

SPIRAX 533 SKETCH BO  
KELSO CENTREPOINT NEWSAGENC



9312828005336 \$3.30

Kelso High



# Sketch Book

GENUINE DRAWING CARTRIDGE

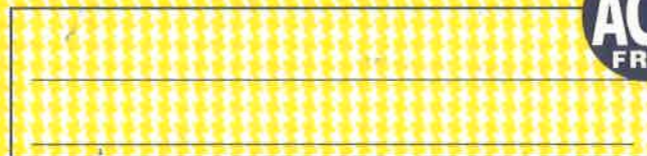
20 SHEETS 110 gram

No. 533

PERFORATED



Made in Indonesia



By **Esselte**  
Corporation

# Panthers get the points



ON A ROLL: Panthers fullback Nathan Rollinson takes the ball up in Saturday's clash with the Hawks. The custodian scored one of seven tries for his side. Photo: CHRIS SEABROOK

## Scrappy men in back still a class above Hawks

### RUGBY LEAGUE

By SAM DEBENHAM

THEY dropped plenty of ball and they were ill-disciplined, but this time Panthers got the points and turned around their horrendous Group 10 premier league thrashing against St Pat's a week before as the knocked over the hapless Orange Hawks at Carrington Park on Saturday night.

Panthers were anything but brilliant in their 40-14 defeat of the wooden spoon candidates who have managed just the solitary victory all year and who themselves were mercilessly belted by St Pat's last month.

But Panthers still did enough to ensure a home elimination semi-final against Cowra in two weeks' time.

Things didn't look so good for the home side when Panthers spilt the kick-off and handed Hawks possession right on their line.

Hawks centre Glen Bunworth made them pay as he strolled over to open the scoring, but from there the men in black began to lift.

Nathan Rollinson, Ryan Drew, captain-coach Dave Elvy and Grant Walsh all scored tries for the home side and got them back in charge, while a second to Bunworth and a four-pointer to Todd Barrow meant that Panthers led 22-14 at half-time.

Elvy's men were their own worst

enemy and continually found baffling ways to spill the ball, but the scoreboard proved that when they were able to retain possession, they could turn it into points.

As well as their opponents, Hawks were fighting their own demons with Beau Barrow taken off after a tackle gone wrong left him with a minor neck injury that will require a brace for a few days, while Matt McNulty was carted to an ambulance with a broken leg.

The lack of manpower was beginning to tell on the visitors who were fast running out of replacements – a situation that came to a head when half Kyle Byrns was injured late in the match.

Panthers' trend of scoring when they were able to maintain possession manifested itself once more after the half-time break when prop Wes Coe crashed over.

After a flat period following Coe's four-pointer, the game came to life again as centre Drew unloaded a flurry of punches on Bunworth after a tackle.

Though it handed possession back to Hawks from what was a promising position for the Bathurst side, it seemed to spur them into action.

They withstood some attacking pressure from Orange and after some false starts thanks to more dropped ball, they piled on two more tries to stretch the margin to 28 points.

When Byrns was injured with 14 minutes left on the clock, time was called on

a forgettable match that did little for the reputation of rugby league as a spectator sport.

"It was a tough day. It has been dark, cold and very stop-start with all the injuries so it has been really hard to gain any momentum," Panthers assistant coach Paul McDonald said after the match.

"They [Hawks] put a few points on us in the first half so we made a commitment of sorts not to let them score at all in the second and we did that.

"We dropped a lot of ball but we wanted to come out in the second half and throw the ball around a little bit, that third pass just seemed to not stick a lot, but it was positive to see them have a go at it."

The major concern for Panthers will be the health of Elvy who went off midway through the second half with a quadriceps problem, though he appeared to leave the field more as a precautionary measure.

The result leaves Panthers rooted to fourth spot on the table, while Hawks are still on the bottom with just a victory against fellow battlers Orange CYMS to their name.

**PANTHERS 40** (Nathan Rollinson, Wes Coe, Stan Latu, Ryan Drew, Dave Elvy, Grant Walsh, Christian Luyks tries; Ryan Drew 6 goals) **defeated** **ORANGE HAWKS 14** (Glen Bunworth 2, Todd Barrow tries; Todd Barrow goal)

Monday 10<sup>th</sup> August 09

## Gemma's on track for Kokoda

see page 4

## Gemma's on track to tackle Kokoda

By MIRIAM SIERS

GEMMA Lord is about to embark on the trip of a lifetime.

She has been awarded the Bathurst RSL Club's Kokoda Youth Leadership Challenge and leaves to tackle the notorious track on Monday.

She said she will spend 12 days overseas, 10 of which will be spent trekking the 155km track where 2000 Australian soldiers lost their lives during 1942 and 1943.

"I am feeling pretty happy with my fitness. I am not as nervous now that I am feeling comfortable with my health.

"I am really looking forward to travelling and meeting the other young people and, of course, finding out what it would have been like for the soldiers.

Gemma will be doing the walk with 19 other young people involved in the initiative.

She knows it will not be an easy walk and has been training hard to make sure she has the stamina to last her the 10 days.

"I have been running around Mount Panorama, going to the gym to strengthen my legs and walking around the Blue Mountains with a pack on," she said.

Gemma has also been awarded the 2009 Rotary Youth Leadership Award, the 2008 Caltex Best All Rounder Award, Year 12 P and C Prize for Academic Excellence, Year 12 Citizenship Award, Bathurst Lions Youth of the Year winner plus was school captain of Denison College.

Gemma did admit there is something she is a little worried about for her trip.

"I got an email the other day that said there is going to be pythons and leeches," she said.



**KOKODA MISSION:** Gemma Lord can't wait begin trekking on the notorious Kokoda track but she is a little concerned about the pythons and leeches. Photo: PHILL MURRAY

# Successful season for Bathurst hockey juniors

## HOCKEY

AFTER a season that brought with it four new national champions, seven state selections and uncovered plenty more emerging talents, the Bathurst Junior Girls Hockey Association held its annual district presentation on Monday.

Those players who represented Bathurst in 2009 gathered to not only reflect on a successful season, but recognise the effort of those who excelled in the white and lime green during the representative season.

Back in March the under 15 representatives had the thrill of acting as ball girls in the Australian Hockey League matches between NSW and ACT which were contested at Bob Roach Field.

The under 15 Whites and the developing under 15 Greens sides went on to play carnivals in Bathurst, Lithgow, Canberra and Parkes.

Esther Hotham who, along with goalkeeper Kate Brown took out the under 15 Whites district awards, was named in the NSW team for her age group.

Leah Robinson, one of the many Oberon girls who represented Bathurst this year, picked up the under 15 Greens district award.

The under 11 Whites and Greens players enjoyed their first year of representative hockey as they competed at Lithgow, Goulburn, Canberra and Dubbo.

Kaitlyn Judge (Whites) and Katie Gottaschu (Greens) picked up the under 11 district awards.

Bathurst's two under 13 teams produced some impressive hockey this year as they played at Lithgow, Goulburn and Canberra before finishing with the half

state titles in Wagga Wagga.

Jessica Watterson was chosen in the NSW under 13s team while Georgina McGregor (Whites) and Eliza Crozier (Greens) claimed the district awards.

The under 17s travelled to Lithgow, Canberra and Albion Park this year with Steph Schultz the district award winner while the under 18s honour belonged to Christine Brady.

Rebecca Lee, Mardi Watts, Claire McGarity and Molly Bright all took part in the under 18s national titles and were part of the victorious NSW outfit.



**FABULOUS 15s:** Under 15s Whites star Esther Hotham (left) and under 15 Greens talent Leah Robinson had an impressive 2009 representative season.

10080hockey2

44 WESTERN ADVOCATE, Friday, August 14, 2009

# City's slicker when attacking

## HOCKEY

By ANYA WHITELAW

ONE of the major differences between premiership contender and a finals hopeful was highlighted at Bob Roach Field on Saturday. Bathurst City showing the value of finishing chances as they downed Souths 3-0.

Both two-times defending champions Bathurst City and their rivals in the women's Premier League Hockey clash, Souths, spent plenty of time in attack but the scoreline was a clear indication of which side proved more effective.

From 19 circle penetrations and three penalty corners Bathurst City found the mark three times and only some desperate Souths defence stopped that count from being greater.

In contrast, Souths had just four shots from their 16 circle penetrations and six penalty corners. None found the mark.

Brett Corby's side certainly pushed Bathurst City, but just couldn't find that killer touch which has now taken their rivals to the minor premiership.

"Early in the game, the first 10 or 15 minutes, I thought it could have been 3-0 the other way," Corby said.

"I was really rapt with the way the girls started and even as the game progressed we had plenty of opportunities up front ... they took about half of their opportunities and we took none of ours.



**ON TARGET:** Jess Hotham scored two goals for City on Saturday. Photo: PHILL MURRAY 081509p00017

"I talked to the girls about desperation in the circle. We need that player there who says 'that's my goal, I want it,' as against 'who is going to score the goal?'"

While City was playing to sew up first place on the ladder, for Souths it was about trying to keep their finals hopes alive by forcing their way back into the five.

They started well enough as they used their width nicely, but a Claire McGarity penalty corner strike that went straight into the pads of City goalkeeper Renee Aberley was as close as they got.

In contrast City made sure they capitalised on their first set play of the match, Annika Dicker drawing the breach after a strong run down the right wing.

While Souths looked as if they had blocked the strike, Jess Hotham's shot still had enough

momentum to take it into the back of the net and give City a 1-0 lead after 16 minutes.

Both teams continued to create chances, City intercepting passes through the tenacity of Hotham and Mardi Watts while Souths looked dangerous when running the ball at their rivals instead of trying to hit through them.

Heading into the second half chasing the lead, Souths piled on the pressure as they had five circle penetrations and two penalty corners in five minutes.

The trouble was they couldn't get a shot away.

When Souths' skipper Carly George was yellow carded for not retreating five metres following a penalty City turned up the pressure.

Hotham had a shot blocked by rival goalkeeper Amanda Harvey and not long after when actually rounding the custodian, McGarity arrived in cover.

It was when Souths were back to their full 11 that City struck again, Hotham picking up her double.

Six minutes later it was effectively game over as Rebecca Lee added her name to the scoresheet. She had her first attempt saved by Harvey but her second was blasted into the top left corner of the net to make it 3-0.

In the 13 minutes that remained Souths renewed their efforts to get on the scoreboard, but the City defence held firm as they capped off a solid performance with a clean sheet.

**BATHURST CITY 3** (Jess Hotham 2, Rebecca Lee) **defeated SOUTHS 0**

# Western better their country rivals

## SOCCER

By MARK RAYNER

WESTERN NSW Panthers FC have finished the Super Youth League regular season with some positive results leading into the finals series this Sunday.

Panthers had their under 13s, 14s, 15s and 16s in action against Southern at Alec Lambertson Field on Saturday while the under 18s season had already finished because Southern don't field a side in this division.

There is a strong rivalry between the two country clubs and with the Western under 14s, 15s and 16s all looking to carry momentum into the finals, there was plenty riding on the day.

The 14s and 16s claimed wins over Southern, while the 15s had another draw but will still be able to take plenty of positives out of the match.

The under 13s had a 1-0 loss against Southern as their season came to an end.

For the under 16s, their season is heating up after they finished on top of the competition with a 3-0 win on Saturday.

Neither team was able to find the net in the first half but Western applied plenty of pressure and that paid dividends in the second stanza.

"They went into the game knowing they needed at least a point to ensure they finished first. It was very tight in the first half, but [Western] after half-time they lifted their intensity and scored and after that goal it broke their back," Western NSW Football operations and development manager Andrew Fearnley said.

Jack Cluff got a double for the home side and Jacob Harris added another goal for Western.

The under 14s also kept their momentum going with a 2-0 win. Jai Straney and Jack Hollingworth scored for Panthers as they guaranteed themselves a place in the finals with the victory.

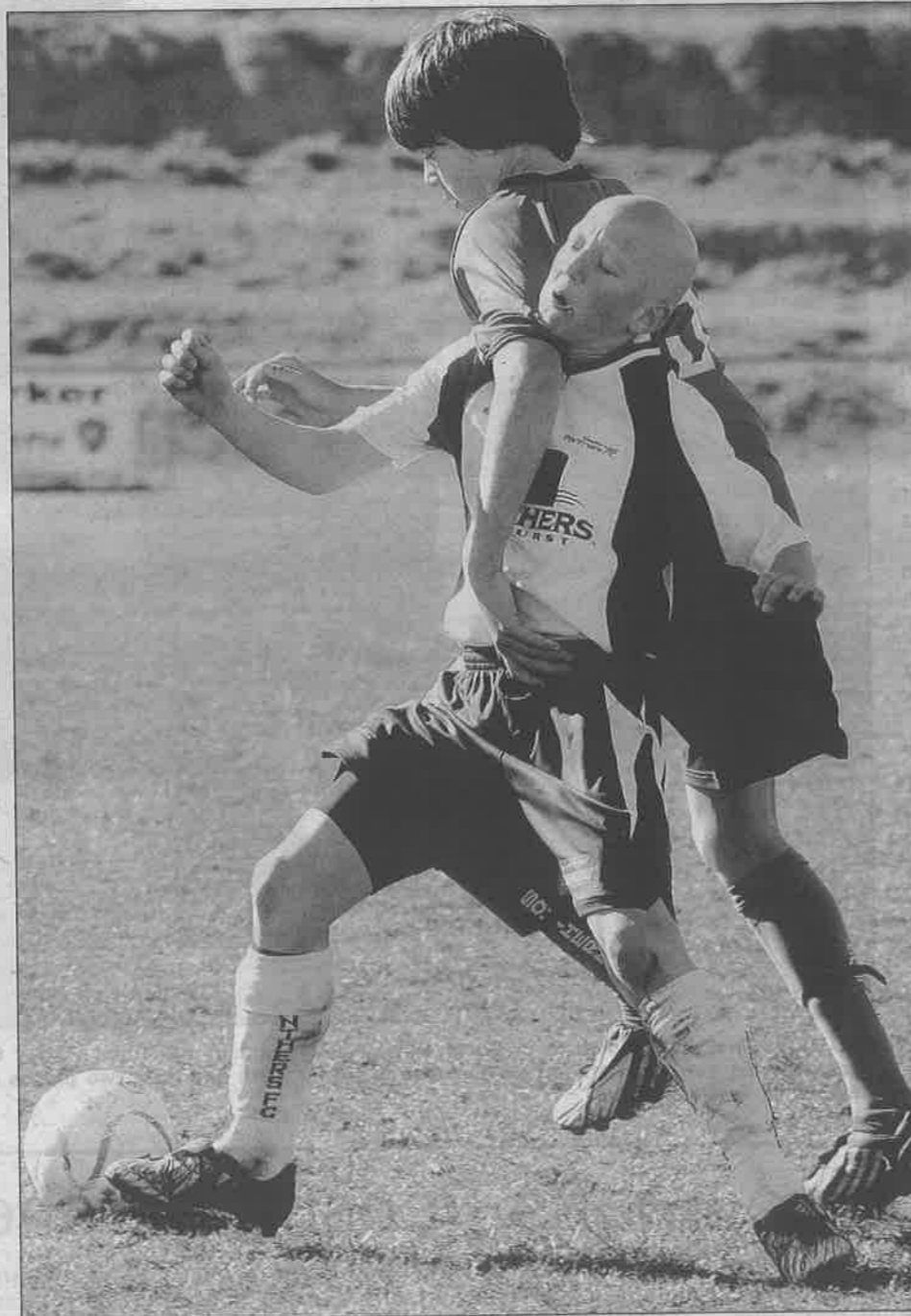
They will now face an elimination final against PCYC Parramatta but they showed against Southern that they can grind out a win after a tough opening half.

"It was nil-all at half-time but their dominance helped in the later stages and they scored two goals to get a good win," Fearnley said.

For the second week in a row, the under 15s could only manage a draw but Fearnley saw plenty of positives in his team's performance.

"We played well and did everything but score a goal. We held the ball better but we just didn't punish them," he said.

"We had enough wins early in the season to justify finishing in the top three and while we have had two draws in the last



**HELD BACK:** Under 13s player Jack Press is held off the ball by a Southern rival in their clash on Saturday. Photo: PHILL MURRAY

two weeks, we are confident that we are in a good spot to work our way into the grand final."

The under 13s were already out of contention for the finals but they were unlucky not to come away with a win or at least a share of the points, according to Fearnley.

"They had the majority of the possession and Southern's goal came off a counter attack late in the game when Panthers

looked like they were going to score. Once Southern got a goal they were focused on holding onto their lead," he said.

Two wins and a draw from four matches were enough for Western to claim the day and a clean sweep against their rivals in 2009.

"It was good to win both days against Southern this season because it was something we hadn't achieved before," Fearnley said.

# Cowra prevents Kelso High's title defence

## SOCCER

By MARK RAYNER

KELSO High School and Bathurst High School have finished second and third in the second annual Western NSW Region Indoor Soccer Carnival for children with disabilities on Monday.

Schools from across the region, including Bathurst, Orange, Cowra, Mudgee, Lithgow and Dubbo, participated in the 16 team event that was played at the Bathurst PCYC and Bathurst Indoor Sports Stadium.

Cowra High School will have their name on trophy after beating defending champions Kelso 8-4 in the final.

It was the second year in a row that Kelso made the final after they beat Bathurst High 4-0 in 2008.

Despite being one of the strongest teams in their earlier rounds, they couldn't maintain the form in the final against Cowra.

There wasn't too much separating the two sides in the first half. Cowra found the net four times while Kelso scored twice, but the defending title holders had their fair share of chances go begging.

Keen to make up the two-goal deficit early in the second half, Kelso went on the attack early but it was Cowra who found the mark again.

Three more followed quickly for the visitors and the game was virtually over as they lead 8-2 late in the second half.

However to their credit, Kelso never gave up and they scored two goals as the clock wound down to make the score look more respectable.

Bathurst High dominated their third place play-off, running out 9-5 winners.

Tournament co-ordinator Terry Neal said he was delighted with the sportsmanship on display during the competition.

"It was very good, we had no problems, no altercations, fights or send offs. There was great sportsmanship and it was a credit to the teams and team managers, it was fantastic," he said.

The competition was played under rules where the ball could not be kicked above waist height and there had to be at least one girl on each team. The goalkeeper had to also be changed at least once during the 15-minute games.

Neal was happy that the number of teams participating in the challenge has grown from 14 to 16 in the last year and has benefited some of the smaller schools.

Mudgee entered a team, as they did in 2008 but there was also a combined Mudgee-Gulgong team that allowed students from the smaller Gulgong High School to participate in the event.

Bathurst students Keelan Crawford and Stephanie Pittman were also named best and fairest boy and girl for the day.



**STRUGGLE:** A Cowra player (front) tries to stop Kelso High's charge down the court in Monday's Western NSW Region Indoor Soccer Carnival final. Cowra ran out 8-4 winners. Photo: ZENIO LAPKA

0817092indoor2



**SKIPPER:** Karah Logan will lead the CSEwes into battle tomorrow. Photo: ZENIO LAPKA

061809zcooch

# CSEwes are expecting to survive

## RUGBY UNION

By SAM DEBENHAM

THE CSEwes will start warm favourites to progress through to the next stage of the Central West Rugby Union women's premiership when they take on the Orange Emus Chicks tomorrow at KC Laird Field.

In an elimination semi-final for the right to play the loser of the Narromine-Dubbo Rhinos match on Sunday, the Ewes will be looking for their third win of the season over the Orange side.

In their first clash this season the Ewes towelled an under-strength Emus Chicks outfit 70-10.

On that occasion there were a few notable absentees from the Orange side including former Australian half-back Alanna Thomas.

Thomas was in action the second

time around though, this time on July 11 when CSU came from behind to win 47-26 in an open encounter.

CSEwes captain Karah Armstrong is confident that her team can take the next step in towards the 2009 title and in the process end Orange's season.

"We've won both times against them, the first time they didn't have Alanna which helped us a lot obviously but when she came back the second time we were still strong enough," Armstrong said.

"Emus base a lot of their play around her, they are pretty strong through the forwards and a lot of their play comes off her directing them around, inside balls and that sort of thing.

"For us, our strength lies in the backs, hopefully our forwards can do a good enough job competing with Orange and give us a chance to play to our strength."

Thomas is not the only danger to the

CSEwes, with Bathurst-based second-rower Mel Waterford also taking her place in the Orange team having earned Australian honours earlier this year.

But with representative stars of their own like Ash Adams and Michelle Perry in their back line, Armstrong thinks her team has what it takes to not only win this weekend, but to continue on towards the crown.

"We have a fairly good chance I think, we did get a bit of a touch-up against [minor premiers] Dubbo Rhinos last time we played them, but if our forwards pick up a little bit and improve their cleaning out just a little bit I've got no doubt we can compete with them," she said.

"I think Michelle Perry at the back will probably be a key figure for us, along with Bec Lang at halfback."

The CSEwes meet the Emus Chicks at 9.30am today at KC Laird Field.

Friday 21st Aug

# Western better their country rivals

## SOCCER

By MARK RAYNER

WESTERN NSW Panthers FC have finished the Super Youth League regular season with some positive results leading into the finals series this Sunday.

Panthers had their under 13s, 14s 15s and 16s in action against Southern at Alec Lambertson Field on Saturday while the under 18's season had already finished because Southern don't field a side in this division.

There is a strong rivalry between the two country clubs and with the Western under 14s, 15s and 16s all looking to carry momentum into the finals, there was plenty riding on the day.

The 14s and 16s claimed wins over Southern, while the 15s had another draw but will still be able to take plenty of positives out of the match.

The under 13s had a 1-0 loss against Southern as their season came to an end.

For the under 16s, their season is heating up after they finished on top of the competition with a 3-0 win on Saturday.

Neither team was able to find the net in the first half but Western applied plenty of pressure and that paid dividends in the second stanza.

"They went into the game knowing they needed at least a point to ensure they finished first. It was very tight in the first half, but [Western] after half-time they lifted their intensity and scored and after that goal it broke their back," Western NSW Football operations and development manager Andrew Fearnley said.

Jack Cluff got a double for the home side and Jacob Harris added another goal for Western.

The under 14s also kept their momentum going with a 2-0 win. Jai Straney and Jack Hollingworth scored for Panthers as the guaranteed themselves a place in the finals with the victory.

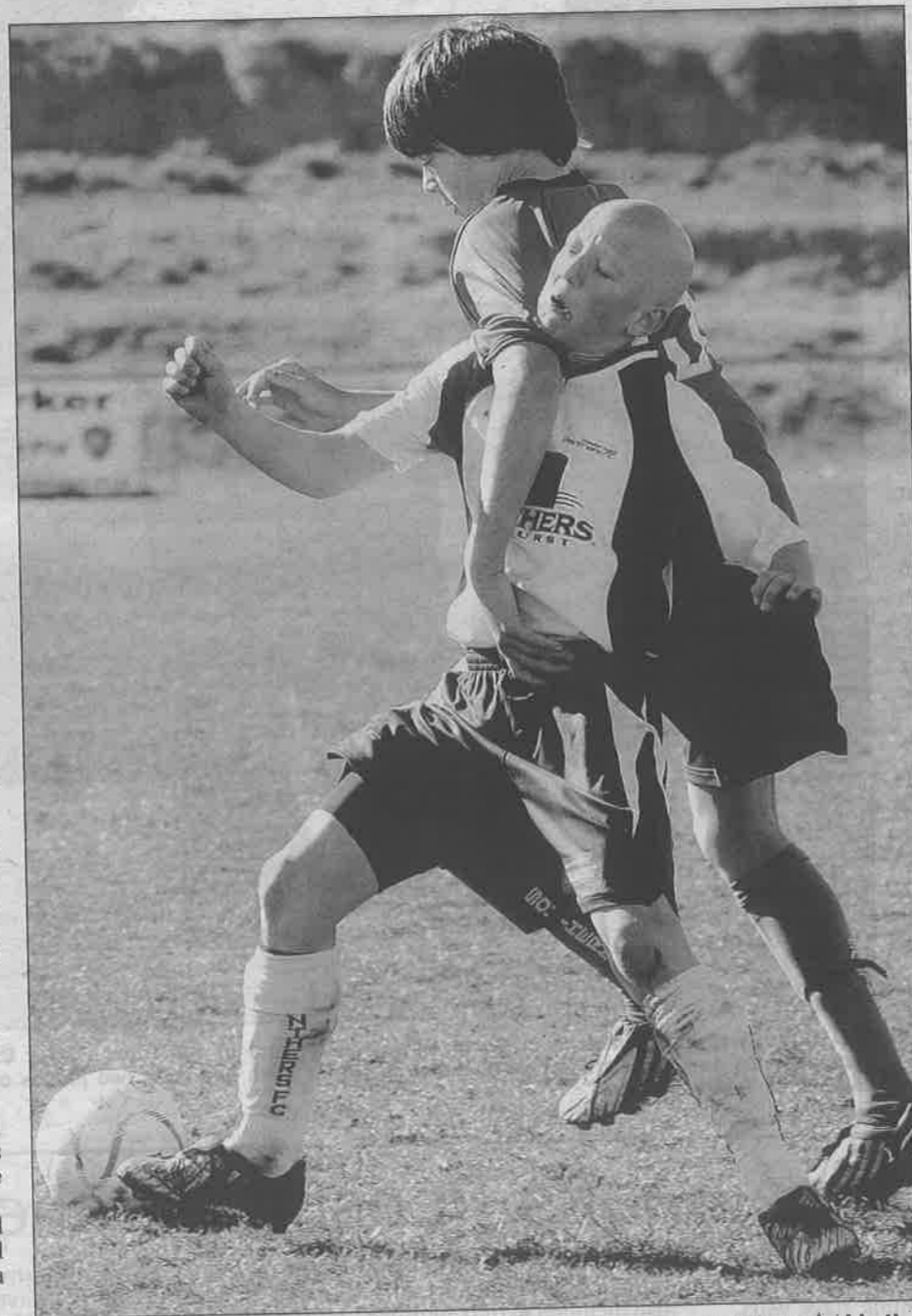
They will now face an elimination final against PCYC Parramatta but they showed against Southern that they can grind out a win after a tough opening half.

"It was nil-all at half-time but their dominance helped in the later stages and they scored two goals to get a good win," Fearnley said.

For the second week in a row, the under 15s could only manage a draw but Fearnley saw plenty of positives in his team's performance.

"We played well and did everything but score a goal. We held the ball better but we just didn't punish them," he said.

"We had enough wins early in the season to justify finishing in the top three and while we have had two draws in the last



**HELD BACK:** Under 13s player Jack Press is held off the ball by a Southern rival in their clash on Saturday. Photo: PHILL MURRAY

two weeks, we are confident that we are in a good spot to work our way into the grand final."

The under 13s were already out of contention for the finals but they were unlucky not to come away with a win or at least a share of the points, according to Fearnley.

"They had the majority of the possession and Southern's goal came off a counter attack late in the game when Panthers

looked like they were going to score. Once Southern got a goal they were focused on holding onto their lead," he said.

Two wins and a draw from four matches were enough for Western to claim the day and a clean sweep against their rivals in 2009.

"It was good to win both days against Southern this season because it was something we hadn't achieved before," Fearnley said.

# Cowra prevents Kelso High's title defence

## SOCCER

By MARK RAYNER

KELSO High School and Bathurst High School have finished second and third in the second annual Western NSW Region Indoor Soccer Carnival for children with disabilities on Monday.

Schools from across the region, including Bathurst, Orange, Cowra, Mudgee, Lithgow and Dubbo, participated in the 16 team event that was played at the Bathurst PCYC and Bathurst Indoor Sports Stadium.

Cowra High School will have their name on trophy after beating defending champions Kelso 8-4 in the final.

It was the second year in a row that Kelso made the final after they beat Bathurst High 4-0 in 2008.

Despite being one of the strongest teams in their earlier rounds, they couldn't maintain the form in the final against Cowra.

There wasn't too much separating the two sides in the first half. Cowra found the net four times while Kelso scored twice, but the defending title holders had their fair share of chances go begging.

Keen to make up the two-goal deficit early in the second half, Kelso went on the attack early but it was Cowra who found the mark again.

Three more followed quickly for the visitors and the game was virtually over as they lead 8-2 late in the second half.

However to their credit, Kelso never gave up and they scored two goals as the clock wound down to make the score look more respectable.

Bathurst High dominated their third place play-off, running out 9-5 winners.

Tournament co-ordinator Terry Neal said he was delighted with the sportsmanship on display during the competition.

"It was very good, we had no problems, no altercations, fights or send offs. There was great sportsmanship and it was a credit to the teams and team managers, it was fantastic," he said.

The competition was played under rules where the ball could not be kicked above waist height and there had to be at least one girl on each team. The goalkeeper had to also be changed at least once during the 15-minute games.

Neal was happy that the number of teams participating in the challenge has grown from 14 to 16 in the last year and has benefited some of the smaller schools.

Mudgee entered a team, as they did in 2008 but there was also a combined Mudgee-Gulgong team that allowed students from the smaller Gulgong High School to participate in the event.

Bathurst students Keelan Crawford and Stephanie Pittman were also named best and fairest boy and girl for the day.



**STRUGGLE:** A Cowra player (front) tries to stop Kelso High's charge down the court in Monday's Western NSW Region Indoor Soccer Carnival final. Cowra ran out 8-4 winners. Photo: ZENIO LAPKA

081709/indoor2



**SKIPPER:** Karah Logan will lead the CSEwes into battle tomorrow. Photo: ZENIO LAPKA

061809zooach

# CSEwes are expecting to survive

## RUGBY UNION

By SAM DEBENHAM

THE CSEwes will start warm favourites to progress through to the next stage of the Central West Rugby Union women's premiership when they take on the Orange Emus Chicks tomorrow at KC Laird Field.

In an elimination semi-final for the right to play the loser of the Narromine-Dubbo Rhinos match on Sunday, the Ewes will be looking for their third win of the season over the Orange side.

In their first clash this season the Ewes towelled an under-strength Emus Chicks outfit 70-10.

On that occasion there were a few notable absentees from the Orange side including former Australian half-back Alanna Thomas.

Thomas was in action the second

time around though, this time on July 11 when CSU came from behind to win 47-26 in an open encounter.

CSEwes captain Karah Armstrong is confident that her team can take the next step in towards the 2009 title and in the process end Orange's season.

"We've won both times against them, the first time they didn't have Alanna which helped us a lot obviously but when she came back the second time we were still strong enough," Armstrong said.

"Emus base a lot of their play around her, they are pretty strong through the forwards and a lot of their play comes off her directing them around, inside balls and that sort of thing."

"For us, our strength lies in the backs, hopefully our forwards can do a good enough job competing with Orange and give us a chance to play to our strength."

Thomas is not the only danger to the

CSEwes, with Bathurst-based second-rower Mel Waterford also taking her place in the Orange team having earned Australian honours earlier this year.

But with representative stars of their own like Ash Adams and Michelle Perry in their back line, Armstrong thinks her team has what it takes to not only win this weekend, but to continue on towards the crown.

"We have a fairly good chance I think, we did get a bit of a touch-up against [minor premiers] Dubbo Rhinos last time we played them, but if our forwards pick up a little bit and improve their cleaning out just a little bit I've got no doubt we can compete with them," she said.

"I think Michelle Perry at the back will probably be a key figure for us, along with Bec Lang at halfback."

The CSEwes meet the Emus Chicks at 9.30am today at KC Laird Field.

Friday 21st Aug



Friday 21st August 2009

## VOLUNTEER'S VIEW



**GIVING BACK:** The Benham sisters will be out selling Daffodil Day merchandise after school in an effort to help support the fundraising event.

# Rolling back their sleeves

By **BRENDAN ARROW**

SISTERS Makayla, Katrina and Larissa Benham certainly know what it is like to roll up their sleeves and give back to the community.

In a time when young people are being chastised over their limited amount of charity work they do, the Benham sisters stand out from the rest.

At just 16, Makayla and Katrina have been known as the Daffodil Day Girls since they were three due to efforts during the

‘We just like to get involved in anything.’

annual fundraising event for the Cancer Council.

“We just like to get involved in anything we can get our hands on,” they said.

“In our family a lot of people have been touched by cancer, so we try to do something to help other families going through the same situation.”

Daffodil Day was first held by the Canadian Cancer Society in the early 1980s, and by the NSW Cancer Council in 1986. Established as an Australia-wide event in 1992, Daffodil Day has

become the largest fundraising event of its kind in the southern hemisphere.

Cancer Council now raises around \$8 million each Daffodil Day, providing vital funds for research, education and support services.

This year Daffodil Day, August 28, is aiming to raise over \$9 million to fund the cancer control initiatives, patient support and education services of Cancer Council's eight state and territory member organisations. More than 10,000 volunteers are expected to staff over 1,200 Daffodil Day sites across Australia.

24 August 09

# Award for training the next generation

TWO Central West businesses have been recognised for their efforts in developing the next generation of apprentices.

The New South Wales Department of Lands Spatial Information Sourcing Branch (SIS) in Bathurst and Newcrest Mining Ltd, Cadia Valley Operations located in Orange were recognised at a special event in Canberra recently.

In a ceremony at Parliament House, Minister for Education Julia Gillard awarded the top employers who had hired and trained apprentices to build their businesses and address skill shortages in local communities.

Team Leader and Trainee Coordinator at SIS, Bill Miller said staff at the Bathurst office collect and analyse geographical data including surveys, aerial photography, addresses, and cadastre and property information.

The infrastructure data is then used by governments, utility organisations and the private sector for planning, valuation, property development and emergency services.

Mr Miller added the biggest change for SIS was still yet to come as generational shift in workers will see about 40 per cent of SIS staff retire by 2013.

To prepare for that shift, the first group of ten SIS Australian Apprentices began in Bathurst in 2008.

"The work is highly technical and requires well-developed computer skills, and trainees are put through a two year accelerated learning program," Mr Miller said.

"They need to be skilled in computer applications, proficient at mathematics and geometry and have an appreciation of the spatial connection between the environment and the geographic information databases that record this valuable information.

"Three Australian Apprentices have gained permanent jobs with us in the first 12 months. So we're seeing some real results, as well as facilitating the development of energetic young people."

Meanwhile the Cadia Valley Operations were recognised for having forty one Australian Apprentices on staff.

A former TAFE director, Australian Apprentice Master George Witty has been in the role for about 18 months and brings passion and training expertise to the company.

"The culture of learning that Newcrest Mining fosters is second to none that I've been involved in," he said.

"There's a strong emphasis on comprehensive training from operator level right through. It's a continuum of the training requirements to get the best out of people and give them the best possible opportunities."

The emphasis on training, coupled with the mine's location and above-award wages, means Cadia Valley Operations receives up to 900 applications every year for the ten or more electrical and mechanical Australian Apprenticeships.

"We end up with the crème de la crème," Mr Witty said.



**WORKING HARD:** Former Kelso High captain, Alex Hausfeld is one of 41 Australian Apprentices on staff at the Newcrest Mining Ltd, Cadia Valley Operations near Orange.

082309hausfeld



**TURNED AWAY:** Bathurst City's Jess Hotham has the ball deflected away by an Orange CYMS opponent. Photo: PHILL MURRAY.

082209polly6

27<sup>th</sup> August 09



## Scoring goals to aid the cause

GET set for a weekend of fun as Bathurst United Women's soccer hosts a trivia night and pink day.

The events are being organised for August 29 and 30 at Proctor Park to raise funds for the McGrath Foundation and Bathurst United Soccer. The weekend will begin with a celebrity and supporter game on Saturday afternoon at 3pm, followed by a trivia night at the clubhouse.

Teams will be in groups of eight and there will be plenty of prizes as well as an auction and fun games throughout the night.

On Sunday teams will be wearing pink socks, head bands and shoelaces as well as using pink zinc and a pink ball will be used during the match.

Peter Miller of Bathurst United Sports Club said the funds would be used for the betterment of the club's junior sportspeople.

To donate to the cause come along to Proctor Park to watch the game on Saturday afternoon or come along to the trivia night.

Trivia starts at 6pm and is \$10 a head. Light nibbles are provided. To book call Peter Cawthorne on 0412 995 601 or Tonilee Scott on 0419 997 839.

**IN THE PINK:** Bathurst United Women's C grade soccer team members: Front, from left, Stephanie Olive, Jaimi Inwood and Cassie Olive. Back, Alex Gorham and Tab O'Leary.  
Photo: CHRIS SEABROOK

081909pink2a

27<sup>th</sup> August 2009



## Mock trial team in regional final

**T**HIS year's Kelso High School Mock Trial team has enjoyed phenomenal success and has gone further in this competition than any other team in the school's history after making it to the western region finals.

A state-wide competition run by the Law Society of NSW, the mock trial requires students to act as either the defence or the prosecution in a mock criminal or civil case.

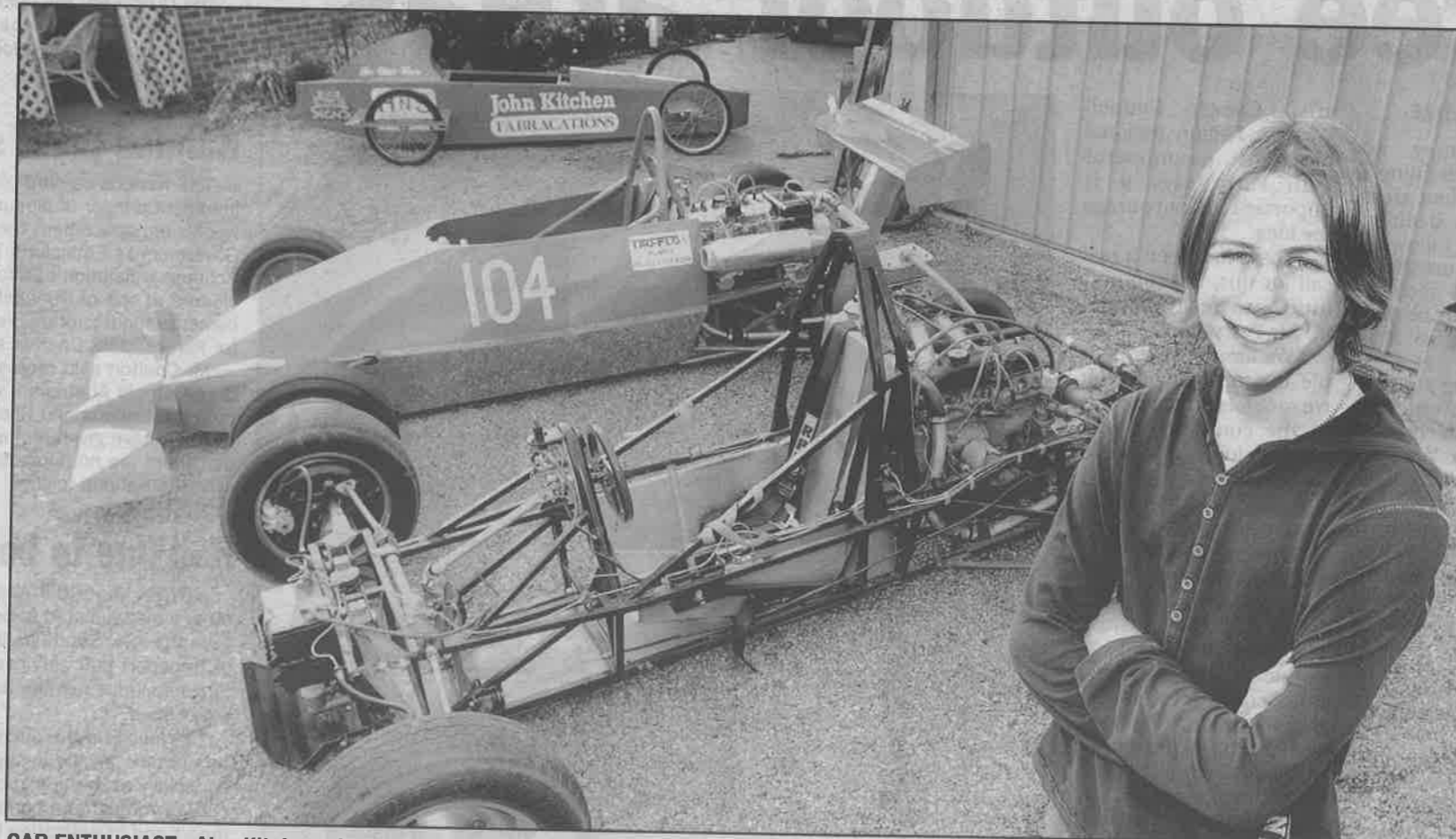
"Our sincere thanks to Mr Michael Schwab from McIntosh, McPhillamy and Co. Solicitors who gave up his time before each trial to coach the students in the finer points of the law and is always prepared to answer our emails concerning legal issues."

**FINALISTS:** Kelso High School's mock trial team which is through to the western region finals includes, from left: Jessica Horwell, Jamie-Lee Curley, Lisa Griffith, Madeleine Jenner, Michael Madden, Laura Allen and Alexander Williams.

082809mock

27<sup>th</sup> August 2009.

## ME AND MY CAR



CAR ENTHUSIAST: Alex Kitchen with his Renault R12 open wheeler, his father's Formula Renault (104) and a billycart called The Blue Wren. Photo: CHRIS SEABROOK

081909calox1c

# Alex lives life in the fast lane

By **BRENDAN ARROW**

**A**LX Kitchen is living one busy life. Currently he is studying for the School Certificate in year 10 at Kelso High, planning to get his learner's permit and generally having fun with his friends.

And if he was not already busy enough, Alex also races a car he built himself (with a little help from his dad).

At just 16 years of age, Alex says he has spent just about all of his life in and around race cars.

"Even before I could drive, whenever my dad [John] was in a hill climb event I would be there pit crewing for him," he said.

"It was great making sure his car kept running at its best."

**'I love being able to drive my car, it is so much fun.'**

After watching his dad go around the track, Alex decided to build his own car and in 2000 started working on his Renault R12 Open Wheeler.

"I have been clocked flirting around the 100km/h mark, the Reno R12 engine has a good lot of power in it," he said.

"I just love being able to drive my car, it is just so much fun doing it."

Since finishing his speed machine, Alex has competed in a number of motorkhanas and kanacrosses.

"Every time I have raced the car has worked perfectly," he said.

"However, I do seem to push the car to breaking point and when dad jumps into the car it just seems to go on him."

"But I have lots of fun repairing it."

Unsurprisingly, Alex said he is the envy of his friends at school, well, at least those he can convince that he really does have a race car.

"All my friends think that it is awesome that I have my own race car," he said.

"And those who haven't seen it before don't believe I have a race car."

However, despite being a keen motorsport fan, Alex said he was not a Holden or a Ford fan when it came to the V8 Supercars, but rather enjoyed hearing the sound of a good working machine roaring around the track.

"I like going to the races and watching the cars, I don't really care about their brand names or who the drivers are," he said.

"I just go to watch the cars, I don't care who wins as long as the cars run well."

# daffodil day FRIDAY 28TH AUGUST 2009

28th August 09

**B**ATHURST residents are being asked to give generously to help support the largest national fundraising event of its kind in the Southern Hemisphere.

Daffodil Day raises essential funds for cancer research, education and support programs.

Today, in the Bathurst City Centre and Stocklands Centre, volunteers will be out selling a range of items, from bright daffodil pins to adorable teddy bears, all in the name of the Cancer Council.

Western region community relations co-ordinator Kate Schofield said the Cancer Council was hoping to top last year's fundraising efforts, which saw more than \$159,000 raised across the Central West and more than \$8 million nationally.



"All funds raised through Daffodil Day help The Cancer Council fund vital cancer research, prevention, information and support services," Ms Schofield said.

"These services have direct benefits for the local community - that's why it's so important that everyone buys a daffodil, or some of our other goodies.

"There's something for everyone - ranging from pens, stuffed bears and mini soccer balls to USB sticks and tax deductible donation cards.

"I would like to thank the Central West community in advance for their support.

"Help make this Daffodil Day the best yet."

**ASKING YOU TO DIG DEEP:** Larissa, Katrina, Debbie and Makayla Benham are ready to do their bit for Daffodil Day today. Photo: PHILL MURRAY 082509pdaffo

1st Sept 09



## Walking in footsteps of heroes

By MIRIAM SIERS

STINGING plants, soggy clothes and early morning rises - but she would do it all again in an instant.

Gemma Lord has returned from her pilgrimage to the famous Kokoda Track and says she will remember it for the rest of her life.

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

She said she had not been sure if she would be fit enough to tackle the gruelling 10-day track and was grateful she had put in plenty of training beforehand.

**TRIP OF A LIFETIME:** Gemma Lord is back home after conquering the gruelling Kokoda Track after winning the Bathurst RSL Club Youth Leadership Challenge.

2nd September 09



ON THE BALL: Macquarie United player Corey Blundell tries to get the ball past City Red Tops defender Pat White in third grade on Sunday. Photo: CHRIS SEABROOK

-08300900003

OUR COMMUNITY

extra



GOING FOR GOLD: Kyle French with Federal Minister for Employment Participation Mark Arbib and Gavin Press at the official farewell to the International WorldSkills Australian Team.

090109worldskills

## Creme de la creme of apprentices

CENTRAL West Group Apprentices have two representatives at the 40th International WorldSkills competition held in Calgary, Canada this week.

CWGA Apprentice of the Year Gavin Press, of AJS Electrical in Bathurst, will be competing in the electrical installations category while Kyle French, of Orange, will compete in the painting and decorating category.

Both won gold medals at the National WorldSkills competition to be selected to com-

pete at the international tournament.

"It's a great honour to be selected to represent your country. I have been training as much as possible, thankfully I have a very supportive boss and family. I hope to do well," Gavin said.

Over its 45-year history the "Skill Olympics" has come to symbolise the pinnacle of excellence in vocational training. Anyone hose interested in sending messages of support or to track the progress of the Australian team can do so via the website at [www.worldskills.org.au](http://www.worldskills.org.au).

Thurs Sept. 3 2009

Tuesday 8th Sept 09



ON TR@K: Julie Formosa (Kelso Community Centre) with Alex Bowden and Minnie Annand watched by Cr Graeme Hanger and Chris Pardey from the Department of Housing. Photo: PHILL MURRAY

082609pkelso

## Support program highly beneficial

HELP with homework, internet access and healthy habits are just some of the benefits teenagers at Kelso are experiencing thanks to a technology and reaction program launched earlier this year.

Based in Kelso's Community Centre, TR@K operates three days a week from 3.30pm until 5.30 and gives the kids who use the service additional educational opportunities they otherwise might miss out on.

Councillor Graeme Hanger said the program, funded by the NSW Department of

Housing, was highly beneficial for the children who accessed it.

"It's a community project which gives children homework support, access to computers and a healthy afternoon tea. They also get to do all the fun stuff, like playing pool and enjoying arts and craft.

"It's a home a way from home," he said.

"If the kids need some extra help with school work Julie the co-ordinator is here, she's like a parent, there's no pressure and the kids love it," he said.

The program has been funded until the end of Term 4 this year, and parental input is more than welcome for suggestions on how the service can continue.

Community Development Worker with the Department of Housing, Chris Pardey, said a survey has been circulated around Kelso and everyone involved was keen to receive feedback from Kelso residents about the program. Anyone wanting to find out more about the program can contact the Kelso Community Centre.



LITTLE ANGEL: Paul and Julie Hanman have welcomed a new little girl, Amella Kate Hanman. Amella was born on September 2 and is a sister to Gabby and Jett. 090309zubb

Tuesday 8th September 09

## Teachers get excited about science

IT will be "show and tell" with a difference when the Mitchell Science Teachers' Association meets in Bathurst tomorrow evening.

Because instead of young students standing nervously at the front of class, it will be the teachers themselves sharing their best ideas for getting kids excited about science.

The MTSA exists to help teachers enthuse other teachers about science.

Tomorrow's meeting will focus on strategies to get primary school aged children more involved

in science and and to break down the perception that science is more for older students.

It will also feature information on resources available from government departments and industry to help teachers.

The MTSA will meet in the library at Cathedral Primary School from 5pm.

The association has also organised a School Science Trivia Day for Year 6 and 7 students.

The day will be held at St Stanislaus' College on Wednesday, September 23.

Tuesday 8<sup>th</sup> Sept 09.

## Narromine's forward pack steers them past the Ewes

### RUGBY UNION

By ANYA WHITELAW

THE CSEwes knew exactly where Narromine's strength lay heading into Saturday's women's Central West Rugby Union preliminary final, the problem was they were unable to avoid it and accordingly went down 32-21.

While the Ewes boasted speed and strength in their back line, up the middle the clearly larger Narromine side were expected to dominate at KC Laird Field and that's exactly what eventuated.

Dual rugby union, rugby league international, Kylie Pennell constantly broke through Ewes tackles and made good yards with every touch of the ball while number 8 Rebecca Trethowan was damaging as well as she picked up a hat-trick.

When the Ewes were able to spread it wide they did look dangerous, but as skipper Karah Armstrong acknowledged, it didn't happen enough.

"We knew they would be tough up the middle, we trained all week for that game," she said.

"We just didn't get clear ball today, we really struggled to get it out to our backs. It was a forwards game but our strength is our backs."

It was Pennell who opened the scoring for Narromine after just four minutes, her leg drive getting her over the line after a quick penalty tap.

However, from the kick-off the Ewes were able to force a mistake and they quickly found themselves inside Narromine's 22.

Winger Racheal Hui came within inches of the line but her team-mates arrived in numbers, cleaned out well and Beck Lang



**TRYING TO BREAK THROUGH:** CSEwes fullback Michelle Perry tries to fend off a Narromine rival in Saturday's preliminary final. Photo: PHILL MURRAY

090509pewes4

crossed to lock the game. When Ashley Adams' conversion sailed between the uprights the Ewes had the lead at 7-5, but it only lasted briefly.

A pair of Trethowan tries, one of which Kristen Clark converted, had the visitors 17-7 ahead with five minutes of the half remaining, but with a grand final berth on the line the students weren't about to give up.

When Amy Copping forced a Narromine error the Ewes had the ball in an attacking position and they capitalised as Hui stepped inside two defenders to score.

Adams added the extras to close the gap to 17-14 at half-time

and when fullback Michelle Perry chipped and chased and found Camilla Clydsdale in support shortly after the resumption, the Ewes very nearly scored again.

The slick movement had the Ewes on Narromine's line, but once more the visitors' forwards came to the rescue.

After being penalised Narromine pushed hard in the scrum and as the ball popped out the back, no Ewes were present to clean up. Pennell pounced and launched a counter-attack which saw Jenna Wheelhouse over.

When Ash Bayliss made a 45 metre run to pick up Narromine's fifth try of the day with seven

minutes left it looked to be game over at 27-14, but Perry managed to pull one back with 90 seconds on the clock.

There was still time left for the students to pull off a win with a converted try, but from the kick-off they conceded a penalty.

Trethowan took a quick tap and charged over for her third, putting the final score at 32-21.

**NARROMINE GORILLAS 32** (Rebecca Trethowan 3, Ash Bayliss, Jenna Wheelhouse, Kylie Pennell tries; Kristen Clark conversion) **defeated CSEWES 21** (Beck Lang, Racheal Hui, Michelle Perry tries; Ashley Adams 3 conversions)

Thursday Sept 10 2009

## Trott takes out Interclub round

THERE was plenty of local cycling action over the last seven days with the third round of the Interclub series contested in Mudgee last weekend along with the local club events.

Winner of the round was up-and-coming Bathurst cyclist Conor Trott, who started the event as one of the favourites after just missing the top 10 at the recent Cootamundra Classic.

Dubbo's Josh Apolony and Ray Wheeler took second and third in front of Mudgee's Lyndon Ratcliffe and Bathurst's Harrison Carter.

The results means Dubbo junior Aaron Willmot moves to the lead in the series pointscore, with a

slender four-point advantage over fellow juniors Carter and Apolony and the leading female competitor in the series, Kim Thomas of Mudgee.

Orange also represented on the leader board with Mick Cain a further five points back in fifth place going into the final round in Orange on the September 27. The Teams Category is led by Mudgee No 1 with the Bathurst Young Guns team of Carter, Chris Cady, Harrison Jones, Nathan Bankovic and Simon Egar the closest challengers.

Local club racing was also contested on the weekend with Ryan O'Donnell winning the A grade scratch race.



Wednesday 9<sup>th</sup> September 09



**RIISING TO THE CHALLENGE:** Bathurst's Nick North is looking to gain as much experience as possible when he represents Australia at the World Triathlon Championships at the Gold Coast. Photo: BRIAN WOOD

North overcomes Swine Flu to contest World Triathlon titles

# DREAM TIME

## TRIATHLON

By BRENDAN ARROW

BATHURST athlete Nick North will have overcome illness, nerves and a disrupted training schedule when he achieves his life long dream and lines up for Australia at the World Triathlon Championships on Saturday.

North flew out with the rest of the Australian team yesterday from Sydney, bound for the Gold Coast where the five-day event, which starts today, will take place.

But while the majority of the Australian team would have been putting in plenty of hours of

training, North has had to restructure his work load after being struck down by illness.

"I got sick a couple of weeks back and that put my training back a few weeks," he said.

"I went to Canberra for a swimming race and picked up Swine Flu, so that put me out for two weeks because I couldn't do anything.

"Right now my training has just been about quality rather than quantity, it has been hard with climate here in Bathurst, so I've been doing a lot of indoor stuff."

However, North is not using his disrupted preparation to shield him from his upcoming challenge. Rather it has helped him to realise just how far he has come since he started racing

three and a half years ago.

"It is a great honour to be racing in the green and gold on Australian soil, even when I was a little kid to represent Australia was just something huge," he said.

"To do it for the first time on home soil is just going to be brilliant. I just can't wait.

"My personal goal was just to make the team, honestly, and everything at the Gold Coast is just going to be a bonus, now I just want to get in there and have some fun."

Less than a week out from his race, North said his nerves were really setting in and he was keen to finally hit the water and begin racing.

Continued page 30

## Dream time as North lines up for Australia

From page 32

"Yeah I'm really jumping out of my skin, I'm really, really nervous, I just can't wait," he said.

"I can't wait to get up there and take in the entire experience. The atmosphere is going to be electric so I can't wait."

One huge bonus which will help North keep his emotions in check will be the presence of fellow Bathurst athlete Terry Roberts, who will compete in his own age division race.

"It will be great having one of my mentors and heroes, I suppose you can say, there with me," he said.

"I really look up to him and having him there on race day as well, it is going to be great to have him there."

North said right now his biggest concern ahead of the competition was what mother nature would have in store for the five days. Last-Saturday the mercury rose to 27.1 degrees on the Gold Coast - 10.8 degrees higher than the average temperature in Bathurst for September.

However, this weekend conditions are predicted to be more friendly for North, with a cold front expected to have temperatures holding around 22 degrees.

"Keeping my fluids up through for the entire race is going to be very important," he said.

"It is going to be a bit of a shock to the system going from the cold temperatures here in Bathurst to the warm temperatures at the Gold Coast. I think the Queensland athletes are going to have an advantage."

North, who qualified for the world championships in the City of Perth Triathlon back in March, added while he knew the competition was going to be tough, he was more focused on his own race and gaining as much as possible from the experience.

"Competing against the Aussies to qualify for the worlds you know what they are like, you know it is going to be tough," he said.

"I can't wait to watch the elite men and women race on Saturday afternoon and Sunday morning, it is going to be really good to see how they present themselves and how they race."

"I'll just be out to gain as much experiences as possible and to have a bit of fun."

# FAMILY AFFAIR

## 'Rangers aim to take out all four premierships

### AUSTRALIAN RULES

By **BRENDAN ARROW**

THE BATHURST Bushrangers' aspiration of taking out all four Central West AFL premierships this Saturday will take on a particular family flavour.

The Phillips household is set to be one busy place when 13-year-old Bushrangers' centre Ben lines up in the under 14s side under the watchful eye of his dad Michael.

The 43-year-old centre half back will then ditch the coaching role and pull on his football boots in the afternoon when he takes to the field for the reserve grade team against Cowra.

"Yeah, we're looking forward to the challenge this weekend," Michael said.

"It will be great watching Ben in the under 14s before I get a chance in the reserves."

Besides looking for two premierships, the father and son combination will also be aiming to cap off the perfect season after claiming the reserve grade and under 14s best and fairest awards respectively.

As the 2007 reserve grade best and fairest, Michael said it was an honour to receive the award again, but was quick to mention that's not what he played for.

"That was just a bit of icing on the cake, it is a nice thing to have but you never really are playing for it," he said.

With the under 14s currently undefeated, with 15 wins from just as many matches, Michael said he

was pretty confident of winning the opening grand final and was really looking forward to the afternoon match.

"I'm looking forward to the challenge, I injured my leg in the last game and I'm still carrying it," he said.

"Hopefully I can get through a full game this weekend, I'm really looking forward to it."

Just to keep things even more in the family for the Bushrangers, while Ben is on the sidelines watching his dad, reserve grade coach Brian Matheson will be just as proud with his son Sebastian Matheson fulfilling his side's rucking duties.

While a lot of families will be riding the ups and down of the reserve team, Michael admitted all the players would have to work very hard to get the win over the Young Saints.

"We need to be really focused on what all our tasks are on the weekend particularly in the back line," he said.

"They [Young] are basically a first grade team, so everybody is going to have to make sure that they are on song."

If the under 14s and reserve team can claim their respective premierships, the Bushrangers should find themselves within a whisker of clean sweeping the competition. A feat they have not achieved since the club's inaugural year in 2004.

"It has been five years since we last did it and the club has been working hard. Winning all four titles would just finish off a really fantastic year for the club," Michael said.



**FAMILY FUN:** Michael Phillips and his son Ben, 13, will both be playing in the Central West AFL grand final for the Bathurst Bushrangers this Saturday.

Photo: CHRIS SEABROOK.

090909cbushr2

Thursday 10<sup>th</sup> September 2009.

# Skilful finish puts Bugg in second

## MOTOR SPORT

By **BRENDAN ARROW**

YOUNG Bathurst rider Joseph Bugg continues to go from strength-to-strength when it comes to dirt bike riding. The year nine Kelso High student, has recently returned home after claiming second in 200-250cc 15-16 years competition at the Victorian Dirt Track championships in Wodonga.

After finishing with two seconds and a first in the heats, Bugg had to use all his skill to finish within a whisker of first place, Brayden Elliott.

"I started well and was fifth after the first lap but after lap two I was back up into second place," he said.

"From there I just held my position before I attacked the leader on the last corner, but he ended up beating me by just half a wheel.

"Before I went to Wodonga the guys at Great Western Motorcycle helped me with my bike and gave me some advice and it really helped."

While a photo finish placed Bugg second, he was still delighted with his performance.

"I just love the thrill of the speed, at some stages we were clocking over 100 kilometres per hour," he said.

"I've been riding since I was five and I pretty happy to have gone so well."

The second placed finish was not the first time the developing rider has tasted success.

Bugg, who currently rides with the Cowra club and took out their club championship earlier in 2008, will take to the track again in two week's time to try and defend his title.

Last year was already a good one before he raced in the 13-16 years 250cc division at the Canberra in Cup mid-November, but his second at that particular meet put the icing on the cake.

Having established himself as an emerging talent in a growing sport, the next challenge is to find the means to compete on a bigger scale.

The 14-year-old Bathurst long-track specialist is already eyeing big things with the Australian Junior Dirt Track Championship in Canberra in October.

"The plan is to try and win in Canberra before I take a break at the end of the year," Bugg said.



**LOOKING FOR MORE:** Bathurst rider Joseph Bugg is looking to continue his success after claiming second in 200-250cc 15-16 years competition at the Victorian Dirt Track championships in Wodonga last weekend. Photo: BRENDAN ARROW. 090809babugg

Friday 11<sup>th</sup> September

## Demystifying the science curricula

PERIODIC tables and Bunsen burners came out of the cupboard for the Mitchell Science Teachers' Association (MSTA) open day at the Cathedral Primary School library on Friday evening.

MSTA is designed to help teachers enthuse other teachers about science, share resources, gather and share ideas, discover what there is on offer from government departments and industry which could be used as a resource and support teachers in designing and implementing engaging science curricula.

The open evening of the MSTA was designed to answer parents and teachers' questions about schools' science curricula.

Everyone had a good time learning about the challenging subject and how it is taught in schools today.



**SCIENCE:** Mitchell Science Teachers' Association president Craig Luccarda (left), secretary Judith Bertolin, Dee Hockings and Laurence Capper attended the open evening at Cathedral School. Photo: CHRIS SEABROOK

Friday 11<sup>th</sup> September

# Under 14s just one win away from perfect season

## AUSTRALIAN RULES

By BRENDAN ARROW

PLENTY is at stake for the Bathurst Bushrangers under 14s team when they take on the Cowra Blues in the Central West AFL grand final at George Park.

Tomorrow the young Bushrangers' outfit will not only be chasing the premierships flag, but also the opportunity to complete the 2009 season undefeated.

Not once has the side been troubled this year, racking a massive 1158 points at an average of 96.5 a game while at the same time giving up just 263 (22 a game).

On eight occasions the Michael Phillips' coached team has finished the match on 90 points or more, with their biggest winning margin coming away against the Mudjee Black Swans in round 12, where they cruised to a 20-13-133 to 2-5-17 victory.

In his last year as the under 14s' coach, Phillips said he had enjoyed coaching his son, Ben, and the rest of the squad for the last few seasons.

"It is the fourth year that I've coach the under 14s and I enjoy it immensely, but this is the last year that I'll be coaching the under 14s, with Ben moving on to the under 17s," he said.

"The 14s have done very well every year, this year I've had a lot more players with a



**FOCUSSED:** The Bathurst Bushrangers' under 14s team are one win away from a perfect season and the premiership.

bit more talent which has made it easier for me."

While not playing tomorrow because they have not taken the field in enough games to play in finals, Patrick Browne and Kyle Johnson's efforts early in the season have helped the Bushrangers reach the decider.

Besides making a name for themselves in the goal-scoring department, the Bushrangers are equally as ruthless in defence.

Their best effort was against the Orange Tigers in round six, when they conceded just two behinds in an 82-point win.

Not that previous results will make a dif-

ference come tomorrow.

"I'm just looking forward to getting out there and playing around and have a bit of fun," on baller Ben Phillips said.

"And hopefully winning, too."

However, no matter the result, Phillips said he would be happy if all of his players went away at the end of the season having had a lot of fun.

"Sure this age group is about playing as a team and developing skills, but I always make sure that everyone has fun," he said.

"That's the main thing, as long as they have fun and get a game of football. This year when opposition teams did not have enough players, my lads were always willing to go over and play for them. Basically every game, except when we played Orange, I've always had to give our opponents two, three, four, five, six players and they rotate every quarter."

Bushrangers' under 14s will take on Cowra at 9.30am tomorrow at George Park.

**BATHURST BUSHRANGERS UNDER 14s:** Ben Phillips, Harrison Bowden, Jeremy Gibbons, Kieran Ball, Colin Whitchurch, James Baker, Michael Waldren, Alex Johnson, Samuel Kennedy, Jordan Price, Connor Milliss, Zachary Pope, Zachary Lew, Zachary Baker, Alex Driscoll, Kaitlyn Kennedy, Dean Grant, Robert O'Hara, Patrick Fisher, Austin Young, John Warburton, Patrick Browne, Kyle Johnson.

WESTERN ADVOCATE, Friday, September 11, 2009 47

Friday 11<sup>th</sup> September 2009

# Under 17s out to maintain stranglehold on junior title

## AUSTRALIAN RULES

By BRENDAN ARROW

THE Bathurst Bushrangers will be desperate to maintain their stranglehold on the Central West AFL under 17s competition when they take on the Cowra Blues at George Park tomorrow.

Since 2002 no other town has managed to take this particular junior title, with the Bathurst Eagles champions in 2002-03 and the Bushrangers' club continuing the record of successes after its formation in 2004.

However, this year is set to be the defending champions' biggest test when they take on the minor premiers, the Cowra Blues.

At the start of the season, the Blues were responsible for sending the Bushrangers on a four-game losing streak following a 19-4-118 to 12-6-78 defeat in round two at Mulyan Oval.

Despite losing the next three games - to the Dubbo Demons by 16 points, Cowra by 10 points and Orange by just a single behind, Bathurst managed to regather themselves to finish second in the competition.

Aided by a five-game winning run, which ended in the last round of the regular season against Dubbo 8-5-53 to 6-7-43, the Bushrangers produced a stunning 43-point victory against Cowra to secure a spot in the grand final.

Now with club's premier-ship-winning run on the line, Bathurst coach Graeme Grundy said his side had improved out of sight.

"We started the season very slowly, I think we lost four



**READY TO PLAY:** The Bathurst Bushrangers are ready to take on the Cowra Blues for the Central West AFL under 17s title.

games in a row," he said. "But since then the team has really picked up. I have seen individual players really lift their skills and the team has started working really well together.

"I'm really happy where they are at right now." Grundy said despite defeating the Blues two weeks ago 11-11-77 to 5-4-34, his side would not be going into their most important match of the year expecting to win.

"Even though at this time of the season you would expect your team to have the legs to last a match, we used the week off to really focus on our fitness," he said.

"Assistant coach Tim Letcher has worked hard on the boys' fitness all year, they are in good hands with him.

"Cowra are very good in the

middle of the field, so we are going to have to man up very well and stop their quick passing play."

While the Bushrangers' coach will be hoping his forwards can kick true in front of goal, Grundy said he was expecting his defence to stand tall.

"Our strength for the entire season has been our back line," he said.

"Marshall William, Daniel Austen, Innes Smith and Tye Evans have been very solid, particularly when our forwards have been a bit inconsistent.

"Innes and Tye have been instrumental in creating attacking raids from the back line."

Grundy said the return of a few crucial players would bolster his side's ranks, particularly the back line.

"One good thing about the

week off is that we have now got a full-strength team," he said.

"Our ruck man, James Kennedy had a broken arm and did not play in the final series, now he is back, as is Sam Gibb.

"Even with the break in matches I'm reasonably confident we can get the win as long as we start strong."

Bathurst take on Cowra at 11am tomorrow.

**BATHURST BUSHRANGERS UNDER 17s:** Steven Potts, David Henninger, Steven McLeary, Daniel Austin, Tye Evans, Jacob Miller, James DeRoover, Millaine Longmore, Mathew Archer, Innes Smith, Marshall Williams, Sean Hilderbrandt, James Kennedy, Dion Bowman, Sam Gibb, Samuel Kennedy, Dean Grant-Janssen, Jeremy Gibbons.

**Saints head to Mudgee with the goal of making it a ....**



AIMING TO BE NUMBER ONE: St Pat's first division vice-captain Tim West (left) and under 18s captain Aaron Manvell know what they are gunning for in their Group 10 grand final against the Cowra Magpies tomorrow. Photo: BRENDAN ARROW

# BLUE AND WHITEWASH

## RUGBY LEAGUE

By **BRENDAN ARROW**

WHEN St Pat's head to Mudgee tomorrow to contest the Group 10 under 18 and first division finals against the Cowra Magpies, nerves will most certainly play a factor in the outcome of the match.

While getting the basic right, such as holding the football and completing sets, will be the focus of all Saints play-

ers, Tim West and Aaron Manvell will have additional pressure put on their shoulders as they look lead their teams to victory.

On the field West has relished being second in charge of the first division side and with the help of team captain Christian Dowling, has often rallied his troops when times have been tough.

"Being vice-captain has been a good challenge this year, I've never been a captain or vice-captain of a side before, it has been good," he said.

"For me this year has involved a bit more leadership on the field and just a bit more talking, particularly when the chips are down or the boys are a bit down."

After finishing the season in third and losing their first finals match against Bathurst Panthers by just a field goal (19-18), the St Pat's side will go into tomorrow's grand final tempered from playing elimination football the past two weeks.

■ **Continued page 41**

*Weekend Advocate 12-13th September*

## Blue and whitewash

■ **From page 44**

Even though the pressure may have been on in their 16-10 defeat of the Mudgee Dragons and the 26-24 win over dual defending premiers Panthers, West said the excitement on the field has been great.

"On the field the feeling is a lot more positive than it was earlier in the year, so it makes it a bit easy for us to pick ourselves up and continue on with the game," he said.

"Before we would get our heads down and lose our way after a try was scored against us, but the second half of the season it has been much better."

While West admitted many of the Pat's players had never tested themselves in a grand final setting, the vice-captain thought Cowra would be feeling just as much pressure, if not more.

"There are a lot of us here that would not have played in a grand final, so it is going to be hard," he said.

"I think for them [Cowra] it is going to be a lot harder, having not lost all year and having only played one game in the semi's mean they've only played one game in a month.

"We got momentum going into the match, so hopefully the boys take that on board and we go in with a positive attitude and run with it from there."

# Kelso sparky shines at WorldSkills awards



**EXCELLENT WORK:** Kelso's Gavin Press has won a Medallion of Excellence at the 40th International WorldSkills Competition in Canada - the Olympic Games of trade skills.

091109opress1

THE celebrations have begun for Kelso's Gavin Press.

He was a member of the the Australian WorldSkills team which won 10 medals at the 40th International WorldSkills Competition in Canada - the Olympic Games of trade skills.

Gavin was over the moon to receive a Medallion of Excellence in the category of Electrical Installations. Medallions of Excellence are only awarded to the elite few competitors from the world-class field in each category.

For the past week, more than 800 of the best tradies and apprentices from around the world have had their skills put to the test in disciplines ranging from bricklaying and welding, to floristry and web design.

Over the four days of exhausting competition, Australia's Skillaroos featured prominently across the leader boards, setting a sizzling pace in front of a crowd of 250,000 at Stampede Park in Calgary, Canada.

Gavin put in an extraordinary effort to finish amongst the top competitors in the category of Electrical Installations. His strong finish was a fitting reward for more than 12 months of intense training, culminating with a dazzling performance at the international com-

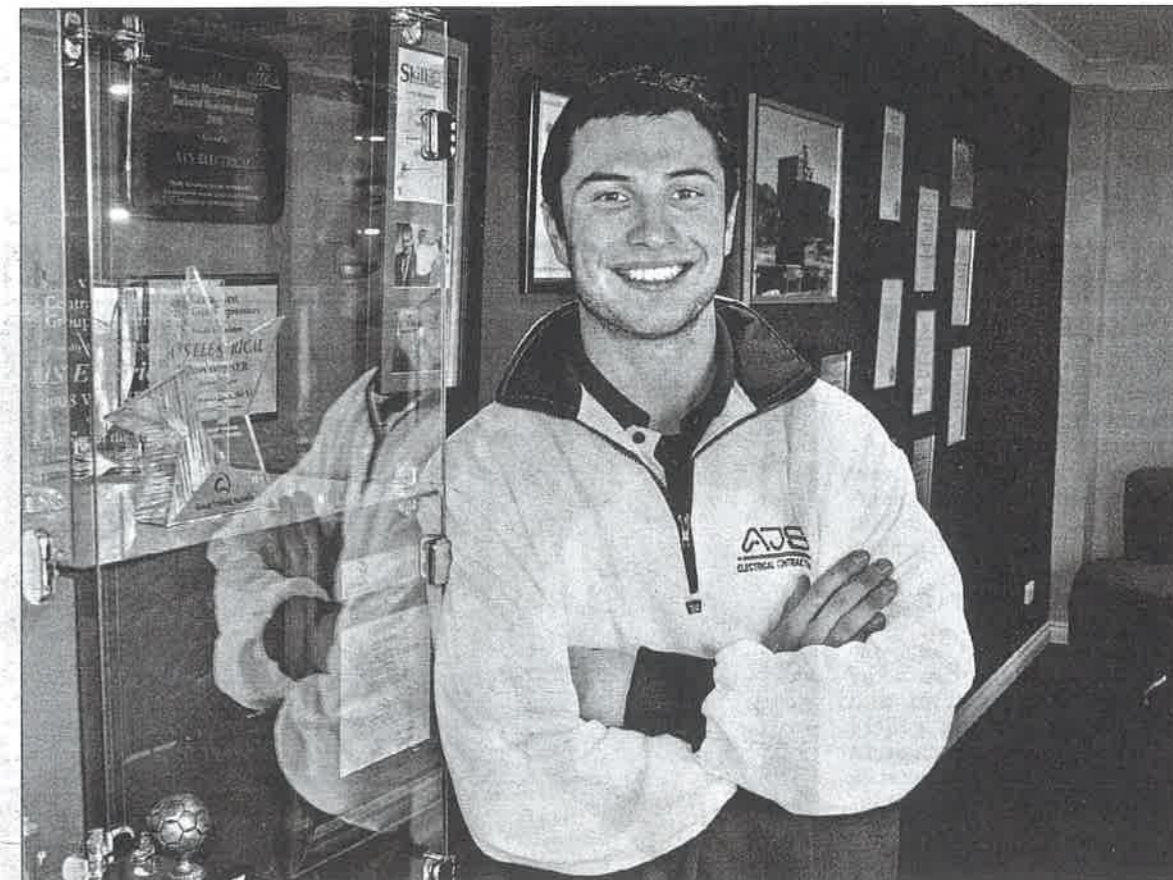
petition - an experience that was equally as fun as it was challenging.

As the winners were announced, the loudest cheers came from the Australian corner, with members of the squad finishing on the podium in ten out of the 24 categories that Australia competed in - more than doubling the haul that the team collected at the last International Competition in Japan, 2007.

Two Australian competitors have staked their claim to the title of 'World's Greatest Tradie', having blitzed the world class field to secure gold medals in the categories of Beauty Therapy and Restaurant Service.

Adding to the two gold medals, Australia won silver medals in Plumbing, IT Software Applications and the Manufacturing Team Challenge. Bronze medals were also won by Skillaroos in the categories of Web Design, Sheetmetal Work, Wall and Floor Tiling, Welding and Bricklaying. CEO of WorldSkills Australia, Mark Callaghan, was in the stands to cheer home the Aussie competitors.

"Gavin displayed an exceptional amount of focus and determination to bring home a Medallion of Excellence. It was truly an inspiring effort and I'm sure they are celebrating his success back home in Kelso," Mr Callaghan said.



**OUTSTANDING DOUBLE:** Medallion winner and NSW Apprentice of the Year, Gavin Press.

091509apprentice

## Apprentice wins top state award

*Manday 14<sup>th</sup> September*

*Wednesday 16<sup>th</sup> September*

# Saints hope for an upset



**CHALLENGE AWAITS:** The first division Saints and their support staff, from left, back, Grahame Ward, Richie Farrar, Craig Gallegos, Lucas Kleinschafer, Steve Newham, Jerry Sheader, Matt Lawson, Jason Ryles, Paul Larsen, Garry Dennis, Middle, Darren Cafe, Jesse Johns, John Murray, Jeremy Smith, Ben Dawbin, Rhys Frame, Matt Ballinger, Leon McIntosh. Front, Peter Benham, Shannon Peters, Heath Falkenmire, Christian Dowling, Hayden Ward, Paul Connors, Bobby Forest, Brendan Collitts.

## Undefeated Cowra are hot first division favourites

### RUGBY LEAGUE

By **BRENDAN ARROW**

FOR 910 minutes this season the Cowra Magpies have not felt the pain of losing a match in the Group 10 first division competition.

But if St Pat's coach Lucas Kleinschafer has his way, Cowra's first loss of the season will be inflicted at the worst possible moment - in tomorrow's grand final at Mudgee.

The Cowra team has dominated the competition, sweeping aside all those who have come up against them.

St Pat's are the only team this season to have come away with a point against the Magpies, when the rivals could not be separated in their 28-all June 21 draw.

While the Magpies did defeat Pat's at the the start of August, 40-30, Kleinschafer said means little ahead of the final 70 minutes of the season.

"I think this weekend the past does not matter," he said.

"On the day it is just about this one game and I think the score will be a lot closer than people think it will be."

Once again Kleinschafer has been busy watching hours and hours of video footage this week desperately searching for some sort of weakness in the Magpies team.

It was a process that worked wonders against dual defending premiers Bathurst Panthers in the preliminary final, as the Pat's coach plotted a game strategy to defeat their cross-town rivals.

In that match, Pat's had the Panthers' forwards working hard in the first half, turning them around with penetrating kicks and plenty of scrums.

In the second half the Saints' forwards went on the offensive, attacking the tired Panthers players to jump out to a 14-point lead before holding on to win 26-24.

However, that's not to say Pat's will going out same plan this time around.

"We've watched videos of all our games against Cowra and there are few different things that we have worked out we can do and if they work then we'll be in the game," Kleinschafer said.

"The only thing we can do is kick well, chase hard and make sure we complete all of our sets."

Having played every match of the final series, St Pat's have become accustomed to must win matches, which reflected in their attitude at training this week.

"To make the grand final is the reason why we train," Kleinschafer said.

"They trained as well as they have all year and

they are all very excited to play on Sunday.

"Certainly now one of the most important things I have to do is make sure that the guys don't go into the match too nervous."

Kleinschafer added while the Magpies would go into the match heavy favourites, he had no problems taking up a the tag of underdogs. But do not for a second think they are not confident.

"I guess it is an old cliché but Cowra have got everything to lose and we have got everything to gain," he said.

"In saying that, we've had a lot of people come up to us already and say well done on making the grand final, but the team is not satisfied yet.

"They want to go to Mudgee and win the match, they won't be happy unless they get the victory. We've got through the hard games and we are not going there with any other thought than that we are going to win."

**ST PAT'S:** 1 Matt Ballinger, 2 Adam Ryan, 3 Nathan Corliss, 4 Peter Benham, 5 Shannon Peters, 6 Jeremy Smith, 7 Tim West, 8 Steve Newham, 9 Brendan Collitts, 10 Christian Dowling (c), 11 Ben Dawbin, 12 Darren Cafe, 13 Hayden Ward.



**ST PAT'S UNDER 18s:** From left, back, Garry Dennis (St Pat's president), Rhys Williams, Mick Single, Cameron Picker, Matt Pender, Jay Flanagan, Justin Mobbs, Rory Cole, Luke Single, Matt Kelly, John Coughlan (trainer), Graham Ward, Middle, BJ Hearden, Jack Peel, Joey Coughlan, Jim Muldoon (coach), Aaron Manvell (captain), Jake Stair, Daniel Eldridge, Toby Inwood. Front, Dwayne Morgan, Bobbie Brown, Ben Rhodes, Bryden Gilmore.

# A 32-year drought has broken

## RUGBY LEAGUE

By MARK RAYNER

FOR 32 long years St Pat's have been absent from the Group 10 under 18s grand final but in 2009 that drought has been broken and tomorrow they will take on Cowra in their biggest game this season.

Twelve months ago St Pat's season was already over. They finished with just four wins and the wooden spoon.

However, their turnaround in the last 12 months has been incredible and coach Jim Muldoon said there is a belief within the team that they can win the title.

"The boys are very confident and they can't wait for the day to come around. Some of these boys have been playing with St Pat's for years and there are also a few players who have come to the club recently and to win it would mean a lot to all of them," he said.

St Pat's have gone through the finals series as underdogs after sneaking into fifth spot, but since then the blue and whites have beaten Orange CYMS, Lithgow Workies and Mudgee Dragons to earn their spot in the decider.

That status won't change when they take on the Cowra Magpies, who have beaten them twice this year, but St Pat's have had three tough finals games to get them match fit and ready.

"We have [got some form on the

board], we've got a bit of momentum now and are playing confident football," Muldoon said.

"I think [the fact that we have been playing good football for the full 60 minutes in recent weeks] will help us a lot in the final 10-15 minutes of the game. We could have lost any of those matches, but we held on and that is a tribute to the team."

Cowra had last weekend off courtesy of their impressive win over the Dragons in the major semi-final and the Saints coach said he thought it would be an advantage for the Magpies.

"It wouldn't have worried me if we had a week off and they might have been in a situation where they had a couple of niggling injuries and that break will have given them a chance to recover," he said.

The coach played down suggestions that the week off could be detrimental, saying that Mudgee's back-to-back losses after their week off was more because of complacency than being short of a run.

"I think they probably took Cowra lightly in that match and they took us

lightly early in our game too and were forced to chase the game," he said.

Muldoon said his team would have to contend with the size of their Cowra rivals and how they cope with that will determine how they go.

"We just have to contain their big men. I think if we can do that we have the backs to score points, but it's just a matter of muscling up in the forwards," he said.

The game will be played in neutral territory at Jubilee Oval in Mudgee and Muldoon said even though his team have to travel half as far as Cowra, there would be no advantage.

"I think Cowra will travel over on Saturday. That's what they did when they played Mudgee in the major semi-final and it worked for them then. We will do the same thing we have done all season, which is travel over on Sunday morning."

In a blow for St Pat's Charlie Clifton will miss the grand final, which kicks off at 11am, due to injury.

**ST PAT'S:** 1 Justin Mobbs, 2 Ryan McCarthy, 3 Bobbie Brown, 4 BJ Hearden, 5 Matt Pender, 6 Cameron Picker, 7 Joey Coughlan, 8 Aaron Manvell (c), 9 Bryden Gilmore, 10 Jay Flanagan, 11 Jake Stair, 12 Ben Rhodes, 13 Josh Arrow, 14 James Mashman, 15 Toby Inwood, 16 Matt Kelly, 17 Luke Single, 18 Rory Cole, 19 Ben Curran, 20 Rhys Williams, 21 Jack Peel, 22 James Woolmington, 23 Charlie Clifton.



Wednesday 16<sup>th</sup> September

# Chefs go head to head

## Apprentices given a taste of the future

By LOUISE EDDY

Stepping into the Bathurst Memorial Entertainment Centre yesterday morning felt like walking onto the set of Master Chef.

The Whirlpool Cooking and Barista Challenge saw 140 aspiring young chefs gather around cooking stations while 20 judges, including guest judge Lucas Parsons, strolled between them offering advice.

The activity at each table was broadcast on a big screen at the front of the auditorium and spectators packed the gallery overlooking the floor. Each event was timed - teams were given 45 minutes and individuals 40 minutes.

In the afternoon 15 apprentice chefs competed while five professional chefs took part in the open competition.

Seven competitors had travelled all the way from Tasmania for the event. The remainder were from Bathurst, Orange and Cowra.

Co-ordinator Kristyne Rybak said the aim of the challenge was to lead Year 9 and 10 hospitality students on a career path from school through TAFE and into the industry, which is currently suffering from a serious skills shortage.

Yesterday's competition centred around using seasonal regional vegetables.

The team focus was on spring



**TASTE TEST:** Whirlpool Cooking Challenge judges John Olewicz, Matthew Jago and John Nahlous sample the many delights presented to them yesterday. Photo: CHRIS SEABROOK

lamb and seasonal apples while chefs in the open section received a mystery box containing pork, pears and quinces plus other ingredients.

A judging panel of 20 was made up of TAFE representatives, local chefs and people from the hospitality industry. Competitors were judged on

presentation, use of produce, methodology and cleanliness while cooking, taste and texture, skills and their use of time. She said although the young chefs were nervous in the beginning they soon settled down and focused on the task at hand.

Regional industry career adviser John Chivers said the

event was a great success and he hopes it will be held again next year. "We will need industry and schools to get behind it and ensure its success," Mr Chivers said.

Whirlpool representative and judge John Nahlous described the challenge as "absolutely brilliant".

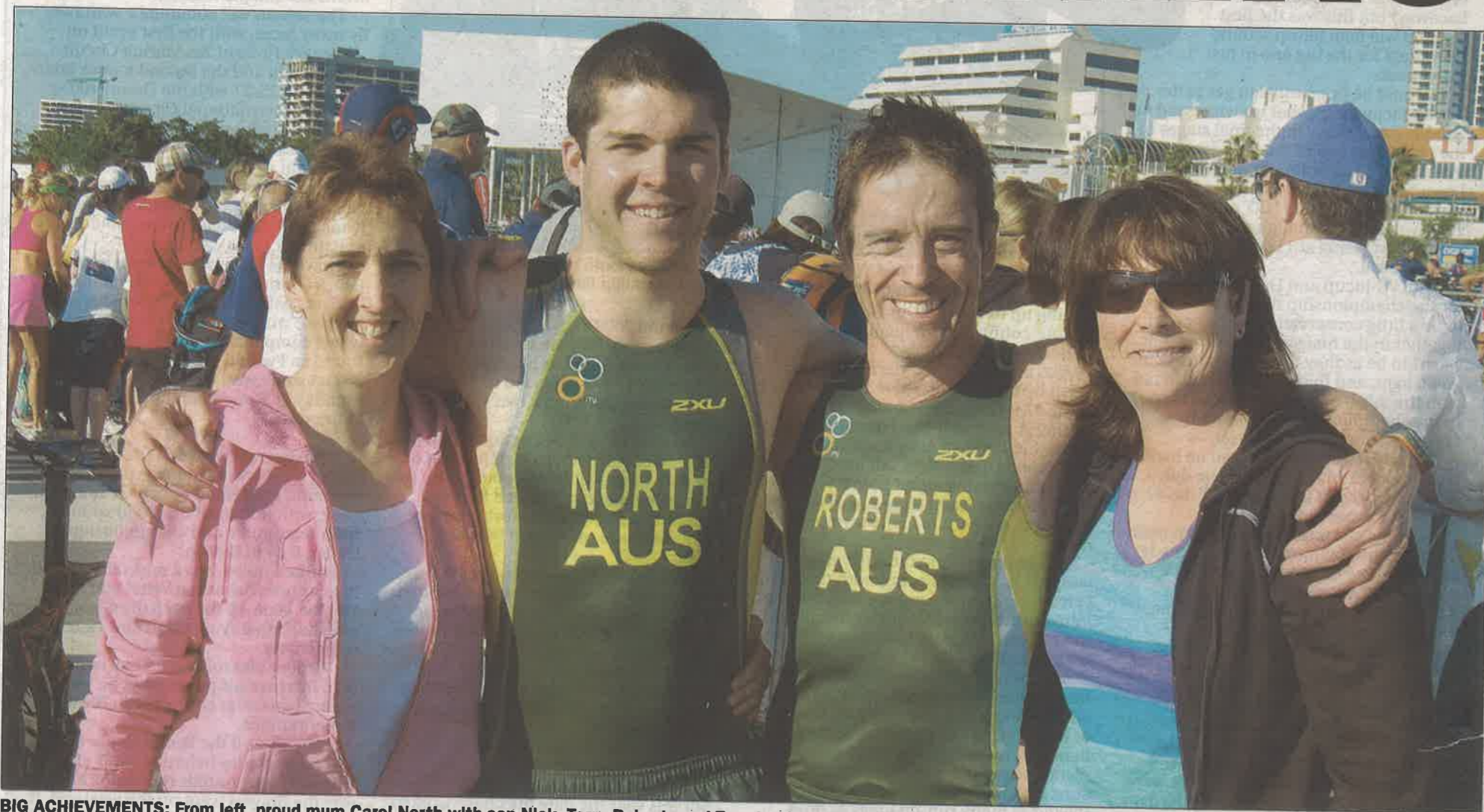
Wednesday 16<sup>th</sup> September

## Little hockey champions, big smiles



**SOUTHS STARS:** A majority of the Souths under 13s team has been together for past three-four years. They were winners of the Bathurst Junior Girls Hockey under 11s competition in 2006 and 2007 while last year they took out the under 13s title. In 2009 they were minor premiers and while losing last Saturday's major semi-final, are confident of bouncing back. The team is, from left, back Samantha Downs, Emma Sjeleka, Brianna Casey, Tom Tattersall (coach), Madison Boyce, Angela Taylor, Jasmine Aube-McLeod, Sue Watterson (manager) Amy Elms, Sarah Watterson. Front, Georgie Sutton, Sophie Jones, Annie Broad, Madison Tattersall. Lying, Jessica Watterson. Absent: Megan Jobson.

# TOP FINISHERS



**BIG ACHIEVEMENTS:** From left, proud mum Carol North with son Nick, Terry Roberts and Terry's wife, Anna. North finished 24th in his age division at the Triathlon World Championships. Roberts finished 26th in his division.

## Wearing green and gold gives North a boost

### TRIATHLON

By MARK RAYNER

BATHURST triathletes Nick North and Terry Roberts have had a successful time at the ITU Triathlon Championships on the Gold Coast over the weekend, finishing among the top competitors in their respective age groups. North finished in 24th place among

90 competitors in the 20-24 male age group and Roberts finished 26th among 110 in the 45-49 male division.

North was delighted with his effort and enjoyed being able to wear the green and gold for Australia, something he had dreamt about since he was young.

"I'm stoked with my result," he said. "Wearing the Australian uniform was amazing. It gives you extra motiva-

tion to perform and you feel like you are invincible."

The 20-year-old completed the event in a total time of 1 hour, 58 minutes and 44 seconds. He opened with a time of 19:56 for the 1.5 kilometre swim leg, which had him placed 24th before picking up his speed as he got onto the bike.

North put plenty of effort into making up places on the bike leg and at the end of the

40 kilometres he found himself at the front, with his time of 57:11 for the ride, the eighth fastest of the race.

Unfortunately for the Bathurst triathlete, he had used up too much energy on the bike leg and on the 10 kilometre run, he began to suffer. He came home in 39:04, the 38th fastest time and finished 24th overall.

Continued page 46

## Triathletes finish with leaders at titles

From page 48

North was delighted to finish in the top 25 but said the race didn't go as he had planned.

"The swim leg wasn't really what I hoped for. I got pretty belted up over the first 200 metres on the way to the first buoy. I copped a few kicks to the head and swallowed a lot of water and that slowed me down," he said.

"I went pretty hard on the bike leg to try and make up for it and I came into the transition in first place but then when I got into the run, the heat sapped my energy and I struggled."

Despite the disappointment of having not finishing the run leg as well as he'd hoped, North said the experience was one he would treasure.

"I got really inspired watching the elite men's race and seeing Alistair Brownlee get a win. I think I got a lot more experience from this weekend, I will go back and work on my running leg now," he said.

"I've got three months until the next big race so I will work with my coach Richard Hobson. The swim and the ride are pretty good, we just have to work on the run."

Roberts made a slow start to his race but finished the run leg in a good time to finish 26th in 2:07:43, 8:47 behind winner John Meagher.

He completed the swim in 23:13, the 53rd fastest time and improved on that effort in the ride, where he was 40th quickest, finishing in 1:02:00. He covered the 10 kilometre run in 39:07, the 14th quickest time of anybody, to finish 26th overall.

**'I copped a few kicks to the head and swallowed a lot of water and that slowed**

THURSDAY, SEPTEMBER 24, 2009

## Circus catapults into town see page 4

## Circus rolls into town for festival

**BATHURST** is going to be circus crazy this week, as the Catapult Festival is on again.

Bathurst Memorial Entertainment Centre is gearing up for a week full of juggling, hula-hoops and tumbling.

Troupes and trainers are heading to Bathurst from all over Australia, including participants from Tasmania, QLD, South Australia, Melbourne and both regional and metropolitan areas of NSW.

This week will be jam-packed full of workshops, performances and exciting networking opportunities.

This year, the Catapult Festival has taken a new approach to workshops, which are now known as Training, Engaging And Sharing sessions (TEAS).

These sessions aim to provide participants an opportunity to share their methods and discuss and debate circus and performance topics.

The 2009 Catapult Festival will hold a Gala Performance tonight (Thursday September 24) allowing circus youth troupes, trainers and performers to showcase their talents.

It certainly wouldn't be a night to miss, as each performance will be breathtaking and original.

Although the 2009 Catapult Festival is certainly a great experience for all circus



**HOT WHEELS:** Daniel Cheesman in action on Kelso High School's German Wheel. The school's troupe, *Cirkus Surreal* will be keen performers in this year's Catapult Festival. Photo: PHILL MURRAY

troupes and trainers involved, there will also be a Catapult Festival Community day for participants and the community of Bathurst to enjoy.

This year Catapult Festival will be joining in the NAIDOC Celebrations in Peace Park on Saturday September 26 from 11am to 3pm.

A day to run away with the circus, try your hand at juggling or hula-hooping and enjoy roaming entertainers and a great barbecue.

On Friday and Saturday evenings you can also see Circus Oz perform their new show *Barely Contained* at BMEC.

Whether you are a partici-

pant or a spectator in Bathurst during the 2009 Catapult Festival, there is something for everyone from September 23 to 27.

Please call BMEC on 6333 6161 to book your tickets. Or check the website [www.bmec.com.au](http://www.bmec.com.au) or [www.catapultfestival.com.au](http://www.catapultfestival.com.au) for more information.

## Hotham sacrifices a Premier League Hockey grand final appearance to chase a national championship



**HOCKEY TALENT:** Esther Hotham will be taking part in the Australian Under 15 Girls Championships from Thursday. Photo: ZENIO LAPKA  
0922.092hoham2

# YOUNG STAR'S SET TO STRIKE

## HOCKEY

By **BRENDAN ARROW**

BATHURST striker Esther Hotham will be chasing glory and plenty of goals when she represents NSW in the Australian Under 15 Girls Championships from September 24 to October 3.

The 14-year-old flew out with the rest of the team from Sydney yesterday morning bound for Brisbane and hopeful of improving on the team's third placing at last year's championships.

"I think we will go alright [in Brisbane], hopefully we'll go alright but it will be very hot," she said.

"Last year we came third, but we didn't have any semi-finals and we were thinking we could have gone a little bit further."

Unfortunately for Hotham, the chance to help NSW improve on their third placing at nationals last year has come at a cost.

Having become a regular in Bathurst City's Premier League Hockey side, Hotham will miss out as her team-mates chase a third consecutive title.

"It sucks a lot [missing the grand final]," she said.

"I've missed a few matches for City because I've gone down to Sydney the last three weeks, so I haven't really been able to play for the last month."

Besides missing the women's Premier League Hockey grand final, Hotham will also forgo the Bathurst A grade and opens premiership matches for the

chance to represent her state.

After standing out for the Bathurst's under 15s team during the NSW State Championships (South) back in May, Hotham and fellow Bathurst talents Kate Brown, Zoe Watts and Allie McGarity were invited to trial for the state side.

Hotham, who was a part of the 2008 NSW team, knew that regaining her spot would be tough considering a total of 33 players attended the Hockey NSW High Performance Camp at Sydney Olympic Park from July 20-22.

While amongst some of the youngest players to trial, Souths talents McGarity and Watts as well as Brown, who plays goalkeeper for St Pat's, impressed enough to be named shadow players.

"My nerves are alright, they are better this year than last year," Hotham said.

"Getting to know the girls at the last few training sessions has been good. I think once we get to Brisbane we have a few training sessions - two or three."

"There are a few new faces this year and the team looks good."

As striker for the NSW team, Hotham said she would be out to bag a swag full of goals in Brisbane and had high hopes of finding success.

"It is a good opportunity playing with the NSW team in Brisbane," she said.

"I just will be hoping to play well and score some goals in my role as striker."

"Last year Western Australia and Queensland were both really tough teams, but every year is different, it just depends what players they have. We just have to be switched on for every match."

Wednesday 23rd September



FACING OFF AGAIN: St Pat's Kirralee Naylor (left) will be working hard against the likes of Bathurst City players Bec Lee (middle) and Mardi Watts (right) in this Saturday's women's Premier League Hockey grand final. Photo: ZENIO LAPKA.

091209zhok5

# Top-line contests expected on Saturday

## HOCKEY

By BRENDAN ARROW

PREMIER League Hockey president Dave Watson is expecting high quality hockey played at a frantic pace during this Saturday's grand final matches.

Watson, who was a member of the St Pat's team defeated 3-2 by Souths last Saturday, said this year every team had lifted their game.

"The intensity during every game this year has been a lot higher than in previous seasons," he said.

"Every game has had a feeling like an NRL match - every week teams are desperate to win and that has upped the anti."

For the fourth consecutive year the men's grand final will be

played out between Souths and the Lithgow Panthers.

After being defeated 3-2 by the Panthers in the major semi-final, Souths managed to turn their disappointment around against their cross-town rivals on Bob Roach Field.

Watson, who has been president for three years, said that once again the two top teams in competition were playing off for the title.

"It seems a bit like déjà vu with the two best men's teams - I think - in the competition ending up in the grand final," he said.

"I play with St Pat's and we were knocked out by Souths last week, and I don't think they played their best at all against us."

But the question remains as to whether Souths can find the form to defeat a Panthers team looking

for its sixth title in seven years.

"Lithgow have won the title for so many years and a lot of people would be tipping them to win another," Watson said.

"Personally I'd be tipping an upset, because you can not keep winning for ever.

"But it is going to be an incredibly tight match and you just don't know until on the day what will happen."

According to Watson the women's grand final should be a similar story with Bathurst City chasing their third straight title against St Pat's.

While City defeated Pat's 3-1 to qualify for the premiership match, the blue and white army regathered themselves to beat Orange Ex-Services by the same margin in a fiery contest.

"Bathurst City have been a very strong team since they

entered the competition three years ago," Watson said.

"The two teams that merged together we strong in their own rights, but like the men's final you can't keep winning for ever.

"It really is a tough weekend for tipsters."

However, no matter what the result on Saturday, Watson said one of the best things about the season had been the large number of quality junior players who lined up in representative teams.

"This year a highlight has been how many young players we have had make NSW Country and State teams," he said.

"There were a lot more this year and a lot more younger players getting selected, which continues to show the strength of the competition."

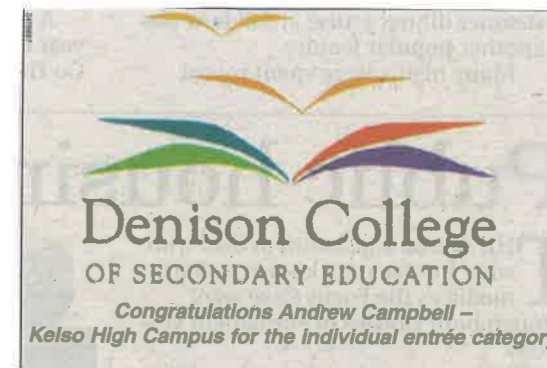
C H A L L E N G E

Cooking & Barista

Whirlpool

Congratulations to all the winners in Bathurst

2478354



PLATED UP: Andrew Campbell with his final product.

# Saints topple the two-times defending premiers



**HAPPY SAINTS:** The 2009 grand final winning St Pat's side are happy to offer a smile following Saturday's 2-0 win over Bathurst City. Photo: PHILL MURRAY

092809ppeta12

# Hotham's under 15s are leading the way at Australian titles

By SAM DEBENHAM

BATHURST player Esther Hotham may have had to forfeit her chance at premier-ship success in local terms with Bathurst City (Premier League) and Kelso, but she is looking good for an even greater prize after the first three rounds of the Australian under 15s titles in Brisbane.

Hotham and her NSW team-mates will go into today's fourth round of the championships looking to preserve their undefeated opening to the tournament after

26

WESTERN ADVOCATE, Monday, September 28, 2009

three outstanding displays to kick-off their campaign.

They line up against Tasmania this afternoon in what shapes as an eminently winnable match which would see them extend their lead at the top of the ladder.

The NSW side have taken all before them to date, beginning with a clinical display in the tournament opener on Thursday.

On that occasion they were simply too strong for the ACT, with Tegan Richards doing most of the damage thanks to two goals while Maddison Rosser added her team's third to ensure the victory.

With that strong showing fresh in the memory, the NSW team followed it up in perfect fashion on Friday as they demolished the Northern Territory 8-0.

This time around it was Rosser's turn to get into the multiple goal scorer's list - she bagged an incredible five during the drubbing. Hotham was unable to get herself on the scoreboard, but spent plenty of time strongly.

Rosser was joined on the scoresheet by Mathilda Carmichael, Jessica Langham and Kate Burcherme in the rout.

Given the status of the ACT and

Northern Territory sides, the true guide to NSW's aspirations came on Saturday when they faced the home side in what was expected to be a close encounter.

It proved just that, with Hotham and her team-mates escaping with a thrilling 3-2 victory.

Carmichael was the hero this time with a pair of goals while Jessica Smith added the third, helping their team squeak home and maintain their perfect record.

After facing Tasmania today, the Blues will play South Australia tomorrow before a tough finish against Western Australia and Victoria.



RUGGED UP: Sharyn Hancott and Mary Kennedy kept warm during NAIDOC Week celebrations.

092809pnaidoc5



COLOURFUL VISITOR: Cook Islands dancer Peter Sosefo, 14, (above left) stood out in his stunning traditional costume during NAIDOC celebrations at Peace Park on Saturday. ABOVE RIGHT: Singer and didgeridoo player Bob Sutor helped entertain the crowd. Photos: PHILL MURRAY

092809pnaidoc1, 4



## Large crowd at NAIDOC party

DESPITE cold and blustery conditions on Saturday there was a good turn out for Bathurst's NAIDOC celebrations in Bicentennial Park.

There was something for everyone with stalls and activities, and performances by Aboriginal dancers as well as a number of songs by popular entertainer Johnny Huckle. The festivities were organised by Bathurst Regional Council and the Bathurst Local Aboriginal Consultative Committee.

The morning began with the official opening performed by Deputy Mayor Ian North and a flag raising ceremony.

BLACC chair Shirley Scott said a great deal of planning had gone into making the event a success.

# Circus Surreal gains useful funding

TODAY I will be attending a presentation for Circus Surreal, which has won the regional division of the 2009 National Australia Bank's Schools First Impact Award of the \$50,000. Based at the Denison Campus of Kelso High, and amounting to \$50,000, the award is a wonderful following to the Denison Campus of Surreal has earned the excellent stewardship of Stephanie Brown, Circus Surreal. I'm sure the funding will be very useful in providing further training and development for this troupe of talented young people - who regularly perform at key events in the city. Congratulations on this worthy recognition!



Mayor's Say Paul Toole

ON Friday I will be attending the opening of the new exhibitions at the Bathurst Regional Art Gallery. Light Sensitive Material: Works from the Verghis Collection and 3dx5 - a collection of three

dimensional works by key Australian artists. The opening is a fundraiser for the Art Gallery, and is used to support the work they do in bringing first-class exhibitions to the city. Tickets are available at the door prior to the opening at 6pm.

Also on show on Friday will be the Donald Friend work. View from the Bloodhouse Bathurst 1951. The Gallery holds a number of Friend's works and will be fundraising to buy this drawing which depicts an interesting view of shops and hotels in Bathurst.

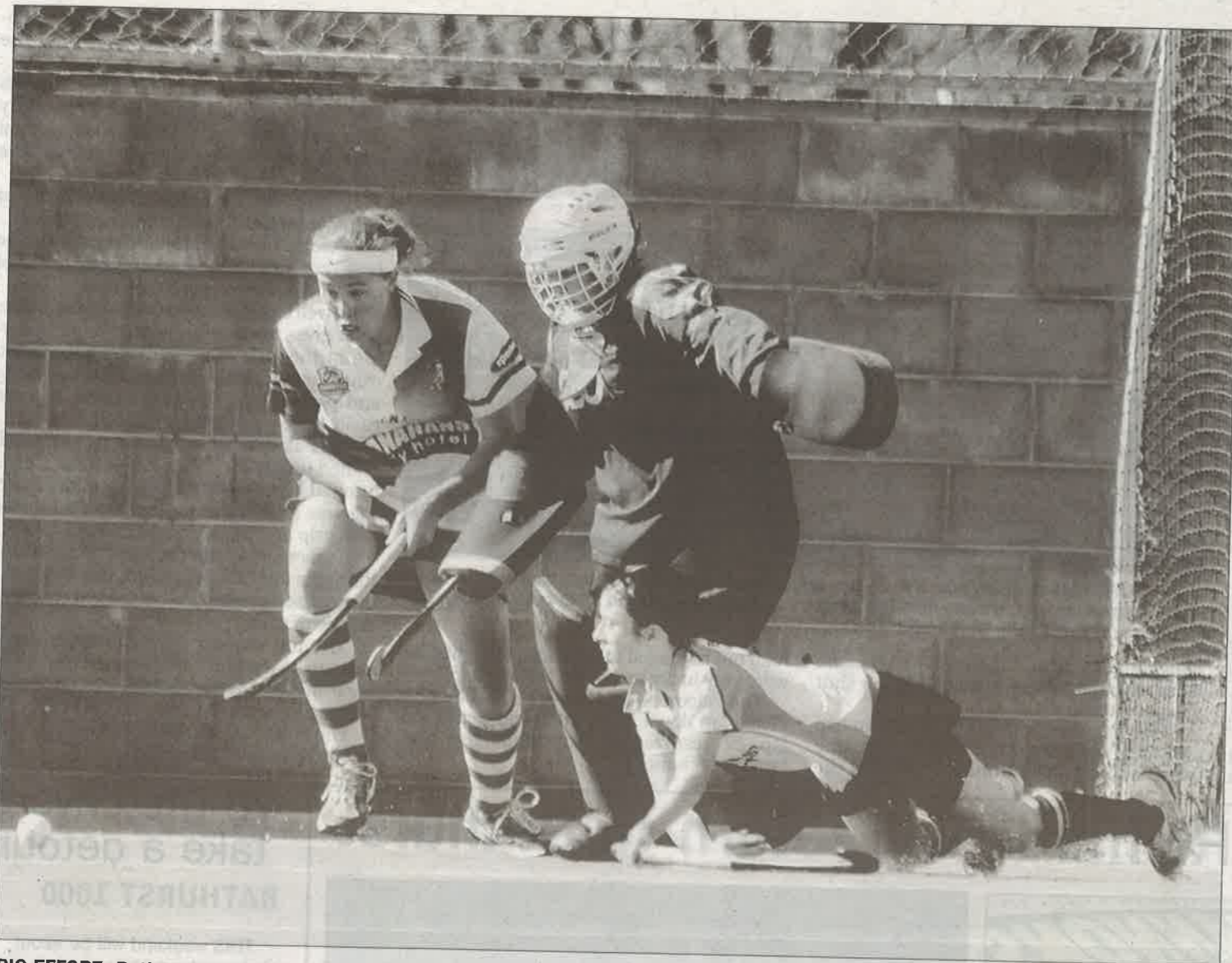
TOMORROW morning I will be attending...

ing the Benefactors' Service, Prefects' Induction and Farewell to Year 12 for All Saints' College - at the All Saints Cathedral. Guest speaker this year will be the Right Reverend John Stead, Assistant Bishop to the Diocese of Bathurst. The service is a thank you to the community.

THE long weekend and school holidays starting this Friday, a reminder to all families to take care on the roads, drive safely and enjoy the break. Remember that your family is a "precious cargo" and being a little late is a small price to pay for safety.

Wednesday 30<sup>th</sup> September

# City duo make amends



**BIG EFFORT:** Bathurst City's Jess Hotham dives to try and knock the ball towards goal in the major semi-final against St Pat's. Her side won that contest but lost Saturday's grand final. Photo: ZENIO LAPKA

091209zhok1

## HOCKEY

By MARK RAYNER

THEY might not have had a win with Bathurst City in the Premier League Hockey grand final, but Mardi Watts and Jess Hotham made up for it on Sunday when they helped Moorebank-Liverpool to a 6-0 thrashing of Western Districts in the Sydney Women's Hockey League decider.

Unfortunately for Kristen Howard, who lined-up for Western Districts, it meant that she played in two losing grand finals over the weekend.

The Sydney contest was expected to be a close encounter after three thrilling matches between the teams during the season and the pair finishing first and second, but it was never the case as Moorebank scored their first goal in the opening two minutes of the game and were never in danger of losing.

Watts said no one in the team was expecting to win by six goals but they were reasonably confident of victory.

**'We played well, everyone was relaxed before the game and everything worked for us.'**

"It was a very good win. We played well, everyone was relaxed before the game and everything worked for us," she said.

While Moorebank had the lead from the start, there wasn't any real early indications that the match would be a walk over. They scored a second goal midway through the half and Western were still looking competitive at the break.

Four second half goals, including one to Watts, ensured that Moorebank made it a complete demolition.

"I scored later in the second half, there was a loose ball in the circle and I got a shot away and it went in," she said.

Watts said she was happy with her effort

in the match but was quick to praise the team.

"Yeah I played pretty well but the whole team had a great game, no-one had a bad game," she said.

The win made up for the disappointment of the 2-0 loss to St Pat's on Saturday, where the minor premiers were unable to win their third straight title.

"I don't know [what went wrong in the match]," Watts said.

"We had opportunities, we just didn't take them."

The pain of the loss was also eased somewhat for Watts by the announcement that she had won the Bathurst Women's Hockey Association Player of the Year.

Watts is unsure of what the future holds for her. If she moves away to university she is unlikely to play for Bathurst City next year, but she won't make that decision for a while.

"I'm not really sure what's happening yet. It all depends on whether I go to university next year. Even if I do go to uni I will probably still play for Moorebank," she said.

Wednesday 30<sup>th</sup> September



**ATTACKING MOVE:** Souths under 15 talent Zoe Watts heads to goal in Saturday's grand final. Souths scored the first two goals of the match, but Pat's fought back to force the contest into extra-time. It was the girls in two shades of blue that emerged victorious, Kaitlyn Weal scoring in the golden goal period. Photo: BRIAN WOOD 092609pats15b



# Unbeaten run takes under 15s into finals

## HOCKEY

By SAM DEBENHAM

THE goals have continued to come for Bathurst striker Esther Hotham as she netted yesterday, for the second game in succession, to thrust her NSW team into the finals of the national under 15s titles.

Playing their sixth match in the space of seven days, NSW were clinical in disposing of Western Australia 5-0 in Brisbane yesterday.

It maintained their unbeaten run that has brought them wins against all comers, with only Victoria to come tomorrow after all teams take a well-earned rest day today.

That match will, more than likely, be a preview of the final, with only Victoria looking like a realistic threat to the NSW team.

Victoria have only dropped one game to date.

Hotham, having slotted her first goal of the tournament on Monday against Tasmania during their 4-1 rout of the island state, backed that up with another against South Australia on Tuesday and was again in the thick of it against the Sandgroppers yesterday.

Prolific team-mate Kate Buthcherine continued her strong form up forward with a double, while Madeleine Bell and Mathilda Carmichael also added goals for their side in what was a strong tune-up for the finals.

Carmichael has stamped herself as one of the keys for NSW in their quest to take out the national title, having bagged seven goals in her past four matches.

Herself, Buthcherine and Hotham each loom as the players to stop for whoever has the task of facing them in the finals.

The score yesterday emphasised the Blues' dominance of the tournament so far, which has seen them net 28 goals while conceding just three of their own.

Victoria virtually stamped themselves in the top two at the conclusion of the preliminary rounds with a 5-2 defeat of the ACT yesterday.

Tomorrow's showdown between Hotham's side and their traditional southern rivals will get underway from 11.30am.



**Snap Shot**

**LET IT RIP:** Kelso High School's young Rural Fire Cadets put the skills they learned during a 10-week course into practice yesterday in the school's public car park. The popular program aims at giving students a taste of what volunteering with the rural fire service is all about. The cadets also learn about team work, dedication, commitment to training and an understanding of safety issues. Photo: PHILL MURRAY

093009pwater

Thursday October 1st.

# Top hockey award for long serving Bestwick

## HOCKEY

By SAM DEBENHAM

"I'M 30 this year, and I've probably spent about 29-and-a-half of those years in the sport I reckon."

Melissa Bestwick has been announced as the recipient of the coveted Kelvin Cooke Memorial Award for Continuous Service to the Bathurst Hockey Association.

Bestwick was announced as the winner of the gong as the Bathurst Women's Hockey Association handed out its end of season awards following the conclusion of competition last weekend.

Having involved herself in virtually every single facet of the sport in Bathurst, it was a fitting way to recognise her contribution - one that is still continuing.

"There is a pretty massive criteria you need to meet to be eligible for the award, you have to be nominated by your peers so there is quite a bit to it," Bestwick said.

"I had no idea about it until I was given the award, so it was a massive surprise. It was quite an honour."

Bestwick has done virtually everything there is to do in the sport at the local level.

A player with Souths at Premier League level, her on field commitments came to a close in 2009 after sustaining a severe knee injury but she continued to officiate at the highest level as an umpire.

She is the vice-president of the Souths club as well as vice-president of the Bathurst Women's Hockey Association, and spent "eight or nine years" coaching prior to becoming a mum in more recent times.

Coaching is something that



**TOP EFFORT:** Mardi Watts (right) was named Bathurst Women's Hockey Association player of the year. Photo: PHILL MURRAY

050309psouth4

she is keen to get back into.

"I have looked into the option of coaching once more next year so that is the next thing on the agenda," she said.

"I turned 30 this year and I've probably spent 29-and-a-half years of those in the sport I reckon, so it is something that has been born and bred into me and I have no doubt that I will stay involved for some time to come."

As well as her nomination for the award, the Cooke family had to approve Bestwick as a deserving winner before the honour was bestowed upon her.

Among the other winners of the various end of season awards were BWA player of the year Mardi Watts, veteran of

the year Margie Miller, and goalkeeper of the year Tara Picker.

"Tara is a very consistent performer and deserves the recognition, she performs at representative level and is also committed enough to travel in order to play," Bestwick explained.

"Damien Carter was named umpire of the year - he umpired the women's Premier League final with me and for someone not so heavily involved at a playing level anymore it is a fitting way to recognise his efforts."

The best and fairest awards throughout the various grades were all decided on a weekly three-two-one basis, with a strong spread of clubs among

the winners.

In A grade Kelso young gun Esther Hotham took top honours, while the A reserves award went to Michelle Jewell from United.

In B grade, Larks' Racquel Klower was judged best and fairest, with the C grade award going to Oberon's Sharon Foley and Sue Theobald of Kelso clinching the D grade title.

"It is nice to see the awards go to deserving recipients that you know are actually the best and fairest players in those grades, people who turn up each week and give 100 per cent," Bestwick concluded.

"It is also great to see some of the smaller clubs represented, it shows that the depth of the sport is very strong."

Friday 2nd October

## TEAM of the week

### Collegians Gawjuz under 16s Netball

THIS week's Team of the Week goes to the Collegians Gawjuz Gals under 16s netball team. This year's grand final winners, the girls are coached by Melissa Noonan who thinks they are all just "gawjuz".

Despite playing in the under 16s division, some of the girls in the team are as young as 12-years-old.

Melissa said the girls had been playing in the upper grade for two years but the association changed the grading, forcing them to enter a different division.

In their tense grand final match the score was even at every quarter and they only won by one point.

"They are just beautiful girls with lovely parents," Melissa said.

"I think because they got on so well during their training sessions that is why they did so well on the court. It is not a chore for these girls to train and they have a lot of fun."

She said the fact that the girls went through to win a grand final with such young players on their team showed just how talented they really were.

"And two girls came into the team and they had come from a team that had never won a game so for those two girls to win a grand final was just great," she said.

The Gawjuz Gals got their name from their coach's sideline praise of "that's gorgeous". But due to the Netball Association's restrictions on names they broke it down to their own unique letter.

The team celebrated their grand final win with a yummy lunch at the Vanilla Bean and Melissa presented a dvd of their win to the girls.

"I am very proud of them and they put in a big effort for such a young team," she said.



COLLEGIANS GAWJUZZ GALS U16'S: Back left, Brooke Parker, Jacquolin Shute, Samantha Thompson, Melissa Noonan (Coach), Alyssa Fairbrother, Tamsin Walters and Ashleigh Seabrook. Front left, Phoebe Ward, Caitlin Parker and Elise Gullifer. Photo: CHRIS SEABROOK



SUPER SPELL: Bathurst star Lisa Griffith performed a key role in her Campbelltown-Camden side's victory over Gordon in Sydney on Sunday. Photo: PHILL MURRAY

## Griffith plays important role in Twenty20 victory

### CRICKET

By **BRENDAN ARROW**

BATHURST cricket talent Lisa Griffith has played a crucial role with the bat and ball to help her Campbelltown-Camden side to victory in the Sydney Cricket Association Women's Competition first grade Twenty20 match on Sunday.

Against Gordon the all-rounder finished with the most economical figures for the day with 1-17 off four overs as she helped restrict the home side to 5-118 from 20 overs.

With Gordon opener and top scorer Hannah Trollip (61) looking to fire in the final stages of the innings, Griffith rattled her stumps and help slow the run rate.

Campbelltown-Camden's Naomi Stalenberg the best of the bowlers, finishing with 2-24 off three overs.

In reply Griffith's side started poorly when Kate Waetford (three) was run out by Mathilda Carmichael, leaving the eventually winners at 1-5.

When Melissa Harrison (20) was caught off the bowling of Hannah Perry, Griffith came to

the crease with her side at 2-53 and the match in the balance.

But Zoe Richards (58 runs from 59 balls) and Griffith kept the score board ticking over, hitting the winning boundary with five balls to spare.

In her first match of the season, Griffith combined good running between the wickets and controlled aggression to score 26 runs off 19 balls, including one boundary, in just 28 minutes.

Besides playing cricket in Sydney, Griffith is also preparing to play a major role for Country NSW after gaining selection in the under 19s team.

A first grader for Oxford here in Bathurst, Griffith has made just about every representative level side she has been eligible for in recent years.

Griffith composed 42 not out to help her Western team chase down ACT's total of 62 in the NSW Country Championship final earlier in the month.

She was given the player of the final award and will line up in the under 19s side captained by North Coast player Angela Reakes.

They will take on City in Sydney on November 13 and 14.

Tuesday 20<sup>th</sup> October



**SWIMMING STARS:** Bathurst talents Emilie Miller (left) and Rachel Staines are all smiles at the Australian Paralympic Youth Games closing ceremony in Melbourne.

## Records and medals for our Paralympians

### SWIMMING

By SAM DEBENHAM

BOTH Rachel Staines and Emilie Miller have returned from the Australian Paralympic Youth Games in Melbourne with plenty to smile about, sharing between them a handful of medals and records.

Staines claimed two gold medals and three bronzes, while Miller – despite missing out on a medal due to the format of the competition – broke four national records in her classification.

Swimming in the 15 years girls age division, Staines took out gold in the 200 metres individual medley as well as the 100m butterfly.

Topping off her effort was a trio of bronze medals from the 50m butterfly and the 100m and 50m breast-stroke.

“She was over the moon, she was nervous as all hell beforehand and her lead-up times weren’t the best, but she was so pumped with the way things went,” Staines’ father Allan said.

“Five medals out of six events is pretty good. It was a pretty big meet, NSW won the majority of the medals.

“Rachel was probably a little bit flat by the end of it all, there were some late nights and the organisation wasn’t the best, but they certainly all enjoyed themselves, that was the main thing.”

Miller meanwhile set new benchmarks in the 50m and 100m freestyle and the 50m and 100m backstroke events.

While she raced for medals against faster swimmers, they were all from different classifications to hers so despite leaving empty-handed to some extent, she was still a big success.

“She’s pretty happy with it, though she was very gruff and grumpy with herself after the races because she didn’t win medals,” Emilie’s mum Donna explained.

“The girls loved it, they absolutely loved it – the opening and closing ceremonies, being up until the wee hours of the morning and just the opportunity to meet so many other children from around the country.”

Thursday 22nd October 2009



READY TO RACE: Bernie Hewitt and Gemma Hewitt will be hoping Narvik can capture his second win in four days at the Bathurst Paceway tonight. Photo: ZENIO LAPKA

101909hewitt3

Friday 23rd October

# Plan to develop women's rugby league

## RUGBY LEAGUE

By SAM DEBENHAM

ONE of the last bastions of maledom in Australia, the sport of rugby league, is set to get a facelift of sorts in Bathurst in the coming month as a push begins to take the sport to the 50 per cent of the population who have never had a chance to play it.

Women's rugby league is virtually unheard of in even the most league-centric parts of NSW and Queensland, but a month-long local program will hopefully put the sport on the map with junior girls as something more than just a television sport.

Beginning on October 29 with a registration day at Carrington Park, a spring competition is tentatively being planned to run for the ensuing month for girls between the late-primary school to Year 10 bracket.

A rugby union player with the CSEwes outfit, Ashley Adams has taken up the task of organising the program and trying to get a viable competition up and running if interest is sufficient.

"There has never really been any rugby league around for me personally, I have grown up with the sport through my family who have a pretty strong link to St Pat's, but the option of playing has never been there," Adams said.

"We're looking to try and build something up for girls around here to play.

"Sydney has a pretty strong competition and there is a lot of women's league in the Hunter region as well - but the country towns have never really progressed."

Rugby union on the other hand has become an accepted sport for women, albeit still a minority one, and it has gained a strong following and participation rate not only in the major eastern cities, but country areas as well.

Adams is hoping that sooner or later league can gain a similar level of acceptance among women.

After the initial registration day next Thursday which will also include a barbecue from 4.30pm to 6pm, there is the aim of playing seven-a-side modified games from the third week on.

If the program is successful enough, Adams says that the organisers will look at possibly forming a competition for 2010 and hopefully involving other towns.

The biggest obstacle to women and girls playing the sport is logically the amount of heavy contact involved, but for those reluctant to get hit by a 'bone rattler', there are alternatives.

"For anyone worried about getting hurt or the body contact, there are options where you



CODE CHANGE: CSEwes player Ashley Adams will be co-ordinating a newly conceived program to promote rugby league among girls in Bathurst. Photo: PHILL MURRAY 102209pashley

can wear a tag like you would in 'Oz Tag'," Adams explained.

"Some girls don't want to risk being injured, and they are also worried I guess about what people might think of them being involved in such a tough sport, but there is the option of wearing the tags so you can play the game without the fear of being hurt."

The program has the backing of the relevant bodies, including the Australian Rugby

League Development.

"The ARLD encourages participants of all skill levels introducing girls to rugby league in a fun, safe and friendly environment operating under the safe play code," ARL staff member and local player Mick Armstrong said.

Cost is \$20 per participant which covers registration, jumper and catering. A barbecue dinner will be served at the conclusion of October 29 and November 5 sessions.

# North sets up win in water before heading out into rain

## TRIATHLON

By BRENDAN ARROW

BATHURST triathlete Nick North has resumed regular training with an impressive win in the Wallabies Triathlon Club's senior men's category yesterday.

Competing in treacherous conditions, North was the fastest over the 300 metre swim, 16 kilometre bike leg and 2.5 kilometre run beating his mentor and coach Richard Hobson.

With the rain tumbling down and temperatures barely reaching double digits, North said he took things a little easy to avoid injury.

"It was pretty sketchy out there," he said.

"The swim was good, in the water was really warm and you didn't want to get out, the bike was good just the turns and the roundabouts were a bit dicey, you didn't want to go too fast or you might fall.

"Other than that it was good racing."

North said he set up yesterday's win in the very first leg of the race, powering through the water and maintaining his lead on the bike, before running home strong to finish in what he thought was around 36 minutes.

North, who had been resting after finishing in 24th place in the 20-24 male age group at ITU Triathlon Championships mid-September, said his work load would now start to pick up.

"I've got a race in Penrith in November, which is over two days before I head to Canberra for half-iron man and try to finish that," he said.

"This race in Bathurst was just a good way to get back into it. After worlds I haven't done that much, I'm about two weeks into my training so it was a good race to see how I could go."

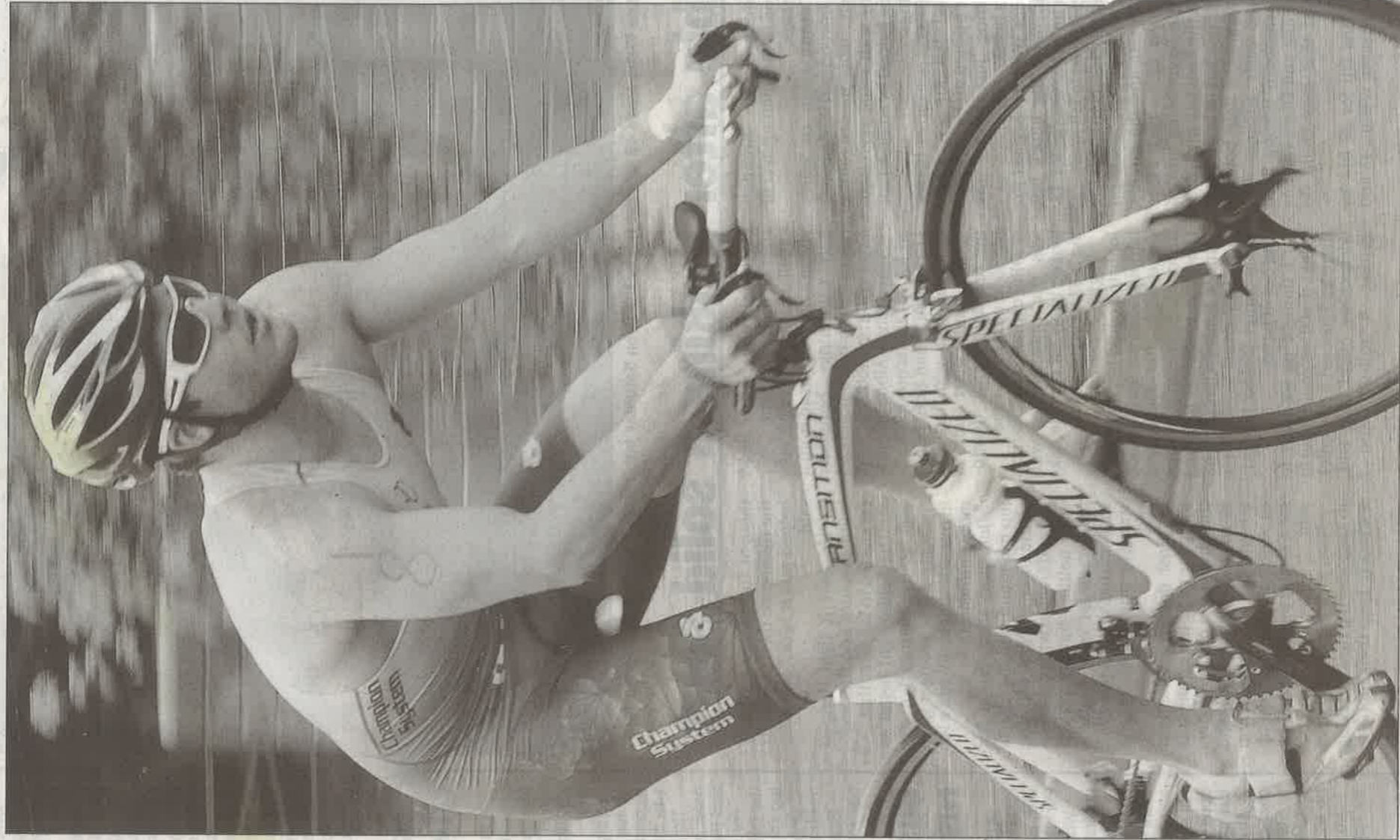
Yesterday's race was the first event of the season for the Bathurst club with the youngest competitors completing 15 metre or 30 metre swim, a one kilometre bike ride and 500 metre run.

That race was then followed by a juniors field who completed a 100 metre swim, 5km bike leg and 1.5km run, before the seniors took to the circuit.

For President of the Bathurst Triathlon Club Howard Yen just seeing so many people out competing was very pleasing.

"It is a pity conditions weren't like Saturday when it was 29 degrees, but it was still great to have around 45 people here from the midgets to the seniors," he said.

"For our first race of the season we are happy with those numbers, particularly with around 10 new people here giving triathlon a go for the first time here. So it was good to see those new faces about."

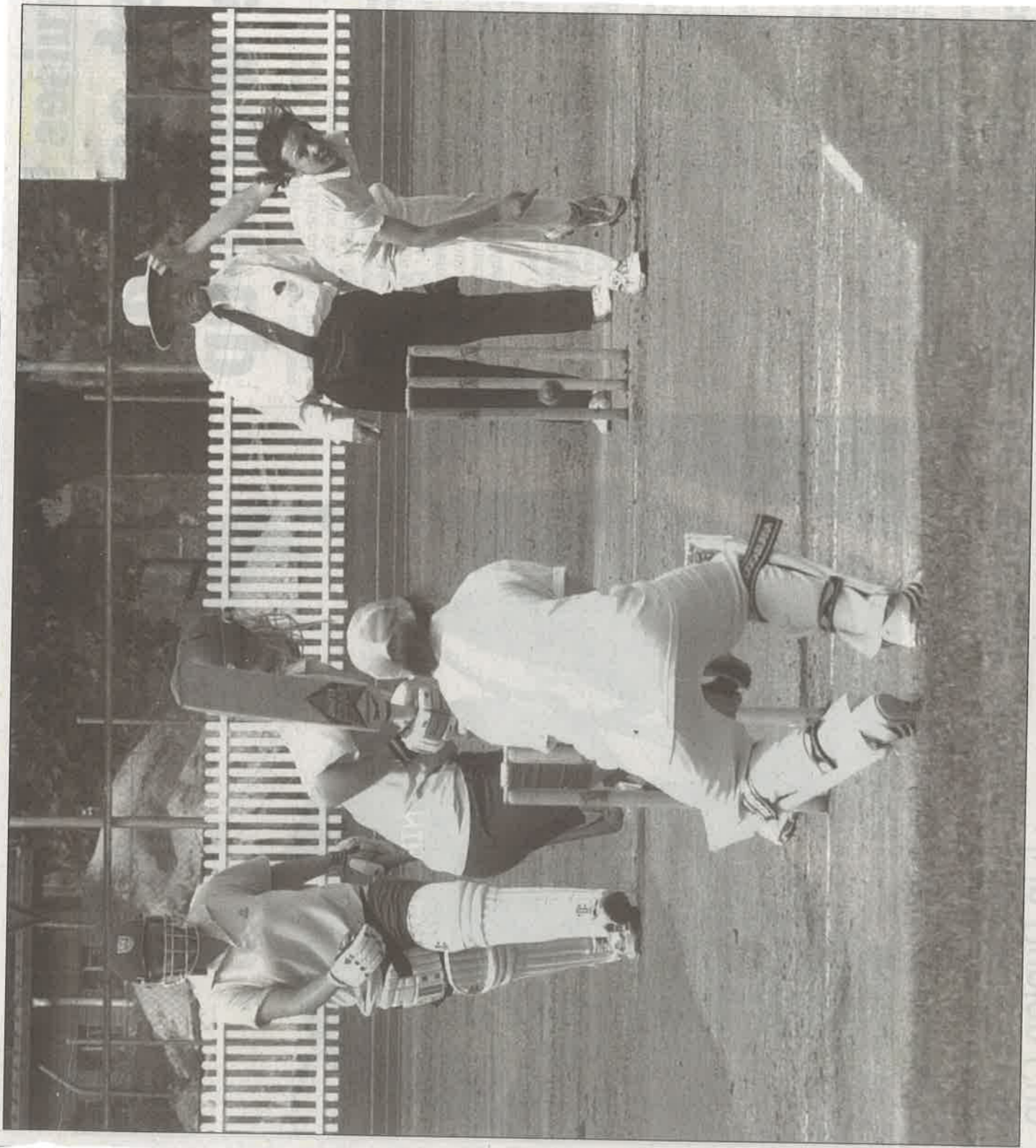


CRUISING TO VICTORY: Nick North may have taken it easy on the bike, but he still took out the seniors for men's section of the Wallabies Triathlon Club race yesterday. Photo: CHRIS SEABROOK

102506c1f1

26 October 2009

27 October 09'



**SUCCESS:** Lisa Griffith, pictured bowling, has been among her team's best so far in their Sydney women's first grade Twenty20 campaign. Photo: CHRIS SEABROOK

## Rain halts Sydney grade action

### CRICKET

By SAM DEBENHAM

THE Bathurst contingent in the Sydney first grade cricket scene had a weekend of mixed fortunes as rain put paid to most of the scheduled games in Sunday's Twenty20 round.

For the men it was the opening round of the First Grade Twenty20 Cup but unfortunately for University of NSW player Blake Dean and St George's Trent Copeland, their matches were abandoned without a ball being bowled.

The other former Bathurst district player in scheduled action was Hawkesbury's Jameel Qureshi, who's side was able to get on for a reduced match of 14 overs per side against local rival Penrith.

Penrith had first use of the Howell Oval pitch and scraped together 6-99 from their 14 overs, which looked slightly below par.

That was accentuated when Justin Nelson helped Hawkesbury to 0-59 before the match was turned on its head.

Puzzlingly for a non-bowling opening batsman, Qureshi was batted at number eight and came in with the score on 6-69 with only a handful of balls remaining as his side collapsed in a heap.

He didn't last long, bowled for three as his side crumbled and fell a solitary run short of Penrith's total in a meltdown of sorts.

Meanwhile the impressive form of Bathurst star Lisa Griffith continued in round two of the women's Twenty20 competition.

Though her Campbelltown-Camden team's match with Bankstown Sports was abandoned after the first innings, Griffith showed

that a starring effort a week earlier was no fluke, bowling tightly to take 0-15 from her four overs as Bankstown racked up 6-122 before the heavens opened.

A week earlier, Griffith played a leading role with both bat and ball as her team won a comfortable victory with five balls in hand and eight wickets in the bank against Gordon at Grahame Thomas Oval.

After winning the toss and electing to bat, Gordon made a more than respectable 5-118 from their allotted overs, due mostly to 61 from Hannah Trollop who smacked her runs at a quick rate before Griffith bowled her during her four over spell of 1-17.

To back that up, Griffith hit an unbeaten 26 from 28 during her side's successful run chase and along with Zoe Richards (58 not out), guided her team to victory.

2nd November 09

# The harsh reality for young learner drivers



**DRIVER TRAINING:** Ric Bolus (head teacher P/E at Kelso High School), with driving instructor, Warren Aubin, Senior Constable Mick Sheppard (in highway patrol car) and Year 12 in background.

By **BRENDAN ARROW**

BATHURST school students yesterday learnt about the harsh realities of driving in an effort to prevent them becoming a statistic.

The annual Rotary Youth Driver Awareness (RYDA) program provides school students aged 16 and 17 with life lessons in relation to driving.

With one in 500 drivers expected to die before the age of 25, the first of an expected 500 students were yesterday given a wake up call about road safety at Mount Panorama.

Over the next two days Year 11 students will learn about stopping distances, hazard perception, safe celebrating and fatigue, hear personal stories from crash survivors and how to make the right decisions while driving.

For Kelso High students

**'[One of] the best ways to show students how to drive safely.'**

Anthony Frisby and Kurt Johns the opportunity to see how far it really does take a car to stop at high speeds is not something they will forget easily.

"I will most likely be taking plenty away from this when I get behind the wheel again," the 17-year-old said.

"Particularly the little things you can do to try and avoid having an accident."

Bathurst councillor and driving instructor Warren Aubin yesterday ran the stopping distances session and discovered most young drivers underestimated how far it takes

a vehicle to come to a halt.

"Around 95 per cent of the students we asked are wrong when it comes to stopping distances," he said.

"Showing them how far it takes a car to stop drums home the importance of not driving over the speed limit. Basically, other than private lessons, this forum is the best way to show students how to drive safely."

RYDA chairman Andrew Dunshea said the forum delivers an important message in an attempt to stop more preventable deaths from occurring on the roads.

"It is vital that we get these messages across to students before they develop bad habits behind the wheel," he said.

"The campaign of 'Alive at 25' is an important message as statically one in 500 young drivers will die on the roads before they reach that age."

110209odrvtrng

Bathurst athletes claim 2009's top honours

# ACADEMY OF QUINELLA

## ACADEMY OF SPORT

By MARK RAYNER

TWO of Bathurst's most talented athletes have claimed major awards at the Western Region Academy of Sport's awards night on Saturday.

Triathlete Nick North took out the WRAS Overall Individual Athlete of the Year award for 2009 while talented basketballer Laurence Mifsud was awarded the WRAS Overall Squad Athlete of the Year after being selected for the New South Wales under 16s side.

WRAS executive officer Nancy Haslop said both awards went to deserving winners.

"Most definitely. Both athletes are from Bathurst and came through our talent I.D program - Laurence for his height and Nick for his fitness," she said.

For North in particular it is a fantastic finish to what has been a big year for the 20-year-old.

In September he achieved the highlight of his young career thus far when he represented Australia at the Triathlon World Championships on the Gold Coast.

The Bathurst Triathlon Club member had to overcome a disrupted preparation after he picked up swine flu which stopped him from training for two weeks but was still able to come home in 24th in his age group.

North was also a member of the Tri NSW under 23s team and picked up three bronze medals in the Australian qualifying races.

Haslop said it was lucky that North's talent was identified as he has gone on to become a top triathlete.

"It was only because he went to Kelso High when it burnt down that we found him. He was doing fitness work up at the uni and I said to someone 'it's a pity that he can't swim' and she said 'he can'." Haslop said.

"He was more of a swimmer but had taken up fitness work because of his asthma.

"If he hadn't had asthma and



**SUCCESSFUL YEAR: Nick North has capped a tremendous 2009 by being named WRAS Individual Athlete of the Year. Laurence Mifsud was Squad Athlete of the Year. Photo: CHRIS SEABROOK**

his school hadn't burnt down he might not have been discovered."

Fifteen-year-old Mifsud is one of the giants of the Bathurst Goldminers club, standing at 210 centimetres, and while he was originally identified for WRAS because of his height, he has proved to have other strong

assets as well.

After just five years in the sport and two years with WRAS he was selected for the NSW under 16s team but was a late withdrawal from the National Championships in Tasmania with injury. However he will get another opportunity to impress in 2010

after being named in the NSW Country under 18s touring side.

Saturday night was also an opportunity for all involved with WRAS in 2009 to celebrate.

Earlier in the day more than 400 athletes and parents attended an orientation day for the 2010 season.



14 Nov 09

# Souths players selected for state

## INDOOR HOCKEY

By SAM DEBENHAM

BATHURST has been rewarded for a strong performance at the NSW under 13s indoor hockey titles in Port Macquarie earlier this month with three selections in the NSW team.

The 10-player side has been selected to contest the Hockey NSW Under 13s Indoor Invitational Championships being played in Niagra Park on the Central Coast in January, with Jessica and Sarah Watterson as well as Madison Boyce being picked for the side.

That announcement came on the back of a runners-up effort from the Bryce Hitchcock-coached Bathurst team in the third division state title.

Their tournament opened with a narrow loss to eventual champions New England but they atoned for that result with a close win over Goulburn, and 17 and 11-goal thrashings of Illawarra and Coffs Harbour respectively.

As a result they found themselves facing Goulburn once more in the semi-finals though this time they were without Sarah Watterson who was ruled out through injury.

Her team-mates rallied though through the likes of Sarah Watterson, Boyce, goalkeeper Madison Tatersall, Alana Webber, Kelly Baker, Jess Hayward and Danielle McKinnery all chipped in despite her absence to help their side to a tough 3-2 victory.

Though they pushed New England all the way, they came up short and went down 3-1 in a hard-fought final.

The three selected representatives - all of whom play locally for Souths - have plenty to look forward to when they line up for their state in January - NSW took out every title in every age group earlier this year.



**STATE REPRESENTATIVES:** Jess Watterson, Madison Boyce and Sarah Watterson will represent the NSW under 13s at the Indoor Invitational Championships in January. Photo: MARK RAYNER

111009mthoc

"The girls are very excited about their selections and will have to put in some hard training between now and January to be able to deal with the heat playing at that time of the year," team manager Sandra Boyce said.

Meanwhile the Bathurst under 13s boys fell just short themselves after making the final against Goulburn.

In a thriller, they went down 4-3.

They had defeated Coffs Harbour 3-1 in the semi-final to make it that far after earlier beating Macarthur 9-3, going down 7-1 to the eventual winners, beating Coffs Harbour 3-2 and smashing Port Macquarie 17-0.

Riley Hanrahan and

Travis Cartwright were both named as shadow players for the Blues squad that will contest the national titles in January.

"For both teams to finish runners-up was a grand effort as they both consisted of players that were new to this type of hockey and also some players that were very young," Boyce concluded.

9th Nov. 09



**CUTTING EDGE ENTERTAINMENT:** Cirkus Surreal member Lyndon Tye juggles knives at the O'Connell picnic.

110809oplnc2b

**CRICKET IN BRIEF**

**Griffith playing for Country side**

BATHURST all-rounder Lisa Griffith will be hoping to impress the people who matter when she completes the City vs Country carnival this afternoon with the Country under 19s side.

Griffith was named in the Country team on the back of her impressive performances at last month's NSW Country titles with Western and was among the key players selected for the two clashes against their City counterparts which began yesterday.

The Oxford star has been in good form with both bat and ball to date this season and was given the honour of the vice-captaincy of the Country team under the leadership of North Coast player Angela Reakes.

Griffith was the only Western player chosen to contest the two matches in Sydney despite Western taking out last month's Country championships, Griffith herself starring in the final with a composed 42 which earned her the player of the match award.

A strong performance against City will put her firmly in the frame to make the next step into the state under 19s squad and also put her name under the spotlight for senior honours down the track.



**SWAPPING SPORTS:** Joe Bugg will leave the motorcycle in the garage this week as he tries to make the Australian Under 16s Indigenous rugby league side. Photo: PHILL MURRAY

**Bugg opts for a football field over a dirt track**

**RUGBY LEAGUE**

By MARK RAYNER

LAST Saturday Joe Bugg was destroying his opponents in the 250cc 4-Stroke junior support class at the Blayney Long Track Championships, but this weekend he will pull on the boots to try out for the Indigenous Australian Rugby League team that will take on New Zealand next year.

The talented 15-year-old plays five-eighth for Bathurst Panthers under 16s in Group 10 Junior Rugby League but aspires to pull on the green and gold.

Bugg was originally planning to compete in the Australian Junior Dirt Track Championship in Canberra this weekend, but the opportunity to try out for the team that will play before the Indigenous All Stars versus NRL All Stars match on the Gold Coast in February looked more tantalising.

Last week Bugg was in the thick of action at the Long Track titles at Blayney and he finished with three race wins and a second in the final race to take out his class.

He dominated the first three-lap race, winning by almost a second, while becoming the only rider in the field to break into the 27 second lap times.

That form continued in the second

race with no one able to touch him as he rode to another straight forward victory on his Kawasaki KXF.

Race three saw him go even faster, having to step up his speed as Yamaha rider Alexander Griffin became the second rider to clock a 27 second lap.

However, Bugg was able to stay ahead and made it three from three.

He took a handy lead over Griffin into the final race, guaranteeing himself at least second.

The final race started in disaster with Bugg caught up in an accident at the first turn, but it was restarted and he went on to finish second.

"I got taken out and crashed but we restarted and someone broke the tape so we had a second restart and I ended up coming second. That wasn't too bad because I had already won the championship and only had to finish to win," Bugg said.

"It was a pretty good weekend of racing."

Bugg's father Robert Patterson said he was very proud of his son and added the support they received had been tremendous.

"We owe a lot to Anthony Gibbs and Great Western Motorcycles because their support has been A1 and without them we wouldn't have been able to achieve what we said," he said.

Monday 16<sup>th</sup> November 2009

## Bathurst City opener's philosophy lands him **176** runs



# EARLE'S WHACK ATTACK

## CRICKET

By SAM DEBENHAM

"I JUST go out there the same every week, I think 'bowlers are rubbish' and I try to whack it."

A simple philosophy maybe, but it's one that clearly works for Bathurst City opener Kirby Earle who blasted 176 against Old Boys in Bathurst District Cricket Association first grade action on Saturday.

The right-hander cracked 120 runs worth of boundaries against a hapless Old Boys attack and though they would be the first to put their hand up and point to the absence of the likes of talented bowlers Peter Francis and Emile van Schalkwyk, they cannot argue with the raw and brutal figures of Earle's knock.

It is not the first time he has visited such heights with the willow – just under three years ago he clobbered 174 in a Mitchell under 21s game against Mudjee while Ben Orme inconceivably played second-fiddle with 103 of his own.

On Saturday, it was City's Nathan Dennis who had the best seat in the house for much of the innings, making 46 while watching Earle amass 96 of his own.

Orme was on hand to watch the rest of the knock, making just 24 of a 108-run union for the second wicket as his partner pushed towards what could have been a double century at the rate he was scoring.

"I felt exhausted by the time I finished," Earle said.

"I hit 174 a few years ago but aside from that I've never been close to Saturday's score – I didn't think I was that many. I knew I had a fair few, but probably not 176."

Anyone who has watched the Redbacks opener on multiple occasions knows that he likes to go big and take the attack to the opposition, but that approach had not served him as well in the last two seasons after a promising start to his first grade career that yielded several centuries in the now defunct Bathurst Orange Inter District Cricket competition.

He surfaced for a 95 last season but didn't make it past 27 in any of his other knocks and by his own admission, he was not as committed to the sport as he is now.

Until Saturday he had looked good without going on – his recent run of scores this season included 36, 32, 12 and 27.

"The last few years with the bat have been pretty ordinary, but I've been trying to really work hard at training and put in the extra effort and it has helped heaps – I'm trying to concentrate a lot more," he said.

"I had been hitting them pretty well before that innings and I thought something big was coming, but not that big."

"I don't think it is quite the best I've ever batted, but it was probably pretty close."

**GO OUT AND WHACK IT:** Kirby Earle did that and more on Saturday as he crashed 176 against Old Boys. Photo: CHRIS SEABROOK

111409city4

Tuesday 17th November 2009

# North tested by another young gun

## TRIATHLON

By MARK RAYNER

NICK North has fended off a huge challenge from emerging talent Nathan Bankovic to take out the second race of the Bathurst Tri Club season on Sunday.

North has now won both races so far this season but he was made to work hard by Bankovic, who put in a big effort in the cycle leg to catch up to him and sat on his tail for most of the race.

The 20-year-old began in typically strong fashion in the 300 metre swim leg and established a lead, but he soon found Bankovic on his tail again while on the 16 kilometre bike ride.

"It was a fantastic race. Nathan is getting stronger all the time and I knew I needed to get a bit of a lead because he is brilliant on the cycling leg," North said.

"I did manage to do that but he rode pretty hard for the first couple of kilometres and was able to jump on, but I think he was a bit tired, he had used up a bit of energy to catch me.

"From there he just sat on my tail and that was good because I was able to make him work."

North said he knew that he was in with a good chance of holding onto the lead when they began the 2.5 kilometre run together.

"I was pretty happy when we got off the bike because I know his running isn't the best and mine is pretty good at the moment and I was able to hold on for the win," he said.

North finished the triathlon in 35 minutes and 55 seconds while Bankovic was 42 seconds behind in second. Richard Hobson came home in third in a time of 38 minutes and one second.

It was an easier win for North in the opening round last month when he finished in a time of 37 minutes and 12.9 seconds, more than a minute and a half ahead of Hobson, while Orange's Matt Cotton clinched third place and was the only other competitor to finish inside the 40 minute mark.

While North was pleased to get his second win in the Bathurst club events in as many attempts, he said that he was mainly using them to keep up his fitness.

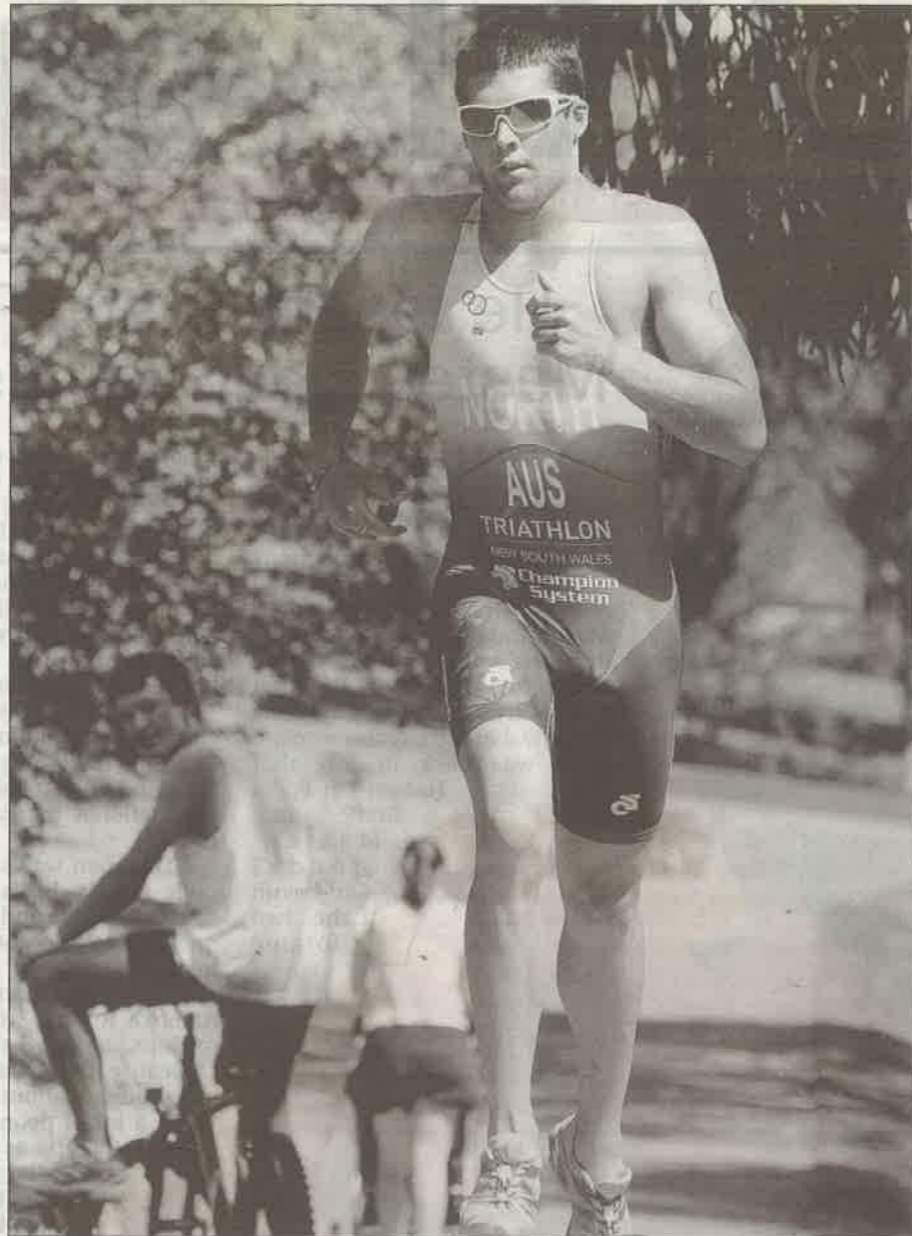
"I'm pretty happy with my form at the moment. I'm doing these Bathurst races as preparation for the bigger events like the Nepean that is coming up in two weeks," he said.

He will also look to contest the Kurnell Pro Tour event and the Australian Challenge Series that kicks off in Geelong in January.

North was also rewarded for his achievements in the last 12 months when he was recently named as the Western Region Academy of Sport Individual Athlete of the Year award.

"I was quite shocked to win that because there are some very talented athletes in the High Performance program. I thought what I had achieved was great, but all the athletes are talented," he said.

"I just want to thank Winning Edge Cycles because they have helped me out a lot."



**CLOSE FINISH:** Nick North was able to hold off Nathan Bankovic (below left) and Richard Hobson (below right) to win race two of the Bathurst Tri Club series on Sunday. Photos: CHRIS SEABROOK



**PERFORMERS:** Come and see Cirkus Surreal perform at the Quota Fete on Saturday.

## Quota fete is on this Saturday

**B**ATHURST Quota members are busy planning for their major fundraiser - the Quota Fete this Saturday from 9am to 2 pm.

The fete will again be held in "Quota Park" on the Corner of Bentinck and Howick Streets.

Quota stalls include: cakes and lollies, jams etc; plants and flowers; White Elephant and books; fresh vegetables and much more. Community groups and individuals have also booked stalls to sell a range of items such as craft, gifts, jewellery, etc.

Come and see Cirkus Surreal who will be performing throughout the morning, and there will

also be a barbecue.

Tickets are being sold for the major raffle to be drawn at the fete. First prize is one night accommodation for two at Coogee; second prize a \$200 Katie's wardrobe; and third prize a wine hamper.

All proceeds from the fete will be donated to local charities.

Come and join us at our Quota Park and help us to raise money for the local community by grabbing a bargain, have breakfast or lunch and join in the fun.

It's not too late to organise a stall. Just phone Sue Vane at Katie's on 6332 5338.