

**RYDE ATHLETICS CENTRE
INCORPORATED**



ANNUAL REPORT

2008/2009 SEASON

ABN: 99 850 553 401

LIFE MEMBERS

Sharon Aldridge
Margaret Atkinson
Andrew Atkinson-Howatt
Nancy Atterton
Bruce Brown
Graeme Cameron
Carl Casalang
Margaret Chappell
Phil Cossell
Alain Corne
Diane Corne
Lynette Cox (née Hill)
Lorraine Crews (née Morgan)
Bob Crawford
Dorothy Cubban
Merv Davies
Margaret Davies

Sharon Dewar (née Read)
Will Devjak
Tony Fernandes
Ross Forster
Miriam Fogliani (née Spitteler)
Peter Graham
Warren Gray

Kurt Hansen
Andrew Jackson
Rachael Jackson (née Massey)
Keith Johnson
Adrienne Kinna (née Bouffler)
Anne Masing
Glen McCarthy
Suzette McFarlane (née Sames)
Yvonne Melene (née Godfrey)

John Mills
Roslyn Mitchell (née Cramp)
Betty Moore
Coral Read (née Hellyer)
Julie Reynolds
Judy Scott (née Murray)
Rita Shield

Gaye Shuttler (née Woolley)
Desleigh Spitteler
Reg Tarte
Mary Thomas
Ian Trimble
Ruth Trimble
Glyn Whalan
Colleen Wilson (née Hill)
Kay Williams

PATRON

Betty Moore

PUBLIC OFFICER

David Lewis

DIRECTORS

Ross Forster
Ian Trimble
David Lewis

Ann Arnott
Keith Johnson

RYDE ATHLETICS CENTRE INCORPORATED 2008/2009 SEASON – ANNUAL REPORT

DIRECTOR'S REPORT

This year's report is full of the achievements of our athletes and the efforts of our volunteer officials, coaches and parents in both our Junior and Senior divisions. It includes reports on our finances and all parts of our operations.

Your centre is run by two dedicated volunteer committees that look after our Junior and Senior divisions. With our affiliations to Little Athletics NSW (tots to under 17) 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 just how many athletes have bridged between the two divisions and taken advantage of the huge variety of competition that is available. Our preferred approach has been for athletes under 15 to register with Juniors and for the Centre to sponsor any costs of cross registration with Seniors. Similarly, athletes older than 15 are registered with Seniors and we sponsor any costs of cross registration back to Juniors. This enables them to compete in both LANSW and ANSW competitions. The expansion of LA's competitions to include Under 17s has added to the range of competitive opportunities.

Next year will mark 10 years since we merged Ryde Little Athletics Centre Inc and Ryde Athletics Club together. Back then our joint approach was novel, but subsequent developments between the two federations have shown that an integrated approach was the right way to go. One of the highlights of our Saturday competition has been the demonstration and handicap sprints that Senior athletes have put on which have also included some of our 14-15 year olds. They have really shown young athletes what they can aspire to achieve.

Thank you to 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, Keith Johnson, David Lewis and Ian Trimble.
Directors.

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**RYDE ATHLETICS CENTRE INCORPORATED
2008/2009 SEASON – ANNUAL REPORT**

JUNIORS REPORT

COMMITTEE MEMBERS - JUNIORS

PRESIDENT:	Ron Daniel
VICE PRESIDENT:	Dave Sunderland
SECRETARY:	Stephen Latham
TREASURER:	Robert Jukic
REGISTRAR:	Kate Kelland and Ian Trimble
CHAMPIONSHIPS:	Jim Tzakos
AGE MANAGERS:	Tim Nicholas
PUBLICITY:	Adriana Mestousis
RESULTS:	Linda Talty
OFFICIALS:	David Sunderland
TRACK and FIELD:	Peter Peters
(Track)	David Lewis
(Throws)	Charlie Parker and Julie Reynolds
(Jumps)	Bernadette McGuire
OFFICIALS DEVELOPMENT:	David Sunderland
COACHING:	Doug Russell
EQUIPMENT:	Simon Bergfield
CANTEEN AND BBQ:	Linda Hanlon and Jo Houssenloge
FIRST AID:	Girvan Malcolm
DELEGATES:	Anne Masing
	Julie Reynolds
	Glyn Whalan
SOCIAL ACTIVITIES:	Julie Reynolds
UNIFORMS:	Karen Lowe and Victoria Newstead

AGE MANAGERS – JUNIORS

TINY TOTS	Sharon Harrison
6 Boys:	Helen Galati
6 Girls:	Petrina Felix-Tolhurst
7 Boys:	Stephen Latham
7 Girls:	John and Laurel Kong
8 Boys:	Mike Web
8 Girls:	Keith Grimes
9 Boys:	Patrick Rice
9 Girls:	Con and Adriana Mestousis
10 Boys:	Marc Ridey
10 Girls:	Jennifer Jenkins
11 Boys:	Ian Collyer
11 Girls:	Mira Jukic
12 Boys:	Norman Cai
12 Girls:	Patrick McConnell
13 Boys:	Ruth Pappas
13 Girls:	Louise Bergfield
14 Boys:	Jonathan Spinks
14 Girls:	Jenny Rodgers
15 Boys:	Jill Williams
15 Girls:	Doug Russell
BOYS CAPTAIN	James Bergfield
GIRLS CAPTAIN	Veronica Jukic

TREASURER

I would like to thank the members of the Committee for their assistance throughout the year. I'd especially like to thank Kate Kelland for stepping in and taking care of the banking whenever I was away. Special thanks also go to the Canteen and BBQ team (Linda, Jo and Harry) for a phenomenal job this year. Finally I would like to thank Ron Daniel for the dedication and effort he puts into the organisation of the club as well as his guidance and leadership.

2008/2009 was good year for the club, we hosted the Zone Carnival once again and our athlete numbers ballooned.

In terms of registration numbers, we experienced a bumper year. This was largely unexpected and as a result we ended up exceeding our budgeted registration revenue by \$8,149.

This years Zone Carnival was a success once again in terms of the organisation as well as great results for Ryde again. Financially it was still not as good as 2005/2006. Overall we ended up with a small profit of just under \$1,400.00; however, the remaining stock was sold in the canteen and BBQ during the rest of the summer and if we consider the value of the remaining stock, then the profit was closer to \$2,690.00.

The revenue for Zone carnival in 2008/2009 was also slightly lower than in 2007/2008 and this can be attributed to the coffee vans, however the coffee donation to Ryde from Zone certainly assisted with the profitability. We learned our lessons from last year and avoided the voucher system (so we cannot tell how much the coffee revenue was diverted to the coffee vans) and we also decided against the sno cone van.

Combined the canteen and barbecue also did well. Even with the wet weather the canteen and BBQ contributed \$6,290.81 to the club, which was \$2,090.81 over budget.

Overall we exceeded our budgeted income by \$ 23,067.93.

Our expenditure this year came in under budget. This was mainly due some budgeted items not being taken up.

With all of these items combined, we will have a healthy start to the 2009/2010 season with about \$38,437 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)

Junior Division Accounts for the season 2008-09

Income	Current	Previous	Expenditure	Current	Previous
Registrations	\$ 38,194.35	\$ 32,147.90	Registrations	\$ 13,580.50	\$ 13,069.00
Uniforms	\$ 18,512.00	\$ 10,363.00	- Dual Registration Seniors	\$ 440.00	\$ 500.00
Canteen	\$ 8,187.85	\$ 5,688.17	Uniforms	\$ 20,638.25	\$ 11,737.20
BBQ	\$ 12,462.54	\$ 9,230.82	Canteen	\$ 6,879.49	\$ 4,403.11
Zone Canteen & BBQ	\$ 11,138.00	\$ 11,395.60	BBQ	\$ 7,174.24	\$ 4,289.03
2 nd hand uniform donations	\$ 15.00	\$ 175.00	Zone Canteen & BBQ	\$ 9,308.16	\$ 11,362.86
Donations / Grants	\$ -	\$ 3,000.00	Advertising	\$ 140.80	\$ 140.80
Bank interest	\$ 178.19	\$ 200.45		\$ -	\$ -
Equipment Hire	\$ 2,330.00	\$ 2,130.00	Catering	\$ 265.45	\$ 215.05
Ryde Games Entry Fees	\$ 140.00	\$ 60.00	Competition Fees	\$ 1,601.50	\$ 1,423.00
			Conference Attendance	\$ 1,449.56	\$ 997.36
			Donations	\$ 100.00	\$ 100.00
			Equipment (Capital)	\$ 2,961.06	\$ 6,522.85
			Equipment (Consumables)	\$ 689.21	\$ 239.40
			Hiring Deposits (should be zero)	\$ -	\$ -
			Government Charges	\$ 44.00	\$ 43.00
			Hall Hire	\$ 150.00	\$ 150.00
			Hire of Dunbar Park	\$ 4,410.00	\$ 4,200.00
			Postage	\$ 136.00	\$ 235.50
			Printing & Stationery	\$ 3,444.97	\$ 2,472.37
			Repairs & Maintenance	\$ -	\$ 385.00
			Ribbons & Trophies	\$ 5,000.00	\$ 4,790.55
			Sundry Expenses	\$ 607.26	\$ 604.39
			Training Expenses	\$ 1,454.69	\$ 863.62
			Zone Equipment	\$ 459.61	\$ -
			Total Expenditure	\$ 80,934.75	\$ 68,744.09
			Plus net income	\$ 10,223.18	\$ 5,646.85
Total Income	\$91,157.93	\$74,390.94		\$ 91,157.93	\$74,390.94

Canteen and BBQ

Event	Canteen	BBQ	Total
Coca Cola Rebate	\$ 0.00		
Ryde games	\$ 572.15	\$ 881.15	\$ 1,453.30
23 Saturday mornings	\$ 7,344.80	\$ 11,546.44	\$ 18,891.24
Total takings	\$ 7,916.95	\$ 12,427.59	\$ 20,344.54
Less costs	\$ 6,879.49	\$ 7,174.24	\$ 14,053.73
Total profit	\$ 1,037.46	\$ 5,253.35	\$ 6,290.81
ZONE			
Zone Canteen & BBQ	\$ 5,678.50	\$ 5,459.50	\$ 11,138.00
Less costs	\$ 4,713.34	\$ 5,054.43	\$ 9,767.77
Stock on Hand			
drinks	\$ 472.51		
lollies + misc	\$ 518.60		
Total stock on hand	\$ 991.11		
Canteen Equipment	\$ 4,750.00	(replacement value)	

Bank Statement Reconciliation

Bank statement as at 01/04/07		\$ 37,013.18
less last year's unrepresented cheques		-\$ 9,150.00
plus last year's unrepresented deposits		\$ 350.64
plus net income		\$ 10,223.18
plus unrepresented cheques this year		\$ 4,091.55
less unrepresented deposits this year		\$ -
gives bank statement 31/03/08		\$ 42,528.55
book balance		\$ 38,437.00
variance		\$ 4,091.55
less unrepresented cheques this year		-\$ 4,091.55
plus unrepresented deposits this year		\$ -
		\$ 0.00
Available Funds	Current	Previous
Bank statement as at 01/04/08	\$ 42,528.55	\$ 37,013.18
less unrepresented cheques	-\$ 4,091.55	-\$ 9,150.00
plus unrepresented deposits	\$ -	\$ 350.64
Gives funds available to start next season	\$ 38,437.00	\$ 28,213.82
Uniform Stock:		
Uniform stock as at 31/3/2008 (at current prices)	\$ 19,665.00	\$ 15,310.00
Canteen Stock:		
drinks	\$ 472.51	\$ 313.00
lollies	\$ 518.60	\$ 536.72
Total stock on hand	\$ 991.11	\$ 849.72
Canteen Equipment: (replacement value)	\$ 4,750.00	\$ 4,517.75
Donations Received:		
DFACS Grant		\$ 3,000.00
	\$ -	\$ 3,000.00
Donations Given:		
Westmead Children's Hospital	\$ -	\$ 100
	\$ -	\$ 100.00

Robert Jukic
Treasurer - Juniors

22 High Street
Wyee Point NSW 2259


The Board
Ryde Athletics Centre – Junior Division

AUDIT CERTIFICATE

I have examined the accounts of the Ryde Athletics Centre – Juniors Division in accordance with Australian Generally Accepted Auditing Standards for the financial period 1st April 2008 through 31st March 2009 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

Wm. May 2009.

PRESIDENT

As hoped for at the end of our season last year, we enjoyed substantially increased membership this year. Our previous annual reports show evidence that we have bigger seasons in Olympic years. The publicity and exposure of athletics, prime time sponsors ads and the memorable performances of many Australians in track and field at Beijing would have contributed significantly to our 522 registrations. This is our highest membership since 2001, with 280 athletes registering with us for the first time.

The new methods of registering including on-line registration, together with the experienced crew we have to run the season, enabled us to manage these increased numbers for a well run and productive season. Recent statistics show that, on membership numbers, Ryde is equal 9th largest out of 190 clubs in NSW, with 522 out of 39,300 total state-wide members. There are many more details of these numbers in the comprehensive report from Kate Kelland our registrar, including the totals by age groups which show that this year; the boys slightly out pipped the girls with 268 members to 254.

Of course with more members, there were many highlights on the track and field at Dunbar on Saturday mornings. Our terrific Tiny Tots group with 48 upcoming stars often featured in guest appearances on the big track and in the long jump pit. We were also treated to a display of the flying seniors in a special handicap demonstration over 100 metres. The handicapper got it spot on with a few of our Under 14 boys featuring in nine lane blanket finish which was won in the incredible time of 11 seconds flat, on what many pundits called a slow track on the day. Another highlight of the calendar was our annual "Ryde Games" with the most numbers for some years seen in the adults open divisions.

With only a few weekends affected by rain this year, our athletes set countless personal bests, and 24 new records being set in 18 events. On the final day of competition alone, 4 new records were set which wiped out 22 years of record history at Ryde Little Athletics. Congratulations to our new record holders this season and to all those athletes who received achievement patches, especially those 37 who received their blue patches. It is inspirational to see that 5 of these people received their fourth consecutive blue patch, with one achieving the mark for the seventh consecutive time.

This season, for the first time, Little Athletics was expanded to cater for Under 17 Athletes competition at State, Region and Zone Carnivals. Our club is fortunate to already have an active seniors division which overlaps and provides for extra competition for athletes from Under 13 and older. Some years ago now, the directors and committees of both divisions had the vision and foresight to develop and expand our club and the opportunities for our members by enabling procedures to allow cross-registering at no charge any Under 13, 14 or 15 athlete who wants to compete for Ryde Seniors. So when the change was made by LAANSW, we were already prepared to simply provide the same procedure in reverse and allow our senior's division to provide the same arrangement by cross registering into juniors, any senior division athlete who is young enough and wishes to compete at LAANSW sanctioned events.

This year we had 5 athletes from Seniors division take this opportunity to compete in LAANSW events representing Ryde Juniors Division. One of these members, Lloyd Parker qualified right through to State Carnival to compete in three events and set a new state record during competition.

The report from Jim Tzakos, our Championships Officer, details our members' achievements at Zone, Region and State Carnivals. I encourage you all to read Jim's report and marvel in the achievements of our athletes this season wearing the red white and blue of Ryde, in particular, the 21 athletes who represented our club at the State Championships.

In these times of the world's financial crisis, your club still represents perfect value for members. It continues to hold a healthy end of season bank balance and, after the third successive year of no fee increases, it is still incredible value for money. These situations are directly due to the careful financial management of the club by its committee, especially our treasurer Robert Jukic. Please take some time to read Robert's report along with all the other reports from our committee. Unfortunately, Robert is leaving his role this season, so on behalf of the committee, directors and members of the club, I take this opportunity to thank Robert for his years of service, the fantastic work he has done while Treasurer of our club and wish him well in the future.

Things are certainly looking up for us on the coaching front. Our usual band of weekly coaching staff has been experiencing an increased level of involvement from new people. The committee has also chosen to implement an incentive scheme to not only reward and retain our existing coaches, but to encourage new coaches to further their qualifications and experience in developing the skills of our members. We believe this will significantly bolster our coaches numbers and deliver direct results from our members in improved performances at all levels.

We wrapped the season up with what was, from my point of view anyway, one of the craziest and hilarious Fun Days that I have seen. More people than ever were there to let their hair down and stumble and stagger through the obstacle warm up course, strain and pull their opposition in six of the most closely fought tugs-of-war, form new teams and shuttle run for more prizes from the canteen while dodging the frequent showers of lollies and Easter eggs. The traditional egg-throwing was the biggest ever with 50 metres of contestants lining up, before we closed our season with the giant water bomb scramble. It was most enjoyable to see so much laughter and so many smiles on this day that is growing in reputation and tradition at Ryde. Maybe this one day is enough for some people to sign up again next year.

There are many people to thank for the successes of our past season. We started our season without permanent volunteers in the Canteen. That this important part of our club for the fun and fund raising that occurs every week was so successful this season is down to the initiative, dedication and sheer hard work of three main people. Jo Houssenloge and Linda Hanlon put their hands up early in the season to take on this challenge and along with Jo's husband Harry, who took the management and operation of the bar-b-q to new highs this season, we have re-established the canteen and bar-b-q not only as our principal fund raising activity, but also a focal point of much social engagement with parents and athletes. We look for more innovation from Jo, Linda and Harry in the New Year.

All of our athletes owe a huge thank you to the age managers. These people volunteer their time and effort each Saturday for the full on job of results and awards co-ordination and mentoring, inspiring and encouraging their groups to achieve personal bests. Some age groups have Age Managers that have been with them since Under 6's, and I know that this time results in special relationships and experiences developing between the age managers and their athletes. We are eternally thankful for all of our age managers for the unique job that they do for our athletes.

I would also like to thank:

- The whole committee for their ongoing effort, support and commitment to their roles. We are lucky to have these people dip into their already busy lives and find more time to ensure our club is run as efficiently as it is. Our new faces this year have done a fine job in all of their areas and we look forward to more new faces for next season.
- All of our parent helpers every Saturday morning. In particular, when the region carnival was on, and all the new people had to run the show, I was delighted to see that everyone bogged in and got the morning off to a smooth and then incident free day.
- Our club captains, Veronica Jukic and James Bergfield. Its not just that these two fine young adults are our club captains, its also the way they go about actively competing and achieving their own personal bests that makes them outstanding role models to hundreds of other members, and inspirational examples for parents too.
- The local schools for their patronage and support, especially Denistone East for the access to their hall for our presentation day.

We also at this time usually bid our retiring 15 year old athletes farewell from our junior division. We do this again this year and wish them well in their future activities not only outside sport, but also into their future years of sport and hopefully athletics with our seniors division. We encourage them to keep up their membership at this fine club, and invite them back to represent Ryde at next year's zone, Regional and State level Carnivals by continuing their membership at Ryde in our seniors division.

During the year, we also bade farewell to Julie Reynolds. Julie has moved interstate for family reasons and brought to an end a 24 year association with Ryde and NSW athletics. Julie will be missed but leaves us with a legacy of dedication, participation and fun that will stand as a benchmark for all for many years to come.

I encourage as many parents as possible to consider helping out a little more where ever they think they can. Everyone knows that many hands make light work, and this applies especially with our sport. There are lots of things to do to run our sport and it just doesn't work without parent involvement. While it's easy to sit back and let others do it, we continually need more people to stand up. It's doubly rewarding to those that do because we always find that new friendships are formed and more people get to know how things are done. So, there's no need to be shy, and the work is not that large if it shared around. If you do think you might be able to help somewhere, we can easily find something for you to do.

Hearty congratulations to all of our members for the past season. It has been a bumper year for us in all aspects, and we look forward to building on this and re-experiencing these same successes and fun next season.

Ron Daniel
President – Juniors

SECRETARY

Well not only have I survived my first year as the Juniors Secretary I will be nominating again for the 2009 – 2010 season. I have enjoyed my time on the Juniors Committee and I recommend involvement in your club to ensure that you have a say in the way it is run and operated. The work is not that hard yet the rewards are huge. I hope to work with you all over the coming season and if you have any thoughts or suggestions please approach either me or anyone else on the Committee.

Stephen Latham
Secretary - Juniors

CANTEEN AND BBQ

“Sure, we’ll cook the ‘barbie’ today”.
Little did we know we’d be there to stay.
Ron Daniel, in his subtle way,
Assured us that it would be OK.

The keys were handed over,
The fridge and cupboard stocked.
With our team of willing helpers,
The Canteen and Barbie rocked!

Our ‘gang’ of helpers, always keen,
The best damn helpers there’s ever been.
While drinks and lollies and chips were sold,
The BBQ food never went cold.

Ron Daniel with his microphone,
And his long and sturdy stride.
Orders his medium minute steak,
Then disappears from our eyes.

Robert Jukic, our Treasurer
A legend in his prime,
Has counted the weekly takings,
For the very last time.

Kate, Dave and Linda too,
Welcomed us into their happy crew.
Without their help and occasional gag,
Our Saturday mornings would’ve been a drag.

BBQ Royalty they say are we,
And we admit we have to agree.
We accepted the responsibility,
Thank you for your loyalty.

See you all next season.
Linda Hanlon and Jo & Harry Houssenloge
Canteen and BBQ - Juniors

PUBLICITY

It was with great pleasure that I had the role of Publicity Officer for the club this season. It was great to be able to write up the fantastic achievements our kids have obtained. As well as getting the local Newspapers involved as well in spreading the news about the awesome Ryde LA Club. As usual I was always a bit short for things to add to the Footprint, but every edition was met with good responses from you all. If any of you have any new great ideas please approach us we would love to hear from you and make the Footprint a good source of information for our athletes and their families.

Adriana Mestousis
Publicity - Juniors

TRACK AND FIELD

Once again it has been a pleasure to be the Officer for Track and Field (Juniors) this season. I would like to thank all the parents and athletes who continued to arrive on time each Saturday allowing us to start most Saturday mornings on time and as a result finish at a reasonable time. It was great to see so many athletes competing in the 3,000m at 8:00am and the 1,500m at 8:15am each alternate Saturday morning. We even had a record number of individual athletes compete in the 1,500m on one particular Saturday morning. It was fantastic to see over 35 athletes competing at 8:15am.

With over 500 registered athletes this season, the "Programme of Events" was always going to struggle and there were a number of hold-ups and delays, in particular during the first four weeks or so of competition. I would like to thank all the Age Managers and Officials for their understanding and patience during this time. As the season progressed it certainly seemed like we ran most track and field events in a much more efficient and timely manner.

The Zone Carnival held in December at Dunbar Park once again showcased our ground to all the other clubs in our Zone. The Wet Weather program was used on a number of occasions during the season. This allowed us to run a modified number of events when there was light rain around, but it was still safe to compete, so that athletes that did turn up were able to compete in some events and earn valuable points towards year end Age Championship placings.

As always a special thank you must also be given 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. This was reflected in the fantastic results achieved by our athletes this season at Zone, Regional and State Championships. Congratulations and thank you to all those athletes that represented our club so proudly.

Peter Peters
Officer for Track and Field - Juniors

REGISTRAR

Registrations in our 36th season exceeded our expectations! 522 athletes competed this season, which includes 4 senior athletes who were dual registered back into Little As following the introduction of the under 17 age group. Juniors dual-registered 22 of our under 13 – 15 athletes, providing ANSW registration for those interested in competing as Ryde Seniors.

Comparison with past seasons' figures:

Season	Girls (%)	Boys (%)	Total
1998/99	162 (47.4)	180 (52.6)	342
1999/00	221 (50.1)	220 (49.9)	441
2000/01	220 (48.3)	236 (51.7)	456
2001/02	218 (48.8)	229 (51.2)	447
2002/03	233 (46.1)	272 (53.9)	505
2003/04	189 (48.1)	204 (51.9)	393
2004/05	248 (52.7)	223 (47.3)	471
2005/06	202 (50.6)	197 (49.4)	399
2006/07	251 (55.5)	201 (44.5)	452
2007/08	206 (51.2)	196 (48.8)	402
2008/09	254 (48.7)	268 (51.3)	522

The breakup of these registrations is:

Girls

	Re-register	New	Total
Tots	3	16	19
U6	3	18	21
U7	7	20	27
U8	17	13	30
U9	18	21	39
U10	15	19	34
U11	12	4	16
U12	14	6	20
U13	14	2	16
U14	16	3	19
U15	10	1	11
U17	2	0	2
Total	131	123	254

Boys

	Re-register	New	Total
Tots	4	25	29
U6	9	28	37
U7	12	15	27
U8	12	24	36
U9	11	21	32
U10	13	10	23
U11	14	14	28
U12	9	10	19
U13	7	4	11
U14	9	2	11
U15	9	3	12
U17	2	1	3
Total	111	157	268

All

	Re-register	New	Total
Tots	7	41	48
U6	12	46	58
U7	19	35	54
U8	29	37	66
U9	29	42	71
U10	28	29	57
U11	26	18	44
U12	23	16	39
U13	21	6	27
U14	25	5	30
U15	19	4	23
U17	4	1	5
Total	242	280	522

With the introduction of the Online Registration system, we offered 3 methods of registering. Just under 35% of our athletes registered online and the majority of these also used the system to pay for their registration online by credit card.

Once again, I was most fortunate to have had the help of fellow Committee members on Registration Day and throughout the season. Of special note, Ian Trimble, Ron Daniel and especially Debbie Loo, who again came to help even though her children are taking a break from athletics!

Registration for Next Season

Online registration will be available again next season and is the preferred method of registration. It allows you to register and pay by credit card. Alternatively, you can register online but pay by cash or cheque in person and avoid the \$5 credit card fee. Completed registrations can be collected on Registration Day or at the track once the season commences. Please note, although the system is online, we do not have internet access at the track or at the scout hall so please register before midday on the day prior to collecting your registration pack – then we will know to expect you and we can have your books and numbers ready for you!

At the start of August, a reminder email will be sent to all families with logons, passwords and instructions to access the system. The online system relies on athletes keeping their personal data up to date which enables us and the Association to communicate with families via the email addresses provided, so please keep these details current.

If you would prefer to download and complete paper registration forms from our website, these will be available in early August and you can use these to **register by mail** from **1st August – 1st September**.

Registration Day will be held on **Sunday 23rd August 2009** from 10am to 2pm at the Scout Hall in Agincourt Rd., where uniforms will be available and books and numbers can be collected if we have already received your registration online or by mail.

Whether registering online, by mail or in person, 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 early in August to obtain further details.

I hope to see you all again next season.

Kate Kelland
Registrar - Juniors

AGE MANAGERS

Thank you to all Age Managers for another successful Little Athletics Season.

Tim Nicholas
Officer for Age Managers - Juniors

COACHING

Training was conducted throughout the season on Monday and Wednesday afternoons. It was very pleasing to see many of our regular attendees achieve some great results at zone, region and state level.

Many thanks to our regular coaches:

- Julie
- Julie-Ann
- Simon
- Craig
- David
- Mike, and
- All those who helped out for state relays.

Julie has moved to WA and her many years of experience will be missed at trainings in future. Some of our other coaches' children are reaching their final years in little A's, so it is very important for the development of our athletes that we recruit more coaches. Anyone interested in coaching please see myself, or any committee member for more information. You don't have to have been an athlete yourself; you just need to be keen to help young athletes to achieve their best. We can put you into courses and our more experienced coaches will be there to help you.

Doug Russell
Officer for Coaching - Juniors

EQUIPMENT

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

A number of equipment items were purchased during the season, ie.

- Infrastructure
 - Eight two-way radios (to replace stolen radios)
 - Two multi-timer stopwatches
- Competition equipment
 - Two sets of high jump stands
 - Miscellaneous – various discus and javelins, various measuring tapes
- Training equipment
 - Training hurdles

Items of equipment that require replacement or repair are:

- Hurdle set-up rope (with markings) and reel
- Multi-timer stopwatches (replace old)
- Starting pistols
- Miscellaneous items

For safety reasons we will also need to acquire sand-bags for weighing down the high jump stands. In order to free-up space in the equipment shed, the club also loaned one set of the old high jump mats to Eastwood Heights Public School for the duration of the season.

Simon Bergfield
Officer for Equipment - Juniors

CHAMPIONSHIPS

For the 2008/09 season the position for Championship Officer was carried by Jim Tzakos. There were a number of championship carnivals in which our athletes competed in and achieving excellent results across all events in both track and field.

RYDE GAMES

Ryde Games was held on the 25th of October 2008. This carnival 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 places in each age group. The Games is open to Ryde athletes as well as athletes from other centres.

STATE RELAYS

The State Relays are the biggest state-wide carnival on the Little Athletics calendar. It provides the opportunity for our athletes to compete against the best from other centres in a relay format. Ryde entered a total of 33 teams were entered in the State Relays which was held on the weekend of 22nd to 23rd November 2008 at Campbelltown.

Overall, the Ryde Centre achieved excellent results across the weekend.

- U9 Girls 4 x 100m 1st Place
(Amy Court, Zoe Latham, Brooke Matheson and Mikayla Mestousis)
- U9 mixed 4 x 200m 2nd Place
(Thomas MacLean, Zoe Latham, Justin Sunderland and Mikayla Mestousis)
- U12 Boys 4 x 100m 2nd Place
(Antonio Galati, Edward Penrose, Osborne Cai and Malcolm Chaney)

In addition, Ryde achieved a total of 11 top 8 placing for the carnival.

TRANS TASMAN CHALLENGE

Trials were held for the Trans Tasman Challenge on the 2nd November 2008 at The Ridge Athletics Field, Barden Ridge. Four athletics from the Ryde club competed in the trials; they were Stuart Williams, Haydn Houssenloge, Jack Rodgers and Nina Osada-Phornsiri. Nina qualified to compete at the Trans Tasman Challenge which was held on the 18th January 2009.

Nina Osada-Phornsiri achievements at the challenge are listed below.

Long Jump 2nd in age group with a distance of 4.21m
High Jump 5th in age group with a height of 1.32m
100m sprint 8th in final with a time of 14.98s

ZONE CARNIVAL

The Zone Carnival was held on the weekend of 15th, 16th & 17th of December 2008 at Dunbar Park and Barton Park. The Ryde club had 222 athletes competing. Of these athletes 83 athletes finished in the top 3. It is worth noting that every age group was represented in the top 3 finishers. Congratulations to our U7 athletes who completed their Championship competition at Zone level. Outstanding results from our U7s were:

James Bragg	70m (3 rd)
Aidan Rice	Discus (2 nd)
Harry Stevenson	100m (=1 st), Pack Start (1 st)
Stephanie Volos	50m (1 st), 70m (2 nd), Long Jump (2 nd), Discus (2 nd)

REGIONAL CARNIVAL

The regional carnival was held on the weekend of 16th & 17th February 2008 at Mingara Athletics Complex, Tumbi Umbi. Of the 83 athletes who represented Ryde, we achieved 92 top 8 placing. Congratulations to our U8 athletes who completed their Championship competition at Regional level. Outstanding results from our U8s were:

Chris Maguire	400m (6 th in heat 1:23.6s)
Anna Badaoui	70m (6 th in final 11.9s), 100m (3 rd in final 17.0s), 200m (6 th in final 35.9s)
Sophie Collyer	100m (4 th in final 17.1s), 200m (4 th in final 34.7s)
Olivia Jenkins	Shot put (7 th 4.82m), Discus (6 th 13.27m)
Julia Kelland	Long Jump (12 th 2.70m)
Kiera Simula	60m Hurdles, injured 3 days out from competition
Hannah Tall	Long Jump (5 th 3.03m)
Priya Tolhurst	60m Hurdles (7 th in heat 13.1s)

21 athletes qualified for the State Championships and are listed below:

Justin Sunderland, Thomas Maclean, Mark Papadopoulos, Jack Armson, Nicholas Kelland, Patrick Kelland, Chris Spinks, James Bergfield, Ben Cox, Lloyd Parker, Malcolm Ramsay, Mikayla Mestousis, Zoe Latham, Cameron Tataro, Nicola Bowtell, Brooke Jenkins, Sarah Kelland, Nina Osada-Phornsiri, Sachi Kayama, Tara Vance and Kathleen Tay.

STATE MULTI EVENT

The State Multi Event was held on the weekend of 7th & 8th March 2009 at Lismore with 5 athletes representing the Ryde club. Congratulations to our club representative who are as follows;

Stephanie Volos	7G	4 th Place	3948pts
Connor Latham	7B	16 th Place	3046pts
Daniel Bowtell	8B	16 th Place	3712pts
Zoe Latham	9G	7 th Place	4197pts
Nicola Bowtell	10G	SILVER medal	4534pts

STATE CHAMPIONSHIPS

The State Championships were held on the weekend of 20th, 21st & 22nd March 2009 at Homebush. Of the 22 athletes who competed, 5 received medals and 11 athletes achieved Personal Best against their achievement in the Regional Carnival.

Justin Sunderland	– Long Jump (3 rd 4.02m); Discus (7 th 23.32m)
Thomas Maclean	– High Jump (5 th 1.20m)
Mark Papadopoulos	– Shot put (4 th 8.72m)
Jack Armson	– 1500m run (5 th 5:16.02s)
Nicholas Kelland	– Javelin (8 th 27.96m)
Patrick Kelland	– Javelin (4 th 37.84m)
Chris Spinks	– Javelin (12 th 28.85m)
James Bergfield	– 1500m run (8 th 4:32.90s)
Ben Cox	– Triple Jump (1 st 12.86m)
Lloyd Parker	– Discus (5 th 36.98), Javelin (1 st 52.63m), Shot put (6 th 12.46m)
Malcolm Ramsay	– 1500m run (7 th 4:35.59s)
Mikayla Mestousis	– 100m (4 th 15.01s), 200m (1 st 30.33s), 400m (1 st 1:07.97s), 800m (7 th 2:52.20s)
Zoe Latham	– 400m (5 th 1:11.90s), 800m (8 th 2:52.60s), High Jump (8 th 1.05m)
Cameron Tataro	– High Jump (=13 th 1.10m)
Nicola Bowtell	– 70m (5 th in heat 10.64s), 100m (4 th in heat 14.88s), 200m (6 th in Final), 400m (5 th in heat 1:10.14s)
Brooke Jenkins	– 70m (2 nd 10.21s), 100m (3 rd 14.36s)
Sarah Kelland	– 1500m Walk (7 th 6:20.88s)
Nina Osada-Phornsiri	– High Jump (=11 th 1.30m)
Sachi Kayama	– High Jump (7 th 1.50m), Long Jump (7 th 4.57m), Triple Jump (11 th 9.27m)
Tara Vance	– 400m (5 th 58.90s)
Kathleen Tay	– Long Jump (7 th 4.78m), Triple Jump (7 th 10.27m)

At the same carnival Shannon Burrows from the under 10 girls competed in the AWD (athletes with disabilities) category and achieving excellent results at state level.

Shannon's results;

1st Place in the 100m sprint with a time of 19.44 which is 77.95% of the world record;

4th Place in Long Jump with a jump of 1.20m which is 33.33% of the world record;

4th Place in Shot Put with a throw of 2.15m which is 26.71% of the world record.

Jim Tzakos

Championships Officer - Juniors

OFFICIALS

No report.

David Sunderland

Officials – Juniors

FIRST AID

This will be the shortest first aid report I can remember having compiled. This year was remarkable for the fact that, despite having a record number of athletes registered, there were relatively few musculo-skeletal injuries and no serious incidents. That we can get so many athletes through a full program without injury speaks volumes of the efficiency with which it is implemented week after week and is a testament to the officials and parent volunteers make it happen.

The closest incident to serious was due to the usual formula of (boy + spikes + skylarking = laceration). The club is fortunate in having volunteers with many disparate skills including the expert dressing of such a laceration. Thank you to Carla for her expertise in this area.

Girvan Malcolm
Officer for First Aid - Juniors

**JUNIOR RECORDS ESTABLISHED, EQUALLED OR BROKEN
2008/2009 SEASON**

Date	Age	Sex	Event	New Record	New Record Holder	Old Record	Old Record Holder	Date
06/12/08	9	G	70m	11.00 Equal	Mikayla Mestousis	11.00	Tania Padovan	13/03/1999
15/11/08	9	G	70m	11.00 Equal	Mikayla Mestousis	11.00	Tania Padovan	13/03/1999
18/10/08	9	G	70m	11.00 Equal	Mikayla Mestousis	11.00	Tania Padovan	13/03/1999
07/03/09	9	G	70m	10.9	Mikayla Mestousis	11.00	Mikayla Mestousis / Tania Padovan	6/12/2008
07/03/09	10	G	70m	10.2	Brooke Jenkins	10.5	Alyssa Ross	9/12/2000
28/02/09	11	G	1100W	6-37.33	Sarah Kelland	6-38.00	Madeleine Ross	23/02/2008
06/12/08	11	G	HJ	1.37	Nina Osada-Phornsiri	1.34	Nina Osada-Phornsir	8/11/2008
08/11/08	11	G	HJ	1.34	Nina Osada-Phornsiri	1.32	B Chilcott	5/03/2005
18/10/08	12	B	HJ	1.52 Equal	Stuart Williams	1.52	Andrew Fitzgerald	6/02/1999
27/09/08	13	G	1500m	5-28.54	Paulina Peters	5-34.6	Bronwyn Aspinall	21/03/1998
28/02/09	13	G	HJ	1.49	Sachi Kayama	1.47	Chelsea Ross Karina Longshaw	21/10/2005 6/10/1984
14/02/09	13	G	Javelin	24.09	Maddy Bergfield	23.51	Rhiannon Atkinson-Howatt	23/02/2002
29/11/08	13	G	SP	9.62	Maddy Bergfield	9.49	Danielle Riitano	10/02/1996
10/01/09	14	B	1500m	4-51.4	Patrick Kelland	4-57.3	Cameron Borwick	19/11/2005
20/09/08	14	G	3000m	12- 29.62	Savanna Jones	13- 15.00	Bronwyn Aspinall	24/10/1998
20/12/08	14	B	800m	2-23.2	Patrick Kelland	2-24.3	Timothy Mitchell	7/02/2004
06/12/08	14	B	TJ	11.89	Chris Spinks	11.88	Len Pearce	5/03/2005
07/03/09	15	B	1500m	4-38.10	James Bergfield	4-38.80	Cameron Borwick	10/02/2007
11/10/08	15	B	3000m	10- 26.15	James Bergfield	10-34.3	Cameron Borwick	3/02/2007
07/03/09	15	G	400m	1-00.90	Tara Vance	1-01.00	Lisa Farmer	7/12/1996
17/01/09	15	G	Discus	31.27	Kim Lowe	30.63	Kim Lowe	1/11/2008
01/11/08	15	G	Discus	30.63	Kim Lowe	30.32	Kavitaa Ranjikummar	20/01/2007
17/01/09	15	G	Javelin	27.14	Julia Parker	26.24	Rhiannon Atkinson-Howatt	13/12/2003

SENIORS 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:	Greg Boyce
FEMALE CAPTAIN:	Tara Millgate
PUBLICITY:	Sue Vance
A.N.S.W. DELEGATES:	Ros Mitchell and Bruce Brown
A.N.S.W. CO-DELEGATES:	Janelle Eldridge and Betty Moore
NORTHERN ZONE DELEGATE:	Andrew Atkinson-Howatt
COACHING CONVENER:	Ross Forster
SOCIAL ACTIVITIES:	Diane Millgate

TREASURER

Seniors Division Accounts for the Season 2008 - 2009

Income		Expenditure		
Registrations	\$3,852.00	ANSW Affiliation and Insurance		\$630.00
Bank Interest	\$38.71	Registrations		\$2,968.00
Donations	\$1,591.00	Ribbons and Trophies		\$952.15
		Athlete Donations		\$2,200.00
		Competition Fees, Freight, Stationary etc.		\$120.00
			Total Expenditure	\$6,870.15
			Plus Net Income	-\$1,388.44
Total Income	\$5,481.71			\$5,481.71

Bank Reconciliation Statement

Bank Statement - 31/3/08		\$7,938.28
Less last years un-presented cheques	\$200.00	
Plus Net Income	-\$1,388.44	
Plus un-presented cheques this year		
Bank Statement – 31/3/09		\$6,394.84

Donations to Athletes

Brett Jovanovich – Donation for Beijing	\$400.00
Jessie O'Brien – Donation for Geelong	\$200.00
PSG Donations – L Ferrier, J O'Brien, T Vance, M Campbell, J Pearce, L Pearce, M Todd, P Kelland @ \$200.00 each	\$1,600.00
	\$2,200.00

Donations Received

From	General	City-to-Surf	Sydney Marathon	Total
Bruce Brown		\$36.00	\$25.00	\$61.00
Ross Forster		\$36.00		\$36.00
Karen Lowe		\$36.00	\$25.00	\$61.00
Kimberley Lowe		\$36.00	\$25.00	\$61.00
Sue Vance		\$36.00	\$25.00	\$61.00
Tara Vance		\$36.00	\$25.00	\$61.00
Kate Kelland		\$36.00	\$25.00	\$61.00
Patrick Kelland		\$36.00		\$36.00
Nick Kelland		\$36.00	\$25.00	\$61.00
Andrew Atkinson-Howatt		\$36.00		
Maddy Campbell		\$36.00		\$36.00
Lynette Smith		\$36.00		\$36.00
Greg Boyce		\$36.00		\$36.00
Ann Arnott		\$36.00		\$36.00
Dianne Millgate		\$36.00		\$36.00
Tara Millgate		\$36.00		\$36.00
Phoebe Saxon		\$36.00		\$36.00
Simon Begfield		\$36.00	\$25.00	\$61.00
Louise Bergfield		\$36.00	\$25.00	\$61.00
James Bergfield		\$36.00	\$25.00	\$61.00
Maddy Bergfield		\$36.00	\$25.00	\$61.00
Bronwyn Aspinall		\$36.00		\$36.00
Bronwyn Friend		\$36.00		\$36.00
Kate Boland		\$36.00		\$36.00
Nick Walker				\$36.00
Katie Jameson		\$36.00		\$36.00
Geoff Avery		\$36.00	\$25.00	\$61.00
Ryde Pentathlon Day	\$55.00			\$55.00
NSW Masters	\$300.00			\$300.00
	\$355.00	\$936.00	\$300.00	\$1,591.00

A huge thank you to those who contributed their time in helping with fund raising at events, such as the City to Surf and the Sydney Marathon.

Ross Forster
Treasurer - Seniors

PRESIDENT

It is with great pleasure that I present the Annual report for the Seniors 2008/2009 season.

The 2008/9 athletic season was a good year for our athletes who have performed well with many P.B.s and medals to show for their efforts.

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

Thank you 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 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 regularly attended monthly meetings: Ann Arnott - Secretary, Bruce Brown -Vice President and organiser of the City to Surf and Marathon teams, Ross Forster- Treasurer, Registrar, Race Secretary and Coach Convenor, Dianne Millgate and Sue Vance who helped with social events and Andrew Atkinson-Howatt –Masters and outer ground coordinator and coach – Without these dedicated people the club could not function.

Some of our athlete's achievements are as follows:

Michael Todd was deserving of our Outstanding Male and U18 Track Athlete Trophies this season winning many 800m and 1500m events in his Kings School Carnival and breaking a GPS record in the Open 1500m, also competing in the Pacific school games, winning a silver medal in the 1500m in a PB. Michael has been a regular competitor in the NSW Athletics Allcomers competitions in the 800m and 1500m, competing above his age group in the Open races and winning many of them.

Our Outstanding Masters Male Field Athlete, Andrew Atkinson-Howatt has won many medals in the field events in his 50-54yrs age group over the season. He has competed in many Championships during the 2008/9 season. I refer you to Ross Forster's Competition report for more details. As well as competing, Andrew has also helped coach our athletes in Throwing events and has deserved to be our Best Club Athlete.

Rachael Jackson now a Masters athlete still competes in the Open Women's events winning many of the sprints in the 100m and 200m. She has shown that after two children she still has the speed to be the top 30yrs+ athlete in NSW. Rachael was awarded a TWT monthly Sports Star award recently for her athletic achievements. She well deserves the Trophies for Most Outstanding Female and Track Athlete.

Len Pearce has again won medals in the Regional and Combined High Schools Championships in his favourite events of Long and Triple jumps. John Pearce has continued his excellent results in the 100m at these Championships.

Brett Jovanovich competed at the Chinese National Championships which was the official test for the Beijing Olympics. He recorded a P.B. in the 200m and also competed in the 100m and 4 x 100m relay for Australia. He has been a regular competitor in the NSW Athletics Allcomers and Club Meets during the season running some fast times in the 100 and 200m events. He won silver in the 100m and 200m at the NSW U23 Championships which qualified him to compete at the Australian U23 Championships in Adelaide in the 100m and 200m where he ran well.

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

To all our athletes, I hope you enjoyed this season and I look forward to you all returning next season and improving your performances in your chosen events.

Ros Mitchell
President - Seniors

REGISTRAR

This year showed a decrease in members from the previous year. We fell from a total of 85 last year to 69 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.

Our registration numbers as at 31st March, 2009 are as follows:-

Officials	10
Open & Masters	17
Under 20	0
Under 18	15
Junior	2
Dual Registrations	<u>25</u>
	<u>69</u>

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

Male Officials	5	Female Officials	5
Male Open & Masters	10	Female Open & Masters	7
Male Under 20	0	Female Under 20	0
Male Under 18	9	Female Under 18	6
Male Junior	2	Female Junior	0
Male Dual Registrations	<u>13</u>	Female Dual Registrations	<u>12</u>
	<u>39</u>		<u>30</u>

* Please note that Dual Registrations comprise 25 athletes from Ryde Juniors Division.

Ross Forster
Registrar - Seniors

COACHING

Once again training during the winter was conducted at Dunbar Park and Rotary Field, Chatswood with Ross Forster and Carl Casacang as coaches. 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, Carl 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 as well as at the Oceania Championships and at the Pacific School Games.

Ross Forster
Coaching Convenor - Seniors

PUBLICITY

During the above season various articles were submitted to the "Footprint".

Also we had write-ups in "The Weekly Times" of our athletes' endeavours at the various school carnivals and at the Senior Carnivals.

We submitted one athlete to participate in the "Sportstar of the Month" award run by The Weekly Times and supported by the "Club 6" and the "Ryde Sports Foundation". It is very pleasing to report that Rachael Jackson won selection as a Sportstar of the Month and will benefit to the tune of approximately \$1,000.

Sue Vance
Publicity Officer - Seniors

COMPETITION

1. GPS Athletics Carnival

At the GPS Carnival held at Homebush on Saturday, 10th May our Centre was represented by 3 competitors.

Michael Todd: representing The Kings School won both the Open Boys 800 and 1500 metres events. In his 800 metres event Michael ran a personal best time of 1 min 55.79 secs. Michael, in winning the Open 1500 metres event broke the GPS record with his run of 4 mins 4 mins 03.7 secs.

Patrick Kelland: finished 4th in the U14 Boys 800 metres event in 2 mins 16.8 secs.

James Bergfield finished 3rd in the Under 14 Boys 1500 metres Championship event in a personal best time of 4 mins 45.2 secs. In the Under 14 Boys 800 metres Division event James finished in 4th place with his time of 2 mins 20.2 secs. In the Under 14 Boys 90 metres Hurdles Championship event James finished 9th with a time of 18.44 seconds.

2. IGSSA Cross Country Carnival

At the IGSSA Cross Country Championships held at Frensham School at Mittagong on 16th May, 2008 we were represented by 4 girls.

Phoebe Saxon finished 19th in the 13 years Girls 3km event.

Ellen Thompson finished 63rd in the 13 years Girls 3km event.

Tara Vance qualified for the NSW CIS Championships in the 14 years Girls 4km event.

Catherine Penrose finished 98th in the 14 years 4km event.

3. NSW CIS Cross Country Carnival

At the **NSW CIS** Cross Country Championships held at Eastern Creek on Friday, 30th May we were represented by 3 competitors.

James Bergfield finished 8th in the 14 years Boys event to qualify for the NSW All Schools event in late July.

Patrick Kelland finished 22nd in the 14 years Boys event.

Tara Vance finished 16th in the 14 years Girls event.

4. Chinese Athletics Championships

At the China National Athletics Championships we were represented by 1 athlete.

Brett Jovanovich competed at these Championships which were the official test for the Beijing Olympics and this test event was held at the National Stadium (Birds Nest).

In his 100 metres event Brett recorded a time of 10.88 seconds.

In his 200 metres event Brett recorded a personal best time of 22.19 seconds.

Brett's 4 x 100 metres Relay team finished 10th overall in a time of 40.51 seconds.

5. Sydney North Regional Cross Country Championships

On Thursday, 12th June the Sydney North Regional Cross Country Championships were held at Gosford Race Course.

Malcolm Ramsay finished 6th in the 16 years Boys 4000 metres event.

Tim Wass finished 25th in the 13 years Boys 3000 metres event.

6. NSW Combined Catholic Colleges Cross Country Championships

On Friday, 13th June the NSW Combined Catholic Colleges Cross Country Championships were held at Eastern Creek Raceway.

Jessie O'Brien won the 17 years Girls 4000 metres event by some 250 metres.

Paulina Peters finished 5th in the 12 years Girls 3000 metres event.

Maddy Bergfield finished 23rd in the 12 years Girls 3000 metres event.

7. IGSSA Athletics Championships

The IGSSA Athletics Championships were held at Homebush on Friday, 20th June and we were represented by 4 girls.

On the previous evening the 800 metre heats were held with the following results from our girls.

Tara Vance won her heat of the Junior 800 metres in a time of 2 mins 28.49 secs to advance to the final. In the final Tara finished in 3rd place in a time of 2 mins 22.89 secs. In her 400 metres event Tara won her heat in the time of 61.62 seconds. Tara was too good for the other competitors in winning the 400 metres final in a time of 61.36 seconds.

Maddy Campbell produced a 5 second personal best time to run 5th in her heat in a time of 2 mins 30.84 secs to just miss the final. In the Junior 1500 metres event Maddy produced another PB to finish in 6th place in a time of 5 mins 12.65 secs.

Kimberley Lowe finished in 2nd place in the Junior Girls Discus event with her throw of 29.78 metres. In her Shot Put event Kimberley claimed 8th place with her throw of 8.85 metres.

Julia Parker finished in 5th place in the Junior Girls Javelin event with her throw of 24.37 metres.

8. NSW Short Course Cross Country Championships

At the NSW Short Course Cross Country Championships we were represented by 1 competitor.

Jessie O'Brien finished 4th in the Under 18 Female 3000 metres event in a time of 11 mins 49.0 secs.

9. NSW All Schools Cross Country Championships

At the NSW All Schools Cross Country Championships held at Eastern Creek on Friday, 25th July we were represented by 7 competitors.

Zara Nicholas finished 32nd in the 12/13 years Girls Primary School 3000 metres event.

Paulina Peters placed 17th in the 12 years Girls Secondary School 3000 metres event.

Jessie O'Brien finished 3rd in the 17 years Girls 4000 metres event and qualified for the Australian All Schools Cross Country Championships to be held in Geelong next month.

James Bergfield finished 24th in the 14 years Boys 4000 metres event.

Michael Todd finished 4th in the 16 years Boys 4000 metres event.

Malcolm Ramsay finished 26th in the 16 years Boys 4000 metres event.

Daniel Zentner finished 20th in the 18 years Boys 8000 metres event.

10. Oceania Masters Athletics Championships

At the Oceania Masters Athletics Championships held in Cairns, North Queensland we were represented by 1 competitor.

Andrew Atkinson-Howatt started his campaign rather auspiciously with a win in the 50-54 years Discus event. Andrew's winning throw was 35.62 metres.

In the Decathlon event Andrew recorded the following results on the first day despite being hampered by a strained calf muscle.

Events	100m	Long Jump	Shot Put	High Jump	400m
Time/Distance	15.55	2.95m	9.95m	1.17m	1:32.33
Points	331	159	571	338	3

On the second day of the Decathlon Andrew's efforts are shown below:-

Events	Hurdles	Discus	Pole Vault	Javelin	1500m
Time/Distance	d.n.f.	34.88m	1.20m	45.89m	d.n.f.
Points		561	56	718	

In his Hammer throw event Andrew finished in 3rd place with his throw of 33.54 metres. The Shot Put event saw Andrew finish in 4th place with his throw of 10.27 metres. A further bronze medal came Andrew's way in the Weight Throw event when he heaved the weight 11.76 metres. On Day 4 of the Championships Andrew won a silver medal in the Javelin event with his throw of 42.97 metres. In his Pentathlon event Andrew claimed a silver medal in the Pentathlon event.

Events	Long Jump	Javelin	200m	Discus	1500m	Total
Time/Distance	3.58m	41.04m	30.70	37.70m	6:36.54	
Points	288	626	488	618	356	2376

On Day 5, and Andrew's final day, in the Weight Pentathlon event Andrew won the bronze medal in this event.

Events	Hammer	Shot Put	Discus	Javelin	Weight	Total
Time/Distance	31.69m	10.05m	36.78m	42.05m	11.96m	
Points	462	577	599	645	693	2976

11. Broken Bay Secondary Catholic Schools Athletics Carnival

At the Broken Bay Secondary Schools Athletics Carnival we were represented by 2 competitors.

Jessie O'Brien won the 17 years Girls 1500 metres event in a new record time of 4 mins 54.46 secs. In her 800 metres event Jessie also established a new record in winning in a time of 2 mins 24.66 secs. In her 400 metres event Jessie won again in a time of 64.59 seconds.

Maddy Bergfield won the 12 years Girls Shot Put event with her throw of 8.88 metres. In her Discus event Maddy finished 2nd with her throw of 27.81 metres. In her 1500 metres walk event Maddy finished 3rd with her time of 11 mins 04.32 secs.

12. Sydney North Regional Secondary Schools Athletics Carnival

At the Sydney North Regional High Schools Carnival we were represented by 6 competitors.

Ellen Russell finished 2nd in the 14 years Girls Discus event with her throw of 24.91 metres.

John Pearce won his heat of the 17 years Boys 100 metres event in a time of 10.89 seconds. In the final John was again the winner with his time of 10.96 seconds.

Len Pearce finished 2nd in his heat of the 17 years Boys 100 metres event in a time of 11.10 seconds. In his Long Jump event Len was a clear winner with his leap of 6.61 metres. Len finished 2nd in his Triple Jump event with his leap of 13.37 metres. In his Discus event Len finished 9th with his throw of 28.60 metres.

Daniel Zentner finished 3rd in the 17+ Boys 400 metres event in a time of 53.67 seconds. In his 800 metres event Daniel again secured 3rd place in a time of 2 mins 04.2 secs.

Clinton McEwan won the 17 years Boys 110 metres Hurdles event in a time of 15.50 seconds. In his High Jump event Clinton finished 6th with his clearance at 1.80 metres. Clinton finished 3rd in his Shot Put event with his throw of 12.30 metres.

Jason Chen finished 3rd in the 17+ Boys Triple Jump event with his leap of 12.24 metres.

The Hunters Hill 17+ Boys 4 x 100 metres Relay team comprising Clinton McEwan, John Pearce, Jason Chen and Len Pearce won their event in the very quick time of 43.47 seconds.

13. Australian All Schools Cross Country Championships

At the Australian All Schools Cross Country Championships our Centre was represented by 1 competitor.

Jessie O'Brien finished 25th of 67 competitors in the 16-17 years Girls 4000 metres event held in Geelong, Victoria on Saturday, 23rd August. In her 16-17 Girls 5 x 2000m Relay event Jessie snared a bronze medal at these Championships.

14. NSW Combined High Schools Athletics Championships

At the NSW Combined High Schools Championships held in wet, cold and windy conditions our Centre was represented by 5 competitors.

John Pearce won his heat of the 17+ Boys 100 metres event in a time of 11.38 seconds (headwind of 0.4 metres/sec). In the final John won the silver medal with his time of 11.18 seconds (headwind of 0.7 metres/sec).

The Hunters Hill 17+ 4 x 100 metres Relay team comprised 4 Ryde athletes – Clinton McEwan, Len Pearce, Jason Chen and John Pearce. In their heat the boys recorded a time of 43.08 seconds to be the fastest qualifier for the final. In the final, despite a couple of botched changes, the boys proved to be too strong for their opposition winning in a time of 43.55 seconds.

Clinton McEwan finished 3rd in his heat of the 17+ Boys 110 metre Hurdles event in the time of 16.80 seconds (headwind of 0.7 metres/sec). In the final Clinton snared the gold medal with his time of 15.64 seconds. Clinton had already qualified for the Nationals in this event.

Len Pearce finished 4th in the 17+ years Boys Long Jump event with his best leap of 6.59 metres. In the Triple Jump Len won the bronze medal with his leap of 12.66 metres.

Ellen Russell finished 9th in the 14 years Girls Discus event with her throw of 24.14 metres.

15. NSW Combined Independent Schools Junior Athletics Championships

At the NSW CIS Junior Athletics Championships our Centre was represented by 1 competitor.

Nick Kelland gained a bronze medal with his throw in the 12-13 years Boys age groups of 29.51 metres. In his Turbo Javelin event Nick finished in 5th place with his throw of 30.90 metres.

16. NSW Combined Catholic Colleges Athletics Championships

At the NSW CCC Championships our Centre was represented by 4 competitors.

Julia Parker finished 3rd in the 14 years Girls Javelin event with her throw of 26.23 metres.

Lloyd Parker placed 2nd in the 17+ Boys Javelin event with his throw of 48.71 metres.

Jessie O'Brien finished 2nd in the 17+ Girls 1500 metres event in a time of 5 mins 05.30 secs. In her 800 metres event Jessie won a further silver medal in her 800 metres event in a time of 2 mins 27.95 secs. Jessie won her heat of the 400 metres event in a time of 65.11 secs and finished 5th overall in this event.

Maddy Bergfield won a bronze medal in the 12 years Girls Shot Put event with her throw of 9.11 metres.

17. NSW Schools Knock-Out Final

At the NSW Schools Knock-Out Final held at Homebush on Wednesday, 10th September we had 1 representative.

Maddy Campbell, representing Loreto Normanhurst, was part of the team which finished 2nd and has therefore earned a trip to Melbourne for the National Schools Knock-Out Competition in December. In her 800 metre event Maddy finished 4th in her heat in a time of 2 mins 31.55 secs.

18. NSW Combined Independent Schools Senior Athletics Championships

At the NSW Combined Independent Schools Championships we were represented by 3 competitors.

Maddy Campbell finished 5th in the 13-14 years girls 3000 metres event in a time of 11 mins 57.09 secs.

Tara Vance won a bronze medal in the 14 years girls' 400 metres event in a time of 61.40 seconds.

Kimberley Lowe won the silver medal in the 14 years girls Discus event with her throw of 28.16 metres.

19. Illawong Meet

At the Illawong Meet held on Friday, 19th September we were represented by 5 athletes.

Lottie Ferrier entered the 2000 metres Steeplechase event in the hope of qualifying for the Pacific School Games where the qualifying time was 7 mins 55.00 secs. Lottie achieved the qualifying time by the narrowest of margins in winning the girls' event in a time of 7 mins 54.17 secs.

Patrick Kelland missed his qualifying mark of 7mins 00.00 secs by 2.60 seconds in recording a personal best time of 7 mins 02.60 secs.

James Bergfield also missed his qualifying time when he ran a time of 7 mins 48.32 secs.

Maddy Bergfield finished 2nd in the Mixed Shot Put event (3kg) with her throw of 8.95 metres. In the Mixed Discus event (750gm) Maddy finished in 2nd place with her throw of 24.30 metres. Maddy again finished in 2nd place in the Mixed Javelin event with her throw of 18.75 metres.

Nicholas Kelland finished 3rd in the Mixed Shot Put event (3kg) with his throw of 6.70 metres. In the Mixed Discus event (750gm) Nick was too strong for the opposition with his winning throw of 27.84 metres. Nick also produced a winning throw in the Mixed Javelin event (400gm) of 21.29 metres.

20. Introduction to Club Athletics Meet

At the Introduction to Club Athletics Meet held at Homebush on Saturday, 20th September we were represented by 6 athletes.

Brett Jovanovich finished 3rd overall in his 100 metres event in a time of 11.07 seconds assisted by a tailwind of 1.5 metres/sec. In his 200 metres event Brett finished 2nd overall with his time of 22.48 seconds (headwind of 0.3 metres/sec).

Neil Holmes was the top finished in his Masters' 100 metres event in a time of 12.56 seconds (tailwind of 1.4 metres/sec). In his Masters' 200 metres event Neil was 2nd home in the time of 26.17 seconds (tailwind of 2.6 metres/sec).

Geoff Avery finished 3rd overall in the Open 400 metres event with his time of 52.47 seconds.

Wei Liak placed 6th overall in the Open 400 metres event with his time of 55.13 seconds.

Jessie O'Brien finished 5th in the Under 20 Women's 200 metres event, in a time of 29.71 seconds, (tailwind of 0.1 metres/sec). In her 400 metres event Jessie finished 2nd with her time of 65.55 seconds. Jessie won the Under 20 Women's 1500 metres event in a time of 5 mins 12.23 secs.

Maddy Campbell won the 2000 metres Steeplechase event in a time of 8 mins 19.02 secs.

21. NSW All Schools Athletics Championships

At the NSW All Schools Championships held at Homebush from 25th - 28th September we were represented by 13 competitors.

Kimberley Lowe finished 5th in the 14 Girls Hammer Throw with her effort of 22.48 metres. In her Discus event Kimberley finished in 8th place with her effort of 29.63 metres.

Jessie O'Brien won her 2000 metres Steeplechase event in a time of 7 mins 27.66 secs. This time is a qualifier for the Pacific School Games to be held in Canberra in December.

Madeline Campbell won the 15 Girls 2000 metres Steeplechase event in a personal best time of 8 mins 05.26 secs. Thus Maddy has won the right to compete in Canberra at the Pacific School Games.

Lottie Ferrier won a bronze medal in the 16 Girls 2000 metres Steeplechase event in a time of 7 mins 57.91 secs.

Lloyd Parker finished 5th in the 17 Boys Javelin event with his throw of 50.35 metres. This throw broke our previous best ever performance in this event.

Julia Parker finished 12th in the 14 Girls Javelin event with her throw of 24.21 metres.

John Pearce finished 2nd in his heat of the 17 Boys 100 metres event, with a personal best time of 10.75 seconds, (tailwind of 1.5 metres/sec). This time by John broke our previous best ever performance in this event. In the final John won the bronze medal with his run of 10.86 seconds (tailwind of 0.8 metres/sec).

Len Pearce won a silver medal in the 17 Boys Triple Jump event with his last round effort of 14.07 metres. Len had actually led the competition for the previous five rounds and although he increased his distance with the last jump of the competition it was not enough to catch the leader's last round jump.

Tara Vance, who was actually quite ill, failed to finish the 15 Girls 2000 metres Steeplechase event and in her 800 metres heat recorded her worst performance in years. However she has qualified to contest 3 events at the Pacific School Games later in the year.

James Bergfield recorded a personal best time of 7 mins 28.61 secs in finishing in 12th place in the 15 Boys 2000 metres Steeplechase event. In his 3000 metres event James also produced another personal best time of 10 mins 19.36 secs in finishing in 9th place. His 1500 metres event also saw James produce yet another personal best time of 4 mins 44.73 secs in finishing in 13th place. James ran a time of 2 mins 23.58 secs in his 800 metres heat.

Maddy Bergfield finished in 9th place in the 12 Girls Discus event with her throw of 26.38 metres. In her Shot Put event Maddy again snared 9th place with her throw of 8.56 metres.

Patrick Kelland finished 13th in the 14 Boys 3000 metres event with his time of 10 mins 32.00 secs. Patrick has won selection in the NSW team to contest the Pacific School Games in Canberra in December.

Nick Kelland produced a personal best throw of 29.53 metres in the 12 Boys Discus event to finish in 10th place. In his Shot Put event Nick finished 13th with his heave of 8.14 metres.

22. Australian Masters Winter Throwing Championships

The 13th Australian Masters Winter Throwing Championships were held in Canberra from 4th to 6th October and our Centre had a participant.

Andrew Atkinson-Howatt won the Weight Pentathlon Gold Medal with the following performances:-

Hammer	Shot Put	Discus	Javelin	Weight	Total
33.60m	9.96m	37.49m	43.48m	12.90m	
499	571	614	672	697	3053

Over the past few seasons Andrew had narrowly missed 1st place so it was particularly pleasing to win the gold medal this time.

Andrew's individual efforts at these Championships are shown in the table below:-

Hammer	Shot Put	Discus	Javelin	Weight
35.82m	10.67m	37.04m	46.22m	11.97m

23. Australian University Games

At the Australian University Games held in Melbourne this year we were represented by 4 competitors.

Nick Walker recorded a time of 4 mins 23.09 secs in the 1500 metres event. In his 3000 metres Steeplechase event Nick finished 4th in a time of 10 mins 23.24 secs. The 5000 metres event saw Nick run a time of 16 mins 43.75 secs.

The Macquarie University team in the 4 x 400 metres Relay event finished 10th in a time of 3 mins 42.32 secs. Geoff Avery and Wei Liak formed half of this team.

Geoff Avery started his campaign with an 800 metre run in the Medley Relay event and ran a very good leg. In his 200 metre event Geoff qualified for the semis with a time of 23.95 seconds (headwind of 0.8 metres/sec). The semi-final of the 200 metres saw Geoff run a time of 24.60 seconds (headwind of 1.1 metres/sec). In his heat of the 400 metres event Geoff recorded a time of 54.81 seconds.

Wei Liak recorded a time of 56.11 seconds in his heat of the 400 metres event.

Katie Jameson finished 13th in the 5000 metres event in a time of 20 mins 08.84 secs. In her 3000 metres Steeplechase event Katie finished 4th in a time of 12 mins 32.21 secs.

24. NSW Primary Schools Sports Association Championships

At the NSW Primary Schools Sports Association Championships we were represented by 1 competitor.

Nicholas Kelland finished 10th in the 12-13 Boys Discus event with a personal best throw of 30.42 metres.

25. Ryde Centre Championships

The Ryde Centre Championships were held at Dunbar on Sunday, 2nd November on a fine cool day. We had 26 athletes in attendance and a total of 14 records were either broken or equalled on the day. Our Record Breakers were:- John Pearce (High Jump, Long Jump, Discus and 100m), Brett Jovanovich (100m & Long Jump), Kimberley Lowe (Discus & Hammer), Andrew Atkinson-Howatt (Open & Vet Hammer), Tara Vance (400m), Jessie O'Brien (1500m), Katie Jameson (1500m), Sue Gore (1500m). In addition the Hammer Record set by Kimberley and the 1500 metres record set by Sue were Best Ever Records.

26. NSW Open Women's 3000 metres Championship

Jessie O'Brien finished 6th in her heat and 23rd overall in the Open Women's 3000 metres NSW Championship event in a personal best time of 10 mins 36.76 secs.

27. NSW Relay Championships

The State Relay Championships were held at Blacktown over the weekend of 15th and 16th November and our Centre was represented by 4 teams and an additional 2 athletes who competed for NSW Masters.

On the Saturday we had entered a team in the Open Men's 4 x 100 metres relay. This team consisted of **Len Pearce, Clinton McEwan, John Pearce and Brett Jovanovich**. In their heat the team came 3rd in a time of 42.11 seconds to qualify for the final. In the final our boys finished in 5th place in a time of 41.96 seconds.

We had a team of 4 girls in the Open Women's Medley Relay event. **Jessie O'Brien** ran the 800 metre leg, **Tara Millgate** the 400 metre leg, with **Kathleen Tay** and **Rachel Jackson** the 200 metre legs. The girls finished in 5th place in a time of 4 mins 21.43 secs.

On the Sunday we had entered a team in the Under 16 Boys 4 x 100 metres Relay event. This team comprised **Mackenzie Latimer Hill, Josh Speed, Ben Cox and Patrick Kong**. The boys did very well finishing 5th in the final in a time of 48.07 seconds.

Our final team at these Championships competed in the Under 18 Women's Discus event. As our team was comprised of 3 14 year old girls and 1 12 year old girl they did very well to finish in 7th place with a combined throwing distance of 97.91 metres. This team comprised **Kimberley Lowe, Ellen Russell, Natalie Jukic and Maddy Bergfield**.

Sue Gore competed for NSW Masters in 7 events over the weekend. In the 120+ Women's 4 x 400 metres event Sue's team won gold in a time of 4 mins 16.51 secs. Sue also won gold in the 160+ 4 x 800 metres event in a time of 10 mins 41.84 secs. A further gold medal was added in the 160+ 4 x 400 metres event in a time of 4 mins 40.97 secs. In the 160+ 4 x 200 metres event Sue won a bronze medal in a time of 2 mins 04.98 secs. Sue's team finished 4th in the 160+ 4 x 100 metres event in a time of 57.96 seconds. In the Open Women's Shot Put event Sue's team finished 9th and in the Open Women's Discus event her team finished in 8th place.

Andrew Atkinson-Howatt competed for NSW Masters in two events over the weekend. In the Open Men's Shot Put event his team won a bronze medal with a combined total of 44.13 metres. Andrew's team finished 5th in the Open Men's Discus event with a combined total distance of 130.96 metres.

28. Pacific School Games

The Pacific School Games were held in Canberra from 30th November to 6th December and we had 8 competitors at this prestigious carnival which is held every 4 years.

Jessie O'Brien finished 4th in the 17 years Girls 2000 metres Steeplechase event in a time of 7 mins 40.26 secs. In her 3000 metres event Jessie claimed 5th place in a time of 10 mins 49.74 secs.

Lottie Ferrier finished 9th in the 16 years Girls 2000 metres Steeplechase event in a time of 7 mins 54.86 secs.

Tara Vance finished 4th in her heat of the 14 years Girls 400 metres event in a time of 61.15 seconds. In her 800 metres event Tara was 8th in her heat in a time of 2 mins 25.04 secs.

Madeline Campbell finished 14th in the 14 years Girls 2000 metres Steeplechase event in a time of 8 mins 28.05 secs.

Len Pearce finished 2nd in heat 1 of the 17 years Boys 100 metres event in a time of 11.02 secs (tailwind of 0.9 metres/sec). In Semi-final 1 Len finished in 4th position in a personal best time of 10.95 seconds (tailwind of 1.8 metres/sec) to qualify for the final. Len finished in 7th place in the final in a time of 10.87 seconds (tailwind of 3.1 metres/sec). In his Triple Jump event Len won the bronze medal with his leap of 14.45 metres.

John Pearce won heat 3 of the 17 years Boys 100 metres event in a time of 10.93 seconds (tailwind of 0.2 metres/sec). In Semi-final 2 John finished in 2nd position in a time of 10.73 seconds (tailwind of 2.1 metres/sec. to qualify for the final. John won the bronze medal in the final with his time of 10.72 seconds (tailwind of 3.1 metres/sec). John was the lead leg runner in the NSW 4 x 100 metres Relay team which, in winning their heat, broke the Pacific School Games Record establishing a new record of 40.85 seconds to be fastest qualifiers for the final. In the final they again crossed the line in 1st position but were subsequently disqualified. The record they set in their heat still stands.

Michael Todd won heat 1 of the 16 years Boys 800 metres event in a time of 1 min 57.99 secs. In the final Michael won a silver medal in a personal best time of 1 min 53.42 secs. In his 1500 metres final Michael finished in 6th position in a time of 4 mins 13.48 secs.

Patrick Kelland finished in 17th position in the 14 years Boys 2000 metres Steeplechase event in a time of 7 mins 34.17 secs.

29. Australian Schools Knockout Final

At the Australian Schools Knockout Final held in Melbourne on Thursday, 11th December we had 1 competitor in the Loreto Normanhurst team which finished 2nd in the Plate event.

Madeline Campbell contested the Gold Division of the Junior 800 metres and finished 3rd in a time of 2 mins 35.05 secs.

30. "Skins" Meet

The final meet of 2008 was the annual Skins Meet held at Bankstown on Saturday, 20th December. The premier event at this Carnival is the 60 metres event and we had an athlete in both the Open Men's and Open Women's event. The 60 metre events were run as follows with a gap of only 2½ minutes between the heat, the semi-final and the final:-

Women

Heat – 2 athletes eliminated

Semi – 2 athletes eliminated

Final of 3 athletes

The winner was **Rachael Jackson** who recorded times of 7.83 seconds, 7.77 seconds and 7.79 seconds respectively.

Men

Heat – 3 athletes eliminated

Semi – 3 athletes eliminated

Final of 4 athletes

The winner was **Brett Jovanovich** who recorded times of 7.08seconds, 7.11 seconds and 7.03 seconds. Brett was not put off by a false start by one of his finalists and, like Rachael, was a convincing winner.

31. NSW Steeplechase Championships

At the Underage NSW Steeplechase Championships held at Campbelltown on Saturday, 3rd January we were represented by 3 competitors.

Patrick Kelland won the bronze medal in the Under 16 Boys 2000 metres Steeplechase event in a time of 7 mins 02.78 secs.

James Bergfield produced a personal best time (by 10 seconds) of 7 mins 17.84 secs in finishing in 4th place in the Under 16 Boys 2000 metres Steeplechase event.

Madeline Campbell won the silver medal in the Under 16 Girls 2000 metres Steeplechase event in a time of 8 mins 28.10 secs.

32. NSW Multi-Event Championships

At the NSW Multi-Event Championships held at Campbelltown on Sunday, 4th January we had 2 competitors.

Sue Gore won a silver medal in the 45+ age group finishing just 13 points off the winner.

Long Jump	Javelin	200 metres	Discus	800 metres	Total Points
3.46m	12.90m	30.67	17.08m	2:41.45	
322	216	693	286	690	2207

Andrew Atkinson-Howatt also won the silver medal in the 50+ Age group.

Long Jump	Javelin	200 metres	Discus	1500 metres	Total Points
3.68m	42.82m	30.15	38.24m	6:48.87	
310	659	525	629	309	2432

33. Australian Youth Olympics

At the Australian Youth Olympics held at Homebush on 16th & 17th January we were represented by 2 people.

Tara Millgate was appointed as Team Manager of the Australia Green team which won the competition.

Michael Todd finished 4th in the 800 metres event in a time of 1 min 54.75 secs.

34. Australia Cup

At the Australia Cup event held in Queensland on 7th February we were represented by 1 competitor.

Rachael Jackson finished in 4th place in the Open Women's B Grade 100 metres event in a time of 12.15 seconds (tailwind of 0.3 metres/sec). Rachael represented NSW in the Open Women's 4 x 100 metres Relay event in which her team finished 3rd in a time of 46.21 seconds.

35. NSW Open & Under 18 Championships

At the NSW Open, Under 18 and AWD Championships our Centre was represented by 4 competitors.

Rachael Jackson won her heat of the Open Women's 100 metres event in a time of 12.23 seconds (headwind of 0.5 metres/sec). In the final Rachael finished 4th overall (2nd from NSW) in a time of 12.21 seconds (headwind of 1.4 metres/sec).

Tara Vance finished 3rd in her heat of the Under 18 Women's 400 metres event in a personal best time (and national qualifier) of 59.27 seconds.

Brett Jovanovich finished in 4th place in his heat of the Open Men's 100 metres event in a time of 11.18 seconds (headwind of 2.0 metres/sec). In his semi-final Brett finished 8th in a time of 11.22 seconds (headwind of 0.9 metres/sec). Brett finished 5th in his heat of the Open Men's 200 metres event in a time of 23.26 seconds (headwind of 2.8 metres/sec).

Lloyd Parker finished 10th in the Open Men's Javelin event with his throw of 42.93 metres.

36. NSW Masters Weight Pentathlon Championships

At the NSW Masters Weight Pentathlon Championships we were represented by 1 competitor.

Andrew Atkinson-Howatt finished 3rd overall in his age group but won the silver medal as the overall winner was from interstate. Andrew's performances are listed below:-

Hammer		Shot Put		Discus		Javelin		Weight		Total
Distance	Points	Distance	Points	Distance	Points	Distance	Points	Distance	Points	Points
31.92m	467	10.35m	598	35.45m	573	39.63m	599	11.82m	629	2866

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

At the NSW Under 16, Under 20 and Under 23 Championships we were represented by 7 competitors.

Tara Vance won her heat of the Under 16 Girls 400 metres event in a time of 60.35 seconds.

Ben Cox won the gold medal in the Under 16 Boys Triple Jump event with a personal best leap of 12.81 metres (tailwind of 4.5 metres/sec).

John Pearce finished 3rd in his heat of the Under 20 Men's 100 metres event in a time of 11.35 seconds (headwind of 3.1 metres/sec). In the final John finished in 6th place in a time of 11.25 seconds (headwind of 2.1 metres/sec).

Jason Chen finished 6th in his heat of the Under 20 Men's 400 metres event in a time of 52.67 seconds.

Len Pearce won the Under 20 Men's Triple Jump event with his leap of 13.83 metres (tailwind of 1.0 metres/sec).

Brett Jovanovich finished 2nd in his heat of the Under 23 Men's 100 metres event in a time of 11.15 seconds (headwind of 0.9 metres/sec). In the final Brett again finished 2nd in a time of 10.97 seconds (headwind of 0.3 metres/sec). In his 200 metres heat Brett again finished in 2nd place in a time of 22.97 seconds. In the final Brett was too good for the opposition in a personal best time of 21.72 seconds (tailwind of 1.1 metres/sec).

Geoff Avery finished 5th in the Under 23 Men's 400 metres final in a personal best time of 51.84 seconds.

38. NSW Little A's Championships

At the NSW Little Athletics Championships held at Homebush over the weekend of 20th to 22nd March we were represented by 10 competitors.

Tara Vance finished 3rd in her heat of the Under 15 Girls 400 metres event in a time of 59.88 seconds. In the final Tara produced a personal best performance of 58.90 seconds in finishing in 5th place. This time is another national qualifying time.

Sachi Kayama competed in all 3 jumping events in the Under 13 Age group. She finished in 7th place in both the Long Jump and the High Jump events. In her Long Jump her distance was 4.57 metres. Sachi jumped 1.50 metres in the High Jump and in the Triple Jump Sachi's best jump was 9.27 metres to finish in 11th place.

Kathleen Tay finished 7th in the Under 17 Girls Long Jump event with her distance of 4.78 metres. In her Triple Jump event Kathleen also finished in 7th place with her leap of 10.27 metres.

James Bergfield finished 8th in the Under 15 Boys 1500 metres event in a time of 4 mins 32.90 secs.

Malcolm Ramsay finished 7th in the Under 17 Boys 1500 metres event in a time of 4 mins 35.59 secs.

Ben Cox won the Under 15 Boys Triple Jump event with a personal best of 12.86 metres.

Lloyd Parker won the Under 17 Boys Javelin event with a throw of 52.63 metres. In his Shot Put event Lloyd finished 6th with his best effort of 12.46 metres. Lloyd also finished in 5th place in his Discus event with his personal best throw of 36.98 metres.

Nick Kelland finished 8th in the Under 13 Boys Javelin event with his throw of 27.96 metres.

Patrick Kelland finished 4th in the Under 14 Boys Javelin with a personal best of 37.84 metres.

Chris Spinks finished 12th in the Under 14 Boys Javelin event with a throw of 28.85 metres.

39. NSW Masters Championships

At The NSW Masters Championships held at Bankstown on Saturday, 28th March and Sunday, 29th March we were represented by 4 athletes.

Rachael Jackson won the 100 metres Championship for 30-34 year olds in a time of 12.18 seconds (0.0 wind reading). In her 200 metres event Rachael was again successful in the time of 24.72 seconds (0.0 wind reading).

Sue Gore finished 6th in the 45-49 years age group in the 60 metres event in a time of 9.27 seconds (tailwind of 2.5 metres/sec). In her 400 metres event Sue finished 4th in a time of 69.81 seconds. Sue won the bronze medal in her 800 metres event in a time of 2 mins 36.32 secs. Sue won a silver medal in her 1500 metres event in a big personal best time of 5 mins 19.51 secs. In her Shot Put event Sue finished in 6th place with a throw of 6.38 metres. Sue finished 7th in her Javelin event with her throw of 14.31 metres.

Neil Holmes finished 7th in the 45-49 years age group 60 metres heat in a time of 8.16 seconds to qualify for the final. In the final Neil finished in 8th place in a time of 8.19 seconds (tailwind of 1.3 metres/sec). Neil won the bronze medal in the final of his 100 metres event in a time of 12.47 seconds (tailwind of 1.1 metres/sec).

Andrew Atkinson-Howatt won the 50-54 Men age group Javelin event with a throw of 43.15 metres. In his Weight Throw event Andrew won a silver medal with a throw of 12.16 metres. Andrew added a bronze medal in his Shot Put event with a throw of 10.44 metres. In his Discus event Andrew added another gold medal to his tally with a throw of 36.84 metres. In his Hammer Throw event Andrew secured a silver medal with a throw of 34.18 metres.

40. Australian Under 20 and Under 23 Championships

These Championships were held in Adelaide over the weekend of 3rd – 5th April and we were represented by 1 competitor.

Brett Jovanovich finished in 7th place in the final of the Under 23 Men's 200 metres event in a time of 22.68 seconds (headwind of 2.0 metres/sec). In his 100 metres final Brett also finished in 7th place in a time of 11.08 seconds (headwind of 1.5 metres/sec).

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

MEN (as at 31/03/09)

100 metres

Under 12	David Forster	13.5h	82/83
Under 13	Gareth Smith		93/94
		12.9h	
Under 14	Matthew Crooks	12.6h	97/98
Under 15	Len Pearce	11.45	05/06
Under 16	John Pearce	11.18	06/07
Under 18	John Pearce	10.72	08/09
Under 20	Glen McCarthy	10.81	88/89
Open	Brett Jovanovich	10.63	07/08
Vet 30-39	Carl Casaclang	11.63	01/02
Vet 40-49	Peter Collins	11.9h	95/96
Vet 50+	Andrew Atkinson-Howatt	13.7h	07/08

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	Michael Todd	3:59.89	07/08
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
Vet 50+	Andrew Atkinson-Howatt	6:19.39	07/08

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
Vet 50+	Andrew Atkinson-Howatt	28.88	07/08

3000 metres

Under 12	Will Devjak	10:35.1h	94/95
Under 13	Peter Cotton	10:37.52	86/87
Under 14	Will Devjak	10:06.3h	95/96
Under 15	Christopher Mills	9:22.19	87/88
Under 16	Christopher Mills	9:08.15	88/89
Under 18	Will Devjak	8:55.9h	99/00
Under 20	Christopher Mills	8:41.2h	92/93
Open	Christopher Mills	8:34.8h	93/94
Vet 30-39	Richard Sarkies	9:13.6h	00/01
Vet 40-49	Colin Richardson	9:43.1h	90/91
Vet 50+			

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	Greg Boyce	52.72	06/07
Vet 40-49	Andrew Della-Porta	58.5h	91/92
Vet 50+	Andrew Atkinson-Howatt	66.72	07/08

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
Vet 50+			

2000 metres Steeplechase

Under 13	Peter Cotton	9:17.6h	86/87
Under 14	Patrick Kelland	7:02.60	08/09
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

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	Michael Todd	1:55.99	07/08
Under 18	Michael Todd	1:53.42	08/09
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
Vet 50+			

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
Vet 50+			

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982**MEN (as at 31/03/09)****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 Metres 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 metres Hurdles

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

90 metres 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 metres 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	Clinton McEwan	15.50	08/09
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

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	98/00
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 pts	95/96
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Decathlon

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

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982**MEN (as at 31/03/09)****Pentathlon**

Vet 35-39			
Vet 40-44	Andrew Atkinson-Howatt	2512 pts	01/02
Vet 45-49	Andrew Atkinson-Howatt	2595 pts	05/06
Vet 50+	Andrew Atkinson-Howatt	2664 pts	07/08

Weight Pentathlon

Vet 35-39	Jeff Hailey	3175 pts	98/99
Vet 40-44	Jeff Hailey	3416 pts	01/02
Vet 45-49	Mark Johnston	3017 pts	00/01
Vet 50+	Andrew Atkinson-Howatt	3116 pts	08/09

Shot Put

Under 12	Alan Menin	10.52m	85/86
Under 13	David Page	9.15m	91/92
Under 14	Michael West	11.60m	89/90
Under 15	David Forster	12.12m	85/86
Under 16	David Forster	11.66m	86/87
Under 18	Paul Menin	13.50m	85/86
Under 20	Brent Page	11.33m	93/94
Open	Jeff Hailey	14.86m	98/99
Vet 30-39	Jeff Hailey	14.86m	98/99
Vet 40-49	Jeff Hailey	14.43m	01/02
Vet 50+	Andrew Atkinson-Howatt	11.30m	08/09

Pole Vault

Under 13	Peter Cotton	1.80m	86/87
	Michael Jones	1.80m	86/87
Under 14	Michael Jones	2.00m	87/88
Under 15	Brian Chappell	2.00m	94/95
Under 16	Glyn Henman	2.40m	83/84
Under 18	Brian Chappell	2.30m	95/96
Under 20	Brendan Mills	3.00m	93/94
Open	Ray Brookes	3.20m	96/97
Vet 30-39	Ray Brookes	3.20m	96/97
Vet 50+			

Discus

Under 12	Alan Menin	27.52m	85/86
Under 13	Peter Cotton	25.50m	86/87
Under 14	David Forster	31.02m	84/85
Under 15	Mua Morris	41.23m	03/04
Under 16	Calum Winsor	45.98m	03/04
Under 18	Lloyd Parker	43.17m	06/07
Under 20	Brent Page	33.60m	92/93
Open	Jeff Hailey	41.32m	98/99
Vet 30-39	Jeff Hailey	41.32m	98/99
Vet 40-49	Jeff Hailey	39.12m	01/02
Vet 50+	Andrew Atkinson-Howatt	39.44m	07/08

High Jump

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

Javelin

Under 12	Peter Cotton	21.16m	85/86
Under 13	Nick Kelland	28.72m	08/09
Under 14	Michael Jones	40.26m	87/88
Under 15	Steve Capper	36.86m	85/86
Under 16	Lloyd Parker	50.85m	07/08
Under 18	Lloyd Parker	55.19m	08/09
Under 20	Lloyd Parker	42.93m	08/09
Open	Jeff Hailey	56.20m	99/00
Vet 30-39	Jeff Hailey	56.20m	99/00
Vet 50+	Andrew Atkinson-Howatt	47.73m	07/08

Long Jump

Under 12	Geoff Davies	5.30m	85/86
Under 13	David Massey	5.34m	89/90
Under 14	Matthew Crooks	5.57m	97/98
Under 15	Len Pearce	6.17m	05/06
Under 16	Len Pearce	6.61m	06/07
Under 18	Geoff Davies	6.95m	91/92
Under 20	Geoff Davies	7.33m	92/93
Open	Peter Parsons	7.35m	00/01
Vet 30-39	Andrew Jackson	5.93m	03/04
Vet 50+	Peter Collins	3.71m	01/02
	Andrew Atkinson-Howatt	3.71m	07/08

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

MEN (as at 31/03/09)

Hammer

Under 12	Patrick Kelland	16.27m	06/07
Under 13	David Page	17.92m	91/92
Under 14	Peter Cotton	24.18m	87/88
Under 15	Lloyd Parker	24.14m	06/07
Under 16	Glyn Henman	35.20m	83/84
Under 18	Paul Menin	45.44m	85/86
Under 20	Andrew Jackson	27.52m	90/91
Open	Jeff Hailey	41.47m	98/99
Vet 30-39	Jeff Hailey	41.47m	98/99
Vet 40-49	Bob Bowker	40.11m	01/02
Vet 50+	Andrew Atkinson- Howatt	36.42m	08/09

Triple Jump

Under 12	David Massey	9.74m	88/89
Under 13	Geoff Davies	10.60m	86/87
Under 14	Matthew Williams	11.10m	92/93
Under 15	Len Pearce	13.17m	05/06
Under 16	Len Pearce	14.12m	06/07
Under 18	Len Pearce	14.45m	08/09
Under 20	Geoff Davies	14.04m	92/93
Open	Greg Wiencke	15.61m	00/01
Vet 30-39	Andrew Jackson	11.38m	03/04
Vet 40-49	Peter Collins	12.48m	90/91
Vet 50+			

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

WOMEN (as at 31/03/09)

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	Rachael Jackson	11.96	08/09
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+	Suzanne Gore	5:19.51	08/09

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 Piggin	24.39	94/95
	Merryn Aldridge	24.39	99/00
Open	Rachael Massey	23.62	96/97
Vet 28-34	Rachael Jackson	24.71	07/08
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	Jessie O'Brien	10:37.41	07/08
Under 20			
Open	Katie Jameson	10:39.17	06/07
Vet 28-34			
Vet 35+	Suzanne Gore	13:36.9h	08/09

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

WOMEN (as at 31/03/09)

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 Piggan	53.78	99/00
Vet 28-34			
Vet 35+	Margaret Chappell	65.8h	94/95

800 Metres

Under 12	Larissa West	2:30.97	88/89
Under 13	Tara Vance	2:22.58	06/07
Under 14	Tara Vance	2:20.13	07/08
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+	Suzanne Gore	2:36.32	08/09

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	7:54.29	07/08
Under 14	Tara Vance	7:38.8h	07/08
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

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

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

WOMEN (as at 31/03/09)

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

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

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

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

WOMEN (as at 31/03/09)

90 Metres Hurdles

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

Shot Put

Under 12	Megan Cotton	7.92m	87/88
Under 13	Maddy Bergfield	9.58m	08/09
Under 14	Suzy Della-Porta	9.74m	91/92
Under 15	Elizabeth Cotton	11.23m	90/91
Under 16	Laura Cornford	10.05m	03/04
Under 18	Laura Cornford	10.51m	04/05
Under 20	Yvette Cotton	10.44m	89/90
Open	Yvette Cotton	9.06m	91/92
Vet 28-34			
Vet 35+	Helen Searle	12.59m	93/94

Discus

Under 12	Maddy Bergfield	25.68m	07/08
Under 13	Kimberley Lowe	31.46m	06/07
Under 14	Cassie Hewitt	39.59m	06/07
Under 15	Cassie Hewitt	35.53m	07/08
Under 16	Megan Cotton		91/92
		30.20m	
Under 18	Laura Cornford	46.85m	04/05
Under 20	Nicola Jones	33.28m	04/05
Open	Nicola Jones	37.30m	04/05
Vet 28-34			
Vet 35+	Helen Searle	30.64m	94/95

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

High Jump

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

Long Jump

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

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

WOMEN (as at 31/03/09)

Javelin

Under 12	Margaret Gault	19.50m	91/92
Under 13	Elizabeth Cotton	22.03m	88/89
Under 14	Cassie Hewitt	31.84m	06/07
Under 15	Cassie Hewitt	30.28m	07/08
Under 16	Laura Cornford	41.21m	03/04
Under 18	Laura Cornford	45.52m	04/05
Under 20	Elizabeth Cotton	40.32m	94/95
Open	Mary Thomas	46.98m	82/83
Vet 28-34			
Vet 35+	Mary Thomas	46.98m	82/83

Triple Jump

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

Hammer

Under 12	Margaret Gault	15.54m	91/92
Under 13	Kimberley Lowe	20.39m	06/07
Under 14	Suzy Della-Porta	13.08m	91/92
Under 15	Kimberley Lowe	21.65m	08/09
Under 16	Olivia McConnell	26.22m	06/07
Under 18	Joanne Capper	33.10m	83/84
Under 20	Joanne Capper	34.06m	84/85
Open	Joanne Capper	44.54m	89/90
Vet 28-34			
Vet 35+	Helen Searle	44.00m	96/97

Multi-Events

Under 14	Elizabeth Cotton	3679 pts	89/90
Under 15	Megan Cotton	4265 pts	90/91
Under 16	Megan Cotton	4719 pts	90/91
Under 18	Tara Millgate	4271 pts	01/02
Under 20	Megan Cotton	4239 pts	93/94
Vet 35+	Sue Gore	1873 pts	07/08

Pole Vault

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

Weight Pentathlon

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

RYDE ATHLETICS CENTRE – SENIORS DIVISION

CENTRE RECORDS 2008

GIRLS

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 Pigginn	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 Pigginn	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	Tara Vance	61.5	2008
Under 16	Tara Millgate	60.4	2000
Under 18	Tara Millgate	59.4	2002
Under 20	Vicky Pigginn	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	Tara Vance	2.34.4	2007
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	Tara Millgate	2.21.2	2007
Vet	Sue Gore	2.52.9	2007

BOYS

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	John Pearce	11.0	2008
Under 20	Glen McCarthy	11.1	1988
Open	Brian Chin	11.2	1996
	Brett Jovanovich	11.2	2008
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

RYDE ATHLETICS CENTRE – SENIORS DIVISION

CENTRE RECORDS 2008

GIRLS

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	Jessie O'Brien	5.23.5	2008
Under 20	Katie Jameson	5.16.2	2006
Open	Katie Jameson	5.30.3	2008
Vet	Sue Gore	5.52.0	2008

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 Gore	10.15.8	2007

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

BOYS

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

RYDE ATHLETICS CENTRE – SENIORS DIVISION

CENTRE RECORDS 2008

GIRLS

Javelin

Under 12	Margaret Gault	19.50	1992
Under 13	Elizabeth Cotton	22.03	1988
Under 14	Julia Parker	28.94	2007
Under 15	Cassie Hewitt	28.54	2007
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	Kimberley Lowe	30.33	2008
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	Maddy Bergfield	7.86	2007
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

BOYS

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	Lloyd Parker	46.12	2007
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	John Pearce	31.70	2008
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	Andrew Atkinson-Howatt	10.77	2007

RYDE ATHLETICS CENTRE – SENIORS DIVISION

CENTRE RECORDS 2008

GIRLS

Hammer

Under 12	Margaret Gault	15.54	1991
Under 13	Kimberley Lowe	20.39	2006
Under 14	Alyssa Ross	11.48	2004
Under 15	Kimberley Lowe	21.65	2008
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

BOYS

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 Atkinson-Howatt	32.31	2008
Vet	Andrew Atkinson-Howatt	35.55	2008

RYDE ATHLETICS CENTRE – SENIORS DIVISION

CENTRE RECORDS 2007

GIRLS

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 Piggitt	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

BOYS

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	John Pearce	1.75	2008
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	John Pearce	6.37	2008
Under 20	Brent Page	6.38	1993
Open	Brett Jovanovich	6.44	2008
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	Len Pearce	13.17	2007
Under 20	Brent Page	13.03	1993
Open	Andrew Jackson	12.70	1994
Vet	Peter Collins	11.78	1993

RYDE ATHLETICS CENTRE – SENIORS DIVISION

CENTRE RECORDS 2007

GIRLS

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

BOYS

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