

**RYDE
ATHLETICS
CENTRE
INCORPORATED**



**2006/2007 SEASON
ANNUAL REPORT**

RYDE ATHLETICS CENTRE INCORPORATED

ABN: 99 850 553 401

2006/2007 SEASON – ANNUAL REPORT

Ryde Athletics Centre Incorporated - formed in 2000

LIFE MEMBERS

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

PATRON

Betty Moore

PUBLIC OFFICER

David Lewis

DIRECTORS

Ross Forster
Kate Kelland

Ann Arnott
Keith Johnson

ANNUAL REPORT

COMMITTEE MEMBERS – SENIORS

PRESIDENT	Ros Mitchell
VICE PRESIDENT	Bruce Brown
SECRETARY	Ann Arnott
TREASURER	Ross Forster
REGISTRAR	Ross Forster
RACE SECRETARY	Ross Forster
MALE CAPTAIN	Will Devjak
FEMALE CAPTAIN	Tara Millgate
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	Diane Millgate

COMMITTEE MEMBERS - JUNIORS

PRESIDENT	Ron Daniel
VICE PRESIDENT	Peter Peters
SECRETARY	Victoria Newstead
TREASURER	Robert Jukic
REGISTRAR	Kate Kelland, Ian Trimble
CHAMPIONSHIPS	Bernadette McGuire
AGE MANAGERS	Robyn Dagwell
PUBLICITY	Adriana Mestoussis
RESULTS	Linda Talty
OFFICIALS	David Sunderland
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
FIRST AID	Girvan Malcolm
DELEGATES	Julie Reynolds
	Glyn Whalan
	Anne Masing
DUNBAR PARK IMPROVEMENTS	(vacant)
SOCIAL ACTIVITIES	Julie Reynolds
UNIFORMS	Karen Lowe

ANNUAL REPORT

AGE MANAGERS – JUNIORS

TINY TOTS	Debbie Jenkins
6B	David Matthews
6G	Simon Grace
	Keith Grimes
7B	Ratiya Glover
7G	Laurel Simmons
8B	Anthony Petterson
	Daniel Racine
8G	Jennifer Jenkins
9B	Ian Collyer
	David Clark
9G	Mira Jukic
10B	Norman Cai
	Bozena Noja
10G	Patrick McConnell
11B	Glenn Gallagher
11G	Michael Hill
12B	Felicia Riviezzi
	Kylie Lindeman
12G	Jenny Rodgers
13B	Jill Williams
13G	Doug Russell
14B	John Avgenicos
14G&15G	Terri Ortado
15B	Malcolm Middleton

CAPTAINS - JUNIORS

BOYS	Rory Tarnow-Mordi
GIRLS	Emmica Burnell-Jones

ANNUAL REPORT

DIRECTORS' REPORT:

Our annual report highlights the achievements and contributions of our athletes in both our Junior and Senior divisions and includes reports on financial and administrative matters. Your centre is run by two dedicated volunteer committees that look after our Junior and Senior divisions.

This year's report is bursting with the wonderful success of our athletes and the efforts of our volunteer officials, coaches and parents. With our affiliations to Little Athletics NSW (tots to under 15) and to Athletics NSW (under 12 to veteran) the Centre has much to offer and we can be proud of our tiny tots to veterans approach.

In the reports you will see how athletes can bridge between the two divisions and take advantage of the huge variety of competition that is available. Once again, our Junior division has sponsored free dual registration for any under 13 to 15 athlete that wanted to be able to compete in both LANSW and ANSW competitions. This initiative has been greatly appreciated by Seniors and helps integrate the cross-over years.

The Centre continues to develop and you will notice the large investment that was made this year in equipment for all athletes, the further development of the web site at www.ryde-athletics.org.au and our work in developing and expanding our coaching staff.

Dunbar Park is our key facility and we had to deal with an unexpectedly large increase in our ground fees this year from \$1,200 to \$4,000 as Ryde City Council sought a greater cost recovery from us. We work as closely as possible with Council who we recognise are under financial and operational constraints. However, members should also be well aware that Dunbar Park is a well used community facility and that your Centre has made expensive investments in recent years in the equipment shed and synthetic run-ups.

Your directors thank those who have made the season so enjoyable whether it has been through track and field success or from the friendships that have been made and maintained through our sport. Congratulations on your successes and thanks to all our coaches, age managers, officials, and parents who have supported and encouraged young and old to enjoy their sport.

Ann Arnott, Ross Forster, Kate Kelland and Keith Johnson
Directors

SENIORS REPORT

TREASURER (Seniors):

Seniors Division Accounts for the Season 2006 - 2007

Income		Expenditure	
Registrations	\$4,770.00	ANSW Affiliation & Insurance	\$554.00
Uniforms	\$145.00	Registrations	\$3,505.00
Bank Interest	\$22.77	Uniforms	\$30.00
Donations	\$1,890.00	Canberra Trip	\$400.00
Canberra Trip	\$315.00	Ribbons & Trophies	\$1,291.00
Trivia Night	\$1,132.20	Training Equipment	
		Athlete Donations	\$445.00
		Competition Fees	\$540.00
		Freight, Stationery etc.	\$61.50
		Total Expenditure	\$6,826.50
		Plus Net Income	\$1,448.47
Total Income	<u>\$8,274.97</u>		<u>\$8,274.97</u>

Bank Reconciliation Statement:

Bank Statement - 31/03/06	\$6,006.08
Less last year's unrepresented cheques	
Plus Net Income	\$1,448.47
Plus unrepresented cheques this year	
Bank Statement - 31/03/07	<u>\$7,454.55</u>

Uniform Stock

Uniform Stock as at 31/03/06

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

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

Donations to Athletes

Len Pearce	\$45.00
Tara Vance	\$100.00
Katie Jameson	\$300.00
	<u>\$445.00</u>

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 and Sydney Marathon.

Ross Forster
Treasurer (Seniors).

JUNIORS REPORT

TREASURER'S REPORT (Juniors)

I would like to thank all of the members of the committee for another great year. The assistance I've received during the year from everybody has made my job a little easier. I'd especially like to thank Ron Daniel, Margaret Atkinson, Karen Lowe, Ian Trimble and Kate Kelland for stepping in whenever I was away, to ensure that all of the deposits were taken and cheques written.

What a great year! In terms of registration numbers, we were well up on last year and as a result we exceeded our budgeted registration income. We also had to pay more to LAA but were still \$6200 over budget.

Combined, the canteen and barbecue also did extremely well, contributing \$3601.07 over budget.

Overall we exceeded our budgeted income by \$16,134.57.

This year we had larger than expected expenditure in a few areas and overall we exceeded our budgeted spending by \$5,977.44.

Mostly the increased spending can be explained due to increased expenditure for the barbecue supplies, LAA registration payments but we also had a surprise increase for the hire of Dunbar park, by the City of Ryde, where charges were increased threefold to \$4,400 (including GST) for the 2006/2007 season. Hopefully we should see a more modest increase next year.

This year also saw us add over \$20,000 worth of equipment to the club. The equipment included new high jump mats, tots equipment and training equipment.

With all of these items combined, we will have a healthy start to the 2007/2008 season with about \$22,000 in the bank. 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.

Robert Jukic
Treasurer (Juniors)

JUNIORS REPORT

Junior Division accounts for the season 2006/2007

<u>Income</u>		<u>Expenditure</u>	
Registrations	\$ 36,180.00	Registrations	\$ 14,480.00
		- Dual Registration Seniors	\$ 540.00
Uniforms	\$ 13,676.00	Uniforms	\$ 16,411.45
Canteen	\$ 8,430.06	Canteen	\$ 6,400.09
BBQ	\$ 12,955.41	BBQ	\$ 5,884.31
2nd hand uniform donations	\$ 150.00	Advertising	\$ 1,230.05
Bank interest	\$ 189.40	Catering	\$ 452.26
Donations	\$ 8.70	Competition Fees	\$ 567.50
Equipment Hire	\$ 2,145.00	Conference Attendance	\$ 1,023.74
		Donations	\$ 290.50
Ryde Games Entry Fees	\$ 140.00	Equipment (Capital)	\$ 20,215.84
		Equipment (Consumables)	\$ 281.56
		Government Charges	\$ 42.00
		Hiring Deposits (should be zero)	\$ 100.00
		Hall Hire	\$ 399.97
		Hire of Dunbar Park	\$ 3,878.00
		Insurance - equipment	\$ 86.68
		Postage	\$ 358.30
		Printing & Stationery	\$ 2,126.29
		Ribbons & Trophies	\$ 4,684.85
		Sundry Expenses	\$ 306.05
		Total Expenditure	\$ 79,759.44
		Plus net income	-\$ 5,884.87
Total income	\$ 73,874.57		\$ 73,874.57

Canteen & BBQ

Event	Canteen	BBQ	Total
Coca Cola Rebate	\$ 209.00		
Ryde Games	\$ 506.00	\$ 705.00	\$ 1,211.00
23 Saturday mornings	\$ 7,924.06	\$ 12,250.41	\$ 20,174.47
Total takings	\$ 8,430.06	\$ 12,955.41	\$ 21,385.47
Less costs	\$ 6,400.09	\$ 5,884.31	\$ 12,284.40
Total profit	\$ 2,029.97	\$ 7,071.10	\$ 9,101.07

Stock on Hand

drinks	\$ 54.42
lollies	\$ 263.01
Total stock on hand	\$ 317.43

JUNIORS REPORT

Bank Statement Reconciliation

Bank statement as at 01/04/06	\$ 31,003.64
less last year's unrepresented cheques	-\$ 2,551.80
plus last year's unrepresented deposits	\$ -
plus net income	-\$ 5,884.87
plus unrepresented cheques this year	\$ 2,512.80
less unrepresented deposits this year	\$ -
gives bank statement 31/03/07	<u><u>\$ 25,079.77</u></u>

Available Funds

Bank statement as at 01/04/07	\$ 25,079.77
less unrepresented cheques	-\$ 2,512.80
plus unrepresented deposits	\$ -
Gives funds available to start next season	<u><u>\$ 22,566.97</u></u>

Uniform Stock:

Uniform stock as at 31/3/2007 **\$ 13,233.00**

Canteen Stock:

drinks	\$ 54.42
lollies	\$ 263.01
Total stock on hand	\$ 317.43

Canteen Equipment:

\$ 3,348.90

(replacement
value)

Donations Given:

Tara Vance (PSSA)	\$ 100.00
Ryde Public School (Sand)	\$ 90.50
Westmead Childrens Hospital	\$ 100.00
	\$ 290.50

Robert Jukic
Treasurer (Juniors)

JUNIORS REPORT

22 High Street
Wyee Point NSW 2259

Monday, 7th May 2007.

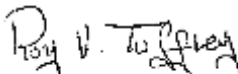
The Directors
Ryde Athletic Centre – Junior

AUDIT CERTIFICATE

I have examined the accounts of the Ryde Athletic Centre – Junior in accordance with Australian Generally Accepted Auditing Standards for the financial period 1st April 2006 through 31st March 2007 inclusive.

All relevant books and documents were made available to me for the purpose of this audit.

In my opinion the statements of accounts and the notes attached thereto for that period represent the fair and true financial position of the entity.



Roy V. Tuffrey
Chartered Accountant

SENIORS REPORT

PRESIDENT:

It is with great pleasure that I present the Annual report for the Seniors 2006/2007 season.

Our senior division athletes have achieved some excellent results and I wish to congratulate all those athletes who have won trophies. I would like to encourage all our athletes to keep training and doing their best.

Without coaches a club could not exist and I would like to thank our enthusiastic coaches - Ross Forster, Andrew Jackson, Andrew Atkinson-Howatt, Guy Cassarcus and Carl Casacang - who have been very dedicated in training our athletes. The comprehensive list of our athletes' results has been compiled by Ross Forster in his report tabled elsewhere in the Annual Report.

Thanks to all our members, both from the senior and junior ranks, for supporting our fund raising activities. This money goes to help subsidise the fares of our athletes who have to travel to Interstate Championships. Our Trivia night was very successful, and the City to Surf and Marathon officials also raised funds.

Thank you to our athletes for supporting our club Championships, where many PBs were set and records broken. This was a fun day and enjoyed by all. The Canberra Championships was another fun weekend for our athletes and many medals were won.

My thanks go to all our senior Executive who attended monthly meetings: Ann Arnott - Secretary, Bruce Brown - Vice President, Ross Forster - Treasurer, Registrar, Race Secretary and Coach Convenor, Dianne Millgate - Social Secretary – who supplied food for all our athletes' birthdays and other occasions. Without these dedicated people the club could not function.

Congratulations to John Pearce for being the No. One ranked 16yrs boys athlete in Australia in the 100m and Long Jump, and also for Len Pearce for being No. Two ranked 16yrs boys athlete in Australia for 100m and Long jump.

Some of our athletes' achievements are as follows:

As well as winning many medals at School Championships the Pearce Twins have excelled in their events. John won two gold medals –15yrs boys 100m and 100m hurdles at the NSW All Schools while Len won silver in the 15yrs boys Long jump and 4th in the 100m. Along with Jason Chen and Clinton McEwan competing for Hunters' Hill H.S. they won the U16yrs boys 4 x100m relay. This relay then went on to the Australian All Schools Championships where they won gold again.

In the ANSW U18yrs Championships, Len Pearce won gold in the Triple jump, and John Pearce won bronze in the Long Jump. Clinton McEwan won bronze in the Triple Jump.

In the ANSW U23 Championships Tara Millgate won silver in the 800m, and Katie Jameson won silver in the 1500m. Katie then went on to compete at the Australian U23 Championships to win gold in the 3km Steeple Chase.

Not to be outdone by the younger athletes, Andrew Atkinson-Howatt continues winning medals in his age group in the Masters Championships. In the Australian Masters Championships Andrew won silver in the Discus and bronze in the Weight Throw and Javelin events.

I would like to thank everyone who has helped to make this season another successful year for our athletes.

Ros Mitchell
Centre President (Seniors).

SENIORS REPORT

REGISTRAR:

This year showed an increase in members from previous years. We rose from a total of 70 last year to 84 this year.

Our heartfelt thanks go to the Juniors Division, who again 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 31st March, 2007 are as follows:-

Officials	11
Open & Masters	13
Under 20	7
Under 18	21
Junior	4
Dual Registrations	28
	84

The breakdown of Officials and Athletes into gender is as follows:-

Male Officials	6	Female Officials	5
Male Open & Masters	7	Female Open & Masters	6
Male Under 20	5	Female Under 20	3
Male Under 18	8	Female Under 18	12
Male Junior	2	Female Junior	2
Male Dual Registrations	<u>13</u>	Female Dual Registrations	<u>15</u>
	<u>41</u>		<u>43</u>

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 Homebush with Andrew Jackson in attendance.

Our athletes again performed extremely well at the Club Premiership, All Comers and Invitational meets held at the Sydney Olympic Park Athletics Centre, Homebush. In addition we had athletes compete at the various State and Australian Titles.

Ross Forster
Coaching Convenor (Seniors).

SENIORS REPORT

COMPETITION:

1. Australian Masters Championships

At the Australian Masters Championships held in Canberra over the Easter weekend we were represented by 1 competitor.

Andrew Atkinson-Howatt won a bronze medal in the 45-49 years age group Javelin event with his throw of 42.68 metres. In his Discus event Andrew won a silver medal with his best throw of 31.15 metres. The Hammer Throw event saw Andrew gain a 4th placing with his throw of 27.61 metres. The Weight Throw was another event in which Andrew secured a bronze medal with his personal best throw of 9.49 metres.

2. Australian Little A's Championships

At the Australian Little Athletics Championships held in Canberra on 22nd April we were represented by 1 competitor.

Annaliese Gardiner won her heat of the Under 13 Girls 100 metres event in an equal Australian Teams Championship record time of 12.57 seconds. In the final Annaliese won the gold medal with her record breaking time of 12.36 seconds. In her 200 metre heat Annaliese finished 2nd in a time of 26.88 seconds. In the final Annaliese won the silver medal in a time of 25.94 seconds. Annaliese won her heat of the 80 metre Hurdles event in a time of 12.73 seconds. The final saw Annaliese gain a further silver medal with her time of 12.93 seconds. Annaliese secured a further gold medal in the 4 x 100 metres Relay team when NSW won the event in a time of 49.69 seconds.

3. West Metropolitan Cross Country

These events were held over most Saturdays during the winter and we were represented by a number of our athletes whom I have listed below.

Katie Jameson, Tara Vance, Jessie O'Brien, Danica Sardelich, Megan Tumminello, Heather Graves, Tara Millgate, Natalie Jukic, Natalie Sing, Rhiannon Atkinson-Howatt, Sue Gore, Patrick Kelland, Will Devjak, Greg Boyce, John Boyce, Ben Tumminello, Nawfal Mahi,

4. I.G.S.S.A. Cross Country Championships

At the IGSSA Cross Country Championships held at Frensham School, Mittagong we were represented by 3 girls.

Kimberley Lowe finished 37th in the 12 years Girls event.

Danica Sardelich finished 9th in the 14 years Girls event.

Jessie O'Brien finished 2nd in the 15 years Girls event.

5. New South Wales C.I.S. Cross Country Championships

At the NSW C.I.S. Cross Country Championships we were represented by 3 competitors.

Danica Sardelich finished 6th in the 14 years Girls event.

Jessie O'Brien finished in 5th place in the 15 years Girls event.

Patrick Kelland won a bronze medal in the 12 years Boys event and led his school (Sydney Grammar Prep. School, St. Ives) to victory in the teams event.

These 3 athletes all qualified for the NSW All Schools Cross Country Championships.

6. Loreto Normanhurst Athletics Carnival

At the Loreto Normanhurst School Athletics Carnival held at Homebush on 17th May, 2006 we were represented by 3 competitors.

Bridget Oakley won the 17 years Girls 100 metres Hurdles (18.89 secs). In her 100 metres event Bridget was again the winner in a time of 13.22 seconds. In the 400 metres Bridget was 2nd in a time of 68.47 seconds. Bridget broke the record in the 200 metres event in recording a time of 27.09 seconds. In the Invitational 100 metres event Bridget was the winner in a time of 12.66 seconds.

SENIORS REPORT

Bridget set a further record in winning the Long Jump with her leap of 5.55 metres. In her Age Championship Bridget was the winner.

Danica Sardelich won the Junior Girls 1500 metres in a time of 5 mins 22.88 secs. In her 100 metres event Danica finished in 10th place (14.84 secs). In her 400 metres event Danica was the winner in a time of 66.54 seconds. In the 800 metres Danica won in a time of 2 mins 36.95 secs. In the Javelin Danica was 4th with a throw of 13.64 metres. Danica finished 2nd in her Age Championship.

Jessie O'Brien finished 3rd in the 15 years Girls 100 metres (14.46 secs). In her 400 metres event Jessie was the winner in a school record time of 64.83 seconds. In the 200 metres event Jessie was again the winner in a time of 30.19 seconds. In her 800 metres event Jessie finished 2nd in a time of 2 mins 34.14 secs. In the Long Jump event Jessie finished 4th with her leap of 4.12 metres. Jessie won her Age Championship.

7. I.G.S.S.A. Championships

At the IGSSA Championships held at Homebush on 16th June, we were represented by 4 girls.

Kimberley Lowe finished 2nd in her heat of the 12 years Girls 80 metres Hurdles event in a time of 15.05 seconds to qualify for the final. In the final Kimberley finished 3rd in a time of 14.90 seconds. In the Junior Shot Put event Kim finished 7th with her throw of 8.55 metres. In the Junior Discus event Kimberley finished in 9th place with her throw of 21.23 metres.

Danica Sardelich finished 4th in the Junior 1500 metres event in a personal best time of 5 mins 12.38 secs. On the previous evening Danica had qualified for the 800 metres final with her time of 2 mins 34.19 secs. In the final Danica finished 8th in a time of 2 mins 40.13 secs.

Jessie O'Brien, although only 15 years of age, ran the Senior Girls 1500 metres event and finished 4th in a time of 5 mins 05.20 secs.

Bridget Oakley won the Senior Long Jump event with a best leap of 5.36 metres. In her 100 metres heat Bridget finished in 4th place in a time of 13.21 seconds. In the final Bridget finished 3rd in a time of 12.87 seconds. Bridget finished 2nd in her heat of the Senior 200 metres event in a time of 26.68 seconds. In the final Bridget secured 3rd placing with her time of 26.49 seconds.

8. NSW Combined Catholic Colleges Cross Country Championships

Megan Tumminello finished 6th in the NSWCCC Cross Country Championships held at Eastern Creek to qualify for the NSW All Schools Cross Country Championships to be held there in July.

9. Athletics NSW Cross Country Championships

At the NSW Cross Country Championships held at Nowra on Saturday, 17th June we were represented by 1 competitor.

Katie Jameson won the Under 20 Female 6 km event to become the State Champion.

10. Eastern University Games

At the Eastern University Games held at Coffs Harbour from 3rd July to 5th July we were represented by 1 competitor.

Katie Jameson finished 4th in the 6km Cross Country event and her Girls' team representing Macquarie Uni finished 2nd overall. On the Wednesday Katie won a gold medal when the Macquarie team finished 1st in the Road Relay event.

11. NSW Little A's Cross Country Championships

At the NSW Little A's Cross Country Championships held at Parkes on 2nd July, 2006 we were represented by 1 competitor.

Jessie O'Brien won the silver medal in the Under 15 Girls 3000 metres Cross Country Championships in a best time of 10 mins 54.8 secs. Jessie took the lead early and was only overtaken in the latter section of the race.

SENIORS REPORT

12. NSW All Schools Cross Country Championships

The NSW All Schools Cross Country Championships were held at Eastern Creek on Friday, 21st July in intermittent rain.

Jessie O'Brien finished 8th in the 15 years Girls 4 km event. Jessie has built up slowly this season and is now really running well.

Megan Tumminello finished 11th in the 17 years Girls 4 km event. This was a great run by Megan who had never contested these Championships before.

Danica Sardelich finished 14th in the 14 years Girls 4 km event. Another great effort from Danica, who like Jessie, has been building slowly for this event.

Tara Vance finished 14th in the 12 years Girls Primary Schools 3 km event. This is an improvement of 9 places on last year's event and reflects her determination to succeed.

Patrick Kelland finished 28th in the 12 years Boys Primary Schools 3 km event. Patrick was the 2nd CIS Boy to finish the event and this was his first ever State event.

Daniel Zentner finished 31st in the 16 years Boys 6 km event.

13. Sydney North Secondary Schools Regional Carnival

The Sydney North Secondary Schools Regional Carnival was held at Homebush over 1st and 2nd August.

John Pearce won the 15 years Boys 100 metres Hurdles in a Record time of 13.89 seconds. In his 100 metres heat John clocked 11.44 seconds to win and went on to win the final in a time of 11.53 seconds. John was a clear winner in his 200 metres event in a time of 23.43 seconds.

Len Pearce also was a multiple winner at these championships. In his 100 metres heat he clocked a time of 11.48 seconds and in the final he finished 2nd to John in a time of 11.62 seconds. Len won the Long Jump with a leap of 6.03 metres and also won the Triple Jump with a record breaking leap of 13.12 metres.

Clinton McEwen finished 2nd behind Len in both the Long and Triple Jump event with leaps of 5.85 metres and 12.91 metres respectively. In the 100 metres Hurdles event Clinton finished 2nd to John in a time of 14.62 seconds. Clinton also finished 3rd in the High Jump with his clearance of 1.75 metres.

Jason Chen finished 4th in the 15 years Boys 400 metres event in a time just a tick over 55 seconds.

The above 4 boys joined forces in representing Hunters Hill High School in smashing the 15 Boys 4 x 100 metres Relay record in a time of 44.88 seconds. The old record stood at 45.7 seconds.

Jamie Casacang competed in both the 17+ Girls 100 and 400 metres events finishing 3rd in both events and should advance to the Combined High Schools carnival in both events. Jamie was also a member of the Cheltenham Girls 4 x 100 metres Relay team

Tania Padovan finished 2nd in the 16 years Girls 100 metres in a time of 13.60 seconds. Tania also finished equal 2nd in the Long Jump with her leap of 4.65 metres. Her 4 x 100 metres Relay team were successful in defending their title of last year. In her 200 metres heat Tania finished 3rd.

Emmica Burnell-Jones is through to CHS in the walk.

Sally Johnson finished equal 2nd in the 16 Girls Long Jump (4.65 metres) and also finished 2nd in the 100 metres Hurdles event in a time of 17.44 seconds. Sally has also submitted a time for consideration in the 400 metres Hurdles event.

Kavitaa Ranjtkumar finished 2nd in the 14 years Discus event with her throw in excess of 26 metres.

Daniel Zentner finished 3rd in the 16 Boys 1500 metres event in a time of 4 mins 30.89 secs.

Ellen Russell finished 3rd in the 13 Girls Discus event with her throw in excess of 21 metres.

14. Ryde Zone Primary Schools Carnival

At the Ryde Zone Primary Schools Carnival a number of our athletes performed very well.

Tara Vance recorded personal best performances in winning the 12 years Girls 100 and 200 metre events. In the 800 metres event Tara broke the record in recording a time of 2 mins 34.22 secs. Tara was also successful in winning the Long Jump event.

SENIORS REPORT

Beth Chilcott qualified for the Sydney North Regional Carnival in the Senior Girls High Jump event and in the 800 metres.

15. AICES Secondary Schools Carnival

At the AICES Championships we were represented by 1 competitor.

Cassie Hewitt qualified for the NSW CIS Championships by winning the Discus event with a throw of 27.17 metres and she also won the Javelin event with a throw of 23.99 metres. In finishing 2nd in the Long Jump Cassie also qualified for the CIS Championships with her best leap of 4.64 metres. In the Shot Put event Cassie finished 3rd with a throw of 9.07 metres. In her 100 metres event Cassie recorded a time of 14.20 seconds whilst in the 200 metres Cassie's time was 29.65 seconds.

16. NSW Combined High Schools Carnival

Athletes from the Ryde Centre performed extremely well at the New South Wales Combined High Schools Championships held in wet, cold and windy conditions at Homebush over 7th, 8th and 9th September, 2006.

The Cheltenham Girls 17+ Relay team comprising Jamie Casaclang, Amy Perrett and Jess finished 2nd in their heat to qualify for the final. In the final the girls finished 3rd to win the bronze medal in a time of 51.72 seconds.

Jason Chen finished 4th in his heat of the 15 years Boys 400 metres event in a time of 54.66 seconds to qualify for the final. In the final Jason finished in 6th position.

John Pearce finished 2nd in his heat of the 15 years Boys 200 metres event in a time of 23.28 seconds to qualify for the final. In the final John finished 4th. In the final of the 100 metres Hurdles event John was the winner in a time of 13.87 seconds which qualifies John to compete in the Australian All Schools Championships in December. In his heat of the 100 metres John finished 2nd in a time of 11.96 seconds to qualify for the final. The final of this event saw John finish 4th in a time of 11.98 seconds.

Len Pearce won his heat of the 15 Boys 100 metres event in a time of 11.73 seconds. In the final Len finished 3rd in a time of 11.84 seconds. Len won his Triple Jump event with a best leap of 13.12 metres. This leap qualifies Len to compete at the Australian All Schools Championships in December. In the Long Jump event Len won a silver medal with his leap of 6.31 metres.

Clinton McEwan won the silver medal in the 15 Boys Triple Jump with his leap of 12.93 metres. In his Long Jump event Clinton finished 6th with a leap of 5.84 metres. In the final of the 100 metres Hurdles Clinton finished 5th in a time of 15.17 seconds.

Boyd Arndell won the silver medal in the 17+ Boys Pentathlon event. Boyd's results in each of the events are as follows:-

<i>Long Jump</i>	<i>100m</i>	<i>Shot Put</i>	<i>Javelin</i>	<i>1500m</i>	<i>Total</i>
<i>5.78m</i>	<i>11.98 secs</i>	<i>12.61m</i>	<i>39.05m</i>	<i>5:20.33</i>	
<i>540</i>	<i>655</i>	<i>643</i>	<i>428</i>	<i>448</i>	<i>2714</i>

Daniel Zentner finished 8th in the 16 Boys 1500 metres event in a personal best time of 4 mins 31.78 secs.

Emmica Burnell-Jones finished 8th in the 17 years & Under 3000 metres Walk in a personal best time of 18 mins 43.57 secs.

Kavitaa Ranjtkumar finished 7th in the 14 Girls Discus event with her best throw of 28.64 metres.

Usha Ranjtkumar finished 14th in the 12 Girls Discus event with her throw of 18.76 metres.

Sally Johnson finished 6th in her heat of the 16 years Girls 100 metres Hurdles event in a time of 17.82 seconds. In her Long Jump Sally finished 13th with her leap of 4.43 metres.

17. NSW Combined Independent Schools Primary Carnival

At the NSW Combined Independent Schools Primary Track and Field Championships held at Homebush on 12th September our Centre was represented by 3 athletes.

SENIORS REPORT

Patrick Kelland won the silver medal in the Senior Boys 800 metres event in a big personal best time of 2 mins 29.07 secs.

Sean Tarnow-Mordi finished 3rd in the 8-13 Boys Turbo Javelin event with a throw of 32.61 metres. In the Senior Discus event Sean finished in 14th place with his throw of 20.67 metres.

Fraser Tarnow-Mordi finished 4th in this event with his throw of 32.29 metres.

18. NSW Combined Independent Schools Secondary Carnival

At the NSW Combined Independent Schools Secondary Track and Field Championships our Centre was represented by 3 athletes.

Jessie O'Brien finished 3rd in the 15 years Girls 1500 metres event in a time of 5 mins 22.07 secs.

Kimberley Lowe won the 12 years Girls Discus event and set a new record in throwing the discus a distance of 28.67 metres. In her Shot Put event Kimberley won a silver medal with her throw of 8.15 metres.

Cassie Hewitt won the 13 years Girls Discus event with her throw of 26.18 metres. In the 13 Girls Javelin event Cassie won a silver medal with her throw of 26.33 metres. The Long Jump event saw Cassie finish in 7th place with her jump of 4.64 metres. In the 80 metres Hurdles event Cassie finished in 8th place with her time of 16.32 seconds.

19. G.P.S. Carnival

Our Centre was represented at this Carnival by 2 athletes.

Michael Todd finished 4th in the Under 14 Boys 400 metres Championship event in a time of 58.13 seconds. In the Open 1500 metres Championship event Michael won in a time of 4 mins 17.82 secs.

Ben Tumminello finished 2nd in the Under 15 Boys 1500 metres Championship event in a time of 4 mins 25.80 secs.

20. Australian University Games

These were held in Adelaide from 24th to 29th September and we were represented by 2 competitors.

Katie Jameson finished in 8th place in the 1500 metres in a time of 4 mins 59.62 secs. In the 3000 metres Steeplechase event Katie finished 4th in a time of 12 mins 02.17 secs.

Nick Walker finished 3rd in the 3000 metres Steeplechase event in a time of 10 mins 02.91 secs.

21. Sydney North Regional Primary Schools Carnival

At the Sydney North Regional Primary Athletics Championships two of our athletes qualified for the NSW PSSA Carnival.

Beth Chilcott won the Senior Girls High Jump event with a big personal best jump of 1.51 metres. In the 800 metres event Beth finished in 9th place overall in a time of 2 mins 49.56 secs. Beth finished in 17th place overall in her 200 metres in a time of 31.63 seconds.

Tara Vance finished 2nd in the Senior Girls 800 metres event with a personal best time of 2 mins 28.75 secs. In her 100 metres event Tara finished 14th overall with her heat time of 14.36 seconds. Tara finished 10th overall in the 200 metres in her time of 30.64 seconds.

22. NSW All Schools Championships (Seniors)

At the NSW All Schools Championships (Seniors) held at Homebush of our athletes competed with some excellent results.

John Pearce won the final of the 15 years Boys 100 metres event in a time of 11.25 seconds (headwind of 0.5 metres/sec). In his heat of the 100 metres Hurdles event John won in a time of 12.66 seconds (headwind of 1.2 metres/sec). John won the final in a personal best time of 13.57 seconds (headwind of 1.9 metres/sec).

Len Pearce finished 2nd in the 15 years Boys Long Jump event with a leap of 6.59 metres (tailwind of 3.5 metres/sec). In the final of the 100 metres Len finished in 4th place with a time of 11.43 seconds.

SENIORS REPORT

Clinton McEwan finished 5th in his heat of the 15 years Boys 100 metres Hurdles event in a time of 15.00 seconds (headwind of 0.2 metres/sec). In the final Clinton finished 6th in a time of 14.69 seconds. In the Long Jump event Clinton finished 9th with a leap of 5.83 metres (tailwind of 1.3 metres/sec).

Jason Chen finished 7th in his heat of the 15 years Boys 400 metres event in a time of 55.64 seconds.

The above 4 boys ran a personal best time of 44.40 seconds in the 19 Boys 4 x 100 metres Relay event to be beaten into 2nd place by only 1/100's seconds.

Bridget Oakley finished equal 2nd in her heat of the 17 years Girls 100 metres event in a time of 13.43 seconds (headwind of 4.0 metres/sec). In the final Bridget finished a clear 2nd in a time of 12.74 seconds (headwind of 1.1 metres/sec).

The Cheltenham Girls 4 x 100 metres Relay Team comprising 3 Ryde athletes, Jamie Casacang, Amy Perrett and Jess Reeves finished 5th in the Relay event in a time of 52.99 seconds.

Olivia McConnell finished 5th in the 15 years Girls Hammer Throw event with her personal best throw of 22.42 metres.

Megan Tumminello finished 7th in the 17 years Girls 1500 metres event in a personal best time of 5 mins 20.95 secs.

Ben Gardiner finished in 10th place in the 19 years Boys 100 metres event in a time of 12.40 seconds (headwind of 1.2 metres/sec).

Daniel Zentner finished 13th in the 16 years Boys 1500 metres event in a personal best time of 4 mins 24.03 secs.

On the Sunday, 1st October our athletes continued the good form they showed the previous day.

Bridget Oakley finished 3rd in her heat of the 17 years Girls 200 metres event in a time of 25.66 seconds (tailwind of 4.1 metres/sec). In the final Bridget added a bronze medal to her collection when she finished 3rd in a time of 25.38 seconds. Bridget added a gold medal to her take this weekend when she easily won the 17 years Girls Long Jump event with a leap of 5.52 metres (headwind of 0.1 metres/sec). Bridget had entered 3 events this weekend and her return was 1 gold, 1 silver and 1 bronze medal.

Jason Chen finished 6th in his heat of the 15 years Boys 200 metres event in a time of 24.76 seconds (headwind of 0.7 metres/sec).

Ben Tumminello finished 2nd in his heat of the 15 years Boys 800 metres in a personal best time of 2 mins 05.88 secs to advance to the final. In the final Ben finished 7th in a time of 2 mins 07.88 secs.

Megan Tumminello took 20 seconds off her previous best time in finishing 7th in the 17 years Girls 3000 metres event. Her time was 11 mins 31.23 secs.

Stephanie Baker qualified for the final of the 17 years Girls 800 metres event in a time of 2 mins 26.88 secs. Unfortunately a rolled ankle precluded her from competing in the final.

Len Pearce won the silver medal in the 15 years Boys Triple Jump event with a leap of 13.18 metres.

Clinton McEwan won the bronze medal in the 15 years Boys Triple Jump event with a leap of 12.56 metres.

Daniel Zentner set a personal best time of 2 mins 03.16 secs in qualifying for the final of the 16 years Boys 800 metres event.

23. NSW All Schools Championships (Junior)

At the NSW All Schools (Junior) Championships our Centre was represented by 9 competitors.

Michael Todd finished 2nd in the 14 years Boys 800 metres event in a time of 2 mins 01.76 secs. In the 1500 metres Michael won the bronze medal in a time of 4 mins 12.93 secs.

Cameron Borwick produced a personal best time of 10 mins 16.01 secs to finish 4th in the 14 years Boys 3000 metres event. In his 1500 metres event Cameron recorded another personal best time of 4 mins 36.72 secs in finishing in 10th place.

James Bergfield ran a time of 2 mins 40.32 secs in his heat of the 12 years Boys 800 metres event. In the 1500 metres event James finished in 9th place in a time of 5 mins 17.76 secs. With his throw of

SENIORS REPORT

8.60 metres James finished in 16th place in his Shot Put event. In his Discus event James finished in 12th place with his throw of 24.16 metres.

Cassie Hewitt ran a personal best time in the 13 Girls 200 metres event of 29.11 seconds. In her Long Jump event Cassie finished in 17th place with her leap of 4.33 metres. Cassie won a bronze medal in the Discus event with a personal best throw of 31.71 metres – this throw is only 29 centimetres short of the qualifying distance for the Australian All Schools Championships. In the Javelin event Cassie finished in 16th place with her throw of 21.07 metres.

Olivia McConnell finished 4th in the 15 years Girls Heptathlon event accumulating 2679 points in the process.

Ellen Russell finished in 18th place in the 13 years Girls Discus event with her throw of 19.49 metres.

Kimberley Lowe finished 10th in the 12 years Girls 80 metres Hurdles event in a time of 15.21 seconds. In the 12 Girls Shot Put event Kimberley finished in 6th place with a personal best throw of 8.79 metres. Again Kimberley produced a personal best throw of 31.46 metres to finish in 4th place in the 12 Girls Discus event.

Kavitaa Ranjtkumar finished in 12th place in the 14 years Girls Discus event with her throw of 21.91 metres.

Nawfal Mahi finished 5th in the 14 Boys 3000 metres event in a time of 10 mins 37.51 secs.

24. Australian Winter Throwing Championships

Andrew Atkinson-Howatt represented our Centre at the 2006 National Winter Throwing Championships held in Canberra this year.

Andrew won his Hammer Throw event with a throw of 27.30 metres. In the Weight Pentathlon event Andrew achieved his best ever score with his total of 2406 points in winning this event. Andrew also won the Javelin event with a throw of 44.53 metres and threw the Discus 29.40 metres to record his 4th win of these championships.

25. Ryde Centre Championships

The Ryde Centre Championships were held on Sunday, 29th October with some 34 athletes participating. During the morning some 23 new Centre Records were established (Tara Vance, Beth Chilcott, Kimberley Lowe, Cassie Hewitt, Jessie O'Brien, Olivia McConnell, Katie Jameson, Tara Millgate, Natalie Sing [2], Patrick Kelland [3], Rory Tarnow-Mordi, Lloyd Parker, John Pearce [2], Clinton McEwan, Will Devjak, Greg Boyce, Wei Liak and Andrew Atkinson-Howatt [2]). In fact some of the performances were so good that 7 Best Ever Records were broken. These new records were established by Patrick Kelland, Beth Chilcott, Kimberley Lowe, Cassie Hewitt, Lloyd Parker, Olivia McConnell and Katie Jameson.

26. Pan Pacific Games

Andrew Atkinson-Howatt was our representative at the Pan Pacific Games held on the Gold Coast from Saturday, 4th November through to Tuesday, 7th November.

In his Discus event Andrew finished 3rd with his throw of 29.29 metres. Andrew gained a further bronze medal in the Weight Throw event with his throw of 7.44 metres. In his Javelin event Andrew threw 47.21 metres to win the silver medal in this event. In the Weight Pentathlon event Andrew, in the five events, scored his personal best total of 2563 points to win the silver medal in this event.

<i>Hammer</i>	<i>Shot Put</i>	<i>Discus</i>	<i>Javelin</i>	<i>Weight</i>	<i>Total</i>
28.06m	8.29m	30.87m	49.18m	8.74m	
402	439	512	744	466	2563

27. NSW P.S.S.A. Championships

At the NSW P.S.S.A. Championships we were represented by 4 competitors.

Tara Vance finished 3rd in her heat of the Senior Girls 800 metres event in a personal best time of 2 mins 26.93 secs to qualify for the final. This time took 1.8 seconds off her previous best time recorded

SENIORS REPORT

at the Sydney North Regional Championships. In the final, after 150 metres Tara was back in 6th place – in 5th place at the bell – 4th place with 350 metres to go – moved to 3rd with 250 metres to go – took over 2nd place with 150 metres to go and finished well clear to win the silver medal in a huge personal best time of 2 mins 22.58 secs. As a result of this effort Tara has won selection in the NSW team for the Australian Primary Schools Championships to be held in Cairns later this month.

Beth Chilcott finished 7th in the Senior Girls High Jump with her leap of 1.44 metres.

Sean Tarnow-Mordi finished in 6th place in the Senior Boys High Jump with his leap of 1.52 metres.

Patrick Kelland finished 9th in his heat of the Senior Boys 800 metres event in a time of 2 mins 35.87 secs. Although Patrick did not make it through to the final his overall placing was 23rd.

28. NSW Open 3000 metres Championships

At these Championships we were represented by the following athletes.

Megan Tumminello recorded a personal best time of 11 mins 31.23 secs in the NSW Open Women's 3000 metres event.

Katie Jameson recorded a time of 10 mins 39.17 secs in the NSW Open Women's 3000 metres event.

Cameron Borwick recorded a time of 10 mins 26.6 secs in the Open Men's 3000 metres Championship.

29. NSW Relay Championships

At the State Relay Championships held at Homebush over the weekend of 18th & 19th November we competed in 16 events and every one of our teams made finals.

On the Saturday our teams competed in 8 events and achieved the following results:-

Our Under 16 Women's 4 x 100 metres team finished 5th in their heat and 8th in the final in a time of 52.51 seconds. This team comprised Kathleen Tay, Chelsea Ross, Erin Ortado and Sarah Dillon.

Our Under 18 Women's 4 x 200 metres team finished 5th in their heat and 7th in the final in a time of 1 min 55.71 secs. This team comprised Cassie Hewitt, Jessica Reeve, Emmica Burnell Jones and Sally Johnson.

Our Open Women's Medley Relay team finished 5th in the final in a time of 4 mins 20.82 secs. This team comprised Sally Johnson (200 metre leg), Natalie Sing (200 metre leg), Tara Millgate (400 metre leg) and Katie Jameson (800 metre leg).

Our Under 14 Men's 4 x 100 metres Relay team won a silver medal in a time of 50.98 seconds. This team comprised Daniel De Santis, Oliver Wenderski, Joshua Csabanko, and Nathan Wareham.

Our Under 16 Men's 4 x 200 metres Relay team won the gold medal in a time of 1 min 34.49 secs. This team comprised Jason Chen, Len Pearce, Clinton McEwan and John Pearce.

Our Under 18 Men's 4 x 100 metres Relay team finished 3rd in their heat and 5th in the final in a time of 43.63 seconds. This team comprised John Pearce, Len Pearce, Clinton McEwan and Boyd Arndell.

Our Under 18 Men's Discus Relay team finished 5th in this event with a combined total of 101.83 metres. This team comprised Boyd Arndell, John Pearce, Clinton McEwan and Len Pearce.

Our Under 20 Men's 4 x 200 metres Relay team finished 4th in the final in a time of 1 min 32.27 secs. This team comprised Boyd Arndell, Ben Gardiner, Brett Jovanovich and John Pearce.

Andrew Atkinson-Howatt competed in the State Relay Mens Open. Because our Centre did not have enough veteran athletes to enter our own team, Andrew represented the NSW Masters in this event. Andrew's team won Gold (with 156.60metres) by an astounding 18metres. The average age of the 4 masters competitors was 49 years!

The day on Sunday was much warmer and this obviously suited our athletes who produced even better performances under these conditions.

Our Under 14 Women's 4 x 100 metres Relay team won the silver medal in a time of 53.21 seconds. This team comprised Cassie Hewitt, Chelsea Ross, Erin Ortado and Kathleen Tay. Kimberley Lowe was reserve.

SENIORS REPORT

Our Under 14 Women's Discus Relay team also won a silver medal with a combined total of 91.01 metres. This team comprised Kimberley Lowe, Natalie Jukic, Ellen Russell and Cassie Hewitt.

Our Under 16 Women's 4 x 800 metres Relay team finished 6th in a time of 10 mins 08.24 secs. This team comprised Jessie O'Brien, Natalie Jukic, Danica Sardelich and Tara Vance.

Our Open Women's 4 x 100 metres Relay team qualified for the final by finishing 4th in their heat in a time of 51.90 seconds. In the final the girls improved their time to 51.30 seconds in finishing in 8th place. This team comprised Sally Johnson, Lauren Sherry, Tara Millgate and Natalie Sing.

Our Under 16 Men's 4 x 100 metres Relay team won their heat in a time of 44.81 seconds. They improved on this time in the final which they again won in a time of 44.49 seconds. This team comprised Jason Chen, Len Pearce, Clinton McEwan and John Pearce.

Our Under 18 Men's Long Jump Relay team won the gold medal with a combined total of 22.94 metres. This team comprised John Pearce, Boyd Arndell, Clinton McEwan and Len Pearce.

Our Under 20 Men's 4 x 100 metres Relay team finished 3rd in their heat in a time of 44.86 seconds. In the final they improved their time of 44.69 seconds to finish in 5th place. This team comprised Boyd Arndell, Brett Jovanovich, Ben Gardiner and John Pearce.

Our Under 20 Men's 4 x 400 metres Relay team finished 4th in the final in a time of 3 mins 38.54 secs. This team comprised Jason Chen, Brett Jovanovich, Ben Gardiner, and Wei Liak.

30. Australian Primary Schools Track & Field Championships

The Australian Primary Schools Track & Field Championships were held in Cairns from 24th to 26th November.

Tara Vance was our representative in the 12 years Girls 800 metres event. Tara finished 4th in heat 3 in a time of 2 mins 26.04 secs. This was Tara's 2nd best ever time in the 800 metres. On the Sunday Tara competed in the 8 x 100 metres Relay event and her team finished 4th. Tara's team in the Medley Relay won the gold medal. This event comprised a 300 metre leg, 2 x 200 metre legs and a 100 metre leg.

31. Australian All Schools Championships

At the Australian All Schools Championships held at Homebush from 7th to 10th December our Centre was represented by 11 competitors who produced some outstanding results.

The Hunters Hill Under 16 Men's Relay team (comprising the 4 Ryde members of **Jason Chen, Len Pearce, John Pearce and Clinton McEwan**) showed just how outstanding they are by winning the Australian Schools 4 x 100 metres event in a time of 44.72 seconds. They showed their versatility by switching John and Clinton from their normal positions.

The Epping Boys Under 20 Relay team (comprising 2 Ryde members – **Boyd Arndell** and **Ben Gardiner**) finished 3rd in a time of 44.71 seconds.

The Cheltenham Girls Under 20 Relay team (comprising 1 Ryde member – **Jamie Casclang**) finished 4th in a time of 50.12 seconds.

Lottie Ferrier produced a huge personal best time of 7 mins 43.32 secs to finish 6th in the Under 15 Girls 2000 metres Steeplechase event. Lottie improved her personal best time by a staggering 19.22 seconds.

Jessie O'Brien also produced a huge personal best time of 7 mins 37.28 secs to finish 5th in the Under 16 Girls 2000 metres Steeplechase event. Jessie improved her personal best time by a staggering 21.06 seconds.

On the second day of the carnival our athletes produced the following results:-

John Pearce finished 4th in his heat of the Under 16 Boys 100 metres Hurdles event in a time of 13.99 seconds (headwind of 0.7 metres/sec) to advance to the final. John was the lead leg runner in the NSW Under 16 Boys 4 x 100 metres Relay team which won the gold medal in a time of 42.65 seconds.

Michael Todd advanced to the final of the Under 15 Boys 800 metres event when he finished 3rd in his heat in a time of 2 mins 01.71 secs.

SENIORS REPORT

Bridget Oakley just missed out on a medal when she finished 4th in the Under 18 Girls Long Jump event with her leap of 5.50 metres. This jump was only 2 centimetres short of her best ever jump.

The 3rd day saw a couple of medals come our way.

Bridget Oakley was first up in the Under 18 Girls 200 metres event. Bridget finished in 8th position in her heat in a time of 26.01 seconds (tailwind of 0.8 metres/sec).

John Pearce finished 4th in his heat of the Under 16 Boys 100 metres event in a time of 11.26 seconds (tailwind of 1.0 metre/sec) to advance to the final to be held later. In the final John finished 6th in a time of 11.19 seconds (tailwind of 2.8 metres/sec).

Len Pearce placed 5th in his heat of the Under 16 Boys 100 metres event in a time of 11.44 seconds (tailwind of 0.1 metres/sec). In his Triple Jump event Len won the silver medal with a personal best leap of 14.12 metres. This jump was 43 centimetres better than he had previously achieved.

Michael Todd just missed out on a medal in the Under 15 Boys 1500 metres event. Michael finished 4th in a tactical race in which he suffered a great deal of interference. Michael's time was 4 mins 17.98 secs.

Clinton McEwan won a bronze medal in the Under 16 Boys Triple Jump event with a personal best leap of 13.25 metres.

On Sunday, the last day of the carnival, our athletes produced the following results:-

John Pearce finished 7th in the final of the Under 16 Boys 100 metres Hurdles event in a time of 13.62 seconds.

Len Pearce added a bronze medal to the silver he won the previous day when he finished 3rd in the Under 16 Boys Long Jump event with his best leap of 6.42 metres.

Michael Todd finished 5th in the Under 15 Boys 800 metres event in a time of 2 mins 02.56 secs.

The above results complete a sensational carnival for the Ryde Club in which all of our athletes competed in finals.

32. Zatopek Meet

At the Zatopek Meet held in Melbourne on 14th December, 2006 we were represented by 1 competitor.

Will Devjak finished in 5th place in the 800 metres event in a time of 1 min 52.48 secs.

33. NSW Steeplechase Championships

At the NSW Steeplechase Championships we were represented by 3 competitors.

Katie Jameson won the gold medal in the Under 23 3000 metres Steeplechase event in a time of 12 mins 12.98 secs.

Stephanie Baker finished 4th in the Under 20 3000 Metres Steeplechase event in a time of 14 mins 23.17 secs.

Nick Walker won the silver medal in the Under 23 3000 metres Steeplechase event in a time of 10 mins 20.41 secs.

34. NSW, Victoria & ACT Combined Events Championships

We had 1 competitor at the NSW, Victoria & ACT Combined event Championships held at Homebush held over the weekend of 6th and 7th January, 2007.

Olivia McConnell placed 11th in the Under 18 Women's Combined Event. Olivia's results are shown below.

<i>100m Hdles</i>	<i>High Jump</i>	<i>Shot Put</i>	<i>200m</i>	<i>Long Jump</i>	<i>Javelin</i>	<i>800m</i>	<i>Total</i>
20.19	1.34m	7.11	30.55	3.78m	23.40m	3:29.32	
287	449	342	444	259	352	141	2274

SENIORS REPORT

35. NSW Under 16, Under 20 & Under 23 Championships

At the NSW Under 16, Under 20 & Under 23 Championships our centre was represented by 7 competitors.

Tara Millgate won the silver medal in the Under 23 Women's 800 metres event in a time of 2 mins 12.44 secs.

Katie Jameson also won a silver medal in the Under 23 Women's 1500 metres event in a time of 5 mins 02.94 secs.

Michael Todd won the bronze medal in then Under 16 Men's 800 metres event in a time of 2 mins 05.72 secs.

Cameron Borwick won the silver medal in the Under 16 Men's 3000 metres event in a time of 10 mins 36.46 secs. In the Under 16 Men's 1500 metres event Cameron finished 5th in a time of 4 mins 42.93 secs.

Brett Jovanovich won the bronze medal in the Under 20 Men's Long Jump event with his leap of 6.56 metres. In the Under 20 Men's 100 metres heat Brett qualified for the final with his time of 11.46 seconds – tailwind of 1.9 metres/sec. The final saw Brett finish in 8th place in a time of 11.64 seconds – headwind of 0.7 metres/sec.

Ben Gardiner finished 15th overall in the heats of the Under 20 Men's 100 metres event in a time of 11.90 seconds – tailwind of 1.9 metres/sec. In the Under 20 Men's Javelin event Ben finished 4th with his throw of 40.54 metres.

Wei Liak placed 8th in the Under 23 Men's 400 metres event in a personal best time of 54.22 seconds.

36. NSW Under 18 & Open Championships

At the NSW Open & Under 18 Championships our Centre was represented by 6 competitors.

Tara Millgate finished 5th in her heat of the Open Women's 800 metres event in a time of 2 mins 17.69 secs to squeak into the final. In the final Tara finished in 9th place in a season's best time of 2 mins 11.80 secs.

Olivia McConnell finished 11th in the Under 18 Women's Javelin Throw event with her throw of 22.58 metres. In the Under 18 Women's Discus Throw event Olivia finished 9th with her throw of 27.73 metres. Olivia finished 7th in her Hammer Throw event with her throw of 24.84 metres.

Lauren Sherry finished 4th in her heat of the Open Women's 100 metres event in a time of 12.18 seconds – tailwind of 3.3 metres/sec to qualify for the final. In the final Lauren finished in 6th place in a time of 12.38 seconds – tailwind of 0.3 metres/sec.

Len Pearce won the gold medal in the Under 18 Men's Triple Jump event with his leap of 13.76 metres. In the Under 18 Men's Long Jump Len finished 4th with his leap of 6.41 metres. In heat 2 of the Under 18 Men's 100 metres event Len finished 4th with a personal best time of 11.25 seconds – tailwind of 1.3 metres/sec.

Clinton McEwan won the bronze medal in the Under 18 Men's Triple Jump event with his leap of 12.66 metres.

John Pearce won the bronze medal in the Under 18 Men's Long Jump event with his leap of 6.42 metres. In heat 2 of the Under 18 Men's 100 metres event John finished 2nd with a personal best time of 11.16 seconds – tailwind of 1.3 metres/sec. to qualify for the final. In the final John just missed a medal when he finished 4th in a time of 11.28 seconds – tailwind of 0.4 metres/sec.

37. Australian Under 23 Championships

We had 1 competitor at the Australian Under 23 Championships held in Hobart from 9th – 11th February.

Katie Jameson won the gold medal to become the Australian Under 23 3000 metre Steeplechase Champion. Katie produced a personal best time by 23 seconds in winning this event in a time of 11 mins 39.14 secs.

SENIORS REPORT

38. Little A's Regional Championships

The Little A's Regional Carnival was held at Parramatta over the weekend of 17th and 18th February and we were represented by 19 competitors.

Patrick Kelland placed 7th in the U/12 Boys Triple Jump event with his leap of 8.88 metres. In his Shot Put event Patrick finished 9th with his throw of 7.73 metres.

James Bergfield finished 9th in the Under 13 Boys 800 metres event in a time of 2 mins 39.7 secs. In his 1500 metres event James finished 5th in a time of 5 mins 15.0 secs.

Andrew Peters finished 6th in the Under 14 Boys 3000 metres event in a time of 12 mins 51.2 secs.

Ben Cooper finished 3rd in the Under 14 Boys Triple Jump with a leap of 11.33 metres to advance to the State titles.

Daniel Jukic finished in 9th place in the Under 14 Boys Shot Put with his throw of 6.81 metres. In his Javelin event Daniel finished 8th with his throw of 20.95 metres.

Michael Avgenicos finished in 5th place in the Under 14 Boys Discus event with his throw of 28.61 metres.

Cameron Borwick finished 3rd in the Under 15 Boys 1500 metres event in a personal best time of 4 mins 34.7 secs. In his 3000 metres event Cameron won in a time of 10 mins 21.6 secs. Thus Cameron advances to the Little A's State Championships in both events.

Nawfal Mahi placed 5th in the Under 15 Boys 1500 metres event in a time of 5 mins 00.4 secs. In his 3000 metres event Nawfal finished 3rd in a time of 10 mins 53.3 secs to advance to the State Little A's Championships in this event.

Rory-Tarnow Mordi finished 4th in the Under 15 Boys 100 metres Hurdles event in a time of 15.3 secs. In his High Jump event Rory qualified for the State titles when he finished 2nd with a leap of 1.65 metres. Rory also qualified in the Triple Jump event when he finished 2nd with a leap of 11.93 metres.

Lloyd Parker qualified for the State titles when he finished 3rd in the Under 15 Boys Javelin event with his throw of 45.36 metres. In his Discus event Lloyd finished 4th with his throw of 43.17 metres.

Tara Vance qualified for the State Little A's Championships in both the Under 13 Girls 400 and 800 metre events. In her 400 metres Tara ran a time of 64.7 seconds to finish in 3rd place and in her 800 metres Tara finished 2nd in a time of 2 mins 29.8 secs.

Beth Chilcott finished 13th in the Under 13 Girls 1500 metres event in a time of 5 mins 45.6 secs. In her High Jump event Beth finished 6th with her leap of 1.40 metres.

Natalie Jukic finished 15th in the Under 13 Girls 1500 metres event in a time of 5 mins 57.1 secs.

Cassie Hewitt qualified for the State Little A's Championships in both the Javelin and Discus events. In the Under 13 Girls Javelin event Cassie won with her throw of 31.84 metres. In her Discus event Cassie produced a personal best throw of 39.59 metres to finish 2nd in this event.

Kimberley Lowe finished 8th in the Under 13 Girls Discus event with her throw of 28.60 metres. In her Shot Put event Kimberley finished 5th with her throw of 8.98 metres.

Ellen Russell finished in 10th place in the Under 13 Girls Discus event with her throw of 24.79 metres.

Kathleen Tay finished in 3rd place in the Under 14 Girls 100 metres event in a time of 13.5 seconds to advance to the Little A's State titles. In her Triple Jump event Kathleen finished 4th with her leap of 9.76 metres. The Long Jump event saw Kathleen finish in 5th place with her leap of 4.43 metres.

Emmica Burnell-Jones qualified for the State titles in both the 1500 metres Walk and the Triple Jump events. In her Walk event Emmica finished 2nd in a time of 8 mins 33.0 secs whilst in her Triple Jump event Emmica finished 3rd with her leap of 10.03 metres. Emmica also finished 6th in the 90 metres Hurdles event in a time of 15.9 seconds. In her Long Jump event Emmica placed 5th with her jump of 4.79 metres.

Kavitaa Ranjtkumar qualified for the State titles by finishing 2nd in the Under 15 Girls discus event with her throw of 28.80 metres. In her Shot Put event Kavitaa finished in 7th place with her throw of 9.07 metres.

SENIORS REPORT

39. Australian Capital Territory Championships

A party of 16 athletes plus support crew of a further 18 people made our annual trek by car and plane to Canberra for the Australian Capital Territory Championships held there over the weekend of 2nd to 4th March. The results our athletes attained there were simply sensational.

On the Friday evening we had 2 athletes competing.

Kimberley Lowe won the Under 14 Girls Discus Throw with her throw of 26.51 metres. In her High Jump event Kimberley won the bronze medal with a leap of 1.35 metres.

Andrew Atkinson-Howatt won the gold medal in the Veterans' Discus Throw with his throw of 37.74 metres.

The temperature on the Saturday got up to 34 degrees Celsius which makes for fast times for the sprinters but slow times for the middle distance runners. On the Saturday most of our athletes competed and achieved the following results.

Bronwyn Aspinall ran a huge personal best time of 59.72 seconds to finish 4th in the Open Women's 400 metres final.

Katie Jameson won the gold medal in the Open Women's 1500 metres event in a time of 4 mins 58.35 secs.

Sally Johnson won the gold medal in the Under 18 Girls Triple Jump event with her leap of 10.27 metres.

Tara Vance won the gold medal in the Under 14 Girls Triple Jump event with a personal best leap of 9.90 metres. Tara contested the Hammer Throw event and secured the silver medal with her best throw of 13.89 metres. In her 100 metres final Tara finished 3rd in a time of 14.12 seconds. The 400 metres event saw Tara secure a second bronze medal with her run of 65.58 seconds.

Kimberley Lowe added a further gold medal to the one she won the previous evening when she won the Shot Put event with her throw of 8.90 metres. A further gold medal was added when she won the Hammer Throw event with her best throw of 23.11 metres. This throw broke the A.C.T. record for this event. In her Triple Jump event Kimberley finished 5th with her leap of 9.02 metres.

Andrew Atkinson-Howatt won a silver medal in the Veteran Men's Shot Put event with his throw of 10.41 metres. In his Hammer Throw event Andrew secured a further silver medal with his throw of 33.80 metres.

Greg Boyce finished 9th overall in the Open Men's 400 metres event and just missed the final with his time of 52.72 seconds.

Wei Liak placed 10th overall in the Open Men's 400 metres heats in a time of 55.18 seconds.

Nick Walker finished 5th in the Open Men's 1500 metres event in a time of 4 mins 11.48 secs.

Boyd Arndell won a bronze medal in the Open Men's Triple Jump event with his leap of 12.46 metres.

Brett Jovanovich won the gold medal in the Under 20 Men's 100 metres in a huge personal best time of 11.01 seconds (tailwind of 0.1 metres/sec). Brett's previous best time was 11.43 seconds.

John Pearce also produced a huge personal best time of 10.90 seconds to win his heat of the Under 18 Boys 100 metres event (tailwind of 2.6 metres/sec). John's previous best time was 11.16 seconds. In the final John won the gold medal in a time of 10.92 seconds (tailwind of 2.0 metres/sec). John secured the silver medal in the Triple Jump with his best jump of 12.92 metres.

Len Pearce also produced a huge personal best time of 11.03 seconds to finish 2nd to John in his heat of the 100 metres. Len's previous best time was 11.25 seconds. In the final Len secured the silver medal with his time of 11.02 seconds. Len added a gold medal to his tally when he won the Triple Jump event with his leap of 13.88 metres.

Jason Chen also produced a personal best time of 11.96 seconds in finishing 6th in his heat of the Under 18 Boys 100 metres and qualifying for the final. Jason's previous best time was 12.28 seconds. In the final Jason finished 5th with his time of 12.00 seconds. Jason also contested the 400 metres event and produced a time of 54.83 seconds which was just outside his best for this event.

SENIORS REPORT

Troy Johnson won the silver medal in the Under 16 Boys High Jump event with his successful leap of 1.40 metres. In his 100 metres final Troy finished 5th in a personal best time of 13.11 seconds (tailwind of 1.7 metres/sec).

Cameron Borwick won the bronze medal in the Under 16 Boys 1500 metres event in a time of 4 mins 37.01 secs.

Although the Sunday was not quite as hot as the Saturday it still reached 30 degrees Celsius.

Bronwyn Aspinall won the bronze medal in the Open Women's 800 metres event in a time of 2 mins 22.42 secs.

Katie Jameson added a second gold medal to her tally when she won the Open Women's 3000 metres Steeplechase event in a time of 12 mins 44.33 secs.

Sally Johnson gained a bronze medal in the Under 18 Girls 400 metres Hurdles event in a time of 1 min 13.45 secs. A further bronze medal was added when Sally threw the Javelin a distance of 23.85 metres.

Tara Vance struck gold in the Under 14 Girls 800 metres event which she won in a time of 2 mins 30.64 secs. Tara also won the Under 16 Girls 2000 metres Steeplechase event in a personal best time of 9 mins 28.54 secs. In her Long Jump event Tara secured the bronze medal with a personal best leap of 4.30 metres.

Kimberley Lowe won a silver medal in the Under 14 Girls Javelin event with her throw of 14.38 metres. In her Long Jump event Kimberley finished 4th with her best leap of 3.85 metres.

Andrew Atkinson-Howatt certainly had a busy day with his competition starting at 10.30 am. In the Veteran's Weight Throw event Andrew gained a silver medal with his throw of 12.86 metres. In the Open Men's Javelin throw Andrew won a further silver medal with his throw of 44.71 metres. Andrew won the gold medal in the Veteran's Javelin event with his throw of 45.42 metres.

Wei Liak recorded a time of 25.29 seconds in finishing 7th in his heat of the Open Men's 200 metres event.

Greg Boyce finished 5th in the final of the Open Men's 800 metres event in a time of 2 mins 03.47 secs.

Nick Walker won the Open Men's 3000 metres Steeplechase event in a time of 10 mins 30.06 secs.

Brett Jovanovich went under the 23 second barrier for the first time ever when he recorded a time of 22.80 seconds (tailwind of 1.4 metres/sec) in finishing 2nd in the Under 20 Men's 200 metres event. Brett completed a great weekend for him when he won the gold medal in the Under 20 Men's Long Jump event with his personal best leap of 6.80 metres.

Boyd Arndell gained the bronze medal in the Under 20 Men's Long Jump event with his leap of 5.91 metres.

Jason Chen finished 3rd in his heat of the Under 18 Men's 200 metres event in a personal best time of 24.29 seconds (tailwind of 3.1 metres/sec). In the final Jason just missed a medal when he finished 4th in a time of 24.48 seconds (tailwind of 2.0 metres/sec).

John Pearce won the Under 18 Boys Long Jump event with a personal best leap of 6.88 metres. In fact, John led this event from his very first jump.

Len Pearce won the silver medal in the Under 18 Boys Long Jump event with a personal best leap of 6.87 metres to finish just 1cm behind John.

Cameron Borwick won the Under 16 Boys Javelin event with his best throw of 29.18 metres. He then added a silver medal to the gold and bronze medals he had previously won this weekend when he finished 2nd in the 2000 metres Steeplechase event in which he set a personal best time of 7 mins 06.84 secs.

Troy Johnson added a bronze medal to his collection this weekend when he finished 3rd in the Under 16 Boys Long Jump event with his personal best leap of 4.91 metres.

The tally of medals from Ryde athletes this weekend totalled 18 gold, 12 silver and 11 bronze medals.

40. NSW Masters Pentathlon Championships

Sue Gore won the Pentathlon event in her age group with the following results:-

SENIORS REPORT

<i>Long Jump</i>	<i>Javelin</i>	<i>200 metres</i>	<i>Discus</i>	<i>800 metres</i>	<i>Total Points</i>
<i>2.94m</i>	<i>9.57</i>	<i>31.51</i>	<i>17.08m</i>	<i>2.45.23</i>	
<i>150</i>	<i>114</i>	<i>501</i>	<i>258</i>	<i>566</i>	<i>1589</i>

41. NSW Masters Weight Pentathlon Championships

At the NSW Masters Weight Pentathlon Championships held at Campbelltown on Saturday, 17th March we were represented by 1 competitor.

Andrew Atkinson-Howatt won the State title with the following results:-

<i>Hammer</i>	<i>Shot Put</i>	<i>Discus</i>	<i>Javelin</i>	<i>Weight</i>	<i>Total</i>
<i>33.26m</i>	<i>9.92m</i>	<i>35.33m</i>	<i>41.86m</i>	<i>11.70m</i>	
<i>492</i>	<i>568</i>	<i>570</i>	<i>641</i>	<i>622</i>	<i>2893</i>

42. NSW Little A's Championships

At the New South Wales Little A's Championships our Seniors section was represented by 7 competitors.

Cassie Hewitt won the bronze medal in the Under 13 Girls Javelin event with her throw of 32.41 metres. In the Discus event Cassie finished 9th with her best throw of 32.76 metres.

Tara Vance finished 6th in her heat of the Under 13 Girls 400 metres event in a personal best time of 63.9 seconds. In her 800 metres final Tara just missed a medal when she finished 4th in a time of 2 mins 24.4 secs. This time is a national qualifier and entitles Tara to represent NSW at the Australian All Schools Championships in December.

Kathleen Tay ran well in her heat of the Under 14 Girls 100 metres event but unfortunately did not qualify for the final.

Cameron Borwick finished 6th in the Under 15 Boys 1500 metres event in a personal best time of 4 mins 30.0 secs. In his 3000 metres event Cameron placed 5th in a personal best time of 10 mins 01.6 secs.

Nawfal Mahi placed 7th in the Under 15 Boys 3000 metres event in a personal best time of 10 mins 19.2 secs.

Emmica Burnell-Jones finished 6th in the Under 15 Girls 1500 metres walk in a time of 8 mins 00.4 secs. In her Triple Jump event Emmica finished 12th with her leap of 9.97 metres.

Rory Tarnow-Mordi finished 5th in the Under 15 Boys High Jump event with a personal best leap of 1.77 metres. In his Triple Jump event Rory finished 7th with his leap of 12.05 metres.

43. NSW Masters Championships

The NSW Masters Championships were held at Campbelltown over the weekend of 24th and 25th March and our Centre was represented by 3 competitors.

Suzanne Gore finished 5th in her Age Group 200 metres event in a time of 32.60 seconds. In her 800 metres event Sue won the silver medal in a time of 2 min 46.61 secs.

Andrew Atkinson-Howatt won a silver medal in the 50-54 Age Group Hammer Throw event when he hurled the hammer a distance of 33.70 metres. In his Javelin event Andrew won gold when he threw the Javelin a distance of 45.61 metres. Andrew finished 6th in his Shot Put event with a throw of 10.11 metres. A further gold medal came Andrew's way when he hurled the Discus 35.62 metres.

Neil Holmes finished in 5th place in the 45-49 years Age Group 60 metres event in a time of 9.18 seconds. In his 100 metres event Neil finished 4th with his run of 13.44 seconds. Neil again finished in 5th place in his 200 metres event in a time of 29.08 seconds

SENIORS REPORT

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

MALES (as at 31/03/07)

100 Metres

Under 12	David Forster	13.5h	82/83
Under 13	Gareth Smith	12.9h	93/94
Under 14	Matthew Crooks	12.6h	97/98
Under 15	Len Pearce	11.45	05/06
Under 16	John Pearce	11.19	06/07
Under 18	Glen McCarthy	10.89	87/88
Under 20	Glen McCarthy	10.81	88/89
Open	Glen McCarthy	10.66	95/96
Vet 30-39	Carl Casaclang	11.63	01/02
Vet 40-49	Peter Collins	11.9h	95/96

1500 Metres

Under 12	David Forster	4.53.3h	82/83
Under 13	David Forster	4.42.4h	83/84
Under 14	Kevin Laws	4.28.4h	85/86
Under 15	Michael Todd	4.07.18	06/07
Under 16	Christopher Mills	4.11.4h	88/89
Under 18	Will Devjak	3.53.51	00/01
Under 20	Will Devjak	3.55.29	00/01
Open	Will Devjak	3.51.28	03/04
Vet 30-39			
Vet 40-49	Colin Richardson	4.27.0h	90/91

200 Metres

Under 12	David Forster	29.7h	82/83
Under 13	Gareth Smith	28.2h	93/94
Under 14	Ian Pereira	25.15	84/85
Under 15	John Pearce	23.61	05/06
Under 16	John Pearce	22.1h	06/07
Under 18	Glen McCarthy	21.74	87/88
Under 20	Glen McCarthy	21.69	88/89
Open	Glen McCarthy	20.96	92/93
Vet 30-39	John Larkin	23.43	93/94
Vet 40-49	Peter Collins	25.18	94/95

3000 Metres

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

400 Metres

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

5000 Metres

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

800 Metres

Under 12	Will Devjak	2.19.1h	94/95
Under 13	Will Devjak	2.18.4h	95/96
Under 14	Kevin Laws	2.10.75	85/86
Under 15	David Forster	2.00.23	85/86
Under 16	David Forster	2.04.0h	85/86
Under 18	Will Devjak	1.54.5h	99/00
Under 20	Will Devjak	1.50.3h	02/03
Open	Will Devjak	1.48.56	03/04
Vet 30-39	Greg Boyce	1.58.48	05/06
Vet 40-49	Colin Richardson	2.10.7h	90/91

2000 Metres Steeplechase

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

3000 Metres Steeplechase

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

SENIORS REPORT

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

MALES (as at 31/03/07)

1500 Metres Walk

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

3000 Metre Walk

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

80 Metre Hurdles

Under 12	Peter Cotton	15.7h	85/86
Under 13	Adam Hoey	13.47	91/92

90 Metre Hurdles

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

100 Metre Hurdles

Under 14	Grant Mitchell	16.72	86/87
Under 15	Brian Chappell	14.57	94/95
Under 16	John Pearce	13.57	06/07
Under 18	Chris Butt	15.7h	83/84
Under 20	Warren Gray	15.5h	83/84
Vet 30-39	Ken Smith	17.5h	91/92
Vet 40-49	Peter Collins	15.2h	95/96
Vet 50+	Peter McEneaney	19.47	93/94

Pentathlon

Vet 35-39			
Vet 40-44	Andrew Atkinson-Howatt	2512	01/02
Vet 45-49	Andrew Atkinson-Howatt	2595	04/05

110 Metres Hurdles

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

200 Metres Hurdles

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

300 Metres Hurdles

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

400 Metres Hurdles

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

Multi-Event

Under 16	Brian Chappell	4299	95/96
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Decathlon

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

Weight Pentathlon

Vet 35-39	Jeff Hailey	3175	98/99
Vet 40-44	Jeff Hailey	3416	01/02
Vet 45-49	Mark Johnston	3107	00/01
Vet 50-59	Andrew Atkinson-Howatt	3004	06/07

SENIORS REPORT

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

MALES (as at 31/03/07)

Shot Put

Under 12	Alan Menin	10.52	85/86
Under 13	David Page	9.15	91/92
Under 14	Michael West	11.60	89/90
Under 15	David Forster	12.12	85/86
Under 16	David Forster	11.66	86/87
Under 18	Paul Menin	13.50	85/86
Under 20	Brent Page	11.33	93/94
Open	Darren Wilson	12.08	92/93
Vet 30-39	Jeff Hailey	14.86	98/99
Vet 40-49	Jeff Hailey	14.43	01/02
Vet 50+	Andrew Atkinson-Howatt	10.86	06/07

Discus

Under 12	Alan Menin	27.52	85/86
Under 13	Peter Cotton	25.50	86/87
Under 14	David Forster	31.02	84/85
Under 15	Mua Morris	41.23	03/04
Under 16	Calum Winsor	45.98	03/04
Under 18	Paul Menin	44.22	85/86
Under 20	Brent Page	33.60	92/93
Open	Darren Wilson	36.82	92/93
Vet 30-39	Jeff Hailey	41.32	98/99
Vet 40-49	Jeff Hailey	39.12	01/02
Vet 50+	Andrew Atkinson-Howatt	39.15	06/07

Javelin

Under 12	Peter Cotton	21.16	85/86
Under 13	Will Devjak	26.58	95/96
Under 14	Michael Jones	40.26	87/88
Under 15	Steve Capper	36.86	85/86
Under 16	Bennett Gardiner	41.67	03/04
Under 18	Geoff Davies	48.18	90/91
Under 20	Ben Gardiner	42.24	06/07
Open	Darren Wilson	43.64	92/93
Vet 30-39	Jeff Hailey	56.20	99/00
Vet 40-49	Jeff Hailey	55.47	01/02
Vet 50+	Andrew Atkinson-Howatt	47.73	06/07

Hammer

Under 12	Patrick Kelland	16.27	06/07
Under 13	David Page	17.92	91/92
Under 14	Peter Cotton	24.18	87/88
Under 15	Lloyd Parker	24.14	06/07
Under 16	Glyn Henman	32.20	83/84
Under 18	Paul Menin	45.44	85/86
Under 20	Andrew Jackson	27.52	90/91
Open	Andrew Jackson	29.60	00/01
Vet 30-39	Jeff Hailey	41.47	98/99
Vet 40-49	Bob Bowker	40.11	01/02
Vet 50+	Andrew Atkinson-Howatt	33.80	06/07

Weight

Vet 50+	Andrew Atkinson-Howatt	13.78	06/07
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Pole Vault

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

High Jump

Under 12	David Forster	1.38	82/83
Under 13	Andrew Crews	1.67	85/86
Under 14	Andrew Crews	1.63	86/87
Under 15	Michael Dunne	1.73	97/98
Under 16	Rory Tarnow-Mordi	1.77	06/07
Under 18	Michael Dunne	1.85	99/00
Under 20	Kari Bergsson	1.80	04/05
Open	Zoltan Budimcevic	2.00	93/94
Vet 30-39	John Larkin	1.60	95/96
Vet 40-49	Peter Collins	1.65	90/91
Vet 50+	Peter Collins	1.53	01/02

Long Jump

Under 12	Geoff Davies	5.30	85/86
Under 13	David Massey	5.34	89/90
Under 14	Matthew Crooks	5.57	97/98
Under 15	Len Pearce	6.17	05/06
Under 16	Len Pearce	6.61	06/07
Under 18	Geoff Davies	6.95	91/92
Under 20	Geoff Davies	7.33	92/93
Open	Peter Parsons	7.35	00/01
Vet 30-39	Andrew Jackson	5.93	03/04
Vet 40-49	Peter Collins	5.98	90/91
Vet 50+	Peter Collins	3.71	01/02

Triple Jump

Under 12	David Massey	9.74	88/89
Under 13	Geoff Davies	10.60	86/87
Under 14	Matthew Williams	11.10	92/93
Under 15	Len Pearce	13.17	05/06
Under 16	Len Pearce	14.12	06/07
Under 18	Taichi Hoshino	13.75	02/03
Under 20	Geoff Davies	14.04	92/93
Open	Greg Wiencke	15.61	00/01
Vet 30-39	Andrew Jackson	11.38	03/04
Vet 40-49	Peter Collins	12.48	90/91
Vet 50+			

SENIORS REPORT

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

FEMALES (as at 31/03/07)

100 Metres

Under 12	Jamie Casaclang	13.1h	00/01
Under 13	Rachael Massey	12.96	88/89
Under 14	Annaliese Gardiner	12.36	05/06
Under 15	Rachael Massey	12.23	90/91
Under 16	Rachael Massey	12.15	91/92
Under 18	Rachael Massey	11.87	93/94
Under 20	Rachael Massey	11.85	95/96
Open	Rachael Massey	11.42	99/00
Vet 28-34			
Vet 35+	Sharon Aldridge	13.1h	94/95

1500 Metres

Under 12	Larissa West	5.15.2h	88/89
Under 13	Elizabeth Cotton	5.03.18	87/88
Under 14	Lucy Starrat	5.00.6h	01/02
Under 15	Lucy Polkinghorne	4.49.6h	00/01
Under 16	Lucy Polkinghorne	4.47.42	01/02
Under 18	Lucy Polkinghorne	4.47.42	03/04
Under 20	Katie Jameson	4.59.62	06/07
Open	Maxine Poor	4.19.8h	83/84
Vet 28-34	Anne Francis	7.23.8h	88/89
Vet 35+	Margaret Chappell	6.22.2h	91/92

200 Metres

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

3000 Metres

Under 12	Megan Cotton	12.02.7h	87/88
Under 13	Lisa Collins	11.27.7h	92/93
Under 14	Lisa Collins	11.43.4h	93/94
Under 15	Lucy Polkinghorne	10.45.4h	00/01
Under 16	Lucy Polkinghorne	10.37.0h	00/01
Under 18	Lucy Polkinghorne	11.15.11	03/04
Under 20			
Open	Katie Jameson	10.39.17	06/07
Vet 28-34			
Vet 35+			

400 Metres

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

5000 Metres

Under 20	Christine Gosling	23.20.1h	92/93
Open	Yvette Cotton	19.10.7h	92/93

2000 Metres Steeplechase

Under 12	Elizabeth Cotton	9.35.0h	86/87
Under 13	Tara Vance	9.28.54	06/07
Under 14	Lucy Starrat	8.25.81	01/02
Under 15	Lucy Polkinghorne	7.33.45	00/01
Under 16	Lucy Polkinghorne	7.33.34	01/02
Under 18	Lucy Polkinghorne	7.00.94	02/03
Under 20	Katie Jameson	7.45.70	06/07

800 Metres

Under 12	Larissa West	2.30.97	88/89
Under 13	Tara Vance	2.22.58	06/07
Under 14	Lucy Starrat	2.26.18	01/02
Under 15	Lucy Polkinghorne	2.20.06	00/01
Under 16	Megan Cotton	2.18.21	90/91
Under 18	Lucy Polkinghorne	2.15.06	03/04
Under 20	Tara Millgate	2.11.3h	04/05
Open	Julie Schwass	2.04.87	83/84
Vet 28-34	Anne Francis	3.10.2h	88/89
Vet 35+	Margaret Chappell	2.38.08	94/95

3000 Metres Steeplechase

Under 18	Lucy Polkinghorne	11.48.75	03/04
Under 20	Katie Jameson	12.02.17	06/07
Open	Katie Jameson	11.39.14	06/07

SENIORS REPORT

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

FEMALES (as at 31/03/07)

1500 Metres Walk

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

100 Metres Hurdles

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

3000 Metres Walk

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

200 Metres Hurdles

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

5000 Metres Walk

Under 18	Carolyn Little	30.45.0h	94/95
Open	Yvette Cotton	27.17.8h	93/94

80 Metres Hurdles

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

300 Metres Hurdles

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

90 Metres Hurdles

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

400 Metres Hurdles

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

SENIORS REPORT

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

FEMALES (as at 31/03/07)

Shot Put

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

High Jump

Under 12	Megan Cotton	1.35	87/88
Under 13	Beth Chilcott	1.51	06/07
Under 14	Alexandra Church	1.72	97/98
Under 15	Alexandra Church	1.74	98/99
Under 16	Alexandra Church	1.74	99/00
Under 18	Alexandra Church	1.82	01/02
Under 20	Megan Cotton	1.49	93/94
Open	Helen Merriman	1.78	82/83
Vet 28-34			
Vet 35+	Margaret Chappell	1.35	90/91

Discus

Under 12	Megan Cotton	21.40	87/88
Under 13	Kimberley Lowe	31.46	06/07
Under 14	Cassie Hewitt	31.71	06/07
Under 15	Suzy Della-Porta	29.48	92/93
Under 16	Megan Cotton	30.20	91/92
Under 18	Laura Cornford	36.85	04/05
Under 20	Nicola Jones	33.28	04/05
Open	Nicola Jones	37.30	04/05
Vet 28-34			
Vet 35+	Helen Searle	30.64	94/95

Long Jump

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

Javelin

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

Triple Jump

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

Hammer

Under 12	Margaret Gault	15.54	91/92
Under 13	Kimberley Lowe	20.39	06/07
Under 14	Suzy Della-Porta	13.08	91/92
Under 15	Megan Cotton	20.16	90/91
Under 16	Olivia McConnell	26.22	06/07
Under 18	Joanne Capper	33.10	83/84
Under 20	Joanne Capper	34.06	84/85
Open	Joanne Capper	44.54	89/90
Vet 28-34			
Vet 35+	Helen Searle	44.00	96/97

Multi-Events

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

Pole Vault

Under 18	Elizabeth Cotton	1.80	93/94
Under 20	Elizabeth Cotton	1.88	94/95

Weight Pentathlon

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

Pentathlon

Vet 40-44	Sue Gore	1589 pts	
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SENIORS REPORT

RYDE ATHLETICS CENTRE – SENIORS DIVISION

CENTRE RECORDS 2007

FEMALES

100 Metres

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

200 Metres

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

400 Metres

Under 12	Lisa Farmer	72.9	1992
Under 13	Tara Vance	64.5	2006
Under 14	Jamie Casaclang	63.0	2002
Under 15	Megan Cotton	66.5	1990
Under 16	Tara Millgate	60.4	2000
Under 18	Tara Millgate	59.4	2002
Under 20	Vicky Piggin	62.2	1994
Open	Tara Millgate	62.8	2006
Vet	Margaret Chappell	68.3	1992

800 Metres

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

MALES

100 Metres

Under 12	Steven Ryan	14.3	1989
Under 13	Gareth Smith	13.2	1993
Under 14	Nikita Marokakis	12.5	2002
Under 15	Brian Chappell	11.9	1994
Under 16	John Pearce	11.4	2006
Under 18	Craig Birdsall	11.3	2000
Under 20	Glen McCarthy	11.1	1988
Open	Brian Chin	11.2	1996
Vet	Carl Casaclang	11.9	2002

200 Metres

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

400 Metres

Under 12	Patrick Kelland	69.5	2006
Under 13	David Forster	64.7	1983
Under 14	David Forster	60.9	1984
Under 15	Brian Chappell	55.5	1994
Under 16	Damian Petrovic	55.6	2004
Under 18	Craig Birdsall	53.5	2000
Under 20	Wei Liak	56.4	2006
Open	Will Devjak	53.8	2006
Vet	Greg Boyce	54.1	2006

800 Metres

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

JUNIORS REPORT

RYDE ATHLETICS CENTRE – SENIORS DIVISION

CENTRE RECORDS 2007

FEMALES

1500 Metres

Under 12	Megan Cotton	5.21.6	1987
Under 13	Emmica Burnell-Jones	6.02.5	2004
Under 14	Larissa West	5.38.6	1990
Under 15	Lucy Polkinghorne	5.17.4	2000
Under 16	Jessie O'Brien	5.20.7	2006
Under 18	Marisa Ryan	5.37.5	2000
Under 20	Katie Jameson	5.16.2	2006
Open			
Vet	Margaret Chappell	6.22.2	1991

1500m Walk

Under 12	Natalie Cummings	8.14.5	1985
Under 13	Natalie Cummings	8.42.6	1986
Under 14	Jeannie Davis	10.06.0	1982
Under 15	Carolyn Little	8.02.8	1991
Under 16	Yvette Cotton	8.22.0	1986
Under 18	Sharon Cummings	7.32.6	1986
Under 20	Yvette Cotton	8.16.4	1990
Open	Yvette Cotton	8.24.4	1991
Vet	Sue Curry	10.49.0	1989

80m Hurdles

Under 12	Elizabeth Cotton	15.1	1987
Under 13	Elizabeth Cotton	14.5	1988
Under 14	Margaret Hamilton	13.7	1982
Vet	Roslyn Mitchell	15.9	1986

90m Hurdles

Under 15	Jenny Horsfield	15.9	1984
Under 16	Margaret Hamilton	14.8	1984

100m Hurdles

Under 18	Kate Harvey	15.2	1991
Under 20			
Open	Cheryl Attenborough	19.7	1982
	Linda Calder	19.7	1991

MALES

1500 Metres

Under 12	Patrick Kelland	5.22.3	2006
Under 13	Will Devjak	4.57.0	1993
Under 14	Peter Cotton	4.55.7	1987
Under 15	Chris Mills	4.44.6	1987
Under 16	Tasman Cassim	4.45.9	1987
Under 18	Will Devjak	4.17.4	2000
Under 20	Will Devjak	4.16.7	2002
Open	Brad Adams	4.22.2	1992
Vet	Paul Sampson	4.43.5	2002

1500m Walk

Under 12	Peter Cotton	9.25.0	1985
Under 13	Grant Mitchell	9.26.0	1985
Under 14	Michael Cooper	10.35.1	1988
Under 15	Christian Millgate	8.03.0	2005
Under 16	Aron Warren	8.34.5	2001
Under 18	Chris Archer	11.31.0	1986
Under 20	Braden Atkinson-Howatt	12.59.8	2005
Open	Graham Walsh	6.59.6	1991
Vet	Graham Walsh	7.14.5	1992

80m Hurdles

Under 12	Peter Cotton	16.1	1985
	Brian Chappell	16.1	1991
Under 13	Adam Hoey	13.7	1991

90m Hurdles

Under 14	David Forster	15.4	1984
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100m Hurdles

Under 18	Chris Butt	15.7	1983
Under 20	Warren Gray	15.5	1983

110m Hurdles

Open			
Vet	Ken Smith	19.6	1991

JUNIORS REPORT

RYDE ATHLETICS CENTRE – SENIORS DIVISION

CENTRE RECORDS 2007

FEMALES

Javelin

Under 12	Margaret Gault	19.50	1992
Under 13	Elizabeth Cotton	22.03	1988
Under 14	Elizabeth Cotton	24.31	1989
Under 15	Elizabeth Cotton	27.46	1990
Under 16	Laura Cornford	36.81	2003
Under 18	Elizabeth Cotton	30.18	1992
Under 20	Elizabeth Cotton	32.08	1994
Open	Yvette Cotton	23.88	1991
Vet	Helen Searle	22.38	1991

Discus

Under 12	Cassie Hewitt	20.70	2005
Under 13	Cassie Hewitt	28.59	2006
Under 14	Yvette Cotton	26.44	1984
Under 15	Megan Cotton	27.74	1990
Under 16	Megan Cotton	30.20	1991
Under 18	Laura Cornford	28.12	2004
Under 20	Nicola Jones	33.28	2004
Open	Yvette Cotton	27.84	1991
Vet	Helen Searle	26.82	1991

Shot Put

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

Hammer

Under 12	Margaret Gault	15.54	1991
Under 13	Kimberley Lowe	20.39	2006
Under 14	Alyssa Ross	11.48	2004
Under 15	Juliana de Candia	16.84	1991
Under 16	Olivia McConnell	25.26	2006
Under 18	Joan Capper	27.56	1983
Under 20	Joan Capper	31.96	1984
Open	Natalie Sing	17.96	2006
Vet	Narelle Page	20.64	1991

MALES

Javelin

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

Discus

Under 12	David Massey	21.78	1988
Under 13	Peter Cotton	25.50	1986
Under 14	David Forster	30.84	1984
Under 15	Mua Morris	41.23	2003
Under 16	Sean Brennan	40.56	1983
Under 18	Sean Brennan	29.84	1984
Under 20	Brent Page	33.60	1992
Open	Darren Wilson	36.82	1992
Vet	Andrew Atkinson-Howatt	35.87	2006

Shot Put

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

Hammer

Under 12	Patrick Kelland	16.27	2006
Under 13	David Page	17.92	1991
Under 14	Mua Morris	23.39	2002
Under 15	Lloyd Parker	24.14	2006
Under 16	Steve Capper	28.40	1983
Under 18	Steve Capper	36.78	1984
Under 20	Andrew Jackson	27.52	1990
Open	Andrew Jackson	29.60	2000
Vet	Andrew Atkinson-Howatt	29.63	2006

JUNIORS REPORT

RYDE ATHLETICS CENTRE – SENIORS DIVISION

CENTRE RECORDS 2007

FEMALES

High Jump

Under 12	Margaret Gault	1.25	1991
Under 13	Beth Chilcott	1.42	2006
Under 14	Megan Cotton	1.45	1989
Under 15	Christine Nettle	1.55	1990
Under 16	Christine Nettle	1.45	1991
Under 18	Karina Longshaw	1.50	1987
	Sharon McConkey	1.50	1990
Under 20	Christine Gosling	1.47	1992
Open	Natalie Sing	1.47	2006
Vet	Margaret Chappell	1.35	1990

Long Jump

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

Triple Jump

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

Pole Vault

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

MALES

High Jump

Under 12	David Massey	1.32	1988
Under 13	Peter Cotton	1.47	1986
Under 14	Nikita Marokakis	1.58	2002
Under 15	Rory Tarnow-Mordi	1.65	2006
Under 16	Clinton McEwan	1.70	2006
Under 18	Michael Dunne	1.67	2000
	Craig Birdsall	1.67	2000
Under 20	Glen McCarthy	1.67	1989
Open	Andrew Jackson	1.75	1994
Vet	Peter Collins	1.60	1993

Long Jump

Under 12	David Massey	4.74	1988
Under 13	David Massey	4.91	1989
Under 14	Nikita Marokakis	5.26	2002
Under 15	Brian Chappell	5.57	1994
Under 16	John Pearce	6.15	2006
Under 18	Geoff Davies	6.30	1991
Under 20	Brent Page	6.38	1993
Open	Andrew Jackson	6.41	1994
Vet	Peter Collins	5.47	1993

Triple Jump

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

Pole Vault

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

JUNIORS REPORT

PRESIDENT:

It is again with much pleasure that I compose this President's Report for Ryde Athletics Centre Juniors' Division. As each season comes and goes, I (and I am certain others) enjoy the privileges and challenges of a new season of Athletics at Ryde, and once more, the same was true this year.

We kicked our new season off with some new ideas, offering re-registrations by mail for the first time, and display banners strategically positioned at some fantastic places around the city of Ryde. These supplements to our advertising campaign and ease of processing for members contributed to an increase in numbers on registration day, which in turn followed through the season with final membership numbers just passing 450 members. This represents an increase over the past season of more than 11%.

Although common knowledge now due to its regular use, I am ecstatic to report the purchase this year of over \$20,000 worth of new equipment, the most visible of which are our fabulous new high jump mats, and the fun new gear for the Tiny Tots. We feel that the new gear directly contributes to the fun level of our athletes as it aids in helping them achieve their best at all times, so to acquire some new gear this year was very enjoyable to all of us on the committee.

Despite this large drain on funds, through our management of the club's finances under the direction of Rob Jukic our fantastic Treasurer, our bank balance remains healthy with only \$3,400 reduction to our balance at the same time last year. How did we do this? We did this with your contributions at our club's canteen and bar-b-q. These were our only source of non-registration income, with the bar-b-q featuring prominently in its regular position close to action up on the concourse. While our prices remained constant, we saw more income from the bar-b-q than we ever have. We again have a solid financial base, on which to build for future seasons.

I commend you to take some time and absorb the detail in the reports from my fellow committee members in this annual report. In particular, the Championships Report will tell you everything about the performances of our athletes at representative levels this year, and the Treasurer's Report documents our financial position to which I referred earlier. There are also many other reports from all sections of the club. From where I sit, the reports show that you belong to an organisation which, despite being run 100% by volunteers, or maybe because of that fact, is highly efficient and productive at what it sets out to do. I would have to observe also that we all seem to have a lot of fun doing it.

The practice, training and persistence of our athletes are a constant source of wonder to me. The outstanding efforts of our volunteer coaches to assist our members achieve their goals pays off regularly in personal bests and the occasional record-breaking performance. I derive much pleasure in announcing as loud as possible new records being set, hopefully making the most fuss over the new mark and how far it has exceeded the previous level. Some of these records have stood for many years, so to see them fall indicates exceptionally outstanding performances being made. This season, our awards of canteen and bar-b-q vouchers were continually being handed out right through the summer. We even saw a record being set in the final event of competition for the season with Sarah Kelland finally cracking her target in the Under 10 girls walk. Congratulations to all of our record breakers this year.

Unfortunately, there is just not enough room in these pages to report the hundreds of personal bests achieved by our members over the course of the season. The underlying principle of our competition is the encouragement and recognition of personal bests, so congratulations to each and every one of you who achieved PB's this season. It is all we can do as a club and as parents to foster this approach to athletics and hopefully in all other areas of life as well.

We know however, that the single biggest reason why people join athletics is the spread of the good word about our sport. This comes from our members telling their friends and extended families about the great fun that they have participating in what we believe to be the best all-round sport on summer Saturday mornings. Fun at sport is a direct result of the efforts put in by the children when participating and the efforts of parents acting as officials, committee members and helpers on the day. To this end I would like to thank the following special people.

- Our wonderful age managers. Your young charges see you as another important adult in their young lives and, whether they or you know it, look to you for inspiration, encouragement and support. To make it entertaining for them too is nothing short of icing on the cake for them, helping them to come back each week and beat that time, clear that bar, and throw that discus

JUNIORS REPORT

thing further than they did last week. I trust that those of you who stepped up to the plate for the first time this year found the job fun too and I look forward to seeing you again next season.

- Our coaches. This season we have enjoyed the arrival of some new faces in these ranks, most of whom completed the Orientation to Coaching Course to get them started in this important role.
- Margaret Atkinson for your efforts in the Canteen & BBQ. Your direct efforts contribute many dollars to our clubs finances.
- All of my other fellow committee members, in particular, those new faces to our ranks :
 - Robyn Dagwell, who has done a great job in marshalling the Age Managers with their procedures and Merit Awards
 - Linda Talty, who has taken the responsibility of Results Officer and made it her own, completing all the data entry for each Saturday morning ensuring the results are ready for the athletes the following Saturday. This job often involves the keying of over 1000 results for a Saturday morning competition.
 - David Sunderland for a great job in organising parents to help out on the field every Saturday, and rostering them on for Zone and Regional Carnivals.
 - Adriana Mestousis for composing and publishing our Footprint magazines throughout the season
 - Victoria Newstead for stepping into the role of Secretary at short notice.
- All the parents out there who help out as officials by running events, organising equipment and hopefully having fun themselves on Saturdays.
- The local schools for their patronage and support.

Finally to our departing graduates for this season. We have enjoyed more athletes in the 15's this year than some other years, and to say goodbye to you after your long associations with us is, for the moment, tinged with a little emotion. However, when one begins to reflect on your achievements and see the qualities that you possess as young adults because of your involvement at athletics, the emotion turns to pride, pride in what you have done, and pride in the development of each of your characters and personalities. We trust that this year's "graduates" will carry on their participation with our Seniors Division next year. We sincerely trust that you carry these qualities with you in all of your fields of endeavour with regular PB's everywhere to be seen.

Congratulations to all the athletes for the season past and thank you to all for what has for me again been a great fun time.

Ron Daniel
President (Juniors).

PUBLICITY:

(position vacant - no report)

SECRETARY:

The 2006/2007 season has seen a steady growth in the number of athletes joining the club. Parents got involved in helping run the events in a variety of different ways.

There have been many personal achievements and there have been many personal bests by our young and enthusiastic athletes.

Enquiries from parents were many and varied. Coaching enquiries were numerous at the beginning of the season, with a good turnout on coaching days at the beginning of the season. In all, it appears to have been a very successful season for athletes.

Our website proved to be a great resource for parents and athletes seeking answers to their questions.

Victoria Newstead
Secretary (Juniors).

JUNIORS REPORT

CANTEEN:

The Canteen and BBQ have continued to run smoothly, thanks largely to the great volunteers who have supported me throughout the season, allowing me to have several weekends off. I would particularly like to thank Connie, Lisa and Anna who have been regular and reliable helpers in the canteen. I'm sure all you volunteers on track and field appreciate the reliable supply of coffee, tea & water supplied by Debbie and others as well. Thanks also to the continued support of Karen Lowe.

On the BBQ, I'd like to thank our Treasurer, Robert Jukic, and President, Ron Daniel who stepped in as a regular chefs and servers. Thank you to all the other regular and occasional volunteers for making this year such a success. There were some extremely smoky conditions to contend with and even the occasional fire, but we soldiered on.

Once again, thank you for your generosity and support. We often receive compliments about our sandwiches – many people say they're the best in the district! So we should also acknowledge the great quality of the meat from McDonagh's Meats at Midway and the lovely bread from Lai's Hot Bread in Cox's Road. 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.

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

Margaret Atkinson
Canteen Manager (Juniors).

TRACK & FIELD:

I am pleased to report that the majority of athletes and parents now seem to arrive on time. This allows us to start our warm up and stretches as close as possible to 8:15am ensuring most age groups complete their events (other than walks and javelin in Week 2) by 11:00am.

The Week 1 Program was changed this season so that the 1500m was only run at 8:15am, rather than giving athletes the choice of running it either in the morning or at the completion of all events. This change resulted in record numbers of athletes competing in this event at 8:15am each alternate Saturday morning. We were able to streamline our Program and achieve consistency of results, while at the same time ensuring the safety of our athletes from heat exhaustion on hot days.

Despite the lack of rain our ground was in reasonable condition for the whole season. We did however experience a major challenge following Ryde Council's decision to eliminate Lane 8 on the circular track for many weeks during the first half of the season. It was only due to the persistence of our President, Ron Daniel, that Ryde Council came to realise there were no additional risks or safety issues with Lane 8 present, and our field to be consequently reinstated to its full complement of lanes on the circular track. This decision means that Dunbar Park will be able to hold future Zone Carnivals, if Ryde Athletics is chosen to host them.

A special thank you to all those parents who were there every Saturday morning helping out. Without your help we would not be able to run the track and field events so smoothly and give our athletes the opportunity to be successful in their chosen events. Each year I seem to make the same plea, but I would like to strongly encourage any parent who 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 any way possible. I am positive that you will quickly feel very welcome and that you will find something you enjoy doing. The atmosphere of seeing your child compete up close on the field is far better than that from the other side of the fence.

It has been a pleasure being the Officer for Track and Field again this season and I hope to see you all next season.

Peter Peters
Officer for Track and Field (Juniors).

JUNIORS REPORT

REGISTRAR:

Our Centre welcomed 452 new and returning little athletes this season, up from 399 athletes in 2005-06! We also dual-registered 27 of our u13 – u15 athletes, providing ANSW registration for those interested in competing as Ryde Seniors.

Comparison with past season's figures:

<i>Season</i>	<i>Girls (%)</i>	<i>Boys (%)</i>	<i>Total</i>
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
2006/07	251 (55.5)	201 (44.5)	452

The breakup of these registrations is:

	<i>Girls Re-reg'd.</i>	<i>Girls New</i>	<i>Total Girls</i>	<i>Boys Re-reg'd.</i>	<i>Boys New</i>	<i>Total Boys</i>	<i>Athletes Re-reg'd.</i>	<i>Athletes New</i>	<i>Total Athletes</i>
Tots	0	14	14	4	22	26	4	36	40
U 6	5	17	22	2	19	21	7	36	43
U 7	14	12	26	12	12	24	26	24	50
U 8	10	22	32	6	10	16	16	32	48
U 9	8	16	24	14	12	26	22	28	50
U 10	18	21	39	15	12	27	33	33	66
U 11	15	14	29	11	5	16	26	19	45
U 12	23	9	32	11	5	16	34	14	48
U 13	14	0	14	9	3	12	23	3	26
U 14	8	4	12	7	2	9	15	6	21
U 15	6	1	7	7	1	8	13	2	15
<i>Total Reg'ns Taken</i>	121	130	251	98	103	201	219	233	452

Our new banners were instrumental in increasing our advertising for Registration Day - 205 athletes registered on the day, plus 81 Registrations by Mail, to give us 286 athletes registered before our first Saturday of the season, which is just over 63% of total registrations. It was good to see an increased number of pre-season registrations, and wonderful to see the enthusiasm with which Registrations by Mail were embraced. As those of you who registered this way will know, the process was simple and quick and enabled you to avoid lengthy queues on Registration Day or competition Saturdays. I would strongly encourage registering by mail next season!

Once again, I was most fortunate to have had Ian Trimble's assistance this year. Ron Daniel also occupied many hours of his time to produce the letters and pre-printed forms used in the registration mail out. Thanks also to Debbie Loo and all of the Committee members for their help on Registration Day and throughout the season.

Registration Procedures for the 2007- 08 Season

Registrations for new and returning athletes can be completed on **Registration Day**. On **August 19th 2007**, (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.

In addition to Registration Day, we will be offering **Registration by Mail**. This allows you to have all of your paperwork completed before the season starts, and register at a time more convenient for you.

JUNIORS REPORT

Registration by mail will only be available **from 1st – 24th August**. To register after that date, you will have to queue with the Saturday morning crowds at Dunbar Park in September!

Early mail replies (those received before Registration Day) will be ready for collection from the Books Table on Registration Day. Mail replies which are received after Registration Day, but before 24th August, can be collected at the track from 1st September.

Whether registering in person or by mail, please register before the start of the season to make the process easier for you and also to resolve the congestion which 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 2007 to obtain forms and further details.

I hope to see you all again next season – especially the current U15's who can register as Ryde Seniors next season, and join us again each Saturday morning to compete!

Kate Kelland
Registrar (Juniors)

AGE MANAGERS:

2006-7 saw a committed group of age managers and their assistants once again give our young athletes some great opportunities for fun, friendship and skills development. As a voluntary role, being an age manager is one of the most rewarding positions on the field. The age manager has the privilege of seeing young athletes learn new skills and better their performances, as well as being able to monitor their own child's progress. Each week they record their group's results and can feel satisfaction in the improvements of the athletes whether it be a well earned personal best or a club record.

This year around one third of the age managers were new to the position and some were also new to Little Athletics. It was a steep learning curve but one which by the end of the season, they had climbed with enthusiasm and determination. The more experienced age managers got on with the job and shared their computer programs, good ideas and advice with each other. Some of the age groups were quite large and their age managers devised practical solutions to managing problems like how to get 35 athletes through high jump and still complete the morning's events. Some of the rather exuberant groups of young boys rather tested the boundaries of their age managers but met with consistency and firmness and they all finished the season with new skills. The friendly rivalry between the managers of the Under 6 Girls and Under 6 Boys groups was a weekly highlight on the circular track.

One of the most important factors in a successful season of Little Athletics is parent involvement. Children commit to a sport, and are more likely to enjoy it when they see their parents are involved. The age managers for 2006-7 are to be congratulated for their important contribution. Without them, and all the other parent officials, there would be no Saturday competition. The age managers themselves need the support of the athletes' parents who are present on or around the field to help, when there are problems, as much as to enjoy the successes. I hope to see all parents involved in some way in the coming season. If you have the opportunity in the future to help as an age manager it will be a rewarding job. My thanks to the hard working group of age managers this season!

Robyn Dagwell
Officer for Age Managers (Juniors)

RESULTS:

(no report)

JUNIORS REPORT

COACHING:

Our coaching programme ran throughout the season on Monday & Wednesday afternoons at Dunbar Park with good attendance at most sessions.

Thanks to JULIE, JULIE-ANN, SIMON, NOEL, & PATRICK for their assistance throughout the season. The children that attended regularly no doubt benefited from your guidance resulting in lots of PBs & some impressive results at representative level. Thanks also to all the state relay coaches for their early Saturday morning attendances preparing our athletes for this major meet.

This season our club hosted an introduction to coaching course with the following club members completing the course successfully – SIMON BERGFELD, VICTORIA NEWSTEAD, LAUREL SIMMONS, JIM TSAUKOS, JENNIFER JENKINS, GIRVIN MALCOLM, & NOEL TALTY – congratulations to all. Thanks to KEITH JOHNSON for organising this.

I look forward to seeing everyone back next year.

Doug Russell
Officer for Coaching (Juniors).

EQUIPMENT:

This season there has been a significant outlay on the purchase of new equipment.

There were a number of equipment improvements during the season:

- Purchase of two hurdles trolleys has made a significant improvement in transporting the hurdles.
- Purchase of a high jump mat trolley has resulted in similar improvement in transporting the mats.
- Two new large folding cabanas have provided easily erected shade covers for two areas where two groups gather for events, i.e. one cabana covers two age groups at high jump and, the other, two age groups at U6-U9 shot/discus.
- The hurdles trolleys have freed up hand trolleys that are now used to transport the new cabanas.

Apart from the items mentioned above, a number of equipment items were purchased during the season, i.e.

- Competition equipment:
 - Two new sets of high jump mats with covers
 - Three advertising banners
 - Two starting pistols
 - Eight new hurdles
 - Eight new sets of starting blocks
 - Miscellaneous - Sector tapes, 1kg Discus, Measuring tapes
- Training equipment:
 - Mini-step hurdles
 - Spring board
 - A set of Plyo boxes
 - Medicine balls
 - Training ladders
- Tots equipment – numerous items

Items of equipment that require replacement or repair are:

- Measuring tapes
- New starting blocks – attaching the anchor pins to each set of blocks

Simon Bergfield
Officer for Equipment (Juniors)

JUNIORS REPORT

CHAMPIONSHIPS:

The position of Championships Officer was carried out by Bernadette McGuire this season with assistance from Robyn Dagwell who co-ordinated the Age Managers.

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 23rd September 2006.

STATE RELAYS

The State Relays are the biggest state-wide carnival on the Little Athletics calendar. Ryde entered 30 teams into the State Relays, held over 2 days for the first time on the weekend of 25-26 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:

SILVER

U11 Girls Long / High

- Danielle Jenkins, Nicole Noga, Sachi Kayama and Paulina Peters

BRONZE

U14 Girls 4 X 100m

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

As well as these great results, 10 other Ryde teams were placed in the top 8.

ZONE CARNIVAL

The Zone Carnival was held on the weekend of 16-17 December at Barton Park, Parramatta (with some events on Mon evening 18 Dec). The Ryde club had 211 athletes competing. Of these athletes 69 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:

Justin Sunderland	- Discus (1 st), Pack start (2 nd), Long Jump (3 rd), 200m (3 rd)
Will Crawford	- Discus (2 nd)
Lachlan Ellison	- 50m (3 rd)
Mikayla Mestousis	- 70m (1 st), 100m (1 st), 200m (1 st), Pack start (1 st)
Brooke Matheson	- 50m (2 nd), 70m (2 nd), 100m 2 nd)
Zoe Latham	- Pack start (2 nd)

REGIONAL CARNIVAL

The regional carnival was held on the weekend of 17-18 February at Barton Park, Parramatta. Of the 63 athletes who represented Ryde, 14 athletes qualified for the State Championships and their achievements are listed below:

Cameron Borwick	15 B	3000m (1 st), 1500m (3 rd)
Rory Tarnow-Mordi	15 B	Triple Jump (2 nd), High Jump (2 nd)
Emmica Burnell-Jones	15 G	1500m Walk (2 nd), Triple Jump (3 rd)
Tara Vance	13 G	400m (3 rd), 800m (2 nd)
Kavitaa Ranjitkumar	15 G	Discus (2 nd)
Sachi Kayami	11 G	Long Jump (2 nd)
Nina Osada-phornsiri	9G	High Jump (2 nd)
Rebekah Cormack	15 G	3000m (3 rd)
Edward Penrose	10 B	800m (3 rd)
Stuart Williams	10 B	High Jump (3 rd)
Ben Cooper	14 B	Triple Jump (3 rd)
Kathleen Tay	14G	100m (3 rd)

JUNIORS REPORT

Nawfal Mahi 15 B 3000m (3rd)

Lloyd Parker 15 B Javelin (3rd)

Congratulations to our U8 athletes who completed their Championships competition at Regional level. Outstanding results from our U8s were:

Hugh Petterson 60m Hurdles (3rd)

Brooke Jenkins 70m (2nd), 100m (3rd), 200m (2nd)

STATE MULTI EVENT

The State Multi Event was held on the weekend of 3-4 March at Wollongong with Ryde entering 5 athletes. Outstanding results were:

Justin Sunderland 7 B SILVER medal

STATE CHAMPIONSHIPS

The State Championships were held on the weekend of 17-18 March at Homebush. Of the 14 athletes who competed, 2 received medals and their outstanding achievements are listed below:

Stuart Williams 10 B High Jump (3rd)

Lloyd Parker 15 B Javelin (3rd)

Congratulations to Stuart and Lloyd for their terrific performances.

As well as these great results, 9 other Ryde athletes were placed in the top 8.

RECORDS

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

Shot Put (1)

Discus (3)

Javelin (4)

Long Jump (2)

Walks (2)

Pack Start (5)

800m Run (2)

1500m Run (6)

3000m Run (3)

Bernadette McGuire

Championships Officers (Juniors).

OFFICIALS:

All good!

David Sunderland
Officer for Officials

JUNIORS REPORT

FIRST AID:

This was another good year at Dunbar Park from the first aid perspective. I am not aware of any injury which prevented an athlete from competing in a representative competition. There appear to be two areas in which injuries predominate. These are hurdles events and spiking injuries. The most significant hurdle injury did have the effect of discouraging a senior girl athlete from further hurdles events. This occurred when the hurdle failed to collapse. As a consequence the hurdle was discarded.

With respect to spiking injuries, the vast majority of these have happened not during events but usually whilst waiting for events, sometimes as a result of skylarking. It is no surprise that these happen usually in boys. These could almost all be prevented if the rule that competitors remove their spikes at the end of an event was enforced. I propose that at the beginning of the next season all track and field officials and age managers should agree to enforce the rule which tends to be ignored.

As with last year, I think that the relative scarcity of musculoskeletal injuries is a testament to the efficient way that the program of events is run each week at Ryde Athletics. Thanks to all concerned in implementing the program.

Girvan Malcolm
Officer for First Aid (Juniors)

JUNIORS REPORT

JUNIOR RECORDS ESTABLISHED, EQUALLED OR BROKEN

2006/2007 SEASON

Age	Event	New Record Holder	Previous Record	New Record	Date
7 B	500m Long	Justin Sunderland	1-50.20	1-48.40	17-Feb-07
14 B	Jump Long	Oliver Wenderski	5.52	5.64	9-Dec-06
14 B	Jump	Benjamin Cooper	5.64	5.73	9-Dec-06
15 B	1500m	Cameron Borwick	4-49.80	4-38.80	10-Feb-07
15 B	3000m	Cameron Borwick	10-39.70	10-34.30	3-Feb-07
15 B	800m	Cameron Borwick	2-14.50	2-14.20	10-Mar-07
15 B	Javelin	Lloyd Parker	42.52	43.27	16-Sep-06
15 B	Javelin	Lloyd Parker	43.27	43.89	7-Oct-06
15 B	Javelin	Lloyd Parker	43.89	45.33	20-Jan-07
15 B	Javelin	Lloyd Parker	45.33	48.38	3-Feb-07
7 G	500m	Mikayla Mestousis	1-54.90	1-54.40	9-Dec-06
7 G	500m	Mikayla Mestousis	1-54.40	1-54.40	20-Jan-07
7 G	500m	Mikayla Mestousis	1-54.40	1-54.00	3-Feb-07
7 G	500m	Mikayla Mestousis	1-54.00	1-52.40	17-Feb-07
9 G	700W	Sarah Kelland	4-35.20	4-25.40	10-Mar-07
11 G	Shot Put	Maddy Bergfield	8.84	9.44	28-Oct-06
13 G	800m	Tara Vance	2-33-40	2-29.70	18-Nov-06
15 G	1500m	Rebekah Cormack	5-41.00	5-35.00	30-Sep-06
15 G	1500m	Rebekah Cormack	5-35.00	5-28.80	28-Oct-06
15 G	1500m	Rebekah Cormack	5-28.80	5-25.30	13-Jan-07
15 G	1500m	Rebekah Cormack	5-25.30	5-25.20	27-Jan-07
15 G	1500m	Rebekah Cormack	5-25.20	5-16.00	10-Feb-07
15 G	1500W	Emmica Burnell-Jones	9-09.00	8-43.50	7-Oct-06
15 G	3000m	Rebekah Cormack	12-41.80	12-09.40	4-Nov-06
15 G	3000m	Rebekah Cormack	12-09.40	12-03.10	9-Dec-06
15 G	Discus	Kavita Ranjitkumar	26.64	27.55	21-Oct-06
15 G	Discus	Kavita Ranjitkumar	27.55	29.72	9-Dec-06
15 G	Discus	Kavita Ranjitkumar	29.72	30.32	20-Jan-07