

**RYDE  
ATHLETICS  
CENTRE  
INCORPORATED**



**2005/2006 SEASON  
ANNUAL REPORT**

# **RYDE ATHLETICS CENTRE INCORPORATED**

ABN: 99 850 553 401

## **2005/2006 SEASON – ANNUAL REPORT**

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Ryde Athletics Centre Incorporated - formed in 2000

### **LIFE MEMBERS**

Sharon Aldridge	Nancy Atterton	Bruce Brown
Margaret Chappell	Alain Corne	Diane Corne
Phil Cossell	Lynette Cox (née – Hill)	Bob Crawford
Lorraine Crews (née – Morgan)	Dorothy Cubban	Margaret Davies
Merv Davies	Sharon Dewar (née – Read)	Will Devjak
Tony Fernandes	Miriam Fogliani (née – Spitteler)	Ross Forster
Peter Graham	Warren Gray	Kurt Hansen
Andrew Jackson	Rachael Jackson (née – Massey)	Keith Johnson
Adrienne Kinna (née – Bouffler)	Glen McCarthy	Suzette McFarlane (née – Sames)
Yvonne Melene (née - Godfrey)	John Mills	Roslyn Mitchell (née – Cramp)
Betty Moore	Coral Read (née – Hellyer)	Julie Reynolds
Judy Scott (née – Murray)	Rita Shield	Gaye Shuttler (née – Woolley)
Desleigh Spitteler	Reg Tarte	Mary Thomas
Ian Trimble	Ruth Trimble	Glyn Whalan
Colleen Wilson (née – Hill)	Kay Williams	

### **PATRON**

Betty Moore

### **PUBLIC OFFICER**

David Lewis

### **DIRECTORS**

Ross Forster  
Ian Trimble

Ann Arnott  
Keith Johnson

David Lewis

# *SENIORS REPORT*

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## **COMMITTEE MEMBERS – Seniors**

PRESIDENT	Ros Mitchell
VICE PRESIDENTS	Bruce Brown
SECRETARY	Ann Arnott
TREASURER	Ross Forster
REGISTRAR	Ross Forster
RACE SECRETARY	Ross Forster
MALE CAPTAIN	Will Devjak
FEMALE CAPTAIN	Tara Milgate
PUBLICITY	Ross Forster
A.N.S.W. DELEGATES	Ros Mitchell
	Bruce Brown
A.N.S.W. CO-DELEGATES	Janelle Eldridge
	Betty Moore
NORTHERN ZONE DELEGATE	Andrew Atkinson-Howatt
COACHING CONVENER	Ross Forster
SOCIAL ACTIVITIES	Ros Mitchell

## **COMMITTEE MEMBERS - JUNIORS**

PRESIDENT	Ron Daniel
VICE PRESIDENT	Keith Johnson
SECRETARY	Karen Lowe
TREASURER	Robert Jukic
REGISTRAR	Kate Kelland, Ian Trimble
CHAMPIONSHIPS	Bernadette McGuire
AGE MANAGERS	Bob Jones
PUBLICITY	(vacant)
RESULTS	Mick Ross, Sally Dillon,
OFFICIALS	Tim Nightingale
TRACK and FIELD	Peter Peters
	(Track) David Lewis
	(Throws) Julie Reynolds, Charlie Parker
	(Jumps) Bernadette McGuire
OFFICIALS DEVELOPMENT	Bob Crawford
COACHING	Doug Russell
EQUIPMENT	Simon Bergfield
CANTEEN	Margaret Atkinson, Angela Chan
FIRST AID	Girvan Malcolm
DELEGATES	Julie Reynolds
	Glyn Whalan
	Anne Masing
DUNBAR PARK IMPROVEMENTS	Paul Ranjitkumar
SOCIAL ACTIVITIES	Julie Reynolds
UNIFORMS	Karina Tumminello, Kate Kelland

# ***SENIORS REPORT***

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## **AGE MANAGERS AND ASSISTANTS – JUNIORS**

TINY TOTS	Debbie Simula
UNDER 6 BOYS	Pauline Condon
UNDER 6 GIRLS	Laurel Simmons
UNDER 7 BOYS	Rob Hain
UNDER 7 GIRLS	Jenny Jenkins
UNDER 8 BOYS	David Clark
UNDER 8 GIRLS	Mira Jukic
UNDER 9 BOYS	Tom Newman
UNDER 9 GIRLS	Patrick McConnell
UNDER 10 BOYS	Sally Colquhoun
UNDER 10 GIRLS	Michael Hill
UNDER 11 BOYS	Felicia Riviezzi
UNDER 11 GIRLS	Jenny Rodgers
UNDER 12 BOYS	Mark Rosenberg
UNDER 12 GIRLS	Doug Russell
UNDER 13 BOYS	Ewen Page
UNDER 13 GIRLS	Terri Ortado
UNDER 14 BOYS	Robyn Dagwell
UNDER 14 GIRLS	Andrew Francis
UNDER 15 BOYS	Glenn Gallagher
UNDER 15 GIRLS	Andrew Francis
UNDER 18 BOYS & GIRLS	Ross Forster

## **CAPTAINS - JUNIORS**

BOYS	Jason Chen
GIRLS	Alyssa Ross

# *SENIORS REPORT*

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## **DIRECTOR'S REPORT:**

Once again our annual report is full of wonderful achievements and participation by our athletes and officials both young and older. We have had competitors in Tiny Tots and at Athletics Australia's National Titles and everything in between. Juniors even hosted a successful Zone carnival which requires a big commitment by the centre, its officials and even past members.

Away from track and field performances there has been a range of initiatives. For example, we have seen the introduction of our new website "www.ryde-athletics.org.au" which is well designed and puts a lot of information right at your fingertips. Our facilities have improved. We now have top quality synthetic long jump and triple jump run ups at Dunbar Park as a result of the work done in the off season. This major investment was achieved with support from Ryde City Council and LANSW.

You can see from the structure of our annual report that our centre is run in two divisions. Juniors, in association with Little Athletics NSW, covers tots to under 15, while Seniors, in association with Athletics NSW covers under 12 to veterans. Each division runs under its own Committee with your Directors responsible for our corporate issues. Both Divisions cooperate to offer a full service.

You may be aware that this year our Juniors Division sponsored free dual registration for any under 13 to 15 athletes that wanted to compete in both LANSW and ANSW competitions. This initiative was greatly appreciated by Seniors, and helps to integrate the cross-over years.

We believe one club should be able to cover athletes of all ages. This situation may need to be defended in the coming years as efforts are made to reduce the number of smaller senior clubs by amalgamation. This is in response to an enquiry into the structure and conduct of athletics in Australia. It is primarily concerned with senior competition. For our part, we believe that there is a role for a club like ours that integrates the two associations. While our Seniors Division is not large, it is able to offer athletics the same personalised and friendly sporting association as emerges in our age groups in Juniors.

We thank those who have made the season so enjoyable whether through track and field success or from the friendships that have been made and maintained through our sport.

**Keith Johnson, David Lewis, Ross Forster, Ann Arnott, Ian Trimble.  
Directors/Commissioners.**

# *SENIORS REPORT*

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## **TREASURER (Seniors):**

### **Senior Division accounts for the season 2005/2006**

#### **Income**

Registrations	\$4,145.00
Uniforms	\$5.00
Bank Interest	\$16.32
Donations	\$1,860.00
Canberra Trip	\$1,105.00

#### **Expenditure**

ANSW Affiliation & Insurance	\$400.00
Registrations	\$3,180.00
Uniforms	\$40.00
Canberra Trip	\$1,078.00
Ribbons & Trophies	\$636.10
Training Equipment	
Athlete Donations	\$300.00
Competition Fees	\$260.00
Advertising	\$99.00

#### **Total Income**

**\$7,131.32**

**Total Expenditure \$5,993.10**  
**Plus Net Income \$1,138.22**  
**\$7,131.32**

### **Bank Statement Reconciliation:**

Bank Statement - 31/03/05	<b>\$5,127.86</b>
<u>Less</u> last year's unrepresented cheques	\$260.00
<u>Plus</u> Net Income	\$1,138.22
<u>Plus</u> unrepresented cheques this year	
Bank Statement - 31/03/06	<b>\$6,006.08</b>

### **Uniform Stock:**

Uniform stock as at 31/3/2006

3 x 9808 (Ladies' Tops – Sizes 10, 12 & 14)

4 x 9856 (Men's' Singlets – Sizes 12[2], 14 & 18)

### **Donations to Athletes:**

Nick Walker	\$300.00
	<b>\$300.00</b>

A huge thank you to those who kindly made cash donations and/or contributed their time in helping with fund raising at events such as the City To Surf, Sydney Marathon and the Australia Day Fun Run.

**Ross Forster**  
**Treasurer (Seniors).**

## ***JUNIORS REPORT***

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### **TREASURERS REPORT (Juniors):**

I would firstly like to thank Margaret Atkinson for her assistance at the beginning of the year, especially as she was coming off a year where she had been performing both the canteen and treasurer roles. Margaret ensured a smooth transition to my first year as Treasurer.

Registration fees were increased very slightly from last year's level. Unfortunately there was a drop in registrations from last year, however this also meant less payments remitted to LAANSW, allowing us to still produce a net of \$498 over budget. Once again the number of schools, hiring our equipment for their carnivals, exceeded expectations with a contribution of \$1,985.00 over the budget.

This year we also hosted the Zone Carnival for the North Metropolitan Zone. I would like to thank all the parents and committee members who helped out on our fund raising activities (the BBQ, Canteen, Drinks & tea and coffee) but I would especially like to thank Kate Kelland and Karen Lowe for their help during the event. After all the hard work it was especially gratifying to find that we had exceed the budget (even after some unforeseen expenses) with a net of nearly \$200 over the budget.

On the other side of the balance sheet, we kept to the budget very well, spending much less than expected, largely due to the deferral of the purchase of new high jump mats. It should be noted that expenditure for trophies of approximately \$5,363.50 includes an accrual for this years trophies as well and last years trophies so we have exceeded budget on that item by \$1363.50.

This year saw also the upgrade to our long jump run-ups with a great new high quality surface. It was completed in time for use in the zone carnival. We have Ron Daniel to thank for securing a grant from LAANSW which contributed \$9799.00 towards the cost, with a further \$9799.90 contribution coming from our club and the remaining \$19599.80 coming from The City of Ryde. The total cost of the project was \$39199.60.

With these things combined, this gives us a very healthy start to the 2006/2007 season of about \$28,000. I would like to thank the committee members for assisting in the responsible financial management of the club throughout this year.

Thank you once again to Ryde-Eastwood Leagues Club for providing a meeting room for our monthly meetings at no charge. Thanks are also in order to Advance Hire for the provision of BBQ and scaffolding for the announcing stand during the zone carnival. Please show your support to these companies, in appreciation for their support.

## ***JUNIORS REPORT***

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### Junior Division accounts for the season 2005/2006

<u>Income</u>		<u>Expenditure</u>	
Registrations	\$28,580.00	Registrations	\$ 12,782.00
Uniforms	\$ 8,885.00	Uniforms	\$ 15,151.50
Canteen	\$ 9,026.75	Canteen	\$ 6,787.71
BBQ	\$10,319.15	BBQ	\$ 4,591.93
 Zone BBQ & Canteen	 \$12,440.60	 Zone BBQ & Canteen	 \$ 7,750.34
60M Dash Entry Fees		Advertising	\$ 355.69
2nd hand uniform donations	\$ 75.00	Bus Hire State Relay	\$ 195.00
Credit interest (bank)	\$ 167.36	Committee Meeting Refreshments + catering	\$ 431.88
Donations	\$ 20.00	Competition Fees	\$ 258.00
Equipment Hire	\$ 2,665.00	Conference Attendance	\$ 1,010.00
Ryde games registrations	\$ 45.00	Equipment (capital)	\$ 2,547.43
		Equipment (Consumables)	\$ 489.88
		Government Charges (Annual return OFT)	\$ 41.00
		Grounds Upgrade (Tartan long jump run-ups)	\$ 9,799.90
		Hall Hire	\$ 150.00
		Hire of Dunbar Park	\$ 1,503.00
		Hiring Deposits	-\$ 300.00
		Insurance (equipment)	\$ 137.17
		Postage	\$ 405.48
		Printing & Stationery	\$ 3,354.42
		Ribbons & Trophies	\$ 2,963.50
		Ribbons & Trophies Accrual for 2005/06 season)	\$ 2,400.00
		Sundry Expenses	\$ 396.59
		<b>Total Expenditure</b>	<b>\$ 73,202.42</b>
		<b>Plus net income</b>	<b>-\$ 978.56</b>
<hr/> <b>Total income</b>	<hr/> <b>\$72,223.86</b>		<hr/> <b>\$ 72,223.86</b>

### Canteen & BBQ

<u>Event</u>	<u>Canteen</u>	<u>BBQ</u>	<u>Total</u>
Coca Cola Rebate	\$ 0.00		
Ryde games	\$ 293.30	\$ 528.50	\$ 821.80
21 Saturday mornings	\$8,733.45	\$ 9,790.65	\$18,524.10
<b>Total takings</b>	<b>\$9,026.75</b>	<b>\$10,319.15</b>	<b>\$19,345.90</b>
Less costs	\$6,787.71	\$ 4,591.93	\$11,379.64
<b>Total profit</b>	<b>\$2,239.04</b>	<b>\$ 5,727.22</b>	<b>\$ 7,966.26</b>



## ***JUNIORS REPORT***

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### **Zone**

Zone Canteen & BBQ	\$6,652.80	\$ 5,787.80	\$12,440.60
Less costs	\$5,479.94	\$ 2,270.40	\$ 7,750.34
	<u>\$1,172.86</u>	<u>\$ 3,517.40</u>	<u>\$ 4,690.26</u>

### **Stock on Hand**

drinks	\$ 426.23
lollies	\$ 508.88
<b>Total stock on hand</b>	<b>\$ 935.11</b>

**Canteen Equipment**            **\$3,348.90** (replacement value)

### **Bank Statement Reconciliation**

Bank statement as at 01/04/05	\$ 29,263.26
less last year's unrepresented cheques	-\$ 202.86
plus last year's unrepresented deposits	\$ 370.00
plus net income	-\$ 978.56
plus unrepresented cheques this year	\$ 2,747.80
less unrepresented deposits this year	
gives bank statement 31/03/05	<u>\$ 31,199.64</u>

### **Available Funds**

Bank statement as at 01/04/06	\$31,199.64
less unrepresented cheques	-\$ 2,747.80
plus unrepresented deposits	
<b>Gives funds available to start next season</b>	<b>\$28,451.84</b>

### **Uniform Stock:**

Uniform stock as at 31/3/2006            **\$ 9,270.00**

### **Canteen Stock:**

drinks	\$ 426.23
lollies	\$ 508.88
<b>Total stock on hand</b>	<b>\$ 935.11</b>

**Canteen Equipment:**            **\$ 3,348.90** (replacement value)

### **Donations Received:**

Lloyd Parker	\$ 10.00
Unidentified donation	\$ 10.00
2nd Hand Uniforms	\$ 75.00
	<u>\$ 95.00</u>

**Robert Jukic**  
**Treasurer (Juniors)**

# ***JUNIORS REPORT***

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22 High Street  
Wyee Point NSW 2259

11<sup>th</sup> May 2006

The Directors & Members  
Ryde Athletic Centre

## **AUDIT CERTIFICATE**

I have examined the financial statements of the Ryde Athletic Centre for the period 1<sup>st</sup> April 2005 to 31<sup>st</sup> March 2006.

In my opinion the accounts correctly represent a true and fair view of the financial situation of the organisation as at 31<sup>st</sup> March 2006.

*Roy V. Tuffrey.*

Roy V. Tuffrey  
Chartered Accountant  
B.Comm. MIIA-A

# ***SENIORS REPORT***

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## **PRESIDENT:**

Once again our Senior Division Athletes have achieved some excellent results over the 2005/2006 Season.

Our local competition in the Club and Allcomers meets were well attended by our athletes. We also had our 11 Technical officials attending many of these competitions with 5 attending the Commonwealth Games in Melbourne in March 2006.

Our National Championships, doubling as the Commonwealth Games trials, had 2 of our athletes competing. Lauren Sherry in the Open 100m and Will Devjak in the Open Men's 800m. Will qualified for the final and finished in a well run 4<sup>th</sup> position. Will regularly competed in the 800m & 1500m events over the season, running some good times.

Other Athletes who have achieved well over the year have been:

Amy Winters was our most outstanding sprinter competing in the IPC European Championships held in Helsinki after the World Athletics Championships. Amy is the world record holder and Paralympic gold medallist in the T46 200m and she won the gold medal at these championships, she also won the silver medal in the 100m.

Nick Walker has been a regular competitor in the middle distance events and has achieved excellent results, especially in the National U20/U23 Championships in Adelaide where he won gold in the 3K Steeple Chase.

Len & John Pearce have done well over the season and at the NSW U16/18/23 Championships at Homebush, Len won gold in the U16 Men's 100m, & gold in the U16 Men's Triple jump. Len was also named Sports Star of the month in March for the TWT newspaper. Not to be outdone by his brother, John won gold in the U16 Men's 200m and bronze in the Men's U16 Long Jump in these same Championships.

Annaliese Gardiner, our U14yrs outstanding athlete, although much younger, has competed regularly at the seniors competitions, winning sprints & hurdles events against girls much older than herself. She achieved 4 gold medals at the State little A's Championships in the 100m, 200m, 80m hurdles & 200m hurdles.

Andrew Atkinson-Howatt had a good season competing in many allcomers, the NSW Masters and the Oceania Masters Championships in N.Z. – In N.Z. Andrew won 5 medals, 2 gold, 2 silver & 1 bronze in Javelin, Pentathlon, Weight Throw, Weight Pentathlon and Discus respectively. Andrew is also one of our coaches and he gives of his time to help our athletes in the throwing events. Thankyou, Andrew.

Bridget Oakley is our U18 athlete competing in 100m, 200m & Long Jump events. She was successful in breaking the Combined Independent schools record in the long jump and being a National Qualifier for this event.

I would like to thank all the Committee members for their support over the season: Ann Arnott-Secretary; Ross Forster – Treasurer, Race Secretary & Registrar; Bruce Brown – Vice President and City to Surf Coordinator. Also, thank you to all the parents who have helped out during the season especially Diane Millgate.

A great time was had by all athletes at the Club Championships in November where athletes competed to break club records. Also the ACT Championships was well attended by athletes for a fun weekend to receive medals.

We have some great coaches who give up their time to help Ryde athletes. Thank you to Ross Forster, Andrew Jackson, Guy Cassarcus and Andrew Atkinson-Howatt for their dedication to the athletes.

I have enjoyed my year with the club and was greatly rewarded by being selected to act as a Technical Official at the Commonwealth Games in Melbourne 2006

**Ros Mitchell**  
**Centre President (Seniors).**

## ***SENIORS REPORT***

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### **REGISTRAR:**

This year showed an increase in members from previous years. We rose from a total of 52 last year to 70 this year. Our heartfelt thanks go to the Juniors Division, who decided that they would pay the \$20 dual membership fee to any Little A in the Under 13 to Under 15 age bracket. Breakdown of our membership this year is as follows:-

Our registration numbers as at 31<sup>st</sup> March, 2006 was:-

Officials	11
Open & Masters	18
Under 20	3
Under 18	9
Junior	3
Dual Registrations	<u>26</u>
	<b><u>70</u></b>

Officials and Athletes into sex is as follows:-

Male Officials	5	Female Officials	6
Male Open & Masters	6	Female Open & Masters	12
Male Under 20	3	Female Under 20	0
Male Under 18	2	Female Under 18	7
Male Junior	3	Female Junior	0
Male Dual Registrations	<u>15</u>	Female Dual Registrations	<u>11</u>
	<b><u>34</u></b>		<b><u>36</u></b>

**Ross Forster**  
**Registrar (Seniors).**

### **COACHING:**

Once again training during the winter was conducted at both Dunbar Park and at Rotary Field, Chatswood with Ross Forster as coach. Although it is often cold during winter the effort of training during this period sets up a substantial base for the summer competition.

Summer training was conducted at Dunbar Park, Marsfield on Monday, Tuesday and Thursday evenings with the additional Sunday morning session with Ross and Andrew Atkinson-Howatt, and again at Parramatta and Homebush with Andrew Jackson in attendance.

Our athletes again performed extremely well at the 'Kings' Club Premiership, All Comers and Invitational meets held at the Sydney Olympic Park Athletics Centre, Homebush. In addition we had athletes compete at the Telstra Grand Prix Meets, Oceania Masters and various State and Australian Titles. In addition 5 of our officials officiated at the Commonwealth Games in Melbourne.

**Ross Forster**  
**Coach (Seniors).**

# *SENIORS REPORT*

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## **COMPETITION:**

### **1. Australian Masters Championships**

The Australian Masters Championships were held in Brisbane over the Easter weekend from 25<sup>th</sup> to 28<sup>th</sup> March, 2005. Our Centre had 1 competitor there:

**Andrew Atkinson-Howatt** had an exceptional meet and returned with 1 gold and 1 silver medal.

Andrew's gold medal came courtesy of his efforts in the Pentathlon event. Andrew's results in this event are listed below.

Long Jump	Javelin	200 m	Discus	1500 m	Points
4.34 m	45.33 m	28.57	29.04 m	5:50.82	
(404)	(673)	(562)	(474)	(482)	2595

In the individual events Andrew won the silver medal with his throw of 39.64 metres. Andrew also secured 4<sup>th</sup> place in the Shot Put (8.64m), 4<sup>th</sup> place in the Discus (29.28m) and in the Hammer (26.24m).

In the Weight Pentathlon event Andrew again finished in 4<sup>th</sup> place with a total of 2318 points.

Hammer	Shot Put	Discus	Javelin	Weight	Points
25.29 m	8.43 m	28.10 m	43.29 m	8.17 m	
(350)	(448)	(455)	(636)	(429)	2318

### **2. Australian Under 23 Championships & Under 18 Interstate Match**

At the Australian Under 23 and Under 20 Championships and the inaugural Interstate Match for Under 18's our Centre was represented by two competitors:

**Laura Cornford** won the Under 20 National Title in the Javelin event with a personal best throw of 46.85 metres. In the Under 18 Match Laura was again the winner with a final round throw of 45.40 metres.

**Tara Millgate** contested the Under 23 400 metres Championship of Australia and finished 3<sup>rd</sup> in her heat to qualify for the final in a time of 56.42 seconds. In the final Tara finished 6<sup>th</sup> (5<sup>th</sup> Australian) in a time of 56.60 seconds.

### **3. West Metropolitan Cross Country Events.**

The West Metropolitan Cross Country events were again held at various venues during the winter months and our Seniors were represented by Greg Boyce, Nick Walker, Heather Graves and Andrew Atkinson-Howatt. In fact Nick, Heather and Andrew were all winners of their respective age group and event distance over the winter period.

### **4. NSW Combined Catholic Colleges Cross Country Championships**

**Nick Walker** won the NSW Combined Catholic Colleges Cross Country 8000 metres Championship for his age group held at the Eastern Creek Raceway on Friday, 3<sup>rd</sup> June by approximately 70 seconds. This win enables Nick to contest the NSW All Schools Cross Country Championships at Gosford on Friday, 22<sup>nd</sup> July.

### **5. Various School, Zone & Regional Cross Country Championships**

Jack McNally won his School Cross Country Championship and at the Zone Cross Country Championships Jack finished 2<sup>nd</sup> thus enabling him to contest the Sydney North Regional Cross

## ***SENIORS REPORT***

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Country Championships held at Gosford on Thursday, 16<sup>th</sup> June. At these titles Jack finished in 16<sup>th</sup> place.

Daniel Zentner performed extremely well at his School, Zone and Regional Cross Country Championships to qualify for the NSW All Schools Cross Country Championships.

### **6. NSW All Schools Cross Country Championships**

At the NSW All Schools Cross Country Championships held at Gosford Race Course Nick Walker finished in 7<sup>th</sup> place.

Daniel Zentner finished in 16<sup>th</sup> place.

### **7. IPC European Athletics Championships**

At the IPC European Championships held in Helsinki after the World Athletics Championships our Centre had 1 competitor there. Following is an excerpt from Athletic Australia's report on these IPC European Championships.

Australian Amy Winters' 6 year undefeated run over 100m came to an end when she finished second to Poland's Alicja Fiodorow in a time of 12.95 seconds. "I didn't get a good start and I was chasing the whole way" Winters said after the race. Winters finished strongly but was unable to catch the Polish athlete.

Australia didn't have to wait long for our next gold, with Sydney's Amy Winters lining up in the the T46 women's 200m final.

"It's such a relief that it's over and the run continues" Winters, the World record holder and Paralympic Gold medallist said after the event which she won in a time of 26.44 seconds. The run Winters is referring to is her undefeated run over 200m since 1995.

"I didn't run out the first hundred as hard as I should, but unfortunately that is usual for me. Entering the straight I could feel the headwind and knew I had to run Alicja (2nd place) down."

### **8. Various School Carnivals**

At the Loreto Normanhurst Athletics Carnival held on Wednesday, 4<sup>th</sup> May we had 1 competitor there.

Bridget Oakley won the 16 year 100 metres (12.93 seconds in heat and 13.53 secs in final). Bridget also won the Queen of the Track event in a time of 12.92 secs. In her 200 metres final Bridget recorded another win in a time of 27.30 seconds. Bridget finished 2<sup>nd</sup> in the 400 metres in a time of 61.66 secs. In the 100 metres Hurdles final Bridget finished 2<sup>nd</sup>. The Long Jump saw Bridget score another win with her best leap of 4.75 metres.

At the Independent Girls Schools Sports Association Carnival held at Homebush we again had Bridget Oakley as a competitor. In her heat of the 100 metres Bridget finished 3<sup>rd</sup> in a time of 13.07 seconds. The final saw Bridget repeat her heat placing in a time of 13.25 seconds. In her 200 metres heat Bridget finished 2<sup>nd</sup> in a time of 26.10 seconds. The final saw Bridget again finish 2<sup>nd</sup> in a time of 25.97 seconds. In the Long Jump Bridget again finished in 2<sup>nd</sup> place with her personal best leap of 5.41 metres. These results saw Bridget finish 2<sup>nd</sup> overall in the Intermediate Point Score for the Carnival.

Jamie Casacang won her 100, 200 and 400 metre events at the Cheltenham Girls Athletics Carnival. Jamie also scored wins in the 100 metres Hurdles, Shot Put, Discus, Javelin and Long Jump events. At the Sydney North Girls Schools Zone Carnival Jamie scored wins in the 100, 200,400 metres and in the 4 x 100 metres Relay. In the Shot Put Jamie finished in 2<sup>nd</sup> place. Jamie plans to compete in the 100, 200 and Shot Put at the Sydney North Regional Carnival in August.

## ***SENIORS REPORT***

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Rhiannon Atkinson-Howatt won the 100, 200, Shot Put, Discus and Javelin events at the Riverside Girls Athletics Carnival, where she set records in both the 100 and 200 metre events. Rhiannon then went on to the Sydney North Girls Schools Zone Carnival and recorded the equal fastest time in her 100 metres and also qualified in the 200 metres for the Sydney North Regional Carnival in August.

### **9. Sydney North Regional Carnival**

**Tania Padovan** ran 4<sup>th</sup> in the final of the 15 years Girls 100 metres event. Tania anchored her Relay team (Forest High) to a win in the 4 x 100 metres Relay final. In her 200 metres Tania finished in 6<sup>th</sup> place. In her Long Jump Tania finished in 3<sup>rd</sup> place.

**Jamie Casaclang** won both her heat and final of the 16 years Girls 100 metres event. In her 200 metres event Jamie was again the winner. Jamie also anchored the Cheltenham 16 years Girls 4 x 100 metres Relay team to a win in the final. In her Shot Put event Jamie finished in 5<sup>th</sup> place.

**Rhiannon Atkinson-Howatt** finished 5<sup>th</sup> in the final of the 17 years Girls 100 metres event. In her 200 metres event Rhiannon finished in 9<sup>th</sup> place. In her Javelin event Rhiannon finished in 5<sup>th</sup> place.

**Sally Johnson** placed 6<sup>th</sup> in the 15 years Long Jump event. In the Triple Jump event Sally finished in 7<sup>th</sup> place. In the Javelin event Sally finished in 8<sup>th</sup> position.

**Kavitaa Ranjitkumar** finished 7<sup>th</sup> in the 13 years Girls Shot Put event. In her Discus event Kavitaa was the winner with a throw of 26.74 metres.

**Len Pearce** finished 4<sup>th</sup> in the final of the 14 years Boys 100 metres event in a time of 12.25 seconds. In his 200 metres event Len finished in 4<sup>th</sup> place with a time of 25.61 seconds. In his 100 metres Hurdles event Len won in a time of 15.49 seconds. In his Long Jump event Len finished 4<sup>th</sup> with a leap of 5.40 metres. Len won the Triple Jump event with a leap of 12.10 metres.

**John Pearce** finished 4<sup>th</sup> in the 100 metres Hurdles final in a time of 16.16 seconds. In the 4 x 100 metres Relay event John and Len made up half of the Hunters Hill team which won the final in a time of 47.23 seconds. In his Long Jump event John finished 6<sup>th</sup> with a leap of 5.38 metres.

**Jason Chen** was placed 3<sup>rd</sup> in the 14 years Boys 400 metres event in a time of 57.78 seconds.

**Daniel Zentner** finished 3<sup>rd</sup> in the 15 years Boys 400 metres event in a time of 56.51 seconds. In his 800 metres event Daniel finished 6<sup>th</sup> in a time of 2 mins 19.44 secs. In the 1500 metres event Daniel finished 3<sup>rd</sup> in a time of 4 mins 38.66 secs.

### **10. NSW Combined High Schools Carnival**

At the NSW Combined High Schools Championships we had 3 competitors there.

**Jamie Casaclang** despite having been diagnosed with a stress fracture competed in the 16 years girls' 4 x 100 metres Relay event as the final leg runner with the Cheltenham Girls High School team. In their heat the team finished 2<sup>nd</sup> in a time of 52.47 seconds to progress through to the final. The final saw the team gain the bronze medal in a time of 52.04 seconds.

**Len Pearce** finished 3<sup>rd</sup> in his heat of the 14 Boys 100 metres Hurdles event in a time of 15.27 seconds. In the 15 years & under Triple Jump event Len finished in 4<sup>th</sup> place with his leap of 12.49 metres.

**John Pearce** joined with his brother **Len** to make up half of the Hunters Hill 14 years Boys Relay team which clocked the fastest time overall in winning their heat with a time of 46.67 seconds. In the final the boys ran even faster to win in a time of 46.54 seconds.

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### **11. NSW Combined Independent Schools Carnival**

**Bridget Oakley** was our representative at the Combined Independent Schools Carnival held at Homebush on Monday, 19<sup>th</sup> September. Bridget won the 16 years Girls 200 metres Championship in a time of 26.22 seconds. In the Long Jump Bridget recorded yet another win with her personal best leap of 5.54 metres. This jump not only broke the C.I.S. Record but was a National Qualifier for this event.

### **12. NSW All Schools Championships**

A number of athletes from our Centre contested events at the NSW All Schools Championships held at Homebush over the period 22<sup>nd</sup> to 25<sup>th</sup> September. These Championships are doubling as the Pacific Schools Games Trials. The Pacific Schools Games Championships are to be held in Melbourne in late November and early December.

**Bridget Oakley** won the 16 years Girls Long Jump event with a best leap of 5.40 metres (headwind of -0.90 metres/sec). This result gives Bridget the title for the second successive year. In her 100 metres heat Bridget finished in 4<sup>th</sup> place in a time of 13.37 seconds (headwind of 3.7 metres/sec). In her 200 metres heat, Bridget finished 2<sup>nd</sup> in a time of 26.18 seconds (headwind of 0.7 metres/sec). In the final Bridget finished in 4<sup>th</sup> place in a time of 25.74 seconds (headwind of 1.3 metres/sec).

**Daniel Zentner** finished in 13<sup>th</sup> place in the 15 years Boys 1500 metres event in a personal best time of 4 mins 30.82 secs.

**Ben Tumminello** finished in 10<sup>th</sup> place in the 14 years Boys 1500 metres event in a time of 4 mins 51.94 secs.

**Chelsea Ross** finished 8<sup>th</sup> in the 12 years Girls High Jump with her leap of 1.43 metres. In Heat 3 of her 100 metres event Chelsea finished in 6<sup>th</sup> place with her time of 13.91 seconds.

**Olivia McConnell** finished in 13<sup>th</sup> position in the 14 years Girls Discus event with her throw of 24.41 metres. In her Javelin event Olivia finished 21<sup>st</sup> with her throw of 19.38 metres.

**Declan Long** finished in 9<sup>th</sup> place in Heat 3 of the 12 years Boys 100 metres event in a time of 14.11 seconds. In his 200 metre heat Declan finished in 9<sup>th</sup> place in a time of 29.50 seconds.

**Kavitaa Ranjitkumar** finished 7<sup>th</sup> in the 13 years Girls Discus with her throw of 28.23 metres. In her Shot Put event Kavitaa finished in 14<sup>th</sup> place with her throw of 9.16 metres.

**John Pearce** finished 6<sup>th</sup> in Heat 1 of the 14 years Boys 100 metres in a time of 12.27 seconds.

**Len Pearce** won a silver medal with his effort of 12.38 metres in the 14 years Boys Triple Jump.

### **13. Australian Winter Throwing Championships**

The Australian Masters Winter Throwing Championships were held in Canberra over the October long weekend. We had 1 competitor there – Andrew Atkinson-Howatt. Andrew had some mixed luck during these championships. On the Sunday morning Andrew was photographing some hammer throwers and created some history – the 1<sup>st</sup> person to be hit by a hammer in the leg and walk away in one piece – albeit with some very severe bruising and a few hours spent in hospital.

**Andrew Atkinson-Howatt** finished 2<sup>nd</sup> in the 45+ Men's Javelin event with his throw of 39.64 metres. In the Shot Put Andrew finished in 4<sup>th</sup> place with his throw of 8.64 metres. In the Discus event Andrew again finished in 4<sup>th</sup> place with his throw of 29.28 metres. The Hammer Throw event again saw Andrew finish in 4<sup>th</sup> place with his throw of 26.24 metres. Andrew won the gold medal in the Pentathlon event with his efforts listed below:-



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Long Jump	Javelin	200 metres	Discus	1500 metres	Points
4.34m	45.33m	28.57 secs	29.04m	5:50.82	
(404)	(673)	(562)	(474)	(482)	2595

### **14. Australian University Games**

At the Australian University Games held in Brisbane over the period 25<sup>th</sup> – 30<sup>th</sup> September our Centre had 6 competitors there.

**Tara Millgate** finished 3<sup>rd</sup> in her heat of the Open Women's 400 metres event in a time of 58.19 seconds to qualify for the final. In the final Tara again secured 3<sup>rd</sup> place in a time of 58.90 seconds.

**Julian Jenkyns** ran 3<sup>rd</sup> in heat 2 of the Open Men's 100 metres in a time of 11.44 seconds (tailwind of 0.4 metres/sec) to qualify for the semi-finals. In his semi-final Julian finished in 6<sup>th</sup> position in a time of 11.40 seconds (tailwind of 3.9 metres/sec). In the 4 x 400 metres Relay Julian joined with Wei to hold the Macquarie 4 x 400 metres Relay team to secure 5<sup>th</sup> place in a time of 3 mins 37.73 secs.

**Bronwyn Aspinall** finished 4<sup>th</sup> in her heat of the Open Women's 800 metres event in a time of 2 mins 22.23 secs.

**Lesley-Anne Cliff** finished 6<sup>th</sup> in her heat of the Open Women's 100 metres event in a time of 16.04 seconds tailwind of 0.4 metres/sec).

**Yuan-Wei Liak** finished 6<sup>th</sup> in his heat of the Open Men's 400 metres event in a time of 56.02 seconds. In the 4 x 100 metres Relay Wei teamed up with Julian but unfortunately the Macquarie team was disqualified. In his 200 metres heat Wei finished in 8<sup>th</sup> place in a time of 25.00 seconds (tailwind of 2.00 metres/sec).

**Kari Bergusson** placed 6<sup>th</sup> in the Open Men's High Jump with his leap of 1.90 metres.

### **15. Ryde Centre Championships**

Our Centre Championships were held on Sunday, 6<sup>th</sup> November with 16 athletes in attendance. 6 new records were set – Greg Boyce in the Vet Men's 800 metres – Cassie Hewitt in the Under 12 Girls Discus and Triple Jump events – Andrew Atkinson-Howatt in the Vet Men's Discus – Christian Millgate in the 1500 metres Walk and Braden Atkinson-Howatt in the Under 20 Men's 1500 metres Walk. We finished the day off with a birthday celebration for Emmica Burnell-Jones.

### **16. NSW Relay Championships**

The State Relay Championships were held at Homebush over the weekend of 19<sup>th</sup> & 20<sup>th</sup> November, 2005. Our Centre had a total of 8 teams competing over this weekend.

**Under 14 Girls** – This team of Kathleen Tay, Chelsea Ross, Erin Ortado and Sarah Dillon competed in both the 4 x 200 metres and 4 x 100 metres event. On the Saturday the girls finished 5<sup>th</sup> in the 4 x 200 metres final in a time of 1 min 55.27 secs. In their heat of the 4 x 100 metres event on the Sunday the girls finished 2<sup>nd</sup> in their heat in a time of 53.62 seconds to qualify for the final. The girls secured the bronze medal in the final with a time of 53.35 seconds.

**Under 18 Girls** – This team consisted of Madeleine Boyle, Megan Tumminello, Sally Johnson and Olivia McConnell. The girls finished 8<sup>th</sup> in the final in a time of 58.57 seconds.

**Under 20 Women** – On the Saturday our team in the 4 x 100 metres event consisted of Chelsea Ross, Jamie Casaclang, Rhiannon Atkinson-Howatt and Bridget Oakley and they finished 4<sup>th</sup> in the final in a time of 51.67 seconds. In the 4 x 200 metres event our team of Sally Johnson, Rhiannon Atkinson-Howatt, Jamie Casaclang and Bridget finished in 5<sup>th</sup> place in a time of 1 min 47.34 secs.

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**Open Women** – The 4 x 100 metres team consisted of Jamie Casacang, Natalie Sing, Tara Millgate and Bridget Oakley. In their heat the girls finished 2<sup>nd</sup> in a time of 50.52 seconds to be 4<sup>th</sup> fastest into the final. In the final the girls improved their time to 49.48 seconds to just miss out on the bronze medal in finishing 4<sup>th</sup> in this event.

Our Open Medley team consisted of Bronwyn Aspinall, Tara Millgate, Natalie Sing and Bridget Oakley and they finished 7<sup>th</sup> in the final in a time of 4 mins 19.25 secs.

**Under 16 Boys** – Our team in the 4 x 100 metres event consisted of Len Pearce, Jason Chen, John Pearce and Sam Gallagher. In their heat the boys finished 2<sup>nd</sup> in a time of 46.65 seconds. The final saw the boys again finish in 4<sup>th</sup> place in a time of 46.41 seconds.

To wrap up these Championships we had all 8 teams participate in the finals and finished with a bronze medal, 3 x 4<sup>th</sup> places, 2 x 5<sup>th</sup> places, 1 x 7<sup>th</sup> place and 1 x 8<sup>th</sup> place.

### **17. Australian All Schools Championships**

At the Australian All Schools Championships we had only 1 competitor this year.

**Annaliese Gardiner** won her heat of the Under 14 Girl's 80 metres Hurdles in a time of 12.59 seconds (tailwind of 0.3 metres/sec). In the final Annaliese tore her hamstring at the last hurdle and despite slowing down still finished 4<sup>th</sup> in a time of 12.83 seconds (tailwind of 0.2 metres/sec). Annaliese was the lead leg runner in the NSW Under 14 Girls 4 x 100 metres Relay team which won the silver medal in a time of 49.57 seconds.

### **18. Oceania Masters Athletics Championships**

At the Oceania Masters Athletics Championships held in Christchurch, New Zealand over the period 14<sup>th</sup> Jan to 21<sup>st</sup> Jan we were represented by Andrew Atkinson-Howatt.

Andrew won a total of 5 medals at these Championships.

In the Discus Andrew threw 30.69 metres to win the bronze medal. The Javelin event saw Andrew throw 41.20 metres to secure the gold medal. In the Hammer Throw Andrew threw 27.12 metres to finish in 4<sup>th</sup> place. In the Weight Throw Andrew gained a silver medal with his best throw of 8.96 metres. In the Weight Pentathlon event Andrew gained a silver medal with the following performances.

Hammer	Javelin	Shot Put	Discus	Weight	Points
21.40m	36.91m	8.20m	27.76m	6.82m	
(276)	(520)	(433)	(448)	(341)	2018

In the Pentathlon event Andrew won the gold medal with the following performances.

Long Jump	Javelin	200 metres	Discus	1500 metres	Points
3.94m	36.12m	29.67	28.36m	6.35.07	
(315)	(506)	(484)	(460)	(291)	2056

Thus Andrew returned home with 2 gold medals, 2 silver medals and a bronze medal.

### **19. NSW Open & Under 18 Championships**

The NSW Open and Under 18 Championships were held at Homebush over the weekend of 13<sup>th</sup> – 15<sup>th</sup> January. Our centre had a total of 4 athletes competing at these Championships.

**Will Devjak** finished 2<sup>nd</sup> in his heat of the Open Men's 800 metres event in a time of 1 min 51.13 secs. Unfortunately this time was not fast enough to qualify Will for the final.

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**Michael Orr** recorded a time of 1 min 56.39 secs in his heat of the Open Men's 800 metres event.

**Greg Boyce** recorded a big personal best performance in his heat of the Open Men's 800 metres event when he went under the 2 minute barrier for the first time in recording a time of 1 min 58.48 secs.

**Rachael Jackson** finished 3<sup>rd</sup> in her heat of the Open Women's 100 metres, in a time of 12.29 secs, (headwind of 1.2 metres/sec) to qualify for the final. In the final, Rachael finished 6<sup>th</sup> in a time of 12.18 seconds (headwind of 1.1 metres/sec). As Rachael was the 3<sup>rd</sup> NSW athlete in the final she was awarded a bronze medal for her performance.

**Julian Jenkyns** unfortunately tore his hamstring after completing approximately 60 metres of his Open Men's 100 metres heat and slowed down to eventually cross the line in a time of 13.55 seconds (headwind of 4.0 metres/sec).

### **20. Telstra Grand Prix Meets**

At the Telstra Grand Prix Meet held at Canberra on Australia Day our sole representative was Will Devjak.

**Will Devjak** comfortably won the "B" 800 metres event in a time of 1 min 50.56 secs.

### **21. Australian Open Championships**

The Australian Open Championships, doubling as the Commonwealth Games Trials, were held at Homebush over the period 2<sup>nd</sup> to 5<sup>th</sup> February, 2006. Our Centre was represented by 2 athletes.

On Day 1 of the Championships the heats of the Open Women's 100 metres were held.

**Lauren Sherry** competed in Heat 1 and recorded a time of 12.82 seconds (headwind of 0.2 metres/sec) in finishing in 7<sup>th</sup> place.

**Will Devjak** lined up in Heat 2 of the Open Men's 800 metres event. Will sat at the back of the field and made his move approximately 250 metres from home to hit the front at the 200 metres mark and run away from the field to win comfortably in a time of 1 min 50.55 seconds. In this heat Will eliminated Kris McCarthy (2002 Commonwealth Games bronze medallist in this event), Gareth Hyatt (New Zealand Olympian) and recorded his 1<sup>st</sup> victory for the season over Werner Botha (currently ranked 2<sup>nd</sup> in Australia – Will and Werner both qualified for the final. In the final Will again sat at the back of the field until the 200 metre mark where he went up the inside of the 7<sup>th</sup> competitor but unfortunately ran into a pocket which cost him some 20 metres before he was able to extricate himself and start his run to the finish line. Will ultimately finished 4<sup>th</sup> in a time of 1 min 49.98 seconds.

### **22. NSW Masters, Under 16, Under 20 & Under 23 Championships**

The New South Wales Masters & Under 16, 20 and 23 Championships were held at Homebush over the weekend of 11<sup>th</sup> and 12<sup>th</sup> February and our Centre was represented by a total of 7 competitors.

**Andrew Atkinson-Howatt** won a silver medal in the Weight Pentathlon event. Andrew's scores are listed below.

Hammer	Javelin	Shot Put	Discus	Weight	Points
26.88m	43.00m	8.12m	31.13m	8.79m	
(380)	(630)	(428)	(517)	(469)	2424

**Olivia McConnell** threw a distance of 25.33 metres to finish 7<sup>th</sup> in the Under 16 Women's Discus Throw. In her Javelin event Olivia threw 24.13 metres in her Javelin event to finish in 8<sup>th</sup> position.

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**Michael Orr** finished just out of the medals (4<sup>th</sup> place) in the Under 23 Men's 800 metres event in a time of 1 min 56.85 secs.

**Nick Walker** won the gold medal in the Under 23 Men's 1500 metres event in a time of 4 mins 13.36 secs. In this race Nick went straight to the front at the start and was never headed to record a comfortable win.

**Kari Bergsson** placed 3<sup>rd</sup> in the Under 23 Men's High Jump with his leap of 1.80 metres. In the Triple Jump Kari went one place better to win the silver medal with his best leap of 12.45 metres.

**Len Pearce** had a great weekend at these Championships. In the Under 16 Men's 100 metre final Len was the winner in a personal best time of 11.45 seconds (tailwind of 1.1 metres/sec). Len won his 2<sup>nd</sup> gold medal of the weekend when he won the Triple Jump with a best leap of 12.97 metres.

**John Pearce**, not to be outdone by his brother Len, won his heat of the 200 metres in a time of 23.61 seconds (tailwind of 0.1 metres/sec). In the final John won the gold medal in the same time of 23.61 seconds. In the Long Jump John finished in 3<sup>rd</sup> place (just 1 cm behind the winner) with his best leap of 5.88 metres.

### **23. Little A's Regional Championships**

At the Little A's Regional Championships our Seniors Division was represented by a total of 13 competitors.

**Annaliese Gardiner** won all 4 of her events to proceed through to the State Little A's Championships to be held in mid March. Her first victory came in the Under 13 Girls 200 metres Hurdles event which she won in a time of 28.9 seconds. In her 100 metres event Annaliese recorded a time of 12.8 seconds in winning. In winning the 80 metres Hurdles event Annaliese again clocked a time of 12.8 seconds. Annaliese's final event was the 200 metres which she won in a time of 26.9 seconds.

**Patrick Kelland** won a silver medal in the Under 11 Boys Triple Jump with a personal best distance of 9.10 metres. In his 1500 metres event Pat finished 9<sup>th</sup> with a time of 5 mins 25.8 secs. In his High Jump Pat again achieved a personal best height of 1.30 metres in finishing 6<sup>th</sup> in this event. In his Discus event Pat finished 4<sup>th</sup> with a best throw of 23.70 metres.

**Cameron Borwick** qualified for the State Championships with his 3<sup>rd</sup> placing in the Under 14 Boys 1500 metres event in a time of 4 mins 51.5 secs. In his 800 metres event Cameron finished in 5<sup>th</sup> place with a time of 2 mins 25.4 secs.

**Rory Tarnow-Mordi** qualified for the State Champs with his 3<sup>rd</sup> placing in the Under 14 Boys Triple Jump with his leap of 11.01 metres. In his 90 metres Hurdles event Rory finished 5<sup>th</sup> in a time of 14.6 seconds. In his High Jump event Rory finished 6<sup>th</sup> with a leap of 1.55 metres.

**John Pearce** won the bronze medal in the Under 15 Boys 100 metres event in a time of 11.8 seconds. The Long Jump event saw John finish in 5<sup>th</sup> place with his leap of 5.69 metres. The 100 metres Hurdles event saw John emerge as a convincing winner in a time of 13.7 seconds.

**Len Pearce** won a silver medal with his run in the Under 15 Boys 100 metres event in a time of 11.6 seconds. In his Long Jump Len won the event with a huge personal best distance of 6.17 metres. The Triple Jump saw Len again emerge as the winner with a leap of 12.96 metres.

**Emmica Burnell-Jones** finished 2<sup>nd</sup> in the Under 14 Girls 1500 metres Walk in a time of 8 mins 15.8 secs to qualify for the State Champs. In her Long Jump Emmica finished in 9<sup>th</sup> place with her leap of 4.54 metres.

**Kavitaa Ranjithkumar** finished 3<sup>rd</sup> in the Under 14 Girls Discus event with her throw of 28.06 metres to also qualify for the Little A's State Championships.

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**Ben Tumminello** finished 5<sup>th</sup> in the Under 15 Boys 1500 metres in a personal best time of 4 mins 38.8 secs. In his 800 metres event Ben again recorded a personal best time of 2 mins 12.5 secs in finishing 6<sup>th</sup>.

**Erin Ortado** finished 4<sup>th</sup> in the Under 13 Girls 200 metres Hurdles event in a time of 32.1 seconds. In her 80 metres Hurdles event Erin finished in 6<sup>th</sup> place with her time of 14.9 seconds.

**Oliver Wenderski** just failed to qualify for the State Champs with his 4<sup>th</sup> placing in the Under 13 Boys Triple Jump with a distance of 9.48 metres. In his 80 metres Hurdles event Oliver finished in 5<sup>th</sup> place with a time of 14.0 seconds.

**Olivia McConnell** finished in 7<sup>th</sup> place in the Under 15 Girls Discus event with her throw of 24.13 metres. In her Javelin event Olivia finished 8<sup>th</sup> with her throw of 20.14 metres.

**Sarah Dillon** finished 6<sup>th</sup> in the Under 13 Girls 200 metres event in a time of 28.9 seconds.

### **24. A.C.T. Championships**

Our annual pilgrimage to the Australian Capital Territory Championships saw a party of 24 parents, children etc. travel to Canberra for the weekend of 24<sup>th</sup> to 26<sup>th</sup> February and yet again we returned with a host of medals.

Our quest got away to a perfect start on the Friday evening with our 2 competitors winning gold medals in their respective Discus events.

**Kimberley Lowe** won her Discus event, competing as an Under 14 – which meant throwing a heavier discus, with a personal best throw of 23.51 metres. On the Saturday Kimberley added to her haul with a

**Andrew Atkinson-Howatt** won his Discus event with a throw of 32.25 metres.

On the Saturday the following Ryde athletes competed.

**Andrews Atkinson-Howatt** added to his gold medal tally with a win in the Hammer Throw event with distance of 28.88 metres. In the Shot Put Andrew won the bronze medal with his throw of 8.27 metres.

**Tara Millgate** finished 3<sup>rd</sup> in the Open Women's 100 metres event in a time of 13.38 seconds.

**Natalie Sing** finished just behind Tara in the 100 metres in a time of 13.48 seconds.

**Michael Orr** finished 7<sup>th</sup> in his heat of the Open Men's 400 metres in a time of 51.90 seconds.

**Nick Walker** won a silver medal with his performance of 4 mins 11.40 secs in the Open Men's 1500 metres event.

**Wei Liak** placed 5<sup>th</sup> in the Under 20 Men's 100 metres in a time of 12.66 seconds. In his 400 metres final Wei placed 7<sup>th</sup> in a time of 56.79 seconds.

**Sally Johnson** finished 5<sup>th</sup> in the Under 18 Women's 400 metres in a time of 67.37 seconds. In the Under 18 Women's Triple Jump Sally cleared 10 metres for the first time in jumping 10.24 metres to win the silver medal in this event.

**Megan Tumminello** carved a huge 20 seconds from her previous personal best time in the Under 18 Women's 1500 metres event with her time of 5 mins 32.72 secs in finishing in 5<sup>th</sup> place in this event.

**Ben Tumminello** achieved a personal best time in the Under 16 Men's 1500 metres event in finishing 4<sup>th</sup> in a time of 4 mins 37.93 secs.

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**Tara Vance** finished 6<sup>th</sup> in the Under 14 Women's 100 metres in a time of 14.49 seconds. In her 400 metres Tara finished 4<sup>th</sup> in a time of 66.55 seconds. In the Triple Jump Tara leapt 8.97 metres to finish in 5<sup>th</sup> place.

**Kimberley Lowe** recorded a personal best time of 15.47 seconds in finishing 3<sup>rd</sup> in the Under 14 Women's 80 metres Hurdles event. In the Triple Jump event Kimberley recorded yet another personal best leap of 9.43 metres to finish in 3<sup>rd</sup> place. In the Shot Put event Kimberley won the silver medal with her throw of 7.78 metres.

After a late evening our athletes had to be up bright and early for the last day of competition on the Sunday.

**Andrew Atkinson-Howatt** won the gold medal in the Javelin event with a throw of 42.50 metres. In the Weight Throw event Andrew was again the gold medallist with his throw of 9.11 metres.

**Tara Millgate** finished 4<sup>th</sup> in the Open Women's 200 metres event in a time of 28.05 seconds.

**Will Devjak** won the Open Men's 800 metres event in a very close finish in a time of 1 min 52.45 secs.

**Michael Orr** finished 5<sup>th</sup> in the Open Men's 800 metres in a time of 1 min 57.67 secs.

**Greg Boyce** placed 7<sup>th</sup> in the Open Men's 800 metres in a time of 2 mins 02.11 secs.

**Nick Walker** finished 2<sup>nd</sup> in the Open Men's 3000 metres Steeplechase event in a time of 10 mins 15.13 secs. This was Nick's very first Steeple event and he achieved a National Qualifying time which will see him appear in Adelaide at the end of March in the Australian Under 23 Championships in this event.

**Wei Liak** finished 4<sup>th</sup> in the Under 20 Men's 200 metres event in a time of 25.78 seconds.

**Megan Tumminello** finished 5<sup>th</sup> in the Under 18 Women's 800 metres event in a time of 2 mins 46.82 secs.

**Sally Johnson** won the Under 18 Women's 400 metres Hurdles event in a time of 75.53 seconds. This was Sally's first ever crack at this event. In her Long Jump, Sally finished 4<sup>th</sup> with a leap of 4.42 metres. Sally collected the bronze medal in the Javelin with her throw of 22.90 metres.

**Ben Tumminello** recorded another personal best time in the Under 16 Men's 800 metres with his 5<sup>th</sup> placing and time of 2 mins 11.68 secs.

**Tara Vance** finished 5<sup>th</sup> in the Under 14 Women's 800 metres event in a time of 2 mins 36.81 secs. In the Long Jump event Tara finished 7<sup>th</sup> with a leap of 3.95 metres.

**Kimberley Lowe** added yet another medal to her collection at this Carnival when she finished 3<sup>rd</sup> in the High Jump with her leap of 1.30 metres. In the Long Jump Kimberley finished in 5<sup>th</sup> place with her leap of 4.01 metres.

Our group returned home on the Sunday evening with a great swag of medals, personal best performances and fond memories of our trip to Canberra.

### **25. Club Premiership & Allcomers Meets**

During the season we were represented at the above meets held at various locations throughout Sydney by the following athletes.

Natalie Sing, Rachael Jackson, Olivia McConnell, Will Devjak, Rhiannon Atkinson-Howatt, Andrew Atkinson-Howatt, Bridget Oakley, Bronwyn Aspinall, Daniel Zentner, Wei Liak, Lauren Sherry, Annaliese Gardiner, Jamie Casaclang, Julian Jenkyns, Nick Walker, Len Pearce, John Pearce, Michael Orr, Greg Boyce, Ben Tumminello, Megan Tumminello and Jason Chen.

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### **26. Commonwealth Games**

Five of our officials will be officiating at the Commonwealth Games in Melbourne in March of next year. They are Janelle Eldridge, Alan Mills, Roslyn Mitchell, Barry Pecar and Sue Stephens.

### **27. NSW Little A's Championships**

The New South Wales Little A's Championships were held at Homebush over the weekend of 18<sup>th</sup> and 19<sup>th</sup> March, 2006.

Our senior athletes competing there returned the following results.

**Patrick Kelland** finished 9<sup>th</sup> in the Under 11 Boys Triple Jump event with his jump of 9.08 metres – only 2 centimetres below his personal best jump.

**Cameron Borwick** finished 8<sup>th</sup> in the Under 14 Boys 1500 metres event in a time of 4 mins 45.2 secs. This was a 6 second improvement on his time at the Regional Championships held 1 month earlier.

**Emmica Burnell-Jones** finished 8<sup>th</sup> in the Under 14 Girls 1500 metres walk event in a time of 7 mins 46.7 secs. The time Emmica recorded here was almost 30 seconds faster than the one she recorded at the Regional Championships.

**Rory Tarnow-Mordi** finished 7<sup>th</sup> in the Under 14 Boys Triple Jump event with his leap of 11.30 metres. This was a personal best jump by some 29 centimetres.

**Kavitaa Ranjitkumar** finished 8<sup>th</sup> in the Under 14 Girls Discus event with her throw of 27.00 metres.

**Len Pearce** finished 3<sup>rd</sup> in the Under 15 Boys 100 metres event in a personal best time of 11.1 seconds. In the Long Jump event Len won the silver medal with his personal best leap of 6.39 metres. Len also gained a further silver medal in the Triple Jump event with his leap of 13.07 metres.

**John Pearce** finished 7<sup>th</sup> in the Under 15 Boys 100 metres event in a time of 11.5 seconds. In the 100 metres Hurdles event John was a clear winner in a personal best time of 13.2 seconds.

**Annaliese Gardiner** won a full set of medals at this Carnival. In the Under 13 Girls 80 metres Hurdles event Annaliese was a clear winner in a time of 12.4 seconds. Annaliese won a silver medal in the 100 metres in a time of 12.4 seconds. In the 200 metres Hurdles event Annaliese won the bronze medal with her time of 28.8 seconds. As a result of her efforts at this Carnival Annaliese won selection in the NSW Little A's team to contest the Australian Little A's Championships in Canberra next month.

### **28. NSW Masters Championships**

The New South Wales Masters Championships were held at Bankstown over the weekend 1<sup>st</sup> – 2<sup>nd</sup> April and we had 1 competitor there.

**Andrew Atkinson-Howatt** won a silver medal in the 45-49 years Discus event with his throw of 29.82 metres. In his Hammer Throw event Andrew won a bronze medal with his throw of 28.60 metres. The Javelin event saw Andrew gain another silver medal with his throw of 38.66 metres. Andrew gained a further silver medal in his Weight event with his effort of 7.45 metres. In the Shot Put Andrew finished in 4<sup>th</sup> place with his throw of 7.97 metres.

### **29. Australian Under 20 and Under 23 Championships**

The Australian Under 20 and Under 23 Championships were held in Adelaide over the weekend of 31<sup>st</sup> March to 2<sup>nd</sup> April and again the Centre was represented by 1 competitor.

**Nick Walker** produced a remarkable improvement of some 31 seconds to win the gold medal in the Under 23 Men's 3000 metres Steeplechase event in a time of 9 mins 44.27 secs.

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# SENIORS REPORT

## BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

### MALE (as at 31/03/06)

#### 100 Metres

<i>Under 12</i>	David Forster	13.5	82/83
<i>Under 13</i>	Gareth Smith	12.9	93/94
<i>Under 14</i>	Matthew Crooks	12.6	97/98
<i>Under 15</i>	Len Pearce	11.45	05/06
<i>Under 16</i>	Neville Stanton	11.21	99/00
<i>Under 18</i>	Glen McCarthy	10.89	87/88
<i>Under 20</i>	Glen McCarthy	10.81	88/89
<i>Open</i>	Glen McCarthy	10.66	95/96
<i>Vet 30-39</i>	Carl Casacang	11.63	01/02
<i>Vet 40-49</i>	Peter Collins	11.9	95/96

#### 200 Metres

<i>Under 12</i>	David Forster	29.7	82/83
<i>Under 13</i>	Gareth Smith	28.2	93/94
<i>Under 14</i>	Ian Pereira	25.15	84/85
<i>Under 15</i>	John Pearce	23.61	05/06
<i>Under 16</i>	Glen McCarthy	22.86	85/86
<i>Under 18</i>	Glen McCarthy	21.74	87/88
<i>Under 20</i>	Glen McCarthy	21.69	88/89
<i>Open</i>	Glen McCarthy	20.96	92/93
<i>Vet 30-39</i>	John Larkin	23.43	93/94
<i>Vet 40-49</i>	Peter Collins	25.18	94/95

#### 400 Metres

<i>Under 12</i>	David Forster	63.2	82/83
<i>Under 13</i>	David Forster	62.7	83/84
<i>Under 14</i>	Ian Pereira	60.5	84/85
<i>Under 15</i>	David Forster	53.01	85/86
<i>Under 16</i>	Neville Stanton	51.50	99/00
<i>Under 18</i>	Glen McCarthy	49.10	87/88
<i>Under 20</i>	Glen McCarthy	49.30	88/89
<i>Open</i>	Glen McCarthy	47.56	95/96
<i>Vet 30-39</i>	Simon Wood	53.73	95/96
<i>Vet 40-49</i>	Andrew Della-Porta	58.5	91/92

#### 800 Metres

<i>Under 12</i>	Will Devjak	2.19.1	94/95
<i>Under 13</i>	Will Devjak	2.18.4	95/96
<i>Under 14</i>	Kevin Laws	2.10.75	85/86
<i>Under 15</i>	David Forster	2.00.23	85/86
<i>Under 16</i>	David Forster	2.04.0	85/86
<i>Under 18</i>	Will Devjak	1.54.5	99/00
<i>Under 20</i>	Will Devjak	1.50.3	02/03
<i>Open</i>	Will Devjak	1.48.56	03/04
<i>Vet 30-39</i>	Simon Wood	2.01.8	95/96
<i>Vet 40-49</i>	Colin Richardson	2.10.7	90/91

#### 1500 Metres

<i>Under 12</i>	David Forster	4.53.3	82/83
<i>Under 13</i>	David Forster	4.42.4	83/84
<i>Under 14</i>	Kevin Laws	4.28.4	85/86
<i>Under 15</i>	Christopher Mills	4.12.42	87/88
<i>Under 16</i>	Christopher Mills	4.11.4	88/89
<i>Under 18</i>	Will Devjak	3.53.51	00/01
<i>Under 20</i>	Will Devjak	3.55.29	00/01
<i>Open</i>	Will Devjak	3.51.28	03/04
<i>Vet 30-39</i>			
<i>Vet 40-49</i>	Colin Richardson	4.27.0	90/91

#### 3000 Metres

<i>Under 12</i>	Will Devjak	10.35.1	94/95
<i>Under 13</i>	Peter Cotton	10.37.52	86/87
<i>Under 14</i>	Will Devjak	10.06.3	95/96
<i>Under 15</i>	Christopher Mills	9.22.19	87/88
<i>Under 16</i>	Christopher Mills	9.08.15	88/89
<i>Under 18</i>	Will Devjak	8.55.9	99/00
<i>Under 20</i>	Christopher Mills	8.41.2	92/93
<i>Open</i>	Christopher Mills	8.34.8	93/94
<i>Vet 30-39</i>	Richard Sarkies	9.13.6	00/01
<i>Vet 40-49</i>	Colin Richardson	9.43.1	90/91

#### 5000 Metres

<i>Under 18</i>	Christopher Mills	17.48.0	90/91
<i>Under 20</i>	Christopher Mills	15.47.53	91/92
<i>Open</i>	Christopher Mills	15.11.22	93/94
<i>Vet 30-39</i>	Ray Wareham	15.56.32	04/05
<i>Vet 40-49</i>	John Walton	17.15.7	92/93

#### 2000 Metre Steeplechase

<i>Under 13</i>	Peter Cotton	9.17.6	86/87
<i>Under 14</i>	Christopher Mills	8.42.6	86/87
<i>Under 15</i>	Will Devjak	6.40.2	97/98
<i>Under 16</i>	Will Devjak	6.20.1	98/99
<i>Under 18</i>	Will Devjak	5.53.46	00/01
<i>Under 20</i>	Christopher Mills	6.04.4	91/92

#### 3000 Metre Steeplechase

<i>Under 18</i>	Will Devjak	9.23.63	00/01
<i>Under 20</i>	Christopher Mills	9.33.49	92/93
<i>Open</i>	Christopher Mills	9.37.6	93/94



# SENIORS REPORT

## BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

### MALE (as at 31/03/06)

#### 1500 Metre Walk

<i>Under 12</i>	David Forster	8.51.4	82/83
<i>Under 13</i>	David Forster	9.00.2	83/84
<i>Under 14</i>	Michael Cooper	10.35.1	88/89
<i>Under 15</i>	Matthew Spackman	8.49.9	88/89
<i>Under 16</i>	Adam Page	8.35.2	91/92
<i>Under 18</i>	Adam Page	10.35.7	92/93
<i>Under 20</i>			
<i>Open</i>	Graham Walsh	6.54.0	91/92
<i>Vet 30-39</i>	Graham Walsh	7.41.9	93/94
<i>Vet 40-49</i>	John Barbuto	9.54.4	88/89
<i>Vet 50+</i>			

#### 80 Metre Hurdles

<i>Under 12</i>	Peter Cotton	15.7	85/86
<i>Under 13</i>	Adam Hoey	13.47	91/92

#### 100 Metre Hurdles

<i>Under 14</i>	Grant Mitchell	16.72	86/87
<i>Under 15</i>	Brian Chappell	14.57	94/95
<i>Under 16</i>	John Pearce	13.2	05/06
<i>Under 18</i>	Chris Butt	15.7	83/84
<i>Under 20</i>	Warren Gray	15.5	83/84
<i>Vet 30-39</i>	Ken Smith	17.5	91/92
<i>Vet 40-49</i>	Peter Collins	15.2	95/96
<i>Vet 50+</i>	Peter McEneaney	19.47	93/94

#### 200 Metre Hurdles

<i>Under 12</i>	Will Devjak	33.9	94/95
<i>Under 13</i>	Adam Hoey	34.3	91/92
<i>Under 14</i>	Brian Chappell	30.6	93/94
<i>Under 15</i>	Brian Chappell	26.04	94/95
<i>Under 16</i>	Craig Birdsall	27.39	98/99
<i>Under 18</i>	Craig Birdsall	25.4	99/00
<i>Vet 40-49</i>	John Barbuto	57.4	89/90

#### 400 Metre Hurdles

<i>Under 12</i>	Peter Cotton	84.2	85/86
<i>Under 13</i>	Grant Mitchell	86.3	85/86
<i>Under 16</i>	Craig Birdsall	59.3	98/99
<i>Under 18</i>	Craig Birdsall	55.31	00/01
<i>Under 20</i>	Craig Birdsall	55.1	00/01
<i>Open</i>	Brian Chappell	55.12	01/02
<i>Vet 30-39</i>	Ken Smith	67.6	91/92
<i>Vet 40-49</i>	Peter Collins	59.62	92/93
<i>Vet 50+</i>	Peter Collins	64.5	01/02

#### Pentathlon

<i>Vet 35-39</i>			
<i>Vet 40-44</i>	Andrew Atkinson-Howatt	2512	01/02
<i>Vet 45-49</i>	Andrew Atkinson-Howatt	2195	03/04

#### 3000 Metre Walk

<i>Under 12</i>	Shannon Wolfers	20.28.8	92/93
<i>Under 13</i>	Michael Jones	17.55.1	86/87
<i>Under 14</i>	Michael Jones	16.51.0	87/88
<i>Under 15</i>	Matthew Spackman	16.35.0	88/89
<i>Under 16</i>			
<i>Under 18</i>			
<i>Under 20</i>			
<i>Open</i>	Graham Walsh	14.45.3	91/92
<i>Vet 30-39</i>	Graham Walsh	16.33.5	93/94
<i>Vet 40-49</i>	George Parsons	21.24.0	90/91
<i>Vet 50+</i>			

#### 90 Metre Hurdles

<i>Under 14</i>	Brian Chappell	13.29	93/94
<i>Under 15</i>	Brian Chappell	14.6	94/95
<i>Vet 50+</i>	Peter McEneaney	15.6	93/94

#### 110 Metre Hurdles

<i>Under 17</i>	Brian Chappell	15.15	96/97
<i>Under 18</i>	Craig Birdsall	15.10	98/99
<i>Under 20</i>	Brad Adams	19.4	91/92
<i>Open</i>	Glyn Henman	16.5	92/93
<i>Vet 30-39</i>	Chris Norris	19.4	94/95
<i>Vet 40-49</i>	Peter Collins	16.3	93/94
<i>Vet 50+</i>	Peter Collins	16.7	01/02

#### 300 Metre Hurdles

<i>Under 12</i>	Peter Cotton	54.6	85/86
<i>Under 13</i>	Grant Mitchell	54.8	85/86
<i>Under 14</i>			
<i>Under 15</i>	Kevin Laws	47.5	85/86
<i>Under 16</i>	Brian Chappell	40.45	95/96
<i>Under 18</i>	Brian Chappell	39.16	96/97
<i>Vet 40-49</i>	Peter Collins	43.9	95/96
<i>Vet 50+</i>	Peter McEneaney	49.9	93/94

#### Multi-Event

<i>Under 16</i>	Brian Chappell	4299	95/96
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#### Decathlon

<i>Under 18</i>	Brian Chappell	5328	96/97
<i>Under 20</i>	Brent Page	4370	92/93
<i>Open</i>	Brian Chin	5205	93/94

#### Weight Pentathlon

<i>Vet 35-39</i>	Jeff Hailey	3175	98/99
<i>Vet 40-44</i>	Jeff Hailey	3416	01/02
<i>Vet 45-49</i>	Mark Johnston	3107	00/01

# SENIORS REPORT

## BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

### MALE (as at 31/03/06)

#### Shot Put

<i>Under 12</i>	Alan Menin	10.52	85/86
<i>Under 13</i>	David Page	9.15	91/92
<i>Under 14</i>	Michael West	11.60	89/90
<i>Under 15</i>	David Forster	12.12	85/86
<i>Under 16</i>	David Forster	11.66	86/87
<i>Under 18</i>	Paul Menin	13.50	85/86
<i>Under 20</i>	Brent Page	11.33	93/94
<i>Open</i>	Darren Wilson	12.08	92/93
<i>Vet 30-39</i>	Jeff Hailey	14.86	98/99
<i>Vet 40-49</i>	Jeff Hailey	14.43	01/02
<i>Vet 50+</i>	Bob Bowker	10.78	01/02

#### Javelin

<i>Under 12</i>	Peter Cotton	21.16	85/86
<i>Under 13</i>	Will Devjak	26.58	95/96
<i>Under 14</i>	Michael Jones	40.26	87/88
<i>Under 15</i>	Steve Capper	36.86	85/86
<i>Under 16</i>	Bennett Gardiner	41.67	03/04
<i>Under 18</i>	Geoff Davies	48.18	90/91
<i>Under 20</i>	Kim Olmos	39.28	92/93
<i>Open</i>	Darren Wilson	43.64	92/93
<i>Vet 30-39</i>	Jeff Hailey	56.20	99/00
<i>Vet 40-49</i>	Jeff Hailey	55.47	01/02
<i>Vet 50+</i>	Bob Bowker	38.80	01/02

#### Pole Vault

<i>Under 13</i>	Peter Cotton	1.80	86/87
	Michael Jones	1.80	86/87
<i>Under 14</i>	Michael Jones	2.00	87/88
<i>Under 15</i>	Brian Chappell	2.00	94/95
<i>Under 16</i>	Glyn Henman	2.40	83/84
<i>Under 18</i>	Brian Chappell	2.30	95/96
<i>Under 20</i>	Brendan Mills	3.00	93/94
<i>Open</i>	Brian Chin	2.80	92/93
	Brendan Mills	2.80	94/95
<i>Vet 30-39</i>	Ray Brookes	3.20	96/97

#### Long Jump

<i>Under 12</i>	Geoff Davies	5.30	85/86
<i>Under 13</i>	David Massey	5.34	89/90
<i>Under 14</i>	Matthew Crooks	5.57	97/98
<i>Under 15</i>	Len Pearce	6.17	05/06
<i>Under 16</i>	Len Pearce	6.39	05/06
<i>Under 18</i>	Geoff Davies	6.95	91/92
<i>Under 20</i>	Geoff Davies	7.33	92/93
<i>Open</i>	Peter Parsons	7.35	00/01
<i>Vet 30-39</i>	Andrew Jackson	5.93	03/04
<i>Vet 40-49</i>	Peter Collins	5.98	90/91
<i>Vet 50+</i>	Peter Collins	3.71	01/02

#### Discus

<i>Under 12</i>	Alan Menin	27.52	85/86
<i>Under 13</i>	Peter Cotton	25.50	86/87
<i>Under 14</i>	David Forster	31.02	84/85
<i>Under 15</i>	David Forster	37.62	85/86
<i>Under 16</i>	Calum Windsor	42.21	03/04
<i>Under 18</i>	Paul Menin	44.22	85/86
<i>Under 20</i>	Brent Page	33.60	92/93
<i>Open</i>	Darren Wilson	36.82	92/93
<i>Vet 30-39</i>	Jeff Hailey	41.32	98/99
<i>Vet 40-49</i>	Jeff Hailey	39.12	01/02
<i>Vet 50+</i>	Bob Bowker	32.13	01/02

#### Hammer

<i>Under 12</i>	Brian Chappell	8.94	91/92
<i>Under 13</i>	David Page	17.92	91/92
<i>Under 14</i>	Peter Cotton	24.18	87/88
<i>Under 15</i>	Michael West	22.42	90/91
<i>Under 16</i>	Glyn Henman	32.20	83/84
<i>Under 18</i>	Paul Menin	45.44	85/86
<i>Under 20</i>	Andrew Jackson	27.52	90/91
<i>Open</i>	Andrew Jackson	29.04	94/95
<i>Vet 30-39</i>	Jeff Hailey	41.47	98/99
<i>Vet 40-49</i>	Bob Bowker	40.11	01/02
<i>Vet 50+</i>	Bob Bowker	31.56	01/02

#### High Jump

<i>Under 12</i>	David Forster	1.38	82/83
<i>Under 13</i>	Andrew Crews	1.67	85/86
<i>Under 14</i>	Andrew Crews	1.63	86/87
<i>Under 15</i>	Michael Dunne	1.73	97/98
<i>Under 16</i>	Brian Chappell	1.73	95/96
<i>Under 18</i>	Michael Dunne	1.85	99/00
<i>Under 20</i>	Kari Bergsson	1.80	04/05
<i>Open</i>	Zoltan Budimcevic	2.00	93/94
<i>Vet 30-39</i>	John Larkin	1.60	95/96
<i>Vet 40-49</i>	Peter Collins	1.65	90/91
<i>Vet 50+</i>	Peter Collins	1.53	01/02

#### Triple Jump

<i>Under 12</i>	David Massey	9.74	88/89
<i>Under 13</i>	Geoff Davies	10.60	86/87
<i>Under 14</i>	Matthew Williams	11.10	92/93
<i>Under 15</i>	Len Pearce	13.17	05/06
<i>Under 16</i>	Len Pearce	13.53	05/06
<i>Under 18</i>	Taichi Hoshino	13.75	02/03
<i>Under 20</i>	Geoff Davies	14.04	92/93
<i>Open</i>	Greg Wiencke	15.61	00/01
<i>Vet 30-39</i>	Andrew Jackson	11.38	03/04
<i>Vet 40-49</i>	Peter Collins	12.48	90/91

# SENIORS REPORT

## BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

### FEMALE (as at 31/03/06)

#### 100 Metres

<i>Under 12</i>	Jamie Casaclang	13.1	00/01
<i>Under 13</i>	Rachael Massey	12.96	88/89
<i>Under 14</i>	Rachael Massey	12.37	89/90
<i>Under 15</i>	Rachael Massey	12.23	90/91
<i>Under 16</i>	Rachael Massey	12.15	91/92
<i>Under 18</i>	Rachael Massey	11.87	93/94
<i>Under 20</i>	Rachael Massey	11.85	95/96
<i>Open</i>	Rachael Massey	11.42	99/00
<i>Vet 28-34</i>			
<i>Vet 35+</i>	Sharon Aldridge	13.1	94/95

#### 400 Metres

<i>Under 12</i>	Jamie Casaclang	62.3	00/01
<i>Under 13</i>	Jamie Casaclang	59.59	01/02
<i>Under 14</i>	Jamie Casaclang	58.51	02/03
<i>Under 15</i>	Jamie Casaclang	58.3	03/04
<i>Under 16</i>	Tara Millgate	57.81	00/01
<i>Under 18</i>	Tara Millgate	55.68	01/02
<i>Under 20</i>	Tara Millgate	55.88	03/04
<i>Open</i>	Vicky Pigginn	53.78	99/00
<i>Vet 28-34</i>			
<i>Vet 35+</i>	Margaret Chappell	65.8	94/95

#### 1500 Metres

<i>Under 12</i>	Larissa West	5.15.2	88/89
<i>Under 13</i>	Elizabeth Cotton	5.03.18	87/88
<i>Under 14</i>	Lucy Starrat	5.00.6	01/02
<i>Under 15</i>	Lucy Polkinghorne	4.49.6	00/01
<i>Under 16</i>	Lucy Polkinghorne	4.47.42	01/02
<i>Under 18</i>	Lucy Polkinghorne	4.47.42	03/04
<i>Under 20</i>	Kate McMaster	5.35.5	00/01
<i>Open</i>	Maxine Poor	4.19.8	83/84
<i>Vet 28-34</i>	Anne Francis	7.23.8	88/89
<i>Vet 35+</i>	Margaret Chappell	6.22.2	91/92

#### 5000 Metres

<i>Under 12</i>			
<i>Under 13</i>			
<i>Under 14</i>			
<i>Under 15</i>			
<i>Under 16</i>			
<i>Under 18</i>			
<i>Under 20</i>	Christine Gosling	23.20.1	92/93
<i>Open</i>	Yvette Cotton	19.10.7	92/93
<i>Vet 28-34</i>			
<i>Vet 35+</i>			

#### 200 Metres

<i>Under 12</i>	Jamie Casaclang	27.2	00/01
<i>Under 13</i>	Jamie Casaclang	26.0	01/02
<i>Under 14</i>	Rachael Massey	25.78	89/90
<i>Under 15</i>	Rachael Massey	25.17	90/91
<i>Under 16</i>	Jamie Casaclang	24.71	04/05
<i>Under 18</i>	Merryn Aldridge	24.65	99/00
<i>Under 20</i>	Vicky Pigginn	24.39	94/95
	Merryn Aldridge	24.39	99/00
<i>Open</i>	Rachael Massey	23.62	96/97
<i>Vet 28-34</i>			
<i>Vet 35+</i>	Sharon Aldridge	27.10	94/95

#### 800 Metres

<i>Under 12</i>	Larissa West	2.30.97	88/89
<i>Under 13</i>	Larissa West	2.26.4	89/90
<i>Under 14</i>	Lucy Starrat	2.26.18	01/02
<i>Under 15</i>	Lucy Polkinghorne	2.20.06	00/01
<i>Under 16</i>	Megan Cotton	2.18.21	90/91
<i>Under 18</i>	Lucy Polkinghorne	2.15.06	03/04
<i>Under 20</i>	Tara Millgate	2.11.3	04/05
<i>Open</i>	Julie Schwass	2.04.87	84/84
<i>Vet 28-34</i>	Anne Francis	3.10.2	88/89
<i>Vet 35+</i>	Margaret Chappell	2.38.08	94/95

#### 3000 Metres

<i>Under 12</i>	Megan Cotton	12.02.7	87/88
<i>Under 13</i>	Lisa Collins	11.27.7	92/93
<i>Under 14</i>	Lisa Collins	11.43.4	93/94
<i>Under 15</i>	Lucy Polkinghorne	10.45.4	00/01
<i>Under 16</i>	Lucy Polkinghorne	10.37.0	00/01
<i>Under 18</i>	Lucy Polkinghorne	11.15.11	03/04
<i>Under 20</i>			
<i>Open</i>	Yvette Cotton	11.33.9	93/94
<i>Vet 28-34</i>			
<i>Vet 35+</i>			

#### 2000 Metre Steeplechase

<i>Under 12</i>	Elizabeth Cotton	9.35.0	86/87
<i>Under 13</i>			
<i>Under 14</i>	Lucy Starrat	8.25.81	01/02
<i>Under 15</i>	Lucy Polkinghorne	7.33.45	00/01
<i>Under 16</i>	Lucy Polkinghorne	7.33.34	01/02
<i>Under 18</i>	Lucy Polkinghorne	7.00.94	02/03
<i>Under 20</i>	Yvette Cotton	8.59.84	90/91
<i>Open</i>			
<i>Vet 28-34</i>			
<i>Vet 35+</i>			

#### 3000 Metre Steeplechase

<i>Under 18</i>	Lucy Polkinghorne	11.48.75	03/04
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# SENIORS REPORT

## BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

### FEMALE (as at 31/03/06)

#### 1500 Metre Walk

<i>Under 12</i>	Natalie Cummings	7.38.54	85/86
<i>Under 13</i>	Natalie Cummings	8.21.4	86/87
<i>Under 14</i>	Julie Davis	7.43.0	82/83
<i>Under 15</i>	Carolyn Little	7.56.21	91/92
<i>Under 16</i>	Yvette Cotton	7.38.0	86/87
<i>Under 18</i>	Sharon Cummings	7.19.0	86/87
<i>Under 20</i>	Sharon Cummings	7.33.3	87/88
<i>Open</i>	Yvette Cotton	7.35.2	93/94
<i>Vet 28-34</i>	Anne Francis	10.50.0	88/89
<i>Vet 35+</i>	Sue Curry	10.05.0	91/92

#### 3000 Metre Walk

<i>Under 12</i>	Karen Hoey	16.44.4	91/92
<i>Under 13</i>	Natalie Cummings	18.28.0	86/87
<i>Under 14</i>	Natalie Cummings	17.22.0	87/88
<i>Under 15</i>	Carolyn Little	17.13.4	91/92
<i>Under 16</i>	Carolyn Little	17.54.1	92/93
<i>Under 18</i>	Sharon Cummings	16.20.0	85/86
<i>Under 20</i>	Yvette Cotton	17.09.6	89/90
<i>Open</i>	Yvette Cotton	15.37.6	93/94
<i>Vet 28-34</i>			
<i>Vet 35+</i>	Sue Curry	21.10.3	89/90

#### 5000 Metre Walk

<i>Under 18</i>	Carolyn Little	30.45.0	94/95
<i>Open</i>	Yvette Cotton	27.17.8	93/94

#### 80 Metre Hurdles

<i>Under 12</i>	Kate Harvey	14.83	86/87
<i>Under 13</i>	Jodie Boland	14.1	85/86
<i>Under 14</i>	Annaliese Gardiner	12.59	05/06
<i>Vet 35+</i>	Sharon Aldridge	14.2	94/95

#### 90 Metre Hurdles

<i>Under 12</i>			
<i>Under 13</i>			
<i>Under 14</i>			
<i>Under 15</i>	Rachel Neylan	13.98	96/97
<i>Under 16</i>	Shannon Arnott	13.63	02/03
<i>Under 18</i>			
<i>Under 20</i>			
<i>Open</i>			
<i>Vet 28-34</i>			
<i>Vet 35+</i>			

#### 100 Metre Hurdles

<i>Under 12</i>			
<i>Under 13</i>			
<i>Under 14</i>			
<i>Under 15</i>			
<i>Under 16</i>	Megan Cotton	16.47	91/92
<i>Under 18</i>	Tara Millgate	15.19	01/02
<i>Under 20</i>	Rasvinder Gill	14.62	04/05
<i>Open</i>	Lyndall Garling	14.12	83/84
<i>Vet 28-34</i>			
<i>Vet 35+</i>			

#### 200 Metre Hurdles

<i>Under 12</i>	Megan Cotton	35.7	87/88
<i>Under 13</i>	Megan Cotton	34.1	88/89
<i>Under 14</i>	Annaliese Gardiner	32.15	05/06
<i>Under 15</i>	Rachel Neylan	29.2	96/97
<i>Under 16</i>	Shannon Arnott	29.72	02/03
<i>Under 18</i>	Jenny Horsfield	35.8	87/88
<i>Under 20</i>	Jenny Horsfield	34.2	88/89
<i>Open</i>			
<i>Vet 28-34</i>			
<i>Vet 35+</i>	Margaret Chappell	37.3	89/90

#### 300 Metre Hurdles

<i>Under 12</i>			
<i>Under 13</i>			
<i>Under 14</i>			
<i>Under 15</i>	Rachel Neylan	45.41	96/97
<i>Under 16</i>	Megan Cotton	44.08	90/91
<i>Under 18</i>			
<i>Under 20</i>			
<i>Open</i>			
<i>Vet 28-34</i>			
<i>Vet 35+</i>	Sharon Aldridge	55.3	94/95

#### 400 Metre Hurdles

<i>Under 12</i>			
<i>Under 13</i>			
<i>Under 14</i>			
<i>Under 15</i>	Gunilla Rupp	70.1	84/85
<i>Under 16</i>	Tara Millgate	65.21	00/01
<i>Under 18</i>	Tara Millgate	60.72	01/02
<i>Under 20</i>	Tara Millgate	60.41	04/05
<i>Open</i>	Lyndall Garling	60.80	83/84
<i>Vet 28-34</i>			
<i>Vet 35+</i>	Sue Curry	89.8	87/88

# SENIORS REPORT

## BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

### FEMALE (as at 31/03/06)

#### Shot Put

<i>Under 12</i>	Megan Cotton	7.92	87/88
<i>Under 13</i>	Megan Cotton	8.97	88/89
<i>Under 14</i>	Suzy Della-Porta	9.74	91/92
<i>Under 15</i>	Elizabeth Cotton	11.23	90/91
<i>Under 16</i>	Laura Cornford	10.05	03/04
<i>Under 18</i>	Laura Cornford	10.51	04/05
<i>Under 20</i>	Yvette Cotton	10.44	89/90
<i>Open</i>	Yvette Cotton	9.06	91/92
<i>Vet 28-34</i>			
<i>Vet 35+</i>	Helen Searle	12.59	93/94

#### High Jump

<i>Under 12</i>	Megan Cotton	1.35	87/88
<i>Under 13</i>	Megan Cotton	1.40	88/89
<i>Under 14</i>	Alexandra Church	1.72	97/98
<i>Under 15</i>	Alexandra Church	1.74	98/99
<i>Under 16</i>	Alexandra Church	1.74	99/00
<i>Under 18</i>	Alexandra Church	1.82	01/02
<i>Under 20</i>	Megan Cotton	1.49	93/94
<i>Open</i>	Helen Merriman	1.78	82/83
<i>Vet 28-34</i>			
<i>Vet 35+</i>	Margaret Chappell	1.35	90/91

#### Discus

<i>Under 12</i>	Megan Cotton	21.40	87/88
<i>Under 13</i>	Megan Cotton	22.48	88/89
<i>Under 14</i>	Suzy Della-Porta	30.24	91/92
<i>Under 15</i>	Suzy Della-Porta	29.48	92/93
<i>Under 16</i>	Megan Cotton	30.20	91/92
<i>Under 18</i>	Laura Cornford	36.15	04/05
<i>Under 20</i>	Nicola Jones	33.28	04/05
<i>Open</i>	Nicola Jones	37.30	04/05
<i>Vet 28-34</i>			
<i>Vet 35+</i>	Helen Searle	30.64	94/95

#### Long Jump

<i>Under 12</i>	Janet Gault	4.69	89/90
<i>Under 13</i>	Janet Gault	4.96	90/91
<i>Under 14</i>	Shannon Arnott	4.73	00/01
<i>Under 15</i>	Megan Cotton	5.44	90/91
<i>Under 16</i>	Megan Cotton	5.66	90/91
<i>Under 18</i>	Vicky Piggin	5.89	92/93
<i>Under 20</i>	Vicky Piggin	6.20	94/95
<i>Open</i>	Vicky Piggin	6.36	97/98
<i>Vet 28-34</i>			
<i>Vet 35+</i>	Margaret Chappell	4.72	90/91

#### Javelin

<i>Under 12</i>	Margaret Gault	19.50	91/92
<i>Under 13</i>	Elizabeth Cotton	22.03	88/89
<i>Under 14</i>	Elizabeth Cotton	29.40	89/90
<i>Under 15</i>	Elizabeth Cotton	29.66	89/90
<i>Under 16</i>	Laura Cornford	41.21	03/04
<i>Under 18</i>	Laura Cornford	45.52	04/05
<i>Under 20</i>	Elizabeth Cotton	40.32	94/95
<i>Open</i>	Yvette Cotton	27.84	91/92
<i>Vet 28-34</i>			
<i>Vet 35+</i>	Mary Thomas	46.98	82/83

#### Triple Jump

<i>Under 12</i>	Elizabeth Cotton	8.70	87/88
<i>Under 13</i>	Janet Gault	10.40	90/91
<i>Under 14</i>	Christine Nettle	10.06	89/90
<i>Under 15</i>	Gunilla Rupp	10.82	85/86
<i>Under 16</i>	Megan Cotton	11.12	90/91
<i>Under 18</i>	Kate Harvey	11.30	91/92
<i>Under 20</i>	Christine Gosling	10.68	91/92
<i>Open</i>	Vicky Piggin	10.28	95/96
<i>Vet 28-34</i>			
<i>Vet 35+</i>	Margaret Chappell	10.22	89/90

#### Hammer

<i>Under 12</i>	Margaret Gault	15.54	91/92
<i>Under 13</i>	Mariko Lawson	10.28	94/95
<i>Under 14</i>	Suzy Della-Porta	13.08	91/92
<i>Under 15</i>	Megan Cotton	20.16	90/91
<i>Under 16</i>			
<i>Under 18</i>	Joanne Capper	33.10	83/84
<i>Under 20</i>	Joanne Capper	34.06	84/85
<i>Open</i>	Joanne Capper	44.54	89/90
<i>Vet 28-34</i>			
<i>Vet 35+</i>	Helen Searle	44.00	96/97

#### Multi-Events

<i>Under 14</i>	Elizabeth Cotton	3679	89/90
<i>Under 15</i>	Megan Cotton	4265	90/91
<i>Under 16</i>	Megan Cotton	4719	90/91
<i>Under 18</i>	Tara Millgate	4271	01/02
<i>Under 20</i>	Megan Cotton	4239	93/94

#### Pole Vault

<i>Under 18</i>	Elizabeth Cotton	1.80	93/94
<i>Under 20</i>	Elizabeth Cotton	1.88	94/95

#### Weight Pentathlon

<i>Vet 60-64</i>	Helen Searle	5117 pts	99/00
<i>Vet 65-69</i>	Helen Searle	5027 pts	01/02

# SENIORS REPORT

## SENIORS DIVISION - CENTRE RECORDS 2006

### FEMALE

#### 100 Metres

<i>Under 12</i>	Lisa Farmer	13.9	1992
<i>Under 13</i>	Rachael Massey	13.4	1988
<i>Under 14</i>	Rachael Massey	13.1	1989
	Jamie Casaclang	13.1	2002
<i>Under 15</i>	Rachael Massey	12.8	1990
<i>Under 16</i>	Jamie Casaclang	12.3	2004
<i>Under 18</i>	Rachael Massey	12.1	1992
<i>Under 20</i>	Vicky Piggin	12.1	1994
<i>Open</i>	Rachael Massey	11.8	1996
<i>Vet</i>	Sharon Aldridge	13.2	1996

#### 200 Metres

<i>Under 12</i>	Lisa Farmer	30.0	1993
<i>Under 13</i>	Jamie Casaclang	27.1	2001
<i>Under 14</i>	Rachael Massey	27.8	1989
<i>Under 15</i>	Rachael Massey	26.6	1990
<i>Under 16</i>	Rachael Massey	25.8	1991
<i>Under 18</i>	Rachael Massey	25.9	1992
<i>Under 20</i>	Vicky Piggin	26.3	1994
<i>Open</i>	Rachael Massey	25.5	1996
<i>Vet</i>	Sharon Aldridge	27.9	1993

#### 400 Metres

<i>Under 12</i>	Lisa Farmer	72.9	1992
<i>Under 13</i>	Nicole Barbutto	68.1	1987
<i>Under 14</i>	Jamie Casaclang	63.0	2002
<i>Under 15</i>	Megan Cotton	66.5	1990
<i>Under 16</i>	Tara Millgate	60.4	2000
<i>Under 18</i>	Tara Millgate	59.4	2002
<i>Under 20</i>	Vicky Piggin	62.2	1994
<i>Open</i>	Cheryl Attenborough	63.6	1982
<i>Vet</i>	Margaret Chappell	68.3	1992

#### 800 Metres

<i>Under 12</i>	Megan Cotton	2.33.0	1987
<i>Under 13</i>	Jamie Casaclang	2.35.4	2001
<i>Under 14</i>	Lisa Collins	2.45.6	1993
<i>Under 15</i>	Shannon Arnott	2.32.5	2001
<i>Under 16</i>	Yvette Cotton	2.34.5	1986
<i>Under 18</i>	Tara Millgate	2.20.6	2001
<i>Under 20</i>	Tara Millgate	2.30.5	2003
<i>Open</i>	Kate McMaster	2.23.0	2001
<i>Vet</i>	Sue Curry	3.14.8	1987

### MALE

#### 100 Metres

<i>Under 12</i>	Steven Ryan	14.3	1989
<i>Under 13</i>	Gareth Smith	13.2	1993
<i>Under 14</i>	Nikita Marokakis	12.5	2002
<i>Under 15</i>	Brian Chappell	11.9	1994
<i>Under 16</i>	Glen McCarthy	11.8	1985
<i>Under 18</i>	Craig Birdsall	11.3	2000
<i>Under 20</i>	Glen McCarthy	11.1	1988
<i>Open</i>	Brian Chin	11.2	1996
<i>Vet</i>	Carl Casaclang	11.9	2002

#### 200 Metres

<i>Under 12</i>	David Forster	29.7	1982
<i>Under 13</i>	John Pearce	28.4	2003
<i>Under 14</i>	Ian Pereira	26.1	1984
<i>Under 15</i>	Brian Chappell	24.5	1994
<i>Under 16</i>	Sean Brennan	25.1	1983
<i>Under 18</i>	Ian Pereira	23.0	1988
<i>Under 20</i>	Glen McCarthy	22.4	1988
<i>Open</i>	Brian Chin	23.7	1996
<i>Vet</i>	Carl Casaclang	24.6	2001

#### 400 Metres

<i>Under 12</i>	Brian Chappell	71.2	1990
<i>Under 13</i>	David Forster	64.7	1983
<i>Under 14</i>	David Forster	60.9	1984
<i>Under 15</i>	Brian Chappell	55.5	1994
<i>Under 16</i>	Damian Petrovic	55.6	2004
<i>Under 18</i>	Craig Birdsall	53.5	2000
<i>Under 20</i>	Warren Gray	56.7	1983
<i>Open</i>	Brad Adams	54.1	1992
<i>Vet</i>	Andrew Della-Porta	59.6	1991

#### 800 Metres

<i>Under 12</i>	Will Devjak	2.28.2	1994
<i>Under 13</i>	Peter Cotton	2.28.2	1986
<i>Under 14</i>	Michael Jones	2.18.5	1987
<i>Under 15</i>	Kevin Laws	2.11.8	1985
<i>Under 16</i>	Tasman Cassim	2.17.1	1987
<i>Under 18</i>	Scott Collins	2.17.4	1994
<i>Under 20</i>	Craig Birdsall	3.06.2	2001
<i>Open</i>	Will Devjak	2.01.8	2003
<i>Vet</i>	Greg Boyce	2.04.8	2005

# SENIORS REPORT

## SENIORS DIVISION - CENTRE RECORDS 2006

<u>FEMALE</u>				<u>MALE</u>			
<b><u>1500 Metres</u></b>				<b><u>1500 Metres</u></b>			
<i>Under 12</i>	Megan Cotton	5.21.6	1987	<i>Under 12</i>	Scott Collins	5.29.5	1990
<i>Under 13</i>	Emmica Burnell-Jones	6.02.5	2004	<i>Under 13</i>	Will Devjak	4.57.0	1993
<i>Under 14</i>	Larissa West	5.38.6	1990	<i>Under 14</i>	Peter Cotton	4.55.7	1987
<i>Under 15</i>	Lucy Polkinghorne	5.17.4	2000	<i>Under 15</i>	Chris Mills	4.44.6	1987
<i>Under 16</i>	Lisa Collins	5.36.9	1986	<i>Under 16</i>	Tasman Cassim	4.45.9	1987
<i>Under 18</i>	Marisa Ryan	5.37.5	2000	<i>Under 18</i>	Will Devjak	4.17.4	2000
<i>Under 20</i>	Kate McMaster	5.35.5	2000	<i>Under 20</i>	Will Devjak	4.16.7	2002
<i>Open</i>				<i>Open</i>	Brad Adams	4.22.2	1992
<i>Vet</i>	Margaret Chappell	6.22.2	1991	<i>Vet</i>	Paul Sampson	4.43.5	2002
<b><u>1500m Walk</u></b>				<b><u>1500m Walk</u></b>			
<i>Under 12</i>	Natalie Cummings	8.14.5	1985	<i>Under 12</i>	Peter Cotton	9.25.0	1985
<i>Under 13</i>	Natalie Cummings	8.42.6	1986	<i>Under 13</i>	Grant Mitchell	9.26.0	1985
<i>Under 14</i>	Jeannie Davis	10.06.0	1982	<i>Under 14</i>	Michael Cooper	10.35.1	1988
<i>Under 15</i>	Carolyn Little	8.02.8	1991	<i>Under 15</i>	Christian Millgate	8.03.3	2005
<i>Under 16</i>	Yvette Cotton	8.22.0	1986	<i>Under 16</i>	Aron Warren	8.34.5	2001
<i>Under 18</i>	Sharon Cummings	7.32.6	1986	<i>Under 18</i>	Chris Archer	11.31.0	1986
<i>Under 20</i>	Yvette Cotton	8.16.4	1990	<i>Under 20</i>	Braden Atkinson-Howatt	12.59.8	2005
<i>Open</i>	Yvette Cotton	8.24.4	1991	<i>Open</i>	Graham Walsh	6.59.6	1991
<i>Vet</i>	Sue Curry	10.49.0	1989	<i>Vet</i>	Graham Walsh	7.14.5	1992
<b><u>80m Hurdles</u></b>				<b><u>80m Hurdles</u></b>			
<i>Under 12</i>	Elizabeth Cotton	15.1	1987	<i>Under 12</i>	Peter Cotton	16.1	1985
<i>Under 13</i>	Elizabeth Cotton	14.5	1988	<i>Under 13</i>	Brian Chappell	16.1	1991
<i>Under 14</i>	Margaret Hamilton	13.7	1982	<i>Under 13</i>	Adam Hoey	13.7	1991
<i>Vet</i>	Roslyn Mitchell	15.9	1986				
<b><u>90m Hurdles</u></b>				<b><u>90m Hurdles</u></b>			
<i>Under 15</i>	Jenny Horsfield	15.9	1984	<i>Under 14</i>	David Forster	15.4	1984
<i>Under 16</i>	Margaret Hamilton	14.8	1984				
<b><u>100m Hurdles</u></b>				<b><u>100m Hurdles</u></b>			
<i>Under 18</i>	Kate Harvey	15.2	1991	<i>Under 18</i>	Chris Butt	15.7	1983
<i>Under 20</i>				<i>Under 20</i>	Warren Gray	15.5	1983
<i>Open</i>	Cheryl Attenborough	19.7	1982				
	Linda Calder	19.7	1991				
				<b><u>110m Hurdles</u></b>			
				<i>Open</i>			
				<i>Vet</i>	Ken Smith	19.6	1991

# SENIORS REPORT

## SENIORS DIVISION - CENTRE RECORDS 2006

### FEMALE

#### Javelin

<i>Under 12</i>	Elizabeth Cotton	18.55	1987
<i>Under 13</i>	Elizabeth Cotton	22.03	1988
<i>Under 14</i>	Elizabeth Cotton	24.31	1989
<i>Under 15</i>	Elizabeth Cotton	27.46	1990
<i>Under 16</i>	Laura Cornford	36.81	2003
<i>Under 18</i>	Elizabeth Cotton	30.18	1992
<i>Under 20</i>	Elizabeth Cotton	32.08	1994
<i>Open</i>	Yvette Cotton	23.88	1991
<i>Vet</i>	Helen Searle	22.38	1991

#### Discus

<i>Under 12</i>	Cassie Hewitt	20.70	2005
<i>Under 13</i>	Emmica Burnell-Jones	25.22	2003
<i>Under 14</i>	Yvette Cotton	26.44	1984
<i>Under 15</i>	Megan Cotton	27.74	1990
<i>Under 16</i>	Megan Cotton	30.20	1991
<i>Under 18</i>	Laura Cornford	28.12	2004
<i>Under 20</i>	Nicola Jones	33.28	2004
<i>Open</i>	Yvette Cotton	27.84	1991
<i>Vet</i>	Helen Searle	26.82	1991

#### Shot Put

<i>Under 12</i>	Megan Cotton	7.83	1987
<i>Under 13</i>	Megan Cotton	8.97	1988
<i>Under 14</i>	Melissa Moscato	9.34	2000
<i>Under 15</i>	Elizabeth Cotton	9.41	1990
<i>Under 16</i>	Tina Brown	9.69	1982
<i>Under 18</i>	Yvette Cotton	8.99	1987
<i>Under 20</i>	Ruth Fyfe	9.70	1984
<i>Open</i>	Yvette Cotton	8.78	1991
<i>Vet</i>	Helen Searle	10.46	1991

#### Hammer

<i>Under 12</i>	Margaret Gault	15.54	1991
<i>Under 13</i>	Amber Cassar	10.56	2002
<i>Under 14</i>	Alyssa Ross	11.48	2004
<i>Under 15</i>	Juliana de Candia	16.84	1991
<i>Under 16</i>	Rachael Massey	16.96	1991
<i>Under 18</i>	Joan Capper	27.56	1983
<i>Under 20</i>	Joan Capper	31.96	1984
<i>Open</i>	Yvette Cotton	17.90	1991
<i>Vet</i>	Narelle Page	20.64	1991

### MALE

#### Javelin

<i>Under 12</i>	Peter Cotton	21.16	1985
<i>Under 13</i>	Gareth Smith	23.36	1993
<i>Under 14</i>	David Forster	33.06	1984
<i>Under 15</i>	Brian Chappell	34.22	1994
<i>Under 16</i>	Glen McCarthy	32.60	1985
<i>Under 18</i>	Steve Capper	43.13	1984
<i>Under 20</i>	Brent Page	37.36	1992
<i>Open</i>	David Strong	41.30	1986
<i>Vet</i>	Andrew Atkinson- Howatt	43.50	2001

#### Discus

<i>Under 12</i>	David Massey	21.78	1988
<i>Under 13</i>	Peter Cotton	25.50	1986
<i>Under 14</i>	David Forster	30.84	1984
<i>Under 15</i>	Mua Morris	41.23	2003
<i>Under 16</i>	Sean Brennan	40.56	1983
<i>Under 18</i>	Sean Brennan	29.84	1984
<i>Under 20</i>	Brent Page	33.60	1992
<i>Open</i>	Darren Wilson	36.82	1992
<i>Vet</i>	Andrew Atkinson- Howatt	33.70	2005

#### Shot Put

<i>Under 12</i>	David Forster	7.80	1982
<i>Under 13</i>	David Forster	8.83	1983
<i>Under 14</i>	Mua Morris	10.68	2002
<i>Under 15</i>	Craig Sanders	11.73	1984
<i>Under 16</i>	David Forster	11.66	1986
<i>Under 18</i>	Geoff Davies	12.15	1991
<i>Under 20</i>	Brent Page	11.33	1993
<i>Open</i>	Darren Wilson	11.96	1992
<i>Vet</i>	Bob Bowker	10.46	1996

#### Hammer

<i>Under 12</i>	Brian Chappell	8.94	1991
<i>Under 13</i>	David Page	17.92	1991
<i>Under 14</i>	Mua Morris	23.39	2002
<i>Under 15</i>	Matthew Williams	20.12	1993
<i>Under 16</i>	Steve Capper	28.40	1983
<i>Under 18</i>	Steve Capper	36.78	1984
<i>Under 20</i>	Andrew Jackson	27.52	1990
<i>Open</i>	Andrew Jackson	29.60	2000
<i>Vet</i>	Andrew Jackson	30.40	2002



# SENIORS REPORT

## SENIORS DIVISION - CENTRE RECORDS 2006

### FEMALE

#### High Jump

<i>Under 12</i>	Margaret Gault	1.25	1991
<i>Under 13</i>	Megan Cotton	1.35	1988
<i>Under 14</i>	Megan Cotton	1.45	1989
<i>Under 15</i>	Christine Nettle	1.55	1990
<i>Under 16</i>	Christine Nettle	1.45	1991
<i>Under 18</i>	Karina Longshaw	1.50	1987
	Sharon McConkey	1.50	1990
<i>Under 20</i>	Christine Gosling	1.47	1992
<i>Open</i>	Cheryl Attenborough	1.42	1982
<i>Vet</i>	Margaret Chappell	1.35	1990

#### Long Jump

<i>Under 12</i>	Megan Cotton	4.11	1987
<i>Under 13</i>	Janet Gault	4.66	1990
<i>Under 14</i>	Janet Gault	4.65	1991
<i>Under 15</i>	Megan Cotton	5.10	1990
<i>Under 16</i>	Bridget Oakley	5.18	2004
<i>Under 18</i>	Kate Harvey	4.95	1991
<i>Under 20</i>	Vicky Piggin	5.85	1994
<i>Open</i>	Kerry Waite	5.00	1982
<i>Vet</i>	Sharon Aldridge	4.37	1994

#### Triple Jump

<i>Under 12</i>	Cassie Hewitt	8.76	2005
<i>Under 13</i>	Janet Gault	10.04	1990
<i>Under 14</i>	Christine Nettle	10.06	1989
<i>Under 15</i>	Shannon Arnott	10.11	2001
<i>Under 16</i>	Megan Cotton	10.21	1991
<i>Under 18</i>	Kate Harvey	10.90	1991
<i>Under 20</i>	Rasvinder Gill	10.66	2003
<i>Open</i>	Yvette Cotton	9.05	1991
<i>Vet</i>	Margaret Chappell	9.91	1990

#### Pole Vault

<i>Under 12</i>			
<i>Under 13</i>			
<i>Under 14</i>			
<i>Under 15</i>			
<i>Under 16</i>			
<i>Under 18</i>	Elizabeth Cotton	1.85	1993
<i>Under 20</i>	Elizabeth Cotton	1.88	1994
<i>Open</i>			
<i>Vet</i>	Margaret Chappell	1.65	1993

### MALE

#### High Jump

<i>Under 12</i>	David Massey	1.32	1988
<i>Under 13</i>	Peter Cotton	1.47	1986
<i>Under 14</i>	Nikita Marokakis	1.58	2002
<i>Under 15</i>	Brian Chappell	1.50	1994
<i>Under 16</i>	Glyn Henman	1.60	1982
<i>Under 18</i>	Michael Dunne	1.67	2000
	Craig Birdsall	1.67	2000
<i>Under 20</i>	Glen McCarthy	1.67	1989
<i>Open</i>	Andrew Jackson	1.75	1994
<i>Vet</i>	Peter Collins	1.60	1993

#### Long Jump

<i>Under 12</i>	David Massey	4.74	1988
<i>Under 13</i>	David Massey	4.91	1989
<i>Under 14</i>	Nikita Marokakis	5.26	2002
<i>Under 15</i>	Brian Chappell	5.57	1994
<i>Under 16</i>	Brent Page	5.94	1990
<i>Under 18</i>	Geoff Davies	6.30	1991
<i>Under 20</i>	Brent Page	6.38	1993
<i>Open</i>	Andrew Jackson	6.41	1994
<i>Vet</i>	Peter Collins	5.47	1993

#### Triple Jump

<i>Under 12</i>	Brian Chappell	9.03	1991
<i>Under 13</i>	Len Pearce	11.14	2003
<i>Under 14</i>	Antonio Morris	10.99	2003
<i>Under 15</i>	Glen McCarthy	11.65	1984
<i>Under 16</i>	Brent Page	12.43	1990
<i>Under 18</i>	Brent Page	12.89	1991
<i>Under 20</i>	Brent Page	13.03	1993
<i>Open</i>	Andrew Jackson	12.70	1994
<i>Vet</i>	Peter Collins	11.78	1993

#### Pole Vault

<i>Under 12</i>			
<i>Under 13</i>	Gareth Smith	1.30	1993
<i>Under 14</i>	Brian Chappell	1.85	1993
<i>Under 15</i>	Brian Chappell	2.00	1994
<i>Under 16</i>	Brian Chappell	2.14	1995
<i>Under 18</i>	Brian Chappell	2.00	1996
<i>Under 20</i>	Brendan Mills	2.80	1993
<i>Open</i>	Brendan Mills	2.80	1994
<i>Vet</i>	Ray Brookes	2.80	1997

# *JUNIORS REPORT*

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## **PRESIDENT:**

It is with great pride that I report to you the events of the past season, and the position of the Junior Division that we currently enjoy.

At this time last year, excitement was building as we had two major activities to look forward to for the new season. The construction of our new long-jump run ups and hosting the zone carnival in the weekend before Christmas were going to be two significant projects for the club to complete, requiring careful planning and contributions from many for them both to be successful.

I am pleased to report that both projects were resounding successes for Ryde Athletics. With regard to the Long Jump Run-ups project, I must thank Bernadette McGuire for the resolve and initiative in pushing for these works to be completed, the committee of the club for the courage to invest in the best possible alternative, which was not by any means the cheapest, and Paul Ranjit Kumar for overseeing the completion of the works. This past season has seen many long standing records fall at the pit due in part to having a good, fast surface for the athletes approach to the take-off board. Congratulations and thanks to all involved.

Hosting a Zone carnival is a massive undertaking on the part off not only the chosen club but the entire organizing committee of our Zone. It was directly due to the efforts of many that this carnival far exceeded our expectations. Tireless efforts from many over both days of the carnival itself and in the days leading up to it meant that the carnival ran smoothly, the patrons were well fed and the athletes were able to perform to their utmost abilities on a track which was prepared and presented to its maximum potential. On behalf of the members, I wish to thank all who were involved, especially those from the committee who gave up their entire weekend, one week before Christmas, to ensure that the event was as successful as it could be. You will read elsewhere in this report of the strong financial position our club is in, and the revenues from Zone Carnival are the biggest contributor this season to our healthy bank balance.

The establishment of our web-site at the end of last season has been a big boost for the visibility of athletics in the community. We have fielded many enquires about athletics from the "Contact Us" section of the site and seen an increasing number of visitors view the site. We will be posting more and more useful and attractive material on the web in the future. Thank you to our Web Master Thomas Reti for maintaining this vital service.

You will see from the financial statements in this report that we are in a very sound position financially. It is the intention of the club that this position be used to further enhance and develop the abilities of our athletes. To do this, we plan to invest significantly in the off season in some new and replacement equipment for use both on Saturdays and by our coaches. We also will be exploring ways to enhance and grow our coaching programs to ensure that our members have the most productive and beneficial coaching services to draw upon. We will also be examining methods to draw upon the experience and abilities of our seniors members. In doing so we hope to achieve the goals of improved performance from our junior members and more on-going participation into the seniors division of our club.

There are a number of parents who have an athletics or very active other sporting background and I would encourage them all to come forward as much as possible. There may be many ways in which your experiences and abilities can be used at Ryde Athletics. I can speak from experience that, once you get involved, you will be surprised at the fun you too can have at Dunbar.

Our annual report just does not have the room to publish all the PB's achieved by all of our athletes in the season past. One can only hope that they have all kept their results books up to date with their achievements so that they can at least look back on them in later years and reflect on their experiences and abilities while participating at Ryde. Our club's reason for existence is to provide the facility and opportunity for all members to have fun while participating and achieve whatever it is they set out to achieve on the track or field. Watching PB's being set is evidence we get that we are too are on the right track.

As usual, we unfortunately have to bid farewell to our "retiring junior athletes", those who are no longer can say they are "under 15". We know that many of you will be continuing participation in athletics in our senior division and we look forward to seeing you next year on as many Saturday's as your

## ***JUNIORS REPORT***

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program allows. Be it known that you will always be welcome at Dunbar, whether competing or not, as you are seen by many younger athletes to be role models in not only your competitions but also in your manners. I congratulate you on your achievements whilst at Ryde Juniors, in particular the records you have laid down in the books during this year. We all wish only the best for you in your sporting, educational and vocational endeavours. Wherever and whenever, always remember to try and achieve your personal bests!

I would encourage you to take the time to read the other reports throughout this annual from our various committee members. Details of our registrations, finances and most importantly, the achievements of our athletes, can be found in these various reports. What is not as apparent is the efforts that the committee and others put in year in year out for this club to run the way that it does. On behalf of the athletes, I would like to thank.

- Our age managers, in particular those who stepped up to the challenge for the first time. Prior to your involvement at this level, no words from me could sufficiently convey to you the potential enjoyment you would experience from this role. I have received much feedback from you about the good times you have enjoyed this season. I have also been privileged to see and hear many instances of the great job you have been doing. Thank you.
- Our coaching staff for their continued commitment to the development of our athletes. This year we had fourteen athletes make it to the state championships and these results are directly due to your input.
- Angela Chan and Margaret Atkinson for your efforts in the Canteen & BBQ. The decision to move the bar-b-q to the forecourt of the club was a fantastic move which saw many sell-outs throughout the season.
- All of our committee members for their dedication and effort. The running of this club is a real team effort and it would not run without such devotion from you.
- In particular, the newest members of our committee, Robert Jukic and Bob Jones. Robert Jukic stepped in to take on the massive responsibility of Treasurer this year. Without any prior experience, he has done an outstanding job in the week to week accounting of the club, the financial planning for Zone Carnival, and the completion of the books for submission to our Auditors. I cannot say thank you enough to you Robert for the wonderful job you have done. You have really put your stamp on the job and reporting of our affairs at our committee meetings. Bob Jones has also proven to be a huge asset to the club in his role as Officer for Age Managers. Bob brings his own style and progressive thinking to this role which has been of immense benefit to all age managers especially our newcomers. Thanks Bob.
- All the parents out there who help out as officials by running events, organizing equipment and hopefully having fun themselves on Saturdays.
- The local schools for their patronage and support

Lastly, from all of us involved at Ryde Athletics, congratulations to all the athletes for this season. Your unbridled enthusiasm and efforts are a constant source of inspiration and enjoyment to many parents, committee, spectators and indeed other athletes and members of Ryde Athletics. The sportsmanship you have frequently showed during and after participation is also of the highest standard and something admired by many.

These are the rewards we enjoy for being involved at Ryde Athletics and for this, on behalf of many, I say THANK YOU.

**Ron Daniel**  
**President (Juniors).**

### **PUBLICITY:**

(position vacant - no report)

## ***JUNIORS REPORT***

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### **SECRETARY:**

2005/2006 season saw a steady number of phone enquiries regarding club registration. Parents made quite a number of enquiries in the off season wanting to know if we provide personal training for their children that perform well at school athletic and cross country carnivals.

The clubs website has been informative to parents making enquiries and seems to answer most of their enquiries.

**Karen Lowe**  
**Secretary (Juniors).**

### **CANTEEN:**

This has been a very good year for the Canteen and BBQ, which has only been made possible by the great volunteers. In particular, the one and only Angela Chan has kept our Canteen running. Thank you Angela for your untiring efforts, unique sense of humour and great organisational skills. Thanks also to the continued support of Karen Lowe.

On the BBQ, I'd like to thank our Treasurer, Robert Jukic, who stepped in as a regular cook and server. In the latter part of the season we were also fortunate to have the assistance of Kevin – thank you. I would like to thank all the other regular and occasional volunteers for making this year such a success. We only occasionally had to resort to the roster system for assistance.

Please refer to the Treasurer's Report for the income figures.

Once again, thank you for your generosity and support. Without the funds raised by the Canteen and BBQ, the club would be unable to provide many of the facilities that we enjoy and that make our club one of such high standards.

**Margaret Atkinson**  
**Canteen Manager (Juniors).**

### **TRACK & FIELD:**

This year we made a deliberate attempt to begin each Saturday morning strictly on time, with warm up and stretches at 8:15am and the normal program of events starting at 8:30am. Generally we were successful in our attempts to do this and there was a noticeable difference in the smooth running of events. This allowed us to consistently complete the program of events each Saturday morning between 11:00am – 11:30am, rather than around or just after midday as has been the case in previous years.

The successful running of our Saturday morning program is entirely dependant on the help and assistance of each and every official and parent. Without this help our Saturday mornings would be chaotic. I would like to thank all the officials and parents who helped out each and every Saturday morning during the season. At the same time I would like to strongly encourage any parent who either hasn't had the opportunity to help out or felt uncomfortable doing so, to just get out there next season and volunteer to help out in anyway possible. I am positive you will quickly feel very welcome and that you will find something that you enjoy doing.

Overall the ground was in good condition throughout the season and the support of Ryde City Council is very much appreciated.

Finally, I would like to congratulate all the athletes on their great effort throughout the season and special congratulations to those that competed at Regional, State and National levels as individuals and teams.

**Peter Peters**  
**Officer for Track and Field (Juniors).**

## *JUNIORS REPORT*

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### REGISTRAR:

Registration Day attracted 235 athletes, almost 60% of total registrations, and another 96 athletes registered on the first morning of competition. As the season progressed, a further 68 registrations were added to bring us to a final tally of 399 athletes - down from the 471 of the year before.

By comparison, past seasons' figures have been:

Season	Girls (%)	Boys (%)	Total
1998/99	162 (47.4)	180 (52.6)	342
1999/00	221 (50.1)	220 (49.9)	441
2000/01	220 (48.3)	236 (51.7)	456
2001/02	218 (48.8)	229 (51.2)	447
2002/03	233 (46.1)	272 (53.9)	505
2003/04	189 (48.1)	204 (51.9)	393
2004/05	248 (52.7)	223 (47.3)	471
2005/06	202 (50.6)	197 (49.4)	399

The breakup of these registrations is:

	Girls Re- reg'd.	Girls New	<b>Total Girls</b>	Boys Re- reg'd.	Boys New	<b>Total Boys</b>	Athletes Re-reg'd.	Athletes New	<b>Total Athletes</b>
<b>Tots</b>	5	8	<b>13</b>	1	*17	<b>18</b>	6	25	<b>31</b>
<b>U 6</b>	8	15	<b>23</b>	8	17	<b>25</b>	16	32	<b>48</b>
<b>U 7</b>	8	16	<b>24</b>	8	18	<b>26</b>	16	34	<b>50</b>
<b>U 8</b>	10	10	<b>20</b>	11	13	<b>24</b>	21	23	<b>44</b>
<b>U 9</b>	*13	10	<b>23</b>	8	10	<b>18</b>	21	20	<b>41</b>
<b>U 10</b>	10	13	<b>23</b>	13	12	<b>25</b>	23	25	<b>48</b>
<b>U 11</b>	*19	13	<b>32</b>	12	6	<b>18</b>	31	19	<b>50</b>
<b>U 12</b>	16	4	<b>20</b>	11	4	<b>15</b>	27	8	<b>35</b>
<b>U 13</b>	11	1	<b>12</b>	5	3	<b>8</b>	16	4	<b>20</b>
<b>U 14</b>	*10	1	<b>11</b>	10	4	<b>14</b>	20	5	<b>25</b>
<b>U 15</b>	3	1	<b>4</b>	6	1	<b>7</b>	9	2	<b>11</b>
<b>Total</b>									
Reg'ns Taken	<b>113</b>	<b>92</b>	<b>205</b>	<b>93</b>	<b>105</b>	<b>198</b>	<b>206</b>	<b>197</b>	<b>403</b>
<b>Less:</b> Trfrs out	3	0	<b>3</b>	0	1	<b>1</b>	3	1	<b>4</b>
<b>Total</b> Ryde Reg'ns per LAA	<b>110</b>	<b>92</b>	<b>202</b>	<b>93</b>	<b>104</b>	<b>197</b>	<b>203</b>	<b>196</b>	<b>399</b>

The table above shows that 403 registrations were taken during the season, but 4 athletes transferred out of the Club and, where indicated \* above, the figures should be reduced by 1 athlete to properly reflect the active memberships in these age groups at year end. As such, 399 registrations will be the figure taken by LAANSW as our total registration for the season.

### **New Registration Procedures for the 2006-07 Season**

Firstly, registrations for new and returning athletes can be completed on **Registration Day**. On **August 20<sup>th</sup> 2006**, (that's the third Sunday in August), we will be taking registrations from 10am to 2pm at the Scout Hall in Agincourt Road, Marsfield. This is the best time for any new athletes to register and it is also the best time for anyone requiring new uniforms.

Secondly, in addition to our Registration Day, we will be offering **Registration by Mail**. In this way, you can still have all of your paperwork completed before the season starts, and register at a time more convenient for you. Registration by mail will only be available **from 1<sup>st</sup> – 25<sup>th</sup> August**. To register after that date, you will have to queue with the Saturday morning crowds at Dunbar Park in September!

## ***JUNIORS REPORT***

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By offering these additional opportunities to register we hope to make registration easier for you and also resolve the congestion that occurs on those first Saturdays of the season when we try to conduct events and register athletes concurrently!

There will be more information about these registration options later in the year on the website. Visit "www.ryde-athletics.org.au" towards the end of July 2006 to obtain forms and further details.

This has been my first year as Registrar and I have been most fortunate to have had Ian Trimble's assistance. Ian has held many Committee positions in his 16 years of involvement with the club and his experience, most recently as Registrar but also in every aspect of the club's operations, has proved invaluable. Thank you Ian!

Prior to the Registration Day for this season, Ron Daniel occupied many hours of his time to produce the letters and pre-printed forms used in the registration mail out. He also collected all of the Association paperwork on my behalf - thank you Ron and thanks also to Debbie Loo and all of the Committee members for their support and help on Registration Day and throughout the season.

**Kate Kelland**  
**Registrar (Juniors).**

### **AGE MANAGERS:**

From my perspective, we had a successful year of Age Managing at Ryde. This was true on three counts.

1. Our program this year ran exceptionally smoothly. This was due to great management of the program and the earlier starts, but also due to efficient organisation of the individual groups by the Age Managers.
2. We had strong interest in other feedback systems being used in some age groups. To be able to inform the athlete week to week of how they are progressing towards their colour levels in each event is something we need to be encouraging. This type of information is very motivating to young athletes.
3. We had a good proportion of new people volunteering for the job.

The role of Age Manager at Little Athletics is often the most challenging but always one of, if not perhaps the most rewarding. The tasks of keeping track of all of the results for all of the athletes in the group, organising them into heats, and keeping them motivated and having fun are what the Age Manager deals with on a week to week basis. This is especially true for the younger age groups. The Age Manager also deals with the responsibility of looking after the children and ensuring their behaviour is satisfactory. Although often under-recognized by many, it's easy to see that the position of Age Manager and those who volunteer for it are to be respected and admired and we should all work with them whenever we can to assist them in their activities.

A big thank you has to go to all of our age managers and their able assistants who helped out during the year. A special thanks to those who volunteered for their first year as age manager. We hope to see you all again for the coming season. I would also thank the committee for their support and encouragement throughout the season.

**Bob Jones**  
**Officer for Age Managers (Juniors)**

### **RESULTS:**

(no report)

# ***JUNIORS REPORT***

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## **COACHING:**

Our coaching programme ran throughout the season on Monday & Wednesday afternoons at Dunbar Park with some big improvements & lots of PBs from those who attended regularly. Well done to these athletes.

Thank you to Julie, Julie-Ann, Marcus, Michael, Carl & Ross for your assistance throughout the season. Thanks also to all our state relay coaches for their time in helping our athletes prepare for this big event.

Next season we hope to acquire some new training equipment, which will give us more variety in our training methods. Hopefully this will encourage some of our older athletes to commit to training regularly with us, but we will need more coaches. So don't be shy, come & join the coaching team & see how enjoyable it can be helping the children improve. If you are interested in coaching please contact myself, or any other committee member. We can offer training for you & lots of help & support will be provided by our more experienced coaches.

**Doug Russell**  
**Officer for Coaching (Juniors).**

## **EQUIPMENT:**

Equipment improvements during the season included:

- A key improvement was the installation of fixed metal stop boards on shotput circles 1 and 2.
- Improvements were made to the means of transport of equipment onto the field but further improvement is required.

One area of improvement that will be explored in the off-season is purpose-built trolleys for high jump mats and hurdles.

Equipment items purchased during the season included:

- Discus – 2 x 500g, 3 x 750g, 4 x 1kg, 1 x 1.5kg
- Javelin – 2 x 400g, 2 x 600g
- High jump measuring rods (2)
- Measuring tapes

Items of equipment that require replacement or repair are:

- High jump mats and covers
- Measuring tapes
- Training equipment – various items
- Hand-held radios

**Simon Bergfield**  
**Officer for Equipment (Juniors).**

## **CHAMPIONSHIPS:**

The major championship events of the season were as follows:

### **Ryde Games**

Ryde Games is a centre-based competition held under the umbrella of the Ryde Sports Foundation. It is a pentathlon event with a point score culminating in medals being presented for the first three placegetters in each age group. The Games is open to all Ryde athletes as well as athletes from other centres. This event was held on 4<sup>th</sup> February 2006.

# ***JUNIORS REPORT***

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## **Grudge Cup**

This fun annual event between 5 participating centres was held on Sunday 14<sup>th</sup> November 2004 and was hosted by the Fairfield Centre. 18 athletes from Ryde competed and had a very enjoyable day.

## **State Relays**

The State Relays are the biggest state-wide carnival on the Little Athletics calendar. Ryde entered 36 teams into the State Relays, held on Sun 27<sup>th</sup> November. Athletes were selected to represent their age group in various relays in running and field events against the highest quality competition. Some excellent results were achieved by our athletes.

Medallists were:

### **GOLD**

U13 Girls 4 X 100m

- Chelsea Ross, Sarah Dillon, Kathleen Tay and Erin Ortado,

U8 Girls Shot / Discus

- Sarah Kelland, Amelia Wenderski, Lydia Dahlen and Veronica Jukic.

### **BRONZE**

U10 Girls Long / High

- Danielle Jenkins, Julia Prieston, Sachi Kayama and Paulina Peters

Also six other Ryde teams were placed in the top 8.

## **Zone Carnival**

The Zone Carnival was hosted by the Ryde club this year and was held on the weekend of 17-18 December at Dunbar Park (with some events on Mon evening 19 Dec at Barton Park, Parramatta). The Ryde club had 203 athletes competing. Of these athletes 56 athletes finished in the top 4. It is worth noting that every age group was represented in the top 4 finishers. Congratulations to our U7 athletes who completed their Championships competition at Zone level. Outstanding results from our U7s were:

Benjamin Basten	- Shot Put (1 <sup>st</sup> ), Discus (2 <sup>nd</sup> ), Long Jump (3 <sup>rd</sup> )
Jack Armson	- Pack start (4 <sup>th</sup> )
Brooke Jenkins	- 50m (1 <sup>st</sup> ), 70m (1 <sup>st</sup> ), 200m (1 <sup>st</sup> ), 100m (4 <sup>th</sup> )
Nicola Bowtell	- 100m (3 <sup>rd</sup> ), 70m (4 <sup>th</sup> ), 200m (4 <sup>th</sup> )
Caitlin Dow	- Pack start (4 <sup>th</sup> )

## **Regional Carnival**

The regional carnival was held on the weekend of 18-19 February at Narrabeen. Of the 51 athletes who represented Ryde, 14 athletes qualified for the State Championships and their achievements are listed below:

Len Pearce	15 B	Long Jump (1 <sup>st</sup> ), Triple Jump (1 <sup>st</sup> ), 100m (2 <sup>nd</sup> )
John Pearce	15 B	100m Hurdles (1 <sup>st</sup> ), 100m (3 <sup>rd</sup> )
Sachi Kayami	10 G	Long Jump (1 <sup>st</sup> )
Paulina Peters	10 G	1500m (2 <sup>nd</sup> )
Patrick Kelland	11 B	Triple Jump (2 <sup>nd</sup> )
Nawfal Mahi	14 B	3000m (2 <sup>nd</sup> )
Emmica Burnell-Jones	14 G	1500m Walk (2 <sup>nd</sup> )
Malcolm Chaney	9 B	70m (3 <sup>rd</sup> )
Edward Penrose	9 B	800m (3 <sup>rd</sup> )



## ***JUNIORS REPORT***

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Beth Chilcott	12 G	High Jump (3 <sup>rd</sup> )
Tara Vance	12 G	400m (3 <sup>rd</sup> ), 800m (3 <sup>rd</sup> )
Cameron Borwick	14 B	1500m (3 <sup>rd</sup> )
Rory Tarnow-Mordi	14 B	Triple Jump (3 <sup>rd</sup> )
Kavita Ranjitkumar	14 G	Discus (3 <sup>rd</sup> )

### **State Multi Event**

The State Multi Event was held on the weekend of 4-5 March at Cessnock with Ryde entering 6 athletes. Outstanding results were:

Brooke Jenkins                                    7 G    GOLD medal

### **State Championships**

The State Championships were held on the weekend of 18-19 March at Homebush. Of the 14 athletes who competed, 3 received medals and their outstanding achievements are listed below:

John Pearce	15 B	100m Hurdles (1 <sup>st</sup> )
Len Pearce	15 B	Long Jump (2 <sup>nd</sup> ), Triple Jump (2 <sup>nd</sup> ), 100m (3 <sup>rd</sup> )
Edward Penrose	9 B	800m (2 <sup>nd</sup> )

Congratulations to John, Len and Edward for their terrific performances.

### **Records**

22 records were equalled or broken this season across all disciplines:

- Shot Put (1)
- Discus (4)
- High Jump (1)
- Long Jump (2)
- Triple Jump (1)
- Hurdles (1)
- Walks (2)
- Sprints (2)
- Middle Distance Runs (8)

**Bernadette McGuire**  
**Championships Officers (Juniors).**

## **OFFICIALS:**

The year started with high attendances and as a result we were not short of officials and volunteers in the first half of the season. As attendance diminished slightly in the latter part of the season we found ourselves a little short of parents on some Saturdays. However, it would be true to say that the majority of parents in attendance helped out when required.

A number of parents attended official's courses and either gained accreditation or enhanced their existing accreditation. Two of the newly accredited parents between then provided almost a full time presence among the timing officials at the zone carnival. We will need to accredit more parents next year.

I will therefore focus more on problems that arose in enlisting parent volunteers for the state relays, the zone carnival and the regional carnival. In short, volunteers were thin on the ground despite exhortations on the PA system each Saturday and despite providing opportunities for parents to volunteer.

The state relays in November required our club to supply volunteers to man the program stand. A volunteer roster was posted on Saturday mornings preceding the event but few parents volunteered by the final Saturday. It was therefore necessary to ring up parents using a list of athletes entered.

## ***JUNIORS REPORT***

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Most were more than willing to man the stand when asked, and it seems that most parents whose names were entered did show up at the stand on the day.

The same problem applied when it came to the Zone Carnival in December. However, there were far more volunteer positions to fill, both within the competition area and in the barbecue and canteen areas. The fill-in roster again contained only a small number of names, most of which were the same ones that had been entered voluntarily prior to the state relays. A large number of calls were made in the days leading up to the carnival but despite that a large number of positions remained unfilled on each day, and as a result constant requests to parents had to be made to fill the vacant positions. It would be true to say that the barbecue and canteen would not have been fully manned had it not been for parents and in some cases almost entire families who spent almost the entire day doing these jobs, and others who worked for two hours after volunteering for only one.

This was a quite unsatisfactory situation that definitely dictates a different approach next year, especially if Ryde is again to host the zone carnival. Some suggestions are submitted below.

The regional carnival presented an even less satisfactory situation because the number of parents with children participating only marginally exceeded the number of positions, and once again only the "regulars" volunteered. More calls were again made on the preceding days but many positions on the Sunday remained unfilled. This necessitated being present on the Sunday and actively seeking out parents to fill the roster. Again, we should be grateful to a small number of parents who put in long shifts in what were oppressively hot conditions. In one case a parent was more than willing to fill a vacant slot on the Sunday afternoon, but when he gave his name it transpired that he had already done a two-hour shift in the morning.

I would suggest three things are done differently next year:

Firstly, one or two people are allocated, on the Saturdays preceding each event, to actively lobby parents of participants who to fill vacancies on the various rosters. They would arm themselves with a list of participants. This may or may not include the officer for officials, depending on whether he or she is engaged in other duties. The approach should be firm, making it clear that parents of participants are required to help out, and the club's obligations have to take priority over seeing your child's event.

Secondly, in the case of the regional carnival, parents of participants are sent a letter making it clear that participation is compulsory and that they should get in early to ensure a favourable spot on the roster.

Thirdly, and this should especially apply to parents of participants in the regional carnival, those parents whose names are still not on a roster at the end of the second Saturday before the carnival are allocated a place on the roster on the day that their children are participating, I'm grateful to Bernadette for the original suggestion. I would suggest that parents with more than one child competing are allocated before others. Officials would of course be exempt. I know that the North Sydney club simply allocates volunteers for the regional carnival based only on their day of participation and that few parents fail to fill their role.

This was my first year of service as the Officer for Officials and I am willing to admit that inexperience played a role in making it difficult to carry out the duties on competition days. Based on this year's experience I'm suggesting these changes as a way of ensuring a wider participation by parents next season, so that the "regular" parent volunteers can spend more time at their children's events.

I'm grateful for the help of more experienced officials this year and I reserve special thanks to Ian Trimble for compiling a list of the first names of most of the parents who attended regularly. This was very helpful when it came to contacting them.

**Tim Knightingale**  
**Officer for Officials (Juniors).**

# ***JUNIORS REPORT***

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## **DUNBAR PARK IMPROVEMENTS:**

### New Upgrading works completed 2005-06:

Project: New Long Jump Tracks

Two new Long jump track works were completed by Sports Technology.

The project was funded by:

- RAC
- LAANSW
- Ryde Council

We thank LAANSW and Ryde Council for their partial support.

### Stage #2: Dunbar Park new Building and commercial venture:

The population is growing, demographics, and local needs are changing. Around Australia, parks are getting scarcer due to population growth and the maintenance cost of the parks. The councils are under pressure to share the facility with other groups. The maintenance cost of the parks and value management will be the criteria. We require a vision, innovation and leadership to deliver our needs and existence of the centre to the future.

### New Capital works improvements 2006-7:

- New Safety fence for Senior Discus area

Other pending works are:

1. New lights to the storage building,
2. Permanent PA system.

We are continuing to improve facilities and space usage, however, this is an ongoing process.

**Paul Ranjit Kumar**  
**Officer for Dunbar Park Improvements (Juniors).**

## **FIRST AID:**

This season has been good from the first aid perspective. There have been no serious injuries incurred during athletics at Dunbar Park on Saturday mornings' competition. To be specific, no athlete has lost out on representative competition as a result of our program. In addition, I make mention of my subjective opinion that we have seen a continuing trend towards less of the types of strain injury associated with lack of warm up and stretches. It is my belief that this correlates with the improved flow through events that our junior athletes are experiencing with the changes in the alternate week program of events. As a first aid officer who would prefer to spectate junior athletic endeavour rather than apply ice packs and strapping, I would like to thank Peter Peters and all the recorders, timekeepers, starters, announcers, helpers, judges, age managers and assistants for keeping the program ticking over and thus avoiding extended periods of cooling down due to inactivity.

Of more concern was that towards the end of the season, a small number of athletes experienced heel pain. This was typically at the lateral insertion of the achilles tendon on the heel bone. It was my impression that these injuries were not as a result of athletics, but exacerbations of an injury incurred during other sporting activities, particularly soccer and netball. This type of injury can be relieved by shock absorbing heel inserts. It is my intention, during the off season, to research around the issue of foot and heel pain in young athletes and produce an article or two for "Footprint" next season, giving practical advice for athletes and parents.

**Girvan Malcolm**  
**Officer for First Aid (Juniors).**

## *JUNIORS REPORT*

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### **JUNIOR RECORDS ESTABLISHED, EQUALLED OR BROKEN** **2005/2006 SEASON**

<b>AGE GROUP</b>	<b>NAME</b>	<b>EVENT</b>	<b>PREVIOUS RECORD</b>	<b>NEW RECORD</b>	<b>DATE</b>
06B	Justin Sunderland	Pack Start	1-01.1	59.8	11-Feb-06
06B	Justin Sunderland	Pack Start	59.8	58.7	25-Feb-06
14B	Cameron Borwick	1500m	4-59.8	4-57.30	19-Nov-05
14B	Cameron Borwick	3000m	11-02.4	10-53.90	11-Mar-06
15B	Len Pearce	100m	11.7	11.6	04-Mar-06
15B	Ben Tumminello	3000m	10-40.6	10-39.70	21-Jan-06
15B	John Pearce	200m H	25.6	25.4	11-Mar-06
15B	Len Pearce	Long Jump	5.99	6.05	29-Oct-05
15B	Len Pearce	Long Jump	6.05	6.16	11-Mar-06
15B	Len Pearce	Triple Jump	12.94	13.53	04-Mar-06
06G	Mikayla Mestousis	200m	40.7	40.6	18-Feb-06
06G	Tippah Dwan	Shot Put	4.51	4.60	25-Feb-06
06G	Tippah Dwan	Discus	7.81	10.04	14-Jan-06
06G	Tippah Dwan	Discus	10.04	10.05	14-Jan-06
06G	Mikayla Mestousis	Pack Start	1-03.2	1-01.5	21-Jan-06
06G	Mikayla Mestousis	Pack Start	1-01.5	1-01.2	25-Feb-06
06G	Mikayla Mestousis	Pack Start	1-01.2	59.8	11-Mar-06
13G	Chelsea Ross	High Jump	1.47	1.47	29-Oct-05
14G	Emmica Burnell-Jones	1500m Walk	9-13.7	8-38.20	17-Sep-05
14G	Emmica Burnell-Jones	1500m Walk	8-38.20	8-33.20	11-Mar-06
14G	Kavitaa Ranjitkumar	Discus	25.2	28.28	03-Dec-05
14G	Kavitaa Ranjitkumar	Discus	28.28	28.77	11-Mar-06