

When You Play Sport You Need To  
Drink The Water You Sweat Out

What You Need To Do

- ☞ 45 mins. **BEFORE** sport drink!  
300-500mls (that's 2-3 cups)
- ☞ Every 15-20 mins. **DURING** sport drink!  
200mls (that's 1-2 cups)
- ☞ As often as possible **AFTER** sport drink!  
more than you are thirsty for.

So Grab Some Water And drink!



PLAY SAFE SPORT



# LACROSSE



SENIOR  
NATIONAL  
CHAMPIONSHIPS



**SOUTH AUSTRALIA  
WESTERN AUSTRALIA  
NEW SOUTH WALES  
TASMANIA  
VICTORIA**

11 TEAMS  
8 DAYS OF SUPER  
MENS & WOMENS  
LACROSSE ACTION

# NATIONALS

**\$1.00**



Australian Women's  
Lacrosse Council

**ADELAIDE MAY 10-17 1997**



AUSTRALIAN  
LACROSSE  
COUNCIL

# LIGHT ICE

CHILL FILTERED BEER



**EXTREME REFRESHMENT**



## South Australia

- 0 Leanne Craddock
- 1 Kelly McGloin
- 2 Belinda Rowland *Captain*
- 3 Carly Mangan
- 4 Melissa Williams
- 5 Josie Carrieri
- 6 Wendy Greaves *Captain*
- 7 Leah Barnden
- 8 Jenni Adams
- 9 Judith Ingster
- 10 Suzanne Gitsham
- 11 Cath Morphet
- 12 Cathy Flett
- 13 Keely Cooper
- 14 Leanne Heinicke
- 15 Tracey Rehn

- 23 Kate Mons
- 58 Kate Threadgold

**Coach:** Cathy Flett  
**Manager:** Kathy Goad-Burgess

**Sponsored by:**

- Living Health
- Carlton & United Breweries
- Carlton & United Special Beverages
- Schweppes Cottées
- Beiersdorf Australia
- Ansett Australia

## Western Australia

- 1 Kellie Morley *Captain*
- 2 Lorie Cairns
- 3 Danielle Kelly
- 4 Adele Ackland
- 5 Stacey Smith
- 6 Catherine Forbes
- 7 Louise Glenn
- 8 Marie Therese Mattes
- 9 Amber Swadling
- 10 Kathy Toy *Captain*
- 11 Jacqui Forbes
- 12 Sara Jane Prosser
- 13 Tanya Broom
- 14 Jenny Lee

- 15 Jessica Minas
- 16 Naomi Bingham

**Coach:** Noelene Bailey  
**Assistant Coach:** Lloyd Morley  
**Manager:** Jenny Lee

# Victoria

1	Jane Chapman	15	Laura Garnsworthy
2	Julie Lincoln	16	Carol Lincoln
4	Margaret Barlow	18	Natalie Speakman
5	Stacey Morlang	19	Shelley Maher
6	Sam Harrison		
7	Meredith Carre <i>Captain</i>	Coach:	Greg Mollison
8	Deanne Montague	Manager:	Nicole Sainsbury
9	Tania Orr <i>Captain</i>		
10	Michelle Lincoln		
11	Leanne Trainor		
12	Sue Gandy <i>Captain</i>		
13	Fiona Graham		
14	Tina Webster		

# New South Wales

2	Vicki Spencer <i>Captain</i>	22	Lisa Bollard
4	Liz DeMontamas	26	Gen Cartwright
5	Erin Shutes	31	Rosling Winter
6	Sophie Woolcott	41	Robin Weckert
7	Lydia Thompson		
8	Cath McCole	Coach:	Peter Koshnitsky
9	Janet Hughes	Manager:	Rosling Winter
10	Annabel Kain		
11	Helen Markham <i>Captain</i>		
12	Joann Matthews		
14	Elizabeth Drummond		
16	Samantha Ogden		
17	Majorie Adams		
21	Maura Bollinger		

Australian Sports  
Commission

# Tasmania

1	Andrea Fleming	16	Kim Hannah
2	Rachel Rees <i>Captain</i>	17	Monique Tyers
3	Shaned Rees	18	Nikki Williams
4	Carol Howarth		
5	Sam Hudson	Coach:	Matt Omond
6	Georgina Goward	Assistant Coach:	Jeff Ross
7	Vanessa Barry	Manager:	Nicole Lane
8	Jo Page		
10	Kirriy Baulch		
11	Alicia Moodie		
12	Denise Heckscher		
14	Ann Lasala		
15	Susanna Mullner		

# SA Associates

Sarah Aston	Emma Rennie	
Tracy Hogan	Chantelle Hobbs	
Natasha Vorassi	Melindie Fardone	
Emma Hart	Abbey Blight	
Cherylea Dale		
Leah Latimer	Coach:	Rod Greaves
Julia Martin	Manager:	Bob Latimer
Nicole Mordowicz		
Christy White		
Sonia Judd		
Jodie Hupatz		
Linda Faunce de Laune		
Hayley Blanch		
Angela Jones		

## 1997 Senior Nationals Championship Dinner Farewell Function

Adelaide Greyhound Club, 55 Cardigan Street, Angle Park  
Saturday 17th May  
7:00 pm for 7:30 pm  
\$25.00 per person

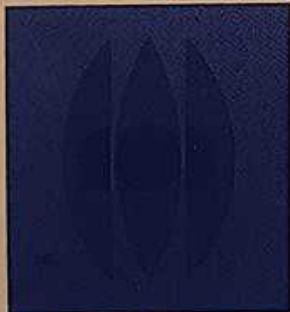
**Come and celebrate with all the teams & dance**  
Tickets available at the Match Office at Findon - No Door Sales



Schweppes  
**sport**™  
 +



**ANSETT AUSTRALIA**



**Bank SA**

**Bank of South Australia**

## Championship Winners

Garland McHarg Mens Champion Team	Year	Joy Parker Womens Champion Team
Victoria	1910	
Victoria	1912	
South Australia	1920	
South Australia	1923	
South Australia	1926	
Victoria	1929	
Victoria	1932	
Victoria	1936	
Victoria	1939	
Western Australia	1947	
Victoria	1950	
Victoria	1953	
Victoria	1956	
South Australia	1959	
South Australia	1962	
Victoria	1965	South Australia
Victoria	1968	Victoria
Victoria	1970	South Australia
Western Australia	1972	Victoria
Victoria	1974	Victoria
South Australia	1976	South Australia
South Australia	1977	
	1978	Western Australia
Victoria	1979	
	1980	Western Australia
Western Australia	1981	Victoria
Western Australia	1982	South Australia
South Australia	1983	Victoria
Western Australia	1984	Western Australia
Western Australia	1985	South Australia
Victoria	1986	South Australia
Victoria	1987	South Australia
Western Australia	1988	South Australia
Western Australia	1989	South Australia
Western Australia	1990	South Australia
Western Australia	1991	South Australia
Victoria	1992	South Australia
Western Australia	1993	South Australia
Victoria	1994	South Australia
Western Australia	1995	South Australia
Western Australia	1996	Victoria
?	1997	?



# South Australia



- 1 Greg Larwood
- 2 James Inge *Captain*
- 3 Tony Sellan
- 4 Brett Howe
- 5 Craig Schicker
- 6 Stuart Robb
- 7 Jim Mihelios
- 8 Robbie Rigg
- 9 Steve Reppucci
- 10 Robert Lawson *Captain*
- 11 Konrad Frankee
- 12 Chris Johnston
- 13 Glen Revell
- 14 Benn Hamilton
- 15 Tim Mildren
- 16 Michael Sheidow
- 17 Shane Harley
- 18 Paul Kernaghan *Captain*
- 19 Nigel Wapper
- 22 Peter Inge

- 23 Richard Feleppa
- 27 Mark Norton
- 42 Jason Vorassi

**Coach:** Craig Jaeger  
**Assistant Coach:** Peter Brown  
**Manager:** Gary Mortimer  
**Assistants:** Wayne Sutton  
 Paul Sheidow

**Masseur:** Raelene Sutton

### Sponsored by:

- Living Health
- Carlton & United Breweries
- Carlton & United Special Beverages
- Schweppes Cottees
- Beiersdorf Australia
- Ansett Australia



# Western Australia

- 1 Murray Keen *Captain*
- 2 Nick Duncan
- 3 Matt Schomburg
- 4 Nathan Rainey
- 5 John Hiron
- 6 Kim Gillespie *Captain*
- 7 Shaun Kelly
- 8 Scott Griffen *Captain*
- 9 Brett Smith
- 10 Michael Wann
- 11 Gerrard Wills
- 12 Daniel Knight
- 13 Joe Lofgren
- 14 Wayne Curran
- 15 Michael Elliot
- 16 Aaron Stubbs
- 17 John Brewer

- 18 Murray Gates
- 19 Travis Roost
- 20 Tom Cahill
- 21 Gavin Leavy
- 22 Brendan Farrell
- 23 Darren Empsall

**Coach:** John Hiron  
**Manager:** Ron Smith



# Victoria



- 2 Terry Sparks
- 3 Brad Wilmott
- 4 Darren Gibson *Captain*
- 5 Rod Ansell *Captain*
- 6 Scott Garnsworthy
- 7 John Tokarua
- 9 Suthy Thoeun
- 10 Adrian Slattery
- 11 Cardin Flaherty
- 12 Thomas Garnsworthy
- 13 Alan Lewer
- 14 Greg Moore
- 15 Jamie Buchanan *Captain*
- 16 Tim Fry
- 18 Darren Nicholas
- 20 Robbie Stark
- 23 Brad Skepper

- 27 David Spreadborough
- 30 Spiro Melissovas
- 36 Tim Murphy
- 42 Paul Cook
- 43 Adrian Skepper
- 44 Sean Slattery

**Coach:** Brian Bell  
**Assistant Coach:** Ken Nicholls  
**Managers:** Bill Buchanan  
 Robert Pettit  
 Barrie Moore

### Sponsored by:

## Brine Australia



# New South Wales

- 1 Adam Wall *V Captain*
- 2 Paul Payne
- 3 Peter Steer
- 4 Richard Bathman
- 5 Adrian Moyle
- 6 Alex Bijkerk
- 7 Keith Trader
- 8 Josh Beagley
- 9 Jim McBryde
- 10 Wayne Hann
- 11 Ryan Fraser
- 12 Troy Redwood
- 13 Chris Legras
- 14 Jamie Morton
- 15 Chris Hamilton
- 16 Kevin Lee
- 17 Jackson Buttles

- 18 Oliver Forbes - Leith
- 19 Eric Jeronimus
- 20 Neil Bates *Captain*
- 21 Giles Davidson
- 22 Garth Ellis
- 25 Nigel Chapman

**Coach:** Brent Coye  
**Managers:** Shane Voigt

### Sponsored by:

## SUSTAGEN™