitors shoot three rounds of 25 targets each. They compete as individuals, but their scores also count towards the teams event.

Coles, who is tested by a dominant eye, faced some tricky conditions as the competition ran from 8am to

His first round came as a storm passed over and he managed 20 out of 25, but he bounced back in the second round of the day in failing light Coles recorded a 21 to give himself 65 out of a possible 75.

It ranked him 41st overall, six shots off what he needs to crack the top six.

However, with McNabb (69) and McCloy (68) both shooting steadily, the Australia team are currently ranked fifth overall on 202. They don't look likely to catch leaders ltahy (215), but are still a chance to sneak into a medal position with Spain (207), Czech Republic (206) and the United States of America (204) only just ahead of them.

Karol Coles reports Michael had hoped to produce a better effort, but he has set himself the goal of a perfect 50 from the two remaining rounds to be shot in the early hours of this morning (AEST).

"He was rally happy with the 24 of course, but he was disappointed with the first round which he shot in the storm - it was raining which of course is not good for him with his eyes," she said.

"He did pick it up quickly after the storm with his 24, but then he was in the very last group to shoot [the final round], so the light was not as good.

"He missed the first three which were straight aways, but they are tricky for any shooter. So he is disappointed because he was shooting 23s in practice, but he said his goal is to get 50 tomorrow.

The junior men's trap event does not have medal rounds, but shoot-offs could be held to decide the top six. Already shaping as a gold medal favourite is Italy's Danny Baiesi, who shot three perfect 25s at the Munich range.

range.
Coles thanks Bathurst Regional Council and Bathurst
District Sport and Recreation Council for helping him
meet the cost of competing in Germany.

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FACING THE BEST: A second round 24 was the highlight of Bathurst shooter Michael Coles' opening day of competition in the International Shooting Sport Federation World Championships' junior men's trap event.

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Wester Advocate 1 hursday August

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Coles narrow misses meda

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SHOOTING

By ANYA WHITELAW

TWO shots – that was all that stood between Bathurst shooter Michael Coles and a bronze medal at the 50th International Shooting Sport Federation World Championships in Munich, Germany yesterday (AEST).

Coles was among three Australians competing in the junior men's trap event – the competition split over two days with five rounds of 25 targets

While all shooters were competing for individual glory, their scores also counted towards the teams' event and it was in this competition that Coles came so close to picking up a medal.

Coles and fellow Australians Michael McNabb and Russell McCloy had a combined total of 202 out of a possible 225 at the end of the first day of competition, an effort which had them four shots out of medal contention.

On day two, in tricky conditions, the Australian trio faced two more rounds and while they avoided dropping out of the 20s like so many in the field of 75, they were unable to secure a top three finish. Gold in the teams' event belonged to the Italians who shot a world junior record 361. The United States of America (341) claimed silver and Czech Republic (338) bronze with Spain (337) the only other team placed ahead of Australia (336).

Given the shooters in the teams that ranked above the Australians are mostly professionals with easy access to Olympic trap facilities, it was a top effort from 20-year-old Coles, McNabb and McCloy.

"They are professional shooters in a lot of those of the contraction of the contractio

"They are professional shooters in a lot of those teams, they are sponsored by Perazzi and Beretta, they get all the guns and the ammo and they have such strong backing," Michael Coles' mother Karol Coles said.



TOP EFFORT: In his first overseas shoot, Bathurst product Michael Coles almost picked up a bronze medal in the international Shooting Sport Federation World Championships' junior men's trap teams' event in Munich. In the individual event he improved from 41st position at the end of day one to rank 36th.

ighest scout award Sutton receives

enthusiasts gathered recently to witness Owen Sutton receive the Baden Powell Scout Award.

The Baden Powell is the highest award a rover can achieve in scouts and a ceremony was held to mark the 26-year-old's achievement on World Scout Day. Owen said he felt very honoured to receive the recognition.

"It is a combination of eight years' effort," Owen said on the day.
"I have had a lot of support from a lot of different people. It is nice to finish off this way after all the support that's gone into it."

To achieve the Baden Powell award,

"To achieve the Baden Powell award,

"To achieve the Baden Powell award,



ted with many

Powell Lapel Badge and a Rover Record

Western Advocate 10th August Truschary

Western Times Thursday 5th August

Local groups land community grants

SEVEN LOCAL groups will benefit from this year's 2010 Woolworths Fresh Food Kids Community Grants.

Encouraging primary school aged children to lead healthier and more active lifestyles, Woolworths Fresh Food Kids Community Grants have already provided assistance to more than 4600 local community projects since the program's inception in 2008.

This year, thousands of applications were received from community groups across the nation, with 1500 groups successful in receiving a grant to support their grassroots initiatives.

General Manager Supermarket Operations for Woolworths Ziggy Kwarcinski was thrilled by the response w the Community Grants program and the variety of groups that applied this

"Woolworths is proud to be able to support so many local groups who are doing important work to help Aussie kids understand the importance of active and healthy lifestyles while also setting them un with skills for life," he

"In the few years that we kave been running the Fresh Food Kids Community



TEAM EFFORT: The Bathurst St John Ambulance Cadet team divisional officer Joshua Clark (Back, left), Brittany Woodward, Heidi Starr (team leader), superintendent John Clary, Makayla Benham (front, left), Katrina Benham and cadet leader Nick Geyer. St John Ambulance Cadets have been given \$1600 for support activities for junior cadets. Photo: ZENIO LAPKA

Grants program, we have Club training equipment: School support for breakfast already seen the tremendous \$800. impact that additional funding has on the operations of Cadets Bathurst support these vital community activities for junior cadets: groups."

Local organisations that will benefit from the Neighbourhood Community Grants program activities for disadvantaged this year include:

Rugby Union Cricket Bathurst West Primary

St John Ambulance \$1600.

■ Bathurst Information & Centre Woolworths Fresh Food Kids healthy eating and sporting children: \$1000.

program: \$1000.

Girl Guides Bathurst District Support Group uniforms and broad brimmed hats for members: \$1000.

Kelso Community Network healthy breakfast program: \$2000.

Mandurama Public School vegetable garden program: \$1000.

Western Advocate Wonday 9h Avgust

Love of job pays off for Alex

ALEX Hausfeld loves her job and it shows.

The former Kelso High School captain is a boilermarker/fabricator with Newcrest Mines at Cadia, Alex has been awarded the TAFE Western NSW Region Apprentice of the Year, and has no plans of slowing down.

Having completed her trade, she is now studying mechanical engineering through Queensland University by distance education, and is on a high after taking out the coveted TAFE NSW Award.

"I was nominated by someone, but I'm not sure who," she said of the award, adding she was genuinely surprised when she was announced as the winner.

"I couldn't believe it," she said.

"I know people say that all the time but I really didn't believe it. I knew a lot of the other nominees and there were so many amazing people.

"I figured just being nominated was a win, and the presentation night was a bonus, free dinner, beer and good company," she laughed.

As part of the selection process Alex said the judges assessed each nomination on a number of factors.

"It goes on who you are as a person, how you went in your trade and the marks you got."



WINNER: Alex Hausfeld is on a high after taking out a coveted TAFE NSW award.

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viewed, but with her, there was a small hitch, she was overseas on holidays.

"I was holidaying in Scotland and had to do a phone interview at 4am," she laughed.

Alex now progress to the state level in September and if suc-

cessful goes onto the nationals. Alex also had to be inter- Alex said she is delighted to have at the same time.

gotten as far as she had. "After school I knew I didn't

want to go to uni straight away, and as I always loved metal work I thought this [career] was an

option," she said. She applied for an apprenticeship with Newcrest and she was rewarded with the opportu-No matter where she ends up nity, rewriting the history books

"I was the first female at Newcrest working as a tradie,' she said.

Despite being the only woman, Alex said she never felt intimidated, in fact it was quite

the contrary. "I love working with the guys, they are my mates. Everything I know, I learnt from them, she said.

August Tuesday 10r Western Advocate

3 3

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winner title σ Goalkeeper goes from rusty to



DOUBLE HONOURS: Tara Picker and Kristy Conroy have both been picked to represent Australian Country. They will tour New Zealand next April after winning the Australian Country Championships with NSW. Photo: CHRIS SEABROOK

HOCKEY

HOCKEY

By MARK RAYNER

TARA Picker and Kristy Conroy have achieved double honours over the weekend, helping NSW Country to a win at the Australian Country Championships and earning a place in the Australian Country team that will tour New Zealand next year. The pair were joined by Kirsten Howard as the Bathurst representatives in the NSW Country team that went through the tournament undefeated after prevailing 2-0 over Queensland in Saturday's final. Two first half goals proved to be the difference between the

sides with NSW dominating nearly but after scoring their we goals, Queensland tightened he their defence and the game was wan arm wrestle.

With neither team able to find the back of the net in the second nearly. NSW finished as 2-6 win-balf, NSW finished as a first shaways a tough match hagainst Queensland. It's like the State of Origin team, they never give up. You have to be on your sagane, she said.

Picker's form in particular twas impressive given that she eyisn't playing regular hockey.

The former St Par's goalkeep-sie moved to Hay at the begin-go

ning of the year for work and with no competition over there, her only other games this season were for Bathurst in the State League competition.

She admits that she was a bit rust with in the tournament, but if admit that she her long to find form.

"I've been posted at Hay with work so I havent played much hockey this year. The nearest competition is in Echuca and that is two hours away," she said.

"It's hard with game decisions when not playing regular hockey). It's good to have minutes behind you to help your decision-making and timing, but it got better with each game."

There won't be many opportunities for Picker to practice between now and April, but she will make the most of every chance she gets.

"When I go back to Bathurst I take my gear with me so that I can have a hit with the girls. I always take my gear with me when I go anywhere," she said.

"I only get one weekend a month off, but I try and get back to Bathurst every three months." Picker said there is a chance that she could move again if the right posting came up and didn't rule out a return to Bathurst.

"If a position came up in the said."

"If a position came up in the said.

leads to silver 21s selection and national dn Late call HOCKEY

By MARK RAYNER

SAM MacPherson was only a late call up to the NSW Country Championships in Camberra, but his form was so good that he came away with a silver medal and a place in the Australian under 21st seam.

The St Part's place proved to be an integral part of the side as he scored match winning goals in the scored match winning goals in the scored match winning goals in the scored match winning goals in two of the round games and was heavily involved in the 42 loss to Queensland Country in the final on Saturday.

MacPherson said it was a pleasant surprise to earn a call up for the Oceanic Championships in Fiji in December.

"It was kind of unexpected because! I was only a late call up to the NSW side. I didn't think I had played that well, but had played that well, but had played that well, but obviously the selectors disagreed with me; MacPherson said.

"Everyone wants to play for their country. It's something I've always wanted to do but! I thought it might have been too late."

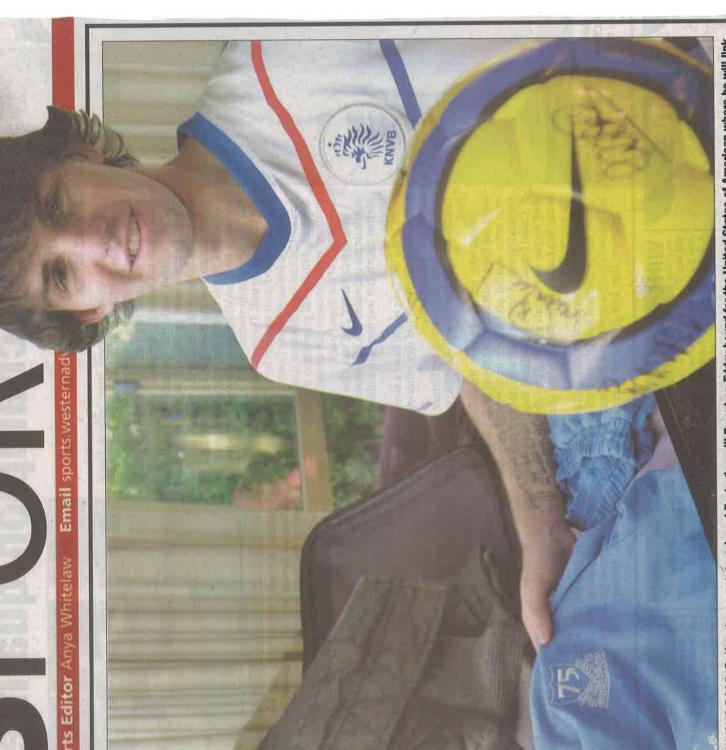
NSW Country were always on the back foot in the final and despite a late fightback, they were held off by a determined Queensland outfit.

They picked up where they left of the sack foot in the final and despite a late fightback, they were held off by a determined Queensland outfit.

They picked up where they left of easy in the sacond that scored two goals in the second half, scoring another goal to go 3-0, up but NSW didn't give up and scored two of their own to get back in the game. However, Queensland struck once more to lock up the game and the Australian Defence Forces to back in the satu up one of the goals in the 3-2 semi-final wir over Victoria and before that scored two goals in the last five minutes of the match against the Australian Defence Forces to break a 1-all deadlock.

MacPherson said he learn a lot from the experience and enjoyed playing with and against some of the best young players. In Australia. He sace who have played in heaven. He sace who have played in heaven. He sace who have held of the well and for Australia. He sa

"I didn't realise just how good some of the [PLH] players are. Sam Mould was named the Player of the Tournament. Even though you play against them all the time, I didn't realise just how good they were until I was playing with them."



PACK YOUR BAGS: Bathurst soccer talent Jarr with the Upper Iowa University Peacocks. Phot

Portegies earns a scholarship to play soccer in the United States

get all packed. At one stage I didn't think I would have it all done in time to leave."

Portegies decided to try his luck with an overseas soccer team when he heard his mate Troy Parker from Orange had enlisted the help of an Australian based company to get a scholarship.

"It wasn't too bad because one of my mates from Orange [Troy] who is going as well used an organisation to help him get over there," he said.

"But I instrument to a website where your

Western Advocate Thursday August 12h



IN THE RUNNING: Ben Grabham is still in the running for second place in the Australian Off-Road Championship after strong results

Grabham proves he is still in the race

MOTOR SPORT

By MARK RAYNER

BEN Grabham has kept his chances of finishing in second place in the Champ division of the Australian Off-Road Championship alive with strong results at the Barossa Bar Banger at Kapunda in South Australia on the weekend.

The Barossa Valley event doubles as rounds nine and 10 of the AORC and the Bathurst rider is currently in third position with two rounds remaining and while his chances of winning are all but gone, he can still grab second place.

Grabham is currently on 132 points. six behind Jarrod Bewley but he is 40 points behind team-mate Toby Price. He also has Stefan Merriman sitting in fourth on 125 points and he will be looking to capitalise if the KTM rider struggles.

With a total of 50 point available from the final two rounds at the Cherrabah Resort in Queensland next month. Grabham is still a mathematical chance of winning but given that Price's worst result throughout the season has been a second place finish, it is highly unlikely.

Price, 22, has been outstanding in the competition so far, winning six of the seven rounds that have been completed (three have been cancelled by rain) with Merriman th only other rider to win a

In one of the best weekends of competition to date, Price was untouchable in both races. He finished 40 seconds ahead of Grabham in the first with Merriman just behind in third.

The series leader was able to find even more on Sunday, beating Merriman by over a minute with Bewley in third and Grabham just missing out on the plac-

Price was full of praise for the Gawler Motorcycle Club who run the Barossa Bar

"This has been by far the best AORC yet," Price told Fullnoise.com.au.

"Conditions have been ideal all weekend and the track and venue is unreal.

"The day went really well for me. Got off to a good start in the first three heats on the northside track and then just carried on on the southside track - we switched tracks midway through the day.

"I had a crash in the third one ... but other than that it all went really well - really happy with the day."

The Champ category has three division and the news is better for Grabham in Enduro 3, where he holds a commanding lead of 46 points after taking maximum points in all seven rounds that have been contested.

He only needs four points from his last two rounds to claim a class win.

The final two rounds at Cherrabah Resort are on September 4 and 5.

Western Advocate Monday Argist 164



SUPPORT: Bathurst Regional Council's cultural and community services director Annabell Miller, the Department of Education and Training Plan-it youth co-ordinator Deborah Gittins, Tablelands road safety officer Iris Dorsett, Bathurst Tourism manager Felicity Balnes and Bathurst Regional Council youth development officer Megan Bargwanna.

Council backs mentoring program

AN INNOVATIVE mentoring program Regional Council youth development into 2011." to encourage high school students to make the most of their educational opportunities is receiving practical backing from Bathurst Regional Council.

Two council managers have been released to work as volunteer mentors with the Plan-it Youth Program.

Bathurst Tourism manager Felicity Baines and Tablelands road safety officer Iris Dorsett will devote one-and-a-half hours each week to mentoring students at Denison College's Bathurst High cam-

The support from the Bathurst Regional Council and the Department of Education and Training initiative was brokered by Department of Education and Training Plan-it youth co-ordinator

officer Megan Bargwanna.

Plan-it Youth was introduced to Bathurst this year.

Mrs Gittins is looking forward to seeing the benefits of mentoring in Bathurst high schools.

"To see our community working together in helping plan the future of our young people is such a forward thinking idea with great benefits to the students who get chosen to be mentored," Mrs

"With the commitment of mentors from the community, who are trained for Plan-it Youth, we are confident that there will be a significant contribution to Bathurst's young people.

Deborah Gittins and the Bathurst flourish and to continue the program alike," Mrs Gittins said.

Mrs Gittins is already recruiting mentors for 2011, and anyone with any interest in discovering more about how they can help the future generation through Plan-it Youth can contact her on 63928441

deborah.gittins1@det.nsw.edu.au.

Mentors volunteer from a wide variety of backgrounds - from tertiary students to retirees.

Usually graduated from high school for several years and with some life experience under their belts, the mentors are provided with free fully-accredited TAFE training in mentoring and undergo a working with children check.

"Plan-it Youth offers a richly reward-"We would love to see the benefits ing experience for students and mentors



difference Students go without food to make a



Western Times Thursday 19t August

PLAY times

Age: 15.

What sport do you play? Hockey. What team are you in? Souths open and women's A grade. How long have you played in that

team? I changed-over this year. How often do you play?

Every Saturday and Sunday.

Why did you start playing? My family and friends played.

What's the best thing about your sport? It's a team sport and it's enjoyable.

What's the worst thing about your sport? It's a winter sport.

What's your worst sporting injury? Bumps to the head, I guess.

What sport do you watch on TV? Footy, hockey, sometimes soccer.

What are your favourite sports teams? West Tigers, Hockeyroos.

Have you had any embarrassing sporting moments? I took off without the ball once and it was called against me.

What are your hobbies? Playing hockey, school and spending time with friends and family.

What is your sporting goal? To improve each year. I play for fun, not to be selected in teams. That's just a bonus.

What goes through your mind when you're playing sport? To do my team proud and to win.

If you could have a drink with a sports star, who would it be? Benji Marshall, "cause he's hot". What is your favourite drink?

Freshly squeezed OJ.

What do you want to do before you die? Travel the world.



DOWN TO BUSINESS: Alana George plays Souths open and women's A grade hockey. Photo: BRIAN WOOD

it took for Koalas to score winning goa 100

E. E.



New life for old timber

Students recycle our past in major works

By BRENDAN ARROW

A GROUP of Kelso High Campus students have unlocked some hidden treasurers as part of their Higher School Certificate (HSC) studies.

Sections from old bridges in the region and even some timber from the old Kelso High School, which burnt down in 2005, have been transformed into new, usable pieces of furniture.

Eight Year 12 students from the Industrial Technology Timber and Furniture Industries class decided to use recycled timber instead of using conventional commercial timber for their HSC major projects.

Teacher Dave Kelly said that while using reclaimed wood was much more timeconsuming, the final results were amazing. "The reason for using recycled timber is it is beautiful," he said.

"It involves more work than buying commercial timber but the final product speaks for itself. By using recycled timber the students have challenged themselves as you have to do a lot more

Aaron Betts spent almost

a year making a dining-room table which included pieces of hand rail from the old Eglinton bridge.

"The main piece of timber was ring-barked early last century but one of my teachers suggested ways to make the raw material stand out more,"

"We got a hold of the old hand rails from the Eglinton bridge which were painted white and when we sanded them back it revealed this wonderful deep red colour."

In total the students at Kelso built two bars, two dining room tables, a sun bed, a kitchen tidy, an entertainment unit and even a skateboard ramp.

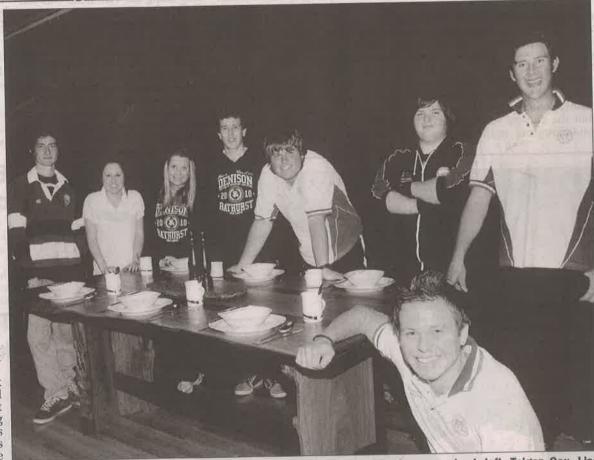
While the students had time relax and admire their work yesterday morning by the afternoon they were probably a little on edge with HSC markers scheduled to grade their work.

"I believe it is one of the first subjects to be marked for the HSC and in the end the students won't know exactly what they get," Mr Kelly said. They get a final mark for the subject but that's it."

Although, no matter what the final marks are, many of the students said that they would hold on to their work for years to come.

"I'm planning to keep my bar until I move out of home," Lisa Howarth said.

"Then it will come with me to my new place."



planning but the finished WELL DONE: Kelso High timber and furniture industries students Tim Summers, back left, Telgan Cox, Lisa pieces are a lot more interesting."

Howarth, Tim Cowley, Andrew Brown, Jarrod Cornwall and William Gilbert with Aaron Betts, front, who made his esting."

Howarth, Tim Cowley, Andrew Brown, Jarrod Cornwall and William Gilbert with Aaron Betts, front, who made his esting."

Howarth, Tim Cowley, Andrew Brown, Jarrod Cornwall and William Gilbert with Aaron Betts, front, who made his esting."

Teigan's creation rises from the ashes



KELSO High student Teigan Cox, left, has made sure a little bit of Bathurst history will live on for years to come.

The industrial technology timber and furniture industries Year 12 student created her HSC major project using wood retrieved from the old Kelso High School.

Ms Cox used pieces of timber from the school, lost in a 2005 fire, to create a pool-side bar, painstakingly machining back the wood for all of the exposed surfaces. "I did woodwork in Year 9 and 10 and I just decided I wanted to do something bigger," she said.

"This took me from term three in 2009 and it was great to make combining the old wood with a contemporary

Western Advocate Thursday 26° August

SOCCER

semis

Academy ease

RESERVE GRADE

AUSTRALIAN RULES

By MARK RAYNER

YOUNG Saints might be the team to beat in the Central West AFL reserve grade competition in season 2010, but for now the Bathurst Bushrangers are focusing on getting past Cowra in their minor semi-final at Bloomfield Oval on Sunday.

Bathurst and Cowra finished third and fourth on the ladder and both will be desperate to keep their season alive with a victory, but the Bushrangers will need to reverse recent results to do it.

After a convincing 142 point victory at the beginning of the season, the defending premiers have found it hard to get a win against the Blues, going down 11-15-81 to 3-9-27 and in their most recent encounter, 14-7-91 to 11-8-74.

Bushrangers coach Michael Phillips said the big swing in results was due to injury problems in first grade and reserve grade, but he is quietly confident that they come away with a win on Sunday.

"We had a hard time staying consistent as far as players go. There were a lot of injuries in first grade and we also had players moving on which have changed the look of the team and not having that consistency has been difficult," he said.

"We haven't got the players we had at the start of the season but I'm still confident that there is enough talent in this side for us to

Phillips admitted that his Bushrangers would need to produce their best football if they are to get on top of their opponents.

"Cowra have always been a very quick side and they move the ball very effectively. Their skill level has-



FINALS TIME: Bathurst Bushrangers reserve grade coach Michael Phillips is confident his men can avoid elimination at the hands of Cowra this Sunday while his son Ben Phillips will battle the same club on the same day for the right to play in the under 17s preliminary final. Photo: CHRIS

n't been too bad either, so we have to make sure we can compensate for that," he said.

Even though they have struggled to name the same team every week in the second half of the season, those who have played regularly have performed well.

"Chris Long plays in the centres and has has had a very good consistent season. John Ellis, Trent Evans and Ben Trevor-Jones have also played well. Even though there hasn't been a lot of consistency in the team, those players have been very good," Phillips said.

"We have also been giving an opportunity to a few of the young blokes to come into the team. We have been developing those younger guys by giving them a run and they have done a very nice job."

The coach said that he has been pleased with the performance of everyone who has been part of the team during the year.

"I'm really happy with the efforts of the guys this season. It hasn't been the easiest of years but every-one has put in 100 per cent on the paddock and hopefully we can keep the season going," he said.





COMMEMORATIVE SERVICE: Kelso High captain Lisa Griffith, Clinton Bryant and Sherrin Griffith at the commemorative service on Sunday.





WREATHS: The lowering of the Australian flag. GREAT DAY: Cheryl Veness and mayor SUPPORTING VETS: Marie and Gilbert

Gathering pays tribute to defence personnel

SMALL crowd gathered at the Bathurst Vietnam Veterans Memorial Park on Sunday to honour the efforts of not only Vietnam veterans, but all servicemen and woman who have fought for Australia.

Vietnam veterans marched to the service, accompanied by Parade Commander CSM Warrant Officer 2 Barry Parsons, Catafalque Party B Company 1/19 Battalion RNSW

Regiment and the Australian Air Force cadets 328 Squadron Bathurst-3 Wing

as flag bearers.
The Canobolas Highland Pipe Band, including drum major Robert Lambert, also accompanied the march.

Vietnam veteran Bruce Irvine welcomed those present, paying tribute to the support of the 'veteran family'.

Officiating chaplain, the Reverend Howard Knowles, led the group in

prayer before the commemoration address was delivered by one of Kelso High School's captains, Lisa Griffith.

Wreaths were laid to the sound of a Lone Piper (Major Don Peck) while bugler Chris Dove played the last post.

One minute's silence was observed as The Ode was read as a memorial to the fallen. After the ceremony, veterans and their families enjoyed a light lunch at the Bathurst RSL Club.

Western Advocate Friday 27th Angust



THE FUTURE: Bathurst Regional Council trainees, apprentices and cadets: Alex MacKenzie, Gerard Ryan, Blake Robin, Andrew Summers, Zac Daymond and Michael Coles. Front: Regan McIntosh, Jessica Lewis, Almee Copeland, general manager David Sherley, Jamie Norton and Morgan Davis.

Council training

local government organisa- across all council operations. tion acknowledging its "Young enthusiastic peo- within our organisation," trainees, apprentices and ple are imperative to the Mayor Paul Toole said.

THE future of Bathurst cadets. Council has 17 future of council and the Regional Council is being cel- trainees, apprentices and wider Bathurst Region, that's ebrated this week with the cadets are currently employed why it is so important to have

these young people working ...



DAFFODIL DAY: Katrina, left, Larissa and Makayla Benham are supporting Daffodil Day. They will be out and about

Symbol of hope for cancer patients

THE daffodil is the international symbol of hope. Today is Daffodil Day, and for the Benham family that takes on a special significance.

Unfortunately most people have been affected by cancer in some way. The Benham girls and their mother, Debbie, were inspired to get involved 14 years ago after a family member became ill.

"There was nothing I could do to help, all was in the hands of the doctors and my mum, so I set my goals on raising awareness and funds to hopefully one day find a cure," Debbie said.

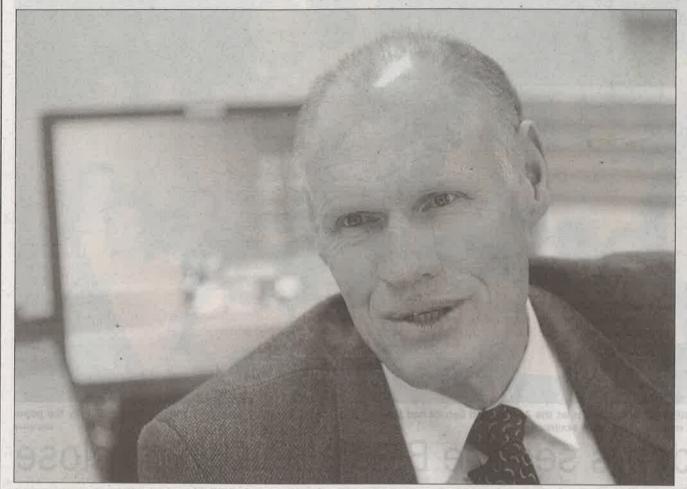
"Over the years we have heard good and bad stories and to see the survivors is a definite inspiration. I truly believe that one day we will find a cure and we

are proud that we may have helped contribute to this cure by raising funds.

Debbie said there will be stalls set up at the Bathurst City Centre and Stockland today from 10am-

Items available include fresh daffodils, Dougal bears, pens, lapel pins, key rings, donation cards (including badges, footy and soccer balls and USB drives).

"Most people know The Cancer Council funds more cancer research than any other charity in the state," Debbie said. "However, they also provide many services that help everyone, especially cancer patients and their families."



NEW ROLE: Former Kelso High School principal Paul Stirling is Orange's new school education director. He stepped into the new role this week. Photo: STEVE GOSCH

New role for respected educator

By LISA COX

ONE of the Bathurst region's best known and most respected public educators is taking on a new role.

Former Kelso High School principal Paul Stirling is Orange's new school education director.

He stepped into the role this week, following the departure of Pam Ryan who has accepted a position in Hong Kong.

"Pam Ryan was an outstanding leader and highly respected and I would certainly hope to emulate what Pam has done in the Orange district for a long and extended time," Mr Stirling said.

For the past year, Mr Stirling has worked as a partnership mentor with seven Orange schools, helping them to establish programs targeting literacy and numeracy.

"I've had virtually a year already working really closely with the Orange schools and that has given me a really good insight into how the schools are operating and a good perspective on how the schools are structured," he said,

Mr Stirling said he hoped to continue developing Orange's successful e2 and pre2 education programs and build on the collaboration already taking place between the district's schools.

"It's the way forward and we want to build on those structures and the sharing of resources and infrastructure," he said.

Mr Stirling began his teaching career as a maths teacher at Rooty Hill High School in Sydney.

He spent three years in an international posting at the RAAF School, Penang in Malaysia and followed that with roles at Blayney and Lithgow high schools. He was the principal for eight years at Kelso High School, seeing it through its reconstruction after a fire in 2005.

He also worked as a head teacher at Warren High School and said this had given him a strong interest in Aboriginal education.

"I was heavily involved in Aboriginal education at Warren and I'm very passionate about improving the literacy and numeracy outcomes of Aboriginal students and working with the Aboriginal community," he said.

"I've always had a passion through my entire career to improve the education outcomes of our kids and to ensure they're getting an education that's relevant and engaging for them."

Western Advocate and September Thursday

Lane and Press Country selections

SOCCER

By COURTNEY WARD

THE Bathurst region will be represented by two young promising soccer players at the upcoming under 14s National Tournament at Coffs Harbour.

Western Panther's Jesse Lane and Jack Press have both been selected to represent New South Wales Country at the competition which runs from September 28 to October 1.

Both have made plenty of regional representative squads, including being part of the distinguished Western Branch and Western NSW squads and it is the second time that Press has been involved with the country side.

"Jack was lucky enough to be selected last year as well but this is Jesse's first time, so that's a great achievement," Western NSW Football operations and development manager Andrew Fearnley said.

"I think not making it last year really got to Jesse and made him quite determined to make it this time around."

Fearnley has known the boys for a couple of years and can see big things in the future for the pair, if they keep their focus.

"They are both very young and definitely have heaps of potential but it all depends on how hard they work and how they mature."

Following in the footsteps of many other stars to make this prestigious state team, both the central defender (Lane) and striker (Press) can credit some of their success to the continually improving Western Panthers FC club that was founded in 2007. The pair will involve themselves in extra training sessions to ensure they are late September.

"Both will be involved in at least two more local sessions with us [Panthers] and will also be engaged in a four day training camp," Fearnley



OFF TO NATIONALS: Western Panthers' Jack Press (pictured) and Jesse Lane will represent NSW Country at this year's under 14s National Football Titles. Photo: PHIL MURRAY.



















- 1. William Gilbert's kitchen handy.
- 2. Tim Cowley's entertainment unit.
- 3. Lisa Howarth with her bar.
- 4. Jarrod Cornwall created a relaxing day bed.
- 5. Tim Summers with the skateboard ramp he built for his major work.
- 6. Teigan Cox used wood from the old Kelso High to create her bar.
- 7. Andrew Brown's dining room table.
- 8. Aaron Betts' dining room table.

HSC students transform recycled timber

A GROUP of Kelso High Campus students have unlocked some hidden treasures as part of their Higher School Certificate studies.

Sections from old bridges in the region and even some timber from the old Kelso High School, which burnt down in 2005, have been transformed into new, usable pieces of furniture.

Eight Year 12 students from the Industrial Technology Timber and Furniture Industries class decided to use recycled timber instead of using conventional commercial timber for their HSC major projects.

Teacher Dave Kelly said that "
while using reclaimed wood was
much more time-consuming, the
final results were amazing.
The students have now all submit-

The students have now all submit ted their major works for marking ahead of the start of the HSC exams next month.

Nestern Advocate Thursday 2nd September

Western Advocate Monday let September



KELLY'S GANG: Sean, Matthew, Robby, Patrick and Melonie Kelly part of the party crowd on Saturday night. Photos: CHRIS SEABROOK.

HOT TALENT: Young Chef of the Year and former Bathurst resident Jason Saxby after accepting his award on Monday night. Photo: FIONA MORRIS 090720] to

Our Jason rises to the top

By LOUISE EDDY

FORMER Bathurst chef Jason Saxby was named the Josephine Pignolet Young Chef of the Year at a glittering ceremony on Monday.

The 24-year-old is working at Quay in Sydney alongside top chef Peter Gilmore.

Jason started his career under Brett Melhuish at Bathurst's Crowded House when he was 16. He later went with him when he opened Restaurant 9inety 2wo before accepting Christine Le Fevre's invitation to be head chef at Absolutely Delicious. ■ To page 2

Western Advocate 7th September Tuesday

Doors will open for young chef

Twelve months later he left Bathurst to work at the Park Hyatt where he was mentored by one of the world's most talented Italian chefs, Alessandro Payoni, Jason later moved to Pilu where he studied under the incredible Giovanni Pilu.

Yesterday he said that winning the award launches his career to a whole new level.

"Going from the country to the city it is quite easy to become lost," he said.

The prize which recognises a chef under the age of 30 was set up by chef/restaurateur Damien Pignolet in memory of his wife.

Mr Pignolet said he and the other experts who interviewed Jason saw a young man who shared Josephine's traits.

"He just glowed with those qualities," Pignolet said. "He's got guts. He's got determination. He's clear in his thinking."

As part of his prize Jason was awarded an international air fare, \$15,000 in cash and help in securing a work placement.

He plans to stay at Quay for the summer, before travelling to Italy next year to study, perhaps at Osteria Francescana or Le Calandre, both ranked among the 25 best restaurants in the world.

He said he will learn as much as he can and then bring it back to Australia where he will open his own restaurant 'He's got guts. Italian inspired food. He's got "I want to take

determination.

He's clear in

raise them to the next level," he said. Jason said the

Italian flavours and

awards ceremony was his thinking." incredible because

there were so many culinary stars under one roof.
"It was nerve wracking," he said.

"I came to the city with nothing more than wanting to cook. "Not many young chefs get this kind of recognition. The only thing to do now is run with it.

'This will open so many doors for me." He said it was the support from everyone in Bathurst that gave him the confidence to believe he could make it.

"It's an amazing feeling to know that I still have local supporters," he said.

Brett Melhuish was very proud of his young protégée yesterday.

"He's done an amazing thing," he said. The best things about Jason are his confidence, his dedication, passion and his willingness to try different things. It's amazing to see people pushing themselves so hard to succeed in what is a very tough industry."

Christine Le Fevre said Jason showed a huge amount of promise and ability from an early age.

"Brett is a master teacher and brings out the best in all his staff. He taught him to strive for excellence in every dish he prepared and Jason was always keen to learn."

She said watching Jason work was inspiring. "He took up every challenge. He wanted to be an architect of food," Ms Le Fevre said. "This award is just brilliant. I am so proud of him."

Sydney Morning Herald Tresday 7th Sephenber Vorking with the

It's not often a country-boy chef who moves

YOUNG CHEF OF THE YEAR

little beyond, before travelling to Italy next year to study, perhaps at Osteria Francescana or Le Calandre, which are both ranked among the 25 best restaurants in the world.

He says he hopes to live up to the reputation of previous award winners, who include Mark Best of Marque, Dan Hong from Lotus and Sepia's Daniel Puskas.

Western Advocate Treeday 7t September



Grabham's Australian

Western Advocate Tresday 74 September



HSC: Julia Adams with her art work which will be on display on Thursday evening.



CREATIVE: Rachael Channels with her painting.

090610kelso1

Year 12 works on display

ELSO High Campus will be hosting a Creative and Performing Arts evening on Thursday, 9th September.

On display will be the year 12 HSC works from the Visual Arts, Industrial Arts, Photography, Drama and Music.

The exhibition will take place from 6pm-9pm at Kelso High School.

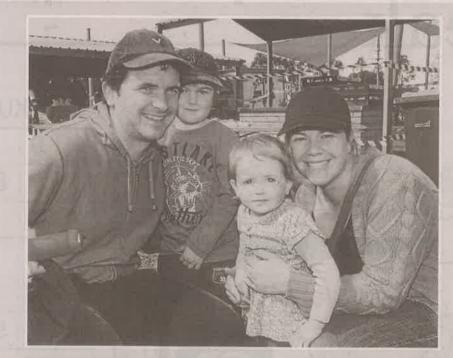
This year's exhibition and performances of work are extremely significant for the year 12 students as they are the last year that went to the old Kelso High School before it was destroyed by fire in 2005.

These students have experienced the fire, the demountable school and the new state of the art Denison College of Secondary Education Kelso High Campus.

The evening will celebrate the hard work and dedication of these students who have experienced a great deal of change throughout their secondary education. Entry is by gold coin donation and everyone is welcome to attend and enjoy the wonderful works created by students.

The art exhibition is between 6-7pm and student performances are 7-9pm.

Mondey September 13t Western Advocat



FAMILY DAY: John, Samuel, Evelyn and Louise Lencowe enjoying the NAIDOC Week activities at the Macquarie River Bicentennial Park on Saturday morning. Photo: ZENIO LAPKA

Schools fare well in sporting grants

SCHOOLS from across the Bathurst region have fared well following yesterday's release of the latest round of the Premier's Sporting Challenge grants.

The Premier's Sporting Challenge has provided \$50 million in funding for new school sports equipment and upgrading school sports facilities since it began three years ago.

Of this, \$20 million has been provided in Equipment to School grants.

Included on the list are: Bathurst Public School \$3888, Bathurst South Public School \$2569, Bathurst West Public School \$3481, Carenne School \$1637, Denison College Bathurst High Campus \$7141, Denison College Kelso High Campus \$6748, Eglinton Public School \$3874, Hill End Public School \$1165, Ilford Public School

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\$1283, Kandos High School \$2728, Kandos Public School \$2444, Kelso Public School \$3120, O'Connell Public School \$1487, Perthville Public School \$1736, Raglan Public School \$2379, Rockley Public School \$1,185, Sofala Public School \$1159, Trunkey Public School \$1172 and Wattle Flat Public School \$1191.

Bathurst MP Gerard Martin said the Equipment to School grants support the Premier's Sporting Challenge, which aims to involve more school students in physical activity.

"Schools can use the grants to purchase a variety of items, from footballs and netballs to gymnastics equipment," he said.

For more information on the Premier's Sporting Challenge visit products.schools.nsw.edu.au/psc/home.html.

Tresday 14th September Western Advocate Georges Plains attack decides Toireasa Gallagher Women's Handicap

CYCLING

Western Advocate Wednesday 15th Sept.



AUSTRALIAN RULES

By MARK RAYNER

THE Bathurst Bushrangers might have been disappointed that they didn't come away from Cowra with a Central West AFL first grade premiership on Saturday, but the news wasn't all bad with the under 14s successfully defending their title with an 11-5-71 to 5-1-31 win over the Dubbo

The Bushrangers didn't give their opponents a chance, coming out of the blocks hard at Muylan Oval, and it wasn't until the second half when the Demons were able to break through for their first

It was a deserved win for the team that had gone through the season undefeated, a draw against Orange the only blemish in an otherwise perfect season.

"It was definitely a great win. We were always a couple of goals ahead," coach Ryan Nelson said.

"It was a good start which was pleasing because last time they [Dubbo] were winning up until half-time, but I gave them a good rev up before the game and it seemed to work.

Like they had done all season, Bathurst proved to be too classy. They kicked three goals in the first quarter to establish a comfortable buffer and extended that in the



UNDEFEATED PREMIERS: The Bathurst Bushrangers celebrate their under 14s grand final victory over Dubbo

second stanza. They took a 5-1-31 their lead was never in danger. to 0-1-1 lead to the main break.

The Demons made a bit of a comeback in the third quarter with the wind at their backs. They kicked their first major and added

The margin increased even further in the final period, Bathurst kicking three goals to one to claim the 11-5-71 to 5-1-31 victory.

Nelson said he wasn't conthree more, but the minor pre- cerned by the Dubbo comeback miers also kicked three goals so and said the goals came while

Bathurst had made some changes and were trying to find their rhythm again.

"They were going with the wind and we had probably made a few changes, so they were able to capitalise. It was good though because we were able to get every-

game," he said.

"As usual it was a team performance that got us home. There weren't any real standouts, but our senior players led by example. Alex Johnson won the best on ground for Bathurst which is called the Brian Matheson Medal.

"Our midfield did well again, Dean Grant-Janssen, Will Cross and Alex were all heavily involved. David Long also had a good game."

The coach said there was some pressure on the team before the grand final but was pleased that his players got the win.

"There was a fair bit of pressure there and I was a bit worried that Dubbo would come out strong and take the lead, but we didn't let that happen," Nelson said.

"I was really proud of the effort from the boys and girls and it was great that they got the premiership that they deserved.

We have a very good team and it should be strong again next year because there will only be five players that are moving up.

BATHURST BUSHRANGERS 11-5-17 (Dean Grant-Janssen 3. Austin Young, Kyle Johnson, Hayden Meurant, David Long. Connor Milliss, Michael Long, Samuel Kennedy) defeated DUBBO DEMONS 5-1-31

(Lachlan Harper, Adam Garling, Angus French, Harley Bye, Western Advocate Tvesday 14th September

Western Advocate Friday 17th September

Wednesday 15th September Western Advocate



GREAT DAY: Shina McDonald, Hannah Lee Williams, 4, Emma Rae McDonald and Kylle Johnston at Bicentennial Park on Sunday.

Big crowd enjoys day of celebrations



CELEBRATING NAIDOC WEEK: Shirley Scott and Maureen Bates-Mckay.



NAIDOC WEEK: Latisha Williamson and Michelle Haines.

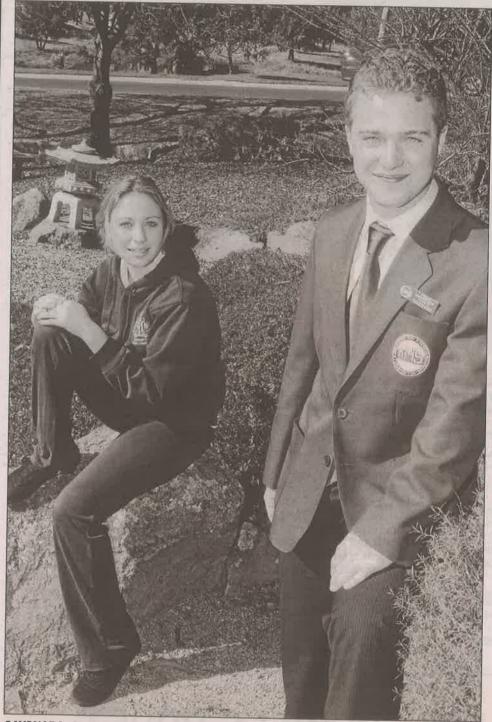
Barthurst's Bicentennial Park was the venue for NAIDOC Week celebrations on Saturday, with a large crowd turning out to enjoy a program filled with exciting activities.

The day featured something for everyone including jumping castles, face painting and entertainment from singer Bob Sutor and the Sounds Live Choir, dancers and a free barbecue. A wide range of information stalls were also in place including the Central West Community College, Benevolent Society, Women's Health Centre, Bathurst Fire Brigade, Police, Rural Fire Service and headspace.

Mayor Paul Toole, who officially opened the day's events, said NAIDOC Week was an important celebration of indigenous culture, and a great opportunity to recognise the contribution the local aboriginal community make in the region.



AT THE PARK: Jaydon, 4, Des and Balley Crawford, 2.



SAYONARA: Madeline Pleming and Jarrod Grabham are flying out today for a four-week trip to Ohkuma, Japan. Photo: CHRIS SEABROOK

Students fly out for Japan

BATHURST'S Madeline Pleming and Jarrod Grabham will depart for the trip of a lifetime today when they fly out for Japan to begin a student exchange visit to Okhuma.

The two Year 11 students from Denison College won Bathurst Regional Council scholarships to spend four weeks living and studying in Bathurst's sister city

and studying in Bathurst's sister city.

Council has offered the scholarships to senior students studying Japanese every year since 2002 and provides return airfares for the trip to Okhuma, where the studying studying studying the studying studyi

"I think it is going to be a rewarding

and great experience," Jarrod said.

"It will be good to be able to use the skills I have learnt at school in Japanese.

I am really looking forward to it."

Madeline was also looking forward to the trip

"I'm pretty excited but I don't think it's really hit me [that I'm going] yet," she said. "I'm sure that will happen when I get to the airport.

"I'm really looking forward to meeting my host family and having the chance to immerse myself fully in the Japanese culture."

During their four-week stay in Japan, Madeline and Jarrod will visit many sites in Okhuma and Tokyo.

They will also represent Bathurst during a visit to the mayor's office in Ohkuma and attend a Japanese high school where they will have the opportunity to further their Japanese studies.

Bathurst City set up local derby grand final

HOCKEY

By MARK RAYNER

BATHURST City set up a local derby grand final for the second year in a row with a tough 3-2 win against Lithgow Panthers in the Premier League Hockey preliminary final at Lithgow on Saturday.

The Jill Long-coached side will be looking for their third premiership in four years and revenge on St Pat's for last year's grand final loss when they meet at Bob Roach Field this Saturday.

Long was happy to get through to another decider but was full of praise for Panthers.

"It was a good game and it could have gone either way. You could feel the nerves and I thought Panthers played well like they did against Pat's last Saturday. It was one of those touch-and-go games but we're pleased to be back in," she said.

"It's been three years since we started Bathurst City and we've had three years in the grand final, this would have been our first year without it [if we hadn't won].

"For my girls' sake I'm glad we're back in, it's going to be very tough against St Pat's but no more tough than that one. Panthers played brilliantly and it was sheer luck that we got through.'

Esther Hotham opened the scoring for Bathurst City after 10 minutes of the match and, while the visitors were the better team, they were caught out when Amanda Saladine scored an equaliser after 18 minutes.



ON THE CHARGE: Esther Hotham (right), who scored one of the goals for Bathurst City on Saturday, in action against Lithgow Panthers. Photo: CHRIS SEABROOM

half-time when Tanya Lowe showed their class by earning a scored off a short corner to make the score 2-1.

Both teams were creating chances in the second period and Bathurst City looked like they could have lost one of their strike weapons when Jess Hotham was hit in the head by the ball at high speed but she battled on and proved valuable.

Four consecutive corners to Panthers allowed them to score through Sarah Dicker and level the scores midway through the

City regained the lead before half. However, Bathurst City short corner and again it was Lowe who was able to convert and give her side a 3-2 lead with 12 minutes remaining. This time the Bathurst

defence held and they were able to secure the win and a rematch with St Pat's. Long singled out Brooke

Bateup as the stand-out performer from her side.

"I thought Brooke Bateup had blinder in the inners. I thought she was a key player

and I thought Katie Dicker in there had a blinder. Both goalkeepers [Kate Brown and Page Aberley) played well, too, and then of course our strikers Jess Hotham, Esther Hotham and Kelsey Willott are as fast as you will find anywhere and when they have good games they take off," she said.

BATHURST CITY 3 (Tanya

Lowe 2, Esther Hotham) defeated LITHGOW PAN-THERS 2 (Amanda Saladine,



Solid month of football makes under 15s title contenders

UNDER 15s

RUGBY LEAGUE

By MARK RAYNER

AFTER a slow start to the season. St Pat's under 15s have found form in the last month of the Group 10 competition and find themselves up against Orange CYMS in the decider at Carrington Park tomorrow.

The Craig Writer coached outfit only just scraped into the four team finals series in fourth but according to the mentor, everything began to work a month ago and they haven't looked back.

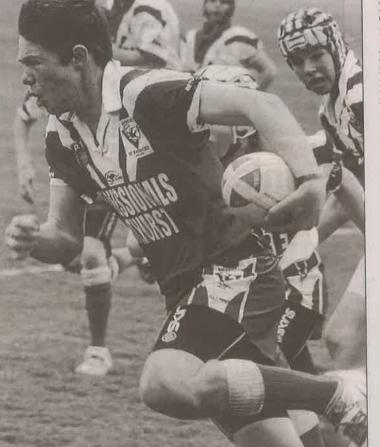
"We started slowly and we had a few injuries. We battled all year for numbers but were able to finish in fourth," he said.

"We improved out of sight about a month ago, we got everyone back and things just clicked into gear."

The turnaround came after a heavy loss to CYMS in the third last round of the regular season.

Since then Pat's have strung together four straight wins, including impressive victories in the first two weeks of the finals.

"I'm a new coach and I think it just took a while for my ideas to get through. Three games out



and 15-year-olds shouldn't need a week off. It might be handy if you have a lot of injuries, but otherwise you want to keep that

6 1

momentum," Writer said.
All Pat's players will need to have a big game if they want to finish with the under 15s premiership, but Writer said there had been a few players who had been outstanding all season.

"Liam Martin hasn't missed a game in the front row, he has been one of our best players and backbone. Matt Woolmington in the halves and Sam Markwick have also played really well. Our fullback Josh Beales has been strong and captain Dylan Toole has provided good leadership," he said.

Writer said the team wouldn't have done as well without the help of several people.

"I want to thank Dale Watson, Kevin Grimshaw and Laurie Roels for their help during the year as well as Kylie Toole, who is the manager and has done a great job of keeping the boys organised," he said.

The under 15s grand final between St Pat's and Orange CYMS gets underway from 2.10pm at Carrington Park tomorrow.

ST PAT'S: 1 Josh Beale, 2 Will Elsmore, 3 Tyson Denmese, 4 Shannon Roels, 5 Bobby Taylor,

Western Advocate Friday 17th Sept.

snjoy quiet before

UNDER 14s

RUGBY LEAGUE

By MARK RAYNER

THEY have gone through the 2010 season undefeated and St Pat's Blue under 14s are quietly confident that they have the skill to overcome the Lithgow Storm in the Group 10 grand final at Carrington Park tomorrow.

Pat's coach Jake Stair has been delighted with the performance of his team throughout the season and believes it will put them in a good position for the decider.

"We've been going very well this season, we have gone through undefeated. Lithgow kept it close in one match and Pat's White too but really no one has been able to come close to beating us.

"We're very strong in the forwards and the backs. Everyone has played well during the season."

He singled out Bradley Brown, Jonty Saba, Jai Howey, Rhys Potter and Callum Young as the standouts and is looking for those players to perform again tomorrow. Stair said one of the biggest strengths of his side was their attacking prowess, which had been on display during their last

EAVOURITES: St Pat's under 14s Blue are looking to continue their unbeaten season with a victory over Lithgow Storm tomorrow.

natch against Storm in their semi-final a fortnight ago. "We mainly had the ball when

played them and our attack been strong all season. We had ball for about 70 per cent of we has the

the match and it allowed us to dominate," he said.
Lithgow finished second in the

ing to Pat's Blue in the opening week of the finals, they were able to get on top of St Pat's White last week to set up a grand final rematch.

Stair admitted he was a bit surprised that the second Pat's team wasn't joining them in the decider but said Lithgow had improved significantly this year.

"I was surprised that they beat Whites. They [Storm] weren't that strong last year but with the same players they have really stepped up," he said.

The coach believes that his team are good enough for the win if they can keep their momentum up after a week off.

"I'm very proud of the team, they have been very good and I think we should be able to get a win if we play as well as we have all season," Stair said.

St Pat's take on Lithgow Storm in the under 14s grand final at Carrington Park tomorrow that gets under way at 1.05pm.

ST PAT'S: 1 Bradley Brown, 2
Thomas Dibley, 3 Michael Betts, 4
Jed Betts, 5 Matt Clark, 6 Aidan Norris, 7 Josh Glover, 8 Rhys Potter, 9 Jonty Saba, 10 Jai Howey (c), 11 Nigel Simmons, 12 Ben Stair, 13 Callum Young, 14 Lewis Moran, 15 Blake Carly, 16 Hamish Balak.



REVENGE WANTED: Last year Alan Sinmons was a member of the St Pat's under 12s side which let a 12-point lead slip in their grand final against Bloomfield. Tomorrow the Saints' hooker will line up in the under 13s grand final against Bloomfield and he will be hoping for a better result than last year's 26-16 loss. Photo: DANIEL BRIGGS



BRING IT ON: The under 13 Saints who will meet Bloomfield in tomorrow's grand final.

seek revenge for Tigers the this is a grand final replay from last year and they have been the best two teams all season," he said. "They had to play in atrocious conditions in Orange [in the qualifying final] and we lost, but it was probably a good wake-up call for us and we will be ready for this game now." Finn said the biggest strength of their opponents was the attacking prowess of their outside backs, but he is quietly confident his team can manage it. "They've got a great attacking back line so we have tried to combat that by bringing a defensive back line. Blake Corby and Balley Waldron are very strong in defence and that is why they have come into the side, to try, and malific that it in the side, to try. to **SS0** Saints year's Finn's last

UNDER 13s

RUGBY LEAGUE

By MARK RAYNER

THERE is a sense of déja vu about tomorrow's Group 10 under 13s grand final between St Pat's and Bloomfield Tigers, but Pat's coach Daniel Finn is hoping that the end result is different.

These teams met in the under 12s grand final last year where the Tigers prevailed 26-16 after trailing by 12 early in the game. However, it is a profoundly different St Pat's team this year that went through the regular season undefeated and their only hiccup was a loss in the major semi-final to Bloomfield.

The teams finished first and second on the ladder and Pat's coach Daniel Finn said it was fitting that they had made it through to the decider. "The teams have been close. "The teams have been close.

have come into the side, to try and nullify their [Tigers'] attack," Finn said.
"One of our strengths has been the form of our halves com-

ing into the finals. Jared Colling and William Kennedv have been

great.
"The other strength has been our interchange bench. They have been second to none and they have been a big reason we have done so well."
St Par's will be at full strength for the match and Finn praised the efforts of Matthew Allen and Jarrod Seager in the front row and lock Josh Weakes during the

The grand final between St Pat's and Bloomfield will get under way at Carrington Park tomorrow from noon.

ST PAT'S: 1 Tom Olsen, 2 Jonah Tuineau, 3 Blake Corby, 4 Bailey Waldron, 5 Hayden Knight, 6 William Kennedy, 7 Jared Colling, 8 Matt Allen, 9 Alan Simmons, 10 Jarrod Seager, 11 Morgan Tucker, 12 Will Sheely, 13 Josh Weakes, 14 Jack Film, 15 Harrison McCarthy, 16 Nick Rae, 17 14 Jack Finn, 15 Harrison McCarthy, 16 Nick Rae, 17 Emerson Meehan, 18 Conner Hotham, 19 Brayden Bennett, 20 Harry Hailstone, 21 Chris Gittany.

rugby league Panthers are thriving under pressure

Tough football puts under 16s in good stead to tackle Oberon

UNDER 16s

RUGBY LEAGUE

By SAM DEBENHAM

IF composure under pressure wins grand finals, expect the Bathurst Panthers under 16s to go all the way when they face Oberon in tomorrow's Group 10 decider at Carrington Park.

The Panthers team, coached by Heath Hotham and Marc Jenkinson, finished third at the end of the regular season. Their two finals since have both been do-or-die affairs and on both occasions they have produced when it mattered.

"We lost to Oberon 30-22 in the final round of the year and had to win every game from there to win the title and so far we've beaten Cowra 18-16 in the minor semifinal and then got over the top of St Pat's 21-10 last week," Hotham

"We have learned to play tough football, we only really scraped into the semi-finals and I think that when we've played tough, hard games of footy throughout the year with the pressure on, we've been at our best.

"The boys all love playing together, they play for each other and stick together in the tight

Little has separated Oberon and Panthers all season in their head-to-head clashes, Panthers winning the first match 30-20 Group 10 representatives and a experience in there with all their made the past three or four grand



BIG GAME: The Bathurst Panthers under 16s who will take on Oberon in tomorrow's grand final.

three weeks ago with an almost identical scoreline.

Hotham says that with six

[Oberon] are a strong side who will be tough to topple.

"They have a lot of big game

before Oberon reversed that result terrific forward pack, they representative players, we actually only have one in lock Blake Lawson," he explained.

"Their group of boys have also

finals and won a few of them too, so they know how to produce when it counts.

"A lot will depend on the weather with regard to how we play, but generally we've got a pretty simple game plan that revolves around working it out from our own end, keeping the ball in hand and just getting a good kick away."

3

Adding more merit to the effort of the Panthers side is the fact that their squad includes three under 15s players.

Amazingly one of them, second rower Jake Betts, captains the

"I'm very proud of the team for getting this far considering that we were struggling for numbers at the start of the year and the fact that we are such a young side," Hotham said.

"It is the first year myself and Marc have coached so win, lose or draw on Saturday, we're pretty proud of what we've already

The under 16s grand final kicks off at 3.30pm tomorrow afternoon

BATHURST PANTHERS: 1 Vincent Morgan, 2 Kajeel Crawford, 3 Tre Dennis, 4 Kiamurra Crawford, 5 James Tristan, 6 Michael Ingwerson, 7 Joe Bugg, 8 Sam Callan, 9 Blake Crisp, 10 Rory Josh, 11 Jake Betts (c), 12 Jehad Allemaddine, 13 Blake Lawson, 14 Thomas Rose, 15 Alex Doolan, 16 Bobby Bugg, 17 Deon Harrison, 18 Jarram White.

Western Advocate Friday 17th September

Western Advocate Monday

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Saturday while Danica Daymond walks off in disappointment. Photo: MANDY GEOR match winning goal in extra-time the Against

extra-time .5 City win Bathurst odds

HOCKEY

By MARK RAYNER

BATHURST City are the 2010
Premier League Hockey womens
champions after an against-theodds 1-0 golden goal extra-time
win over St Pats at Bob Roach
Field on Saturday.

The now three times premiers
had to withstand a mountain of
pressure and looked almost certain to concede a goal several
times during the match before a
Kelsey Willott strike eight minutes
into extra-time condemned the
minor premiers to defeat.

"I'm shattered. We had plenty
of opportunities to win it but we
just couldn't put it in the back of
the net," St Pat's coach Ben Weal
said.

"They got a bit of a runaway against us there and that's all it takes in golden goal. I thought even in extra time we dominated but they just got that runaway goal."

St Pat's were the dominant attacking force in the opening 70 minutes and they earned 15 short corners throughout the game but couldn't convert a single one.

Twelve minutes into the match Pat's looked to have opened the scoring when Kristy Conroy got a ball from Amelia Burke and put it in the back of the net but it was too high for a first shot and disallowed.

It didn't look like it was going to matter because the defending stitleholders continued to pile the pressure on.

Late in the half Amy Glenn had

a shot but it went to the right of goals and when the blue and whites couldn't convert a short corner right on the stroke of halftime, it brought an end to a scoreless first half.

Both teams were fired up in the second half but again it was Pat's who had the best of the attack, earning two short corners in the first 10 minutes but both were well diffused by City.

Kirsten Howard was given a green card with 20 minutes remaining, but even with a numerical advantage St Pat's couldn't find a way through the defence of their rivals.

The second half finished in a similar fashion to the first with St Pat's corners but there was still no breakthrough.

City coach Jill Long said she was still very confident even after her team had done so much defensive work that they would be able to hold on and told the side that as they got ready for extratime.

"At the 70th minute I said we can still do this. Go out there, keep defending and take a chance. You will get a chance and if you take it you will win," she said.

It didn't look promising early with St Pat's resuming their strong attack, earning three short corners early.

However, as had been the case all game, Pat's couldn't take said. They gave their trivals a warning of them less Hotham made a break gand passed to Esther Hotham but her pass into the circle was inter-

cepted by Kathleen Ryan and the danger was averted.

It was a precursor to what happened just minutes later when the trio combined again, the Hothams getting the ball down field and this time a pass found Willott, who was able to get the ball into the net and give her team victory.

It's now three premierships in the four year history of Barhurst City after wins in 2007 and 2008.

Weal and his team were left to lament what could have been.

"We trained for corners the other night for a good 40 minutes and everything was just spot on, sensational and today nothing worked. Sometimes you have bad days and unfortunately it was a grand final," he said.

BATHURST CITY 1 (Kelsey Willott) defeated ST PAT'S 0.

Road buck-passing leaves residents in a bog



IMPASSE: Mount Rankin residents Trevor Gunter, Jason Hoek and his daughter Lellani, 13, shake their heads over the condition of Green Gully Road which becomes impassable whenever it rains. Photo: ZENIO LAPKA

By LOUISE EDDY

MOUNT Rankin resident and SES volunteer Trevor Gunter is at his wits' end over the condition of Green Gully Road which becomes virtually impassable in wet weather.

With the recent heavy rains the road at Mount Rankin has

become so bad residents have to drive through quickly to avoid getting bogged. It is greasy and dangerous and there are deep ruts.

Mr Gunter said Bathurst Regional Council will not grade Green Gully Road because it is a crown road.

Residents left in bog at Mt Rankin

From page 1

The problem comes from the fact that the crown road links two council roads, Willow Tree Lane and Briar Lane. The two adjoining lanes are graded by council.

Unfortunately for Mr Gunter he has to drive along the crown road, which is not maintained, to get to his home on Briar Lane.

He is not the only one.

Mr Gunter said seven property owners are affected by the state of the road, in particular the Hoek family which has two daughters with disabilities, Genaveve 8 and Leilani 13, who rely on a taxi to collect them for school at Carenne.

Their dad, Jason Hoek, said in dry weather the taxi can make it up the road but when it is wet the driver has to make a decision about whether he

can make it or not.

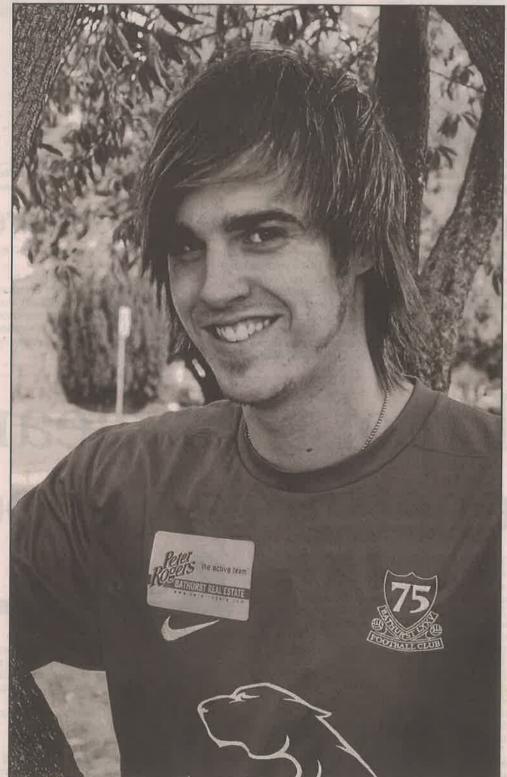
Mr Gunter said council graded Green Gully Road up until two or three years ago and then stopped. He said he is not asking to have the whole 900m of roadway between Willow Tree Lane and Briar Lane graded, just the first 150m which is in such an appaling condition it makes the entire road impassable.

"It's shocking. I got bogged on it myself when we had all that rain," Mr Gunter said. "I believe council have a moral responsibility.

They grade Willow Tree Lane, then they have to lift the blade of the grader and drive across the 900m of crown road before they start grading Briar Lane. I don't think it's a big ask."

Bathurst mayor Paul Toole said council is investigating cases where crown roads fall between council roads in the Mount Rankin area.

VOLUNTEER'S VIEW



HELPING AROUND THE WORLD: Bathurst's James Christie will head overseas to volunteer his time to the needy in South Africa. Photo: BRIAN WOOD 000810bwehrleibe

James will share his sport with the needy

By BRENDAN ARROW

BATHURST '75 Panthers FC Soccer Club will soon establish ties with players in South Africa when their star striker, James Christie, heads overseas to help the needy.

James will fly to South Africa in November after linking-up with volunteer organisation Antipodeans Abroad and while over there he hopes to teach some young players more about the world game.

"Bathurst '75 has graciously donated two used soccer kits for me to take over and give to children in South Africa," he said.

"Most young people got to
Europe or America for an overseas
holiday but I want to do something different and have an
impact on peoples' lives for the
good."

James said the Bathurst '75 donation came after the club found out he had signed up with Antipodeans Abroad, a specialised organisation in educational and volunteer travel programs.

volunteer travel programs.

"My girlfriend, Sophie, found out about the organisation and I liked the idea of volunteering my time as well, so I signed up for a month," he said. "I think we are going over there to build a new school house but whatever we do

'I want to have an impact for the good.'

it will be a great experience."

Antipodeans Abroad specialises in educational and volunteer travel programs. Depending on the program volunteers participate for between 2-12 weeks on projects with local people in education, health care, social work, building and renovation projects.

Antipodeans Abroad has built up a solid understanding of peoples' needs and tailors programs to suit changing needs. Its volunteering programs incorporate sustainable, grassroots projects to enrich travelling experiences and benefit small communities.

Leadership, personal challenge, cultural immersion and responsible travel have been the focus of the Antipodeans Abroad programs for over 15 years.

James said his family and friends were very supportive of what he is doing and wished him all the best during his time in South Africa.

hockey_ **Bathurst's leading** juniors have their efforts recognised

HOCKEY

THE Bathurst Junior Men's and Junior Girls' Hockey Associations have finished their seasons for another year and have also made presentations to those players who have stood out in their respective competitions.

The 2010 season proved to be a strong one for both competitions and there were plenty of players to chose from when it came to deciding the best and fairest awards.

In the girls', Ella Menzies from All Saints' College was the under 11s best and fairest, while in the under 13s Oberon's Meg Booth took out the award and in the under 15s Oberon players Sarah McCusker and Claire Sullivan shared the distinction.

In the open school age, Bathurst City Premier League star Esther Hotham was best and fairest for Kelso.

A special presentation was also made to Lyn Brady, who has been a long time supporter of Bathurst Junior Girls' Hockey while her twin daughters Emily and Christine were presented medals after leaving junior girls representative hockey.

For the junior men's, Angus Vane was the under 11s best and fairest

Wheeler shared the under 13s award. Taylor Tattersall took out the top honour for the under 15s while Shane Jackman was the standout in the under 17s.

Apart from the quality of action on the field, there was also plenty of posi-

For the junior girls', there was a significant increase in the numbers of some competitions. A total of 367 girls played for 21 teams from under 11s through to open school age.

The biggest growth area was the under 11s where there was eight teams compared to four or five in previous

The junior men's competition is proving to be attractive to players in the region with several players travelling from Cowra and Oberon to be part of it as well as some from Orange. They are attracted by the excellent facilities, good management and strong compe-

An added bonus for both competitions is the number of juniors who are already playing in the senior competition. There are plenty of players who are even breaking into men's and women's A grade competitions and a handful have already got their Premier while Riley Hanrahan and Lachlan League Hockey careers underway.



BIG YEAR: Kate Brown took out the junior girls' goalkeeper of the year award.

Western Advocate ... Friday 2At September



WINNERS: (above) from left, Esther Hotham, Ella Menzies and Claire Sullivan took out the junior girls' best and fairest awards for the under 17s, under 11s and under 15s respectively.

Thursday 23rd September Western Advocate



LATE NIGHT: Derryn Clayton, Hayden James and Tyler Dean are getting ready for 24 hours of volleyball at Kelso High starting tomorrow.

Kids stay up all night on way to Melbourne

AOFFE I DVI

By MARK RAYNER

IT'S not too often you will find kids willing to spend extra time at school, particularly on the Friday before school holidays, but that is exactly what will be happening at Kelso High School tomorrow.

Starting from midday the school will hold a 24 hour continuous volleyball match that has been aimed at raising funds for the senior team to attend the Australian Schools Volleyball Cup in December.

The tournament is being held in Melbourne and all funds raised will help to reduce the overall costs of the trip for students.

Kelso High teacher, Jeremy Sheader, got the idea after another teacher held a similar event for basketball to raise funds for new scoreboards before the school burned down. The volleyball enthusiast said the reaction from the team was very positive so they started to work out details.

team, but it didn't take long for students to become interested and now the teacher feels his senior team are good.

"On Friday afternoon we will start a continuous volleyball match, although there are different games within the continuous game," Sheader said.

"Great Lakes College from Foster High are also coming down to compete in the 24 hours so we will have our senior team versus their senior team. We've got a Year 7 team and they will play their Year 7 team.

"We've got a couple of games during the day that the whole school is going to watch and we have a couple of games at night as well that hopefully the parents will come and watch. We are also having a barbecue on the night so parents, family and anyone who is interested can come along and support our cause."

When Sheader came to the school three years ago there was no school volleyball team, but it didn't take long for students to become interested and now the teacher feels his senior team are good enough to contest what is one of the largest school sports competitions in the country.

"We've got a group of Year 9 and 10 boys who have been training at the school for three years and every year there is a tournament in Melbourne, the Australian Schools Volleyball Cup," he said.

"Over 120 schools go there every year with more than 400 teams. These guys have been training hard and volleyball is my passion so I want to get them there."

Anyone interested in getting along to watch some good quality volleyball is invited to go to Kelso High School tomorrow night. And any businesses who are interested in helping the Kelso High volleyball team go to Melbourne in December can call Jeremy Sheader at the school.

NUMBER OF STREET

saini's spectacular debut Oxford Centennials skittle premiers for just 39 runs

RICKET

Ry SAM DEBENHAM

RAREIX can any new club or player make as spectacular a debut in Bathurst District Cricket Association first grade as Oxford Centennials and leg-spinner Pawaan Saini did on Saturday against City Colts at Loco Oval.

The newly-formed outfit, which was born out of a merger between Oxford and Centennials during the off-season, went into the march with a number of new faces and debutants, and came out of it with an 84-run win after skittling the premiers for just 39.

Saini was the star for Ox-Cents as he picked up a remarkable 6-14 from eight overs in his first match in the competition, bowling virtually on a hunch of skipper

Russell Gardner.

"When I was batting, I noticed that the ball was gripping a fair bit, particularly when the balls were a bit slower, so I thought I would give him a go," Gardner said.

the fact that he would be trying to spin a new ball, but he has been using a relatively new one in the nets so it wasn't a problem in the end.

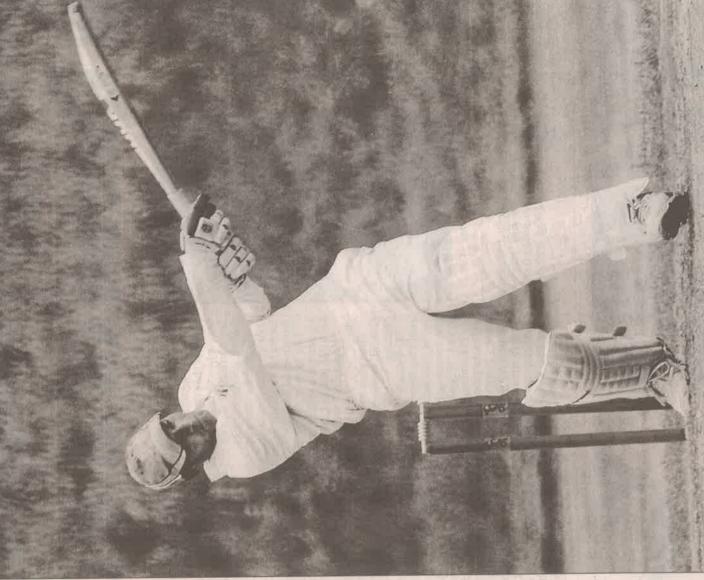
"He was getting a fair bit of turn and bounce, and he also occasionally was getting the hall to

and he also occasionally was getting the ball to shoot through, there were players trying to pull balls that were just too full and not getting up."

Perhaps it is tough to judge Colts on the effort, given that only four players – Greg Adams, Jeff Clancy, Tony Clancy and

It didn't look quite as promising earlier as quick wickets to Jack Dawson had Ox-Cents in trouble at 3-39, with Stu Hodges, Josh Toole and Craig Windus all back in

Former Rugby opener Kesh Pillai was outstanding in tricky batting con-



ing for 54. such a total nurt their firmed as Co y had the disastrous best bats-without sco as five to slump to slump to pillai, and slump to

icinity of 140-150.

Dawson finished with 1-14 off eight in a fine lisplay, while Adams ook 2-22 from 7.3.

challenge of chasing such a total were confirmed as Colts got off to a disastrous start, losing Hugh Brown and Adams without scoring, as well as Rosconi for five to slump to 3-5 in the

Only Scott Howarth (1) and Matt Kelly (10 ot out) could muster nything resembling a core as Saini pillaged rich some help from owan Ross, Ox-Cents at the control of the co

adding a run.
Ross finished with 220 to complement his
new team-mate, in a
devastating display that
may send a warning to
the rest of the competi-

Gardner paid tribute not only to Saini, but to Pillai, who was the ideal batsman to have at the crease in tough batting conditions – not to mention that he was the man who enticed Saini to play

or the club. "Always in the first ame vou don't reall

know how things are going to go, they were pretty tough conditions, it was a slow outfield and 123 was probably a par

"Kesh played a great knock, he played with a lot of concentration and really batted to the con-

ditions perfectly.

"It was a great way to start for a new team, we wanted to make a fresh

"We feel like a pretty ight-knit club at the noment and to get that win early was fantastic."

sod luck

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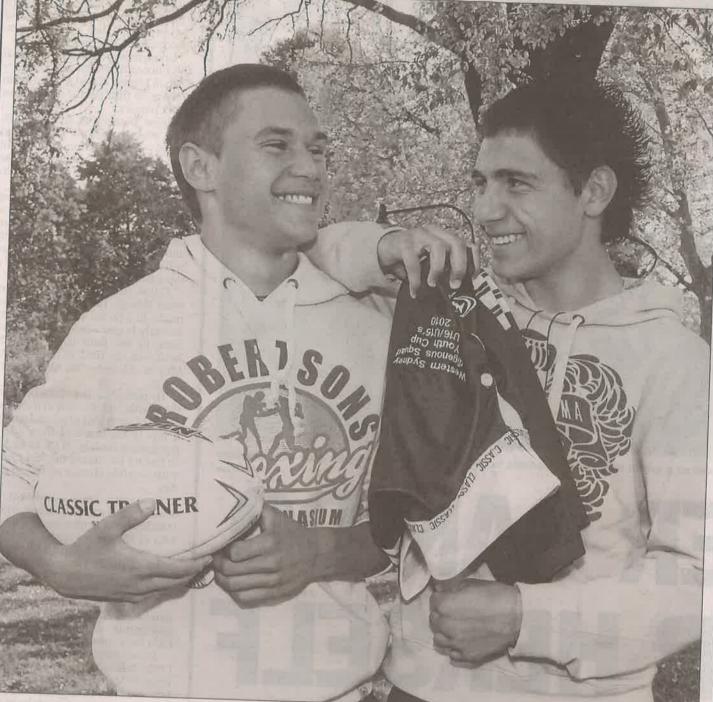
Tuesday 14th October Western Advecate



Luncheon treat for lucky fans

OME lucky fans of the Bathurst 1000 got to experience the event up close during the Mayoral luncheon last Saturday. Hosted by the Bathurst Regional Council, the luncheon took place in the corporate suites of the Pit Complex and was well attended.

While all eyes may have been focus on Mount Panorama during the 50th Great Race, by all reports the luncheon was excellent with the sound of the roaring engines a pleasant background noise during the speeches.



BIG WEEKEND: Bathurst league talents Joe Bugg (left) and Klamurra Crawford who both tried out for the Australian Indigenous under 16s rugby league side. Photo: ZENIO LAPKA

Bathurst trio take on international visitors

RUGBY LEAGUE

By SAM DEBENHAM

THE warmer months may be upon us but the rugby league season still hasn't quite finished for a quartet of local boys who tried out for the Australian Indigenous under 16s recently.

Twins Kiamurra and Kajeel Crawford joined Vincent Morgan and Joey Bugg at the try-outs, which came on the back of all four recently taking out the Group 10 under 16s premiership with the Bathurst

Up against some elite talent, none of them were able to crack the top squad after the try-outs, but Kiamurra Crawford, Morgan and Bugg were all

drafted into a Western Sydney said. "Samoa and the other island teams Development squad to take part in a carwere fairly good, Lebanon weren't quite nival held last weekend.

Playing a number of matches against the likes of teams from Lebanon, New Zealand Maori, Tonga, a NSW Rugby League Young Achievers team and the Australian Indigenous team itself, the Western Sydney outfit performed strongly in most of their matches, played in a 12 minutes each way format.

Eventually their fate depended on whether they could win their last match against the Australian side. Victory would send them through to the final.

They came up just short, but gave a massive account of themselves in going down 12-10 in an exciting contest.

"The footy was heaps hard," Bugg once more next year.

as strong.

"Considering we only trained for half an hour with the team we played with, I think we did really well to push the Australian team."

All four of the boys who tried out will now turn their attention to another set of trials coming up next weekend as they look to crack the Western Rams under 18s squad for season 2011.

They will also be out to ensure that they find their way into the premiership winning Panthers under 18s team, who defeated Cowra in this year's grand final and will still have plenty of their titlewinning players eligible for under 18s

Monday October Western Advocate

*Bathurst's Presidents Cup squad may not be retained for SCG Cup opener

Victory throws up selection conundrum

CRICKET

By SAM DEBENHAM

THE Bathurst District Cricket team selectors have a hard task staring at them in two weeks as they try and put together a side to contest their opening match in the SCG Cup competition for 2010-11.

Bathurst took what was effectively a patched-up squad into the Presidents Čup on the weekend just gone, but did enough in their one match against the Blue Mountains to win the title on quotient ahead of Mudgee, who defeated Orange.

However, the victory perhaps papered over some cracks, given the sheer volume of players who were unavailable for the carnival. The side did not field a recognised wicketkeeper, batsman Josh Toole forced to don the gloves for the first time in a number of

Bathurst City veteran Grant Tomkinson had been slated to keep wickets on Saturday before the days' play was abandoned, while gloveman Brendan Inwood was a late withdrawal with injury on Sunday.

Another Bathurst City wicketkeeper, John Rudge, also selected originally but had made plans in Sydney for the weekend.

Youngster Michael Waldren was a late inclusion and while he looked perfectly comfortable during a brief knock late in the Bathurst innings, the 14-year-old would not have normally been under strong consider-



THE WINNERS: The Bathurst squad pose with the Presidents Cup trophy after their win over Blue Mountains on Sunday.

ation for a spot.

Only captain Russell Gardner, seamer Chris Novak, all-rounder Joey Coughlan, and batsman Toole would have been considered automatic selections for the side, while Rugby pair Scott Traves and Chris Albon are generally also in, or close to, the

himself wore the whites on Sunday as a late inclusion, said that it was slightly disappointing to see the volume of unavailable players for the weekend just gone and hoped things would improve for the game against Dubbo.

"To go good in these sort of competitions we need to get some commitment from the Bathurst selector Scott Inwood, who guys who are capable of competing at that

"There was a list of about 16 players that I'm aware of who were under consideration for the Presidents Cup but who couldn't

play.
"It gets back to commitment, the selectors are looking for more players prepared to make it a priority. We've had that in the under 21s in recent years and I hope it starts to filter through to the senior side.

Inwood admitted that given how hastilyarranged Sunday's team was, there was no guarantee that the players who took part in the match against the Blue Mountains would be given precedence over players who couldn't compete on Sunday. Still, they will be up for selection for the Dubbo

"It isn't like those players just decided not to turn up, they all had their various reasons for being out of consideration," he explained.

"Kel Cooke I know was one who would automatically be picked but he is out for the first few weeks of the local season itself as far as I'm aware.

"Essentially I think we will be picking the team from a clean slate. But that doesn't mean that others who did play on Sunday won't be looked at.

'The ones who did well will certainly be a chance to keep their spot, Shaun Lynch took four wickets for instance and he will be an obvious one with a big chance to keep his

Monday 18+ October Western Advocate

Gardner leads the way

CRICKET

By SAM DEBENHAM

A MEASURED 79 from captain Russell Gardner in almost impossible batting conditions has led Bathurst to the narrowest of Presidents Cup wins after they defeated the Blue Mountains yesterday.

With Saturday's scheduled match with the Mountaineers washed and snowed out, a decision was made by the Mitchell Cricket Council to proceed with the round one games on Sunday, and decide a tournament winner on quotient using formula based around wickets and runs scored and conceded.

Their 57-run victory gave Bathurst the trophy by 0.02 on quotient over Mudgee who defeated Orange in the other



Sydney Morning Merald Friday 8+ October

Pupil and her team can be masters once more

NSW BREAKERS Daniel Lewis

LISA GRIFFITH was supposed to make her debut for NSW in a Twenty20 game against Tasmania at North Sydney Oval this afternoon but she can't because this morning she is sitting a HSC English exam at

Bathurst's Kelso High School. Although they are the powerhouse of Australia's elite domestic women's cricket competition, NSW have never been afraid to trust in youth.

This week's squad of 13 to play two Twenty20 games and one 50-over game in the season openers against Tasmania boasts eight players who are under 21, although it would be wrong to think the side lacks experience.

Among the eight are wicketkeeper Alyssa Healy and fast bowler Ellyse Perry, both entering their fourth season in the Women's National Cricket League, while Sarah Coyte, Angela Reakes and Claire Koski are back for their second season with the Breakers.

As well, NSW have a ton of experience in former captain Lisa Sthalekar and new captain Alex Blackwell, who is also the Australian captain.

"It's a good mix of youth and ex-



perience," Griffith said of the squad. Six members – including Perry, Healy, Sthalekar and Blackwell – were

part of the Southern Stars national side that won the ICC women's Twenty20 world cup in the West Indies in May.

Griffith, 18, is a right-handed allrounder who earned her call-up after playing her first season for Campbelltown-Camden in the Sydney women's competition.

Otherwise, she plays with the blokes in the Bathurst competition for the Oxford second-grade team.

She finds that where the women use finesse, the men use power, and it's been a handy learning curve playing with them.

You don't get away with much because of the strength the men have," she said

"It's really good to play with the men because you have to put it in the

right spot or you are going to get hit."

Griffith, who will be available for the Saturday and Sunday games this weekend, has been doing a strength and conditioning program with the Breakers in recent months, and it has helped improve her hitting and bowling pace.

She praised her dad Greg, a leftarm quick, for teaching her about cricket and driving her to Sydney for games and practice, although

she now has her P-plates and can drive herself.

"He has helped me out so much. I'm a very lucky person to have been able to learn from him and be his daughter. His knowledge of the game is pretty vast, and he's always been there. He's been amazing."

The Breakers have won the past five women's national league titles, and 12 of the 14 held since the league began in 1996-97.

Western Advocate Salvrolay 23vd October Spin weapon is unearthed

Saini offers Oxford Centennials an attacking option



NEW FACE, NEW WEAPON: Wrist-spinner Pawan Saini took 6-14 in his Bathurst District Cricket Association debut, figures he and his Oxford Centennials team-mates hope he will replicate today against Rugby. Photo: ZENIO LAPKA

Merged side unearth a new weapon CRICKET

By SAM DEBENHAM

ASK any captain of a Bathurst District Cricket Association first grade team what he would like to add to his team more than anything and chances are that he would opt for a genuine spin-ner, preferably a leggie.

While each of the six first grade sides have generally boasted at least one slowbowling option, proper wicket taking tweakers have been few and far between over recent seasons.

However, in Pawan Saini newly merged side Oxford Centennials may well have discovered one who can help win them matches on a regular basis.

The Indian-born wristspinner bagged 6-14 after surprisingly taking the new ball against City Colts in his debut for the club, helping skittle them for just 39.

He was rushed into the Bathurst side for the President's Cup and once more opened the bowling, taking a wicket in his first

■ Continued page 38

From page 40

Today at the Sportsground he will be looking to continue the impressive start to his local career against Rugby Union.

"I came to Australia from India five years ago and moved to Adelaide where I did my teaching degree," he said.

"From there I went to Sydney, worked there for a while, spent a month in Nyngan and then ended up in Bathurst earlier this year.

"I met [Oxford Centennials quick] Chris Novak at the pub and he mentioned he played cricket and I started playing indoor cricket in Orange with their team and now I've managed to find myself playing for them this summer."

Saini in fact has more of a fast bowling background, but after experimenting in the nets with his leg-spin, has been encouraged by his team-mates to take it up on a more regular basis.

"I've been playing cricket here and there for five or six years and obviously back in India and I had always been a medium pacer," he explained.

"Chris [Novak] and Kesh Pillai both said I bowled okay with my spin so I've been giving it a go.

"Everybody in the side has told me that as a spinner around here that makes me a bit of a rare breed, as far as I know there aren't a lot of them. The fact that I'm new here and none of the other teams have really seen me bowl gives me a bit of help I think."

Saini has been given plenty of assistance from Greg Griffith since joining the club as he tries to expand his repertoire and already there is no doubt that he's happy to be where he is.

"It is a really nice team to be a part of, Russell Gardner is a good captain and an awesome batsman, Kesh can obviously bat, Rowan Ross and Chris Novak are both good seam bowlers and Josh Toole is a very good batsman as well, so I think we have a nice mix there," he said.

"Greg has been working on a few deliveries with me, I've been trying to develop a wrong'un but it hasn't quite come out right yet, but Greg is helping me out."

Another big bag of wickets from their new spinner would be most welcome for Oxford Centennials who will be without the backbone of their top order this afternoon as Gardner and Toole line up for the Mitchell side in Parkes.

Experienced right-hander Troy Oxley will captain the side in their absence, and the likes of himself, all-rounder Craig Windus and Pillai will be vital to their cause with the experience they bring to what is a relatively young side.

Rugby are also coming off a firstround victory after defeating Old Boys by two wickets in round one.

OXFORD CENTENNIALS: Trov Oxlev (c), Kesh Pillai, Craig Windus. Joel Bell, Adam Orme, Rowan Ross, Pete McCleary, Andrew Brown, Chris Novak, Jamie Wicks, Pawan Saini,

Western Advocate Monday 25 October

21st birthday a family affair

prise 21st birthday party for Adam Rowley on Saturday night at the Majellan Club.

The party was organised under a veil of secrecy after Adam's mother, Kerry Rowley, arranged a birthday Harley three-wheel chopper ride around Mount Panorama on Saturday afternoon.

The ride for two was undertaken by Adam and his girlfriend Tiffany Bennett, who were delivered to a tumultuous gathering of the Rowley, Bennett and

PHOTOS: CHRIS

SEABROOK 102410ctris

HREE big families combined to stage a sur- Hudson clans waiting in the car park at the Majellan.

About 70 people attended the party, where one of Adam's aunts, Belinda Hastings, conducted a "This is Your Life" presentation.

One of Adam's grand aunts attended from Ettalong and another aunt came from Trundle.

His grandmother, Sandra Rowley, was also among the partygoers, along with his mother Kerry and step-father Paul Burge, sisters Latoya and Tamika, step-sister Louise and brother Benson.



FAMILY: Louise Burge, Paul Burge, Benson Burge, Adam Rowley, Tamika Rowley (back), Kerry Rowley and Latova Rowley.

Western Advocate Wednesday 28 October



JUNIOR WALLABIES: Xanthe Booth, left, Nick Booth and Brooke Tuynman looked the goods in their new Bathurst Wallables Trl Club shirts.

Triathletes overcome cold start

THE local triathlon season kicked off last Sunday morning. It was a bleak day for the hardy members of the King Cain Bathurst Wallabies Triathlon Club with the cold, wind and rain making it tough for competitors.

However, despite the conditions there were plenty of juniors giving the sport a try which points to a bright future for triathlon in the region.

King Cain Wallabies president Howard Yen said the next local triathlon will be held on November 21.

Further information: www.bathursttriclub.com

Western Advocate Wednesday 28+Bet.



SPIRIT OF KOKODA: Gemma Lord, pictured on the Kokoda Track, has been recognised as a young person who embodies the Spirit of Kokoda. 089109k

Gemma embodies Spirit of Kokoda

BATHURST'S Gemma Lord has been announced the winner of the prestigious Spirit of Kokoda award.

She was presented with the award at Melbourne's Regent Theatre on Tuesday night.

Gemma was one of four finalists named at the RSL and Services Club Association's awards dinner. She walked the track last year after she was named Bathurst RSL Club's first Kokoda Youth Leadership Challenge winner.
Bathurst RSL Club president Jim McFerran said

Gemma was nominated for the Spirit of Kokoda by the local club. She was one of 26 entrants nominated from across NSW.

"She was a very good ambassador for Bathurst,"

In the lead up to the gruelling trek, Gemma was unsure whether she would be fit enough to tackle the 10-day 155km Kokoda pilgrimage. But her disciplined training stood her in good stead.

Gemma said the walk was something she would remember all her life.

"The native people were unbelievable and it really touched you because they have nothing, but they are so much happier," she said.

"Just walking along the track where thousands of people died, and knowing they did it all for you so you could have a future, was overwhelming."

The local club felt so strongly that this was an opportunity for a young person to change their life that this year two people have been given the opportunity to take part in the Kokoda Youth Leadership Challenge.

The Challenge established by the RSL and Services Club Association in 2005 aims to stretch trekkers' physical and mental boundaries, develop their leadership skills and understand more of Australia's military history.