

**RYDE ATHLETICS CENTRE  
INCORPORATED**



**ANNUAL REPORT**

**2010 / 2011 SEASON**

**ABN: 99 850 553 401**

**LIFE MEMBERS**

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

Merv Davies  
Will Devjak  
Sharon Dewar (née Read)  
Tony Fernandes  
Miriam Fogliani (née Spitteler)  
Ross Forster  
Peter Graham  
Warren Gray  
Kurt Hansen  
Andrew Jackson  
Rachael Jackson (née Massey)  
Keith Johnson  
Adrienne Kinna (née Bouffler)  
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  
Kay Williams  
Colleen Wilson (née Hill)

**PATRON**

Betty Moore

**PUBLIC OFFICER**

David Lewis

**DIRECTORS**

Ann Arnott  
Ross Forster  
Keith Johnson  
David Lewis  
Ian Trimble

# **RYDE ATHLETICS CENTRE INCORPORATED**

## **2010/2011 SEASON – ANNUAL REPORT**

### **DIRECTOR'S REPORT**

With our affiliations to Little Athletics NSW (tots to under 17) and to Athletics NSW (under 12 to veteran) we have again been able to offer athletics to all ages from Tiny Tots to Veterans.

This annual report highlights the achievements and contributions of our athletes in both our Junior and Senior divisions and includes reports on our finances and operations. Each division is run by a dedicated volunteer committee.

We have had a very successful season. Plenty of athlete registrations got us off to a good start and the large numbers of records, and the fine performances at competitions ranging from Zone carnival to Nationals demonstrate the talent and ability of our athletes.

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

**Ann Arnott**  
**Ross Forster**  
**Keith Johnson**  
**David Lewis**  
**Ian Trimble**

**Directors**

**RYDE ATHLETICS CENTRE INCORPORATED**  
**2010/2011 SEASON – ANNUAL REPORT**

**JUNIORS REPORT**

## COMMITTEE MEMBERS - JUNIORS

PRESIDENT:	Ron Daniel
VICE PRESIDENT:	Craig Black
SECRETARY:	Stephen Latham
TREASURER:	Ely Osada
REGISTRAR:	Kate Kelland and Ian Trimble
CHAMPIONSHIPS:	Kristina Nogajski
AGE MANAGERS:	Keith Grimes
PUBLICITY:	Louise Bergfield
RESULTS:	Linda Talty
OFFICIALS:	Tristan Tall
TRACK and FIELD:	Craig Black
(Track)	David Lewis
(Throws)	Simon Bergfield
(Jumps)	Vacant
OFFICIALS DEVELOPMENT:	David Sunderland
COACHING:	Craig Matheson
EQUIPMENT:	Simon Bergfield
CANTEEN AND BBQ:	Linda Hanlon and Jo Housenloge
FIRST AID:	Girvan Malcolm
DELEGATES:	Ron Daniel
UNIFORMS:	Louise Badaoui and Annette Hughes

## AGE MANAGERS – JUNIORS

TINY TOTS	Russell Smidt
6 Boys:	Joanne Dandan and Michael Mannasz
6 Girls:	Caroline Stevenson
7 Boys:	Daniel Bruntsch
7 Girls:	Mark Lillis
8 Boys:	Helen Galati
8 Girls:	Andrew Wilson
9 Boys:	Dominic Morabito
9 Girls:	Mike and Ivana Hilder
10 Boys:	Janine Bowtell
10 Girls:	Keith Grimes
11 Boys:	Michael Crawford
11 Girls:	Craig Matheson
12 Boys:	Marc Ridey
12 Girls:	Josephine Zajic
13 Boys:	Eliza Purcell and Min Boydell
13 Girls:	Mira Jukic
14 / 15 Boys	Norman Cai
14 / 15 Girls:	Louise Bergfield
17 Boys:	Jonathan Spinks
17 Girls:	Jenny Rodgers
BOYS CAPTAIN	Nicholas Kelland
GIRLS CAPTAIN	Maddy Bergfield

## TREASURER

First of all, I would like to say that it was a pleasure being Treasurer again this year. I would like to thank the committee members, especially Kate Kelland and Ron Daniel, who assisted me with the Treasurer's tasks when I was away.

I would also like to congratulate the Uniform team (Louise Badaoui), the Canteen team (Linda Hanlon) and the BBQ team (Jo and Harry Houssenloge) for their tremendous work at their jobs, and thank them for their continuous support and friendship throughout the year.

This year, the Canteen profit was \$2,708.60 and the BBQ profit was \$1,636.10, totalling to a huge profit of \$4,344.70. This is \$1,844.70 more than the budget. Although the price has always stayed the same, the quality has increased constantly, and we are still making a profit. This is because the canteen team constantly come up with new ideas of saving and improving!

The revenue of the barista coffee service by Coffee 2 U this year was \$565.

The uniform profit was \$6,487.15, which is \$4,487.10 more than the budget. This huge profit means we sold more with less purchase. It is a result of good analysis of required stock. The second hand uniform sales were \$420, which is more than four times of the budget! The tireless effort of putting up the second hand uniforms every week and recommending the right options to customers lead to the huge sales.

Overall, from income point of view, we exceeded our budget by \$5,743.10.

Our expenditure this year was under budget for \$32,863.93. This was mainly due to budget item "Grounds upgrade" not being taken up this year. Also, because the number of online registration increased, the registration expenditure was less at \$4,273.81.

With all of these items combined, we will have \$47,187.43 available for a healthy start of 2011/2012.

Lastly, a big thank you to Ryde-East Leagues Club for providing a meeting room for our monthly meetings at no charge.

## Junior Division Accounts for the Season 2010-2011

<b>Income</b>	<b>2010/2011</b>	<b>2009/2010</b>	<b>Expenditure</b>	<b>2010/2011</b>	<b>2009/2010</b>
Registration Income Total	34,545.00	35,053.80	Registration Expense Total	14,526.19	9,556.00
- Cheque & Cash	21,975.00		- Cheque to LAA	10,585.00	
- Credit Card	10,310.00		- IMG fees	619.80	
- Rebates	2,260.00		- Seniors' allocation	1,315.00	584.00
Uniforms	13,425.00	9,910.00	- Other	2,006.39	
Canteen	9,754.30	9,896.75	Uniforms	6,937.85	18,593.50
BBQ	10,533.80	9,740.45	Canteen	7,045.40	6,977.09
Photo's			BBQ	8,897.70	8,464.25
2nd hand uniform donations	420.00	240.00	Hiring Deposits (should be zero)	0.00	
Donations / Grants	0.00	0.00	Advertising	140.80	140.80
Equipment Hire	2,420.00	2,600.00	Event days	730.13	
Fundraising	0.00		- Fun Day	730.13	
Ryde Games & 60 Metre Dash Entry Fees	195.00	135.00	- Presentation Day	0.00	
			Competition Fees	2,441.00	1,017.00
			Committee Social	0.00	110.00
			Conference Attendance	925.45	0.00
			Donations	1,500.00	0.00
			Equipment (Capital)	5,237.60	5,270.80
			Equipment (Consumables)	772.62	283.12
			First Aid Supplies	0.00	
			Grounds upgrade	0.00	
			Government Charges	66.00	45.00
			Hire of Dunbar Park	4,650.00	4,410.00
			Internet	149.00	249.00
			Postage	249.65	22.00
			Printing & Stationery	1,079.88	2,823.72
			Repairs & Maintenance	90.75	0.00
			Trophies	2,502.84	4,053.49
			Ribbons	833.14	
			Sundry Expenses	86.00	1,070.90
			Survey Cost	249.27	
			Training Courses	285.00	
			Training Expenses	1,520.80	1,396.53
			Volunteer Gifts	830.00	
			Hall Hire		150.00
			Catering		180.00
			<b>Total Expenditure</b>	<b>\$61,747.07</b>	<b>\$65,397.20</b>
			<b>Plus net income</b>	<b>\$ 9,546.03</b>	<b>\$ 2,178.80</b>
<b>Total income</b>	<b>\$71,293.10</b>	<b>\$67,576.00</b>		<b>\$71,293.10</b>	<b>\$67,576.00</b>

## Canteen & BBQ

<b>Event</b>	<b>Canteen</b>	<b>BBQ</b>	<b>Total</b>
Coca Cola Rebate	\$362.00		
Ryde games	\$674.20	\$710.70	\$1,384.90
24 Saturday mornings	\$8,718.10	\$9,823.10	\$18,541.20
<b>Total takings</b>	<b>\$9,754.30</b>	<b>\$10,533.80</b>	<b>\$19,926.10</b>
Less costs	\$7,045.70	\$8,897.70	\$15,943.40
<b>Total profit</b>	<b>\$2,708.60</b>	<b>\$1,636.10</b>	<b>\$4,344.70</b>
<b>Stock on Hand</b>			
drinks	\$ -		
lollies + misc	\$ 132.48		
<b>Total stock on hand</b>	<b>\$ 132.48</b>		
<b>Canteen Equipment</b>	<b>\$ 4,750.00</b>	(replacement value)	



## Bank Statement Reconciliation

	<u>Current</u>	<u>Previous</u>
Bank statement as at 01/04/10	\$ 43,860.50	\$ 42,528.55
less last year's un-presented cheques	\$ 3,109.55	-\$ 4,091.55
plus last year's un-presented deposits	0.00	0.00
plus net income	\$ 9,546.03	\$ 2,178.80
plus un-presented cheques this year	\$ 8,781.46	\$ 3,109.55
less un-presented deposits this year	\$ 1,639.15	\$ -
gives bank statement 25/03/11	\$ 54,329.74	\$ 43,860.50
book balance	\$ 47,187.43	\$ 40,750.95
variance	\$ 7,142.31	\$ 3,109.55
less un-presented cheques this year	-\$ 8,781.46	-\$ 3,109.55
plus un-presented deposits this year	\$ 1,639.15	\$ -
	\$ -	\$ 0.00
<b>Available Funds</b>	<b><u>Current</u></b>	<b><u>Previous</u></b>
Bank statement as at 25/03/11	\$ 54,329.74	\$ 43,860.50
less un-presented cheques	-\$ 8,781.46	-\$ 3,109.55
plus un-presented deposits	\$ 1,639.15	\$ -
<b>Gives funds available to start next season</b>	<b>\$ 47,187.43</b>	<b>\$ 40,750.95</b>
<b>Uniform Stock:</b>		
Uniform stock as at 31/3/2011 (at current price)	<b>\$17,900.00</b>	<b>\$15,850.00</b>
<b>Canteen Stock:</b>		
drinks	\$ -	\$ 212.43
lollies	\$ 132.48	\$ 222.32
<b>Total stock on hand</b>	<b>\$ 132.48</b>	<b>\$ 434.75</b>
<b>Canteen Equipment: (replacement value)</b>	<b>\$ 4,750.00</b>	<b>\$ 4,750.00</b>

**Ely Osada**  
**Treasurer - Juniors**

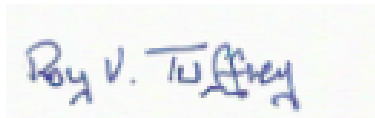
22 High Street  
Wye Point  
NSW 2259

The Board of Directors  
Ryde Athletics Centre – Juniors Division  
P.O. Box 3658  
Marsfield NSW 2122

I have examined the accounts of Ryde Athletics Centre, Juniors Division, in accordance with Australian Generally Accepted Auditing Standards for the financial period 1<sup>st</sup> April 2010 through 31<sup>st</sup> March 2011 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.

A handwritten signature in blue ink that reads "Roy V. Tuffrey". The signature is written in a cursive style with a horizontal line above the first name.

12<sup>th</sup> May 2011

Roy Tuffrey  
Chartered Accountant

## **PRESIDENT**

The highlights of the 2010-2011 season which I am both privileged and delighted to expand on in my report this year are:

- Membership numbers constant compared to state-wide numbers decreasing
- Full service for Under 17's
- Club Record representation at State
- Individual records
- Kate Spencer's selection to wear the green and gold at the Commonwealth Youth Games later this season

That's right! Kate Spencer has taken her incredible distance running to new heights being recently named in the Australian team travelling to The Isle of Man later this year for the 4<sup>th</sup> Commonwealth Youth Games!

As remarkable as this news is, Kate's results this past season have been no less noteworthy with a string of state and national titles over multiple distances from 800m to 3000m. Everyone at Ryde is astounded by each instalment of the Kate Spencer competition story. Read more about Kate in our detailed report from the Senior's division too!

Membership of our sport fluctuates somewhat based on publicity surrounding international competitions such as Olympics and World Championships. This year saw that trend continue with a decrease in the overall state-wide participation down by almost 5% from last year. Curiously, our membership numbers this season were exactly the same as last year at 462 registrations. That our numbers have been maintained against the usual trend is evidence that what we do at Ryde Athletics works and we have fun doing it. 36 of our athletes achieved the blue patch award this season, which was only one less than last year.

Of particular note in the registration numbers is the significant increase in Tiny Tots registrations. We must say a huge thank you to the parent helpers who have managed this group for the past season as we had 43% more Tiny tots this year with 43 budding champions in the group, 36 of whom were new to our club. This augers well for future season registrations and the continued development of the club and its athletes. Our program continues to include the involvement of Tiny Tots throughout our entire season culminating with their trophy presentation on our Fun Day.

This season has seen us expand our operations to now fully incorporate all functions for Under 17 athletes. The number of athletes taking advantage of our unique cross-registration process from our seniors division has caused us to provide full competition facilities for two extra groups this year. Not only have our track and field operations crew of Peter Peters, David Sunderland and Craig Black dealt with this scheduling demand with aplomb, it has led to the determination of colour patch achievement levels for both Under 16 and Under 17 year old groups. We extend a huge thank you to Ian Trimble for crunching these numbers which are now the benchmarks for the years to come. These athletes have also been striving throughout the season to now lay down in our books for the first time new Junior Division records for all events.

The Championships Report from Kristina Nogajski our Championships Officer, details our members achievements at Zone, Region and State Carnivals. I encourage everyone to see Kristina's first report as Championships Officer and marvel at our members' fabulous achievements wearing the red white and blue of Ryde. The highlight as a club for this season was undoubtedly the performances of our 29 athletes who represented our club at the LAANSW State Championships. This is the club's largest representation at State Championships in more than 20 years! We believe that it may in fact be the largest ever. With this many athletes, it is no surprise to see the size of the medal haul by Ryde Athletes this season. Read all about these results and more in the Championships report.

The only pathway to representation at State Championships is via pure performance at the lead-up carnivals. It is clear that there is a direct connection with the increased participation of our athletes at coaching sessions this season, and the increased representation of our athletes at higher level competition. Coaching, as with all other areas of our sport is carried out by dedicated and committed volunteer adults, and it is our coaches who should feel justly proud that their effort has delivered these results this season.

Our end of season fun day and trophy presentation day happened under threatening skies which seemed to have no affect whatsoever on the eagerness of all of our members to have fun. Our new format, only occasionally disrupted by our Court Jester with his random Easter egg scrambles, allows everyone to recognise and applaud the performances of our club at the previous weekend's State Championships, have fun at the various activities on offer and collect trophies for their own achievements in the season. The format also ensures a very high collection rate of the trophies, which in turn means less administrative work needed in trophy storage and later follow up with recipients.

It was especially pleasing to see many of our age managers from last season continue on with their charges for this new season. We are deeply thankful for the continued involvement with the same group of children that our Age Managers contribute and equally appreciative of the newcomers efforts in these vital roles. We trust that all Age Managers enjoyed themselves so much that they all return next year to help out wherever they can.

As has been my custom in previous years I extend my personal thanks and those of all of our members to the following people for our successful season:

- Our fabulous committee for their unwavering work and support in running the affairs and operations of our club, at Dunbar and at the representative carnivals during the season
- Our new committee members Craig Black (Vice President) and Kristina Nogajski (Championships) who have excelled in these responsible roles in only their first season
- Louise Bergfield for the incredible productions that have been our Footprint magazines this year. Email distribution of Footprint magazine has allowed us to produce and share more information and pictures from our athlete's achievements than ever before. I have to add though, that the work Louise has done to collate, summarise and arrange all the material is a massive and wonderful achievement.
- All parents who volunteered to help on Saturday mornings. As each year passes we see a new batch of folks step up to the plate to dig in and do their bit and it is refreshing to see some of these step further forward to volunteer in more areas of our club activities

- Our club captains, Maddy Bergfield and Nick Kelland. It is fair to say that Maddy and Nick brought exceptional participation, performance and personalities to these roles this season. They have been widely seen by all our members as inspirational role models for all younger athletes
- The local schools for their patronage and support. In the lead up to the start of our season our club was the scene of more school carnivals than we have ever had before.

Congratulations to all of our members for the achievements in the season past. Their names and their performances are now etched in the history of our club which may prove in many years to come to still show that some of our achievements this season as benchmarks yet to be surpassed.

Thank you to all and see you next season!

**Ron Daniel**  
**President – Juniors**

### **SECRETARY**

I have enjoyed my continued role as a member of the Juniors Committee in the role of Secretary and I will be nominating again for the 2011-2012 Season. 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**

### **PUBLICITY**

We've had a big year in our club and so have had lots to report during the season from Blue patches to club records from national medals to catching up with our Tiny Tots group. Ryde Little Athletes have featured in our local papers no less than seven times and particularly pleasing have been a number of the large group shots that have covered many of our athletes from Ryde Games contestants to National Competitors and individual Sport Star nominations. My thanks in particular to The Weekly Times for its support. Also thank you to eight of our local schools which ran adds to encourage Little A membership.

This year I've tried to go bigger and better with our Footprint newsletter and try to feature as many athletes as possible. Every parent I've contacted for permission to include a photo of their child has been more than happy and I have to say our Ryde red, white and blue uniform does stand out in the field and on the track. This season we published 17 Footprints and moved Footprint to electronic delivery rather than watch paper copies blow around the track on Saturday!

Thanks to everyone who has supplied feedback and photos it's all been much appreciated.

**Louise Bergfield**  
**Publicity Officer - Juniors**

## **CANTEEN AND BBQ MANAGERS REPORT**

Once again, the Canteen and BBQ were a success  
Even though we had some odd requests

The ice-blocks on the hot days practically walked out the door  
But Linda didn't find ordering more a chore

Theresa and Fiona gave Linda a hand  
Helping her keep up with the great demand

The lollies and chips were very yummy  
We are sure some children got an extremely sore tummy

Harry with his tongs in hand  
The BBQ, as usual, was always grand

Kevin, although most Saturday's was late  
His check-out chick and maths skills were most up-to-date

Jo making the sandwiches always with a smile  
Hoping everyone thinks they were worthwhile

The meat from McDonaghs is always a treat  
The quality of the bacon, sausages and eggs never missed a beat

The children and parents came in droves  
Thank god for Bakers Delight loaves

See you next year, for the middle-distance  
And a big thanks to the Committee for all their assistance

**Linda Hanlon, Jo and Harry Houssenloge**  
**Canteen and BBQ - Juniors**

## **FIRST AID**

Another year in which there were relatively few injuries, and none serious. There were only a couple of the obligatory "boy spikes boy whilst mucking around" incidents this season. I think we should, however, look into replacing the high jump upright which insists on moving into the athletes path right on take off.

**Girvan Malcolm**  
**Officer for First Aid - Juniors**

## **TRACK AND FIELD**

Once again this season we have made a deliberate attempt to begin each Saturday morning on time with warm up and stretches at 8:15am followed by the normal program of events commencing at 8:30am (excluding the 1,500m in Week 1 and the 3,000m in Week 2 which are run at 8:15am and 8:00am respectively). In order for us to achieve this it is important that all athletes arrive on time and I extend a big thank you to all the parents who assist us in these efforts by getting their children to Dunbar Park on time.

In this my first season as the Track & Field Officer, I must sincerely thank Peter Peters for his valuable support and guidance as I learnt the ins and outs of the position. I would also like to thank the Age Managers and the various Event Managers for their understanding and flexibility as we “massaged” the program in the early part of the season to try to keep things running smoothly. Among various changes that were made to the program, we formalised the swap of the 200M and 400M for the U9 girls so that they didn't have the 400M and 800M in the same week. We also moved the Javelin event to Week 1 so that the Week 2 program would hopefully be shortened as we would no longer have to wait for the walks events to finish before javelin commenced. While we endeavour to make the program fair for everyone, with the number of athletes that we have, particularly in the U8-U11 age groups, it is inevitable that there will be the odd backlog here and there and I believe that we did the best to manage these by moving age groups to different events as required. We have received many submissions and suggestions from the Age Managers at the end of the season and these will be considered at a special meeting during the off-season.

While we did have some good rains throughout the season, which kept the grounds in quite good condition, we were fortunate to only lose 2 days of competition due to washouts with a further 2 weeks where we ran the modified Wet Weather Program. In general the overall condition of the oval was good throughout the season, although we did have the ongoing issue of large divots in the senior discus and shot put fields caused by the soft conditions. We also have the ongoing issue of the mounds and potholes at the 100M starting line on the first straight track. We will be approaching Ryde Council to see if this area can be dug up, levelled and re-turfed prior to next season. It is also being considered that next season we swap the flat sprint events to the current hurdles straight track and vice versa.

There is only one reason why we seem to have such a smooth program from week to week, and that is due to the efforts of Tristan Tall and all the other parents who volunteer their time to assist on the oval every Saturday morning. Without this assistance, we would be unable to run the track and field events for the athletes. With a little more parental participation we could have even more improvement in the running of the program, so I put the call out to all those parents who sit on the sidelines each week to step inside the fence and learn about the events to offer some assistance. It will be greatly appreciated and your children will get a real kick out of seeing you out there helping as they move around their events.

Finally, I would like to extend my congratulations to all the athletes at the centre for their great spirit of competition and personal efforts throughout the season. On the representative front, this season has been one of the best for Ryde for many years with record representation at zone, region and State carnivals and some exceptional results being recorded by our athletes whose efforts are worthy of special congratulations. Thanks for a great season and I look forward to seeing all the athletes and parents out on the field again come September.

**Craig Black**  
**Officer for Track & Field – Juniors**

## Registrar's Report

462 athletes registered with us again this season and more than 65% of our athletes registered online. The majority of these also used the system to pay for their registration online by credit card which certainly helped the registration process on registration day!

Once again, I was most fortunate to have had the help of fellow Committee members on Registration Day and throughout the season. Special thanks to Ian Trimble, Ron Daniel and Linda Talty.

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
2009/10	231 (50.0)	231 (50.0)	462
2010/11	221 (47.8)	241 (52.2)	462

The breakup of these registrations is:

	Girls			Boys			Age	All		
	Re-Reg	New	Total	Re-Reg	New	Total	Total	Re-Reg	New	Total
<b>Tots</b>	6	13	19	1	23	24	43	7	36	43
<b>U6</b>	4	13	17	8	12	20	37	12	25	37
<b>U7</b>	14	10	24	15	13	28	52	29	23	52
<b>U8</b>	12	9	21	18	14	32	53	30	23	53
<b>U9</b>	17	17	34	15	13	28	62	32	30	62
<b>U10</b>	19	5	24	18	6	24	48	37	11	48
<b>U11</b>	19	5	24	16	5	21	45	35	10	45
<b>U12</b>	15	3	18	10	6	16	34	25	9	34
<b>U13</b>	7	2	9	16	2	18	27	23	4	27
<b>U14</b>	7	2	9	9	3	12	21	16	5	21
<b>U15</b>	5	0	5	8	1	9	14	13	1	14
<b>U17</b>	17	0	17	9	0	9	26	26	0	26
<b>Total</b>	<b>142</b>	<b>79</b>	<b>221</b>	<b>143</b>	<b>98</b>	<b>241</b>	<b>462</b>	<b>285</b>	<b>177</b>	<b>462</b>

Our re-registration rate this season has markedly improved – hoping the trend continues, I will see you all again next season! Registrations for 2011-12 will open at the start of August.

**Kate Kelland**  
Registrar - Juniors



## COACHING

Training was held throughout the season on Wednesday afternoons. Unfortunately we had a shortage of coaches available for the traditional Monday afternoon timeslot so we focused all of our attention on the one super session.

Wednesdays were a big success, with plenty of coaches available - and more importantly plenty of athletes!

The athletes were from a wide range of age groups and abilities. Beginners, learning the basics, trained alongside some of the best athletes in NSW.

I am very pleased to say that the children were always very enthusiastic and well behaved at training. It was great to see the children being rewarded for their efforts by consistently achieving PBs or getting good results at Zone, Region or State carnivals. This season we regularly gave out Merit Awards at training as an additional reward for effort.

Many thanks to our team of dedicated coaches, who made each training session an enjoyable afternoon for all. We tried to make each training session challenging but fun, without taking things too seriously.

Unfortunately at the start of the season we lost our long serving Officer for Coaching, Doug Russell, due to work commitments. Thanks to Doug for all of his past coaching and mentoring efforts. We're still hoping to talk him into coming back to coaching one day, even if it's only part time. On the bright side of things, this season we were able to recruit 2 new coaches, who fitted very well into our team - Craig Macpherson and Thomas Jubb.

Our coaches are:

<u>Jumps:</u>	Tristan Tall, Julie-Ann Thompson, Dave Sunderland
<u>Throws:</u>	Simon Bergfield, Craig Macpherson, Thomas Jubb
<u>Walks:</u>	Kate Kelland
<u>Distance:</u>	David Lewis
<u>Sprints, Hurdles:</u>	Craig Matheson
<u>Relays:</u>	Dave Sunderland, various team managers, Craig Matheson

Thanks also to the parents who helped out at training, particularly with the setting up and packing away of equipment.

New coaches are always welcome. Appropriate coaching training courses are available, so don't worry if you are inexperienced. If any parents or senior athletes are interested in becoming a coach please contact myself or a committee member.

**Craig Matheson**  
**Officer for Coaching - Juniors**

## **AGE MANAGERS**

It's been another rewarding season working behind the scenes at the club to help ensure that things run smoothly for the age groups on a Saturday morning. I've had a lot of fun out on the field looking after a great bunch of girls in the U10's and I look forward to working with them again as U11's... at least that's one age manager confirmed for next season :-)

It was great to see the children, across all age groups, performing so well again this year and to see so many fantastic results at the State Relays, Multi, Zone, Region and State Championships, well done everyone!

As always, things wouldn't run smoothly on a Saturday if it wasn't for the hard-work and encouragement of the Age Managers, their Assistant Age Managers and the support of other parent volunteers, thank-you all!

It was great to see some very enthusiastic "newbies" signing-up to be Age Managers and Assistant Age Managers this year. Hopefully they haven't been frightened off and we'll see them return next season to keep up the good work.

Having Age Managers with a couple of seasons experience under their belts will be especially important for the club over the next couple of years as some of our more experienced Age Managers, and assistants, will no doubt be moving on as their children move up to seniors.

If you're keen to help out either as an Age Manager or Assistant Age Manager next season then please contact either myself or any of the other committee members. It's a very rewarding role and provides a great opportunity for you to support our athletes and club.

**Keith Grimes**  
**Officer for Age Managers – Juniors**

## **OFFICIALS**

The running of Saturday competitions started off well. The parent helpers were plenty with the new enrolments in the large younger age groups. This changed by about the time the Zone Carnival arrived due to a lot of these new athletes losing interest and their parents not turning up. By Christmas the numbers were well and truly down and a lot of events simply wouldn't run without Age Managers and their helpers running the events, especially with High Jump, Discus and Shot Put. Long Jump and the tracks were always manageable throughout the season, though with some trouble finding numbers in the later half. There are only small numbers of people spectating and not helping that are not grandparents, caring for tots or medical reasons. There is about half a dozen people that just couldn't be bothered and I don't expect them to change. We should probably expect the same next season unless our enrolments are considerably higher. For State Relays we had more than enough helpers for the U8's to U11's on the Saturday but unfortunately Sunday was an embarrassment with parents of the athletes not present or un-contactable for the 12's and up. The position for Officer of Officials that had been advertised was not filled throughout the season. I hope somebody puts their hand up during the off season or early next season. I will be able to set up the table and equipment we just need somebody to man the table and do the Championship rosters.

**Tristan Tall**  
**Officials – Juniors**

## **EQUIPMENT**

There was not a lot of movement in the equipment area this season.

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

- Infrastructure - three additional large sun shelters.
- Competition equipment - minimal purchases at the start of the season.

We did have a big “win” at the end of the season with Samuel Taber winning \$500 worth of equipment in a competition. This has been redeemed and will ensure that our shopping list for next season will be relatively short.

During the season, four of our large sun shelters were in dis-repair and the following action was taken:

- Two were repaired
- One was written-off (and used to repair one of those above)
- Spare parts were obtained for the fourth and this will be repaired in the off-season.

Items of equipment that require replacement or repair are:

- Both discus cages
- High jump mat cover (repair seams)

Other minor repairs and the annual task of re-painting shot-puts will also be performed in the off-season.

**Simon Bergfield**  
**Officer for Equipment - Juniors**

## **CHAMPIONSHIPS**

For the 2010/2011 season the position of Championships Officer was carried out by Kristina Nogajski. There were a number of championship carnivals our athletes competed in and achieved excellent results across all track and field events.

## ***RYDE GAMES***

Ryde Games were held on the 23<sup>rd</sup> October 2010. 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 are open to Ryde athletes as well as athletes from other centres. In addition to the Ryde Games, the 60m dash was held on the same day.

## **STATE RELAYS**

The State Relays are the biggest state-wide carnival on the calendar for Little Athletics NSW. It provides the opportunity for our athletes to compete against the best from other centres in a relay format. Ryde entered a total of 39 teams which was held on the weekend of the 27<sup>th</sup> and 28<sup>th</sup> November 2010 at Sydney Olympic Park.

Overall, the Ryde centre achieved excellent results over the weekend.

U8 Boys 4 X Long Jump, Silver Medal – Jett Tall, Joshua Arcus, Samuel Galati, Adam Jubb.

U9 Boys 4 X 100m, Bronze Medal - Christian Cirino, Harry Edwards, James Bragg, Harry Stevenson.

U9 Boys Long Jump, Bronze Medal – Noah Hain, Ron Ryan, Daniel Alcuri, Ryan Fitzpatrick.

U10 Boys 4 X 100m, Bronze Medal – Ben Nogajski, Daniel Bowtell, Sam Plummer, Connor Ballas.

U14 Boys Long Jump/High Jump, Bronze Medal – Jack Rodgers, Stuart Williams, Osborn Cai, Antonio Galati.

U17 Girls Long Jump/High Jump, Silver Medal – Hayley Daniel, Sam Rodgers, Saachi Kayama, Paulina Peters.

U 17 Mixed 4 X 400m, Bronze Medal – James Bergfield, Aaron Wareham, Kate Spencer and Mellina Aurox.

## **TRANS TASMAN CHALLENGE**

This season's Trans Tasman was held at Blacktown Olympic Park on 16th January 2011 for U11 and U12 athletes.

Justin Sunderland and Zoe Latham competed at these games.

Justin's results were:

Long Jump 1<sup>st</sup> with a distance of 4.58m, Team field Relay 2<sup>nd</sup>, High Jump 13<sup>th</sup> with a height of 1.30m and Discus 15<sup>th</sup> with a distance of 19.86m.

Zoe's results were:

4 X 400m relay 1<sup>st</sup>, 400m 2<sup>nd</sup> with time of 1.07.58min, High Jump 3<sup>rd</sup> with height of 1.32m, 800m 4<sup>th</sup> and Long Jump 14<sup>th</sup> with a jump of 3.72m.

## **ZONE CARNIVAL**

The Zone Carnival was held on the weekend of the 11<sup>th</sup> and 12<sup>th</sup> December at Barton Park, Parramatta. The Ryde club had 183 entrants at Zone this year.

Of these athletes, 61 athletes qualified for the Region carnival including one relay, the Junior girls. Congratulations to four of our U7 athletes who received a medal at the Zone.

- Chiara Lillis: 1<sup>st</sup> in the 50m, 2<sup>nd</sup> in the 70m and 100m
- Georgia Arcus: 3<sup>rd</sup> in the 200m and 2<sup>nd</sup> in the Pack Start
- Mitchell Rushworth: 1<sup>st</sup> in the Pack Start
- Adam Bruntsch: 3<sup>rd</sup> in the 200m

New Zone records were set by three of our U17 athletes:

- James Bergfield in the 1500m
- Ben Cox in both the long and the triple jumps
- Patrick Kelland in the javelin

In the U15 boys Cameron Pappas set a new triple jump record and equalled the existing high jump record.

## **REGIONAL CARNIVAL**

The Regional Carnival was held on the weekend of the 20<sup>th</sup> and 21<sup>st</sup> February at Barton Park, Parramatta. Of the 61 athletes who represented Ryde, we achieved 16 Gold, 11 Silver, 18 Bronze and 12 4<sup>th</sup> places (which this year qualified for State) resulting in 29 State qualifiers.

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

Joshua Arcus Long Jump 6<sup>th</sup> 3.28m, 200m 8<sup>th</sup> 35.14s, 60m Hurdles 5<sup>th</sup> 11.59s.  
Jett Tall 70m 7<sup>th</sup> 12.18s, 400m 5<sup>th</sup> 1: 20.16s, Long Jump 5<sup>th</sup> 3.29m,  
Pack Start 2<sup>nd</sup> 2: 21.04min  
Jade Mewburn Long Jump 5<sup>th</sup> 3.06m, 70m 7<sup>th</sup> 12.68s.

Congratulations to the 29 athletes that qualified through to State level. This was a record number for Ryde. They are listed below:

Anna Badaoui, James Bergfield, Maddy Bergfield, Nicola Bowtell, Osborn Cai, Sophie Collyer, Amy Court, Benjamin Cox, Hayley Daniel, Noah Hain, Saachi Kayama, Nicholas Kelland, Patrick Kelland, Sarah Kelland, Zoe Latham, Jasmine Low, Joseph Morris, Benjamin Nogajski, Nina Osada-Phornsiri, Cameron Pappas, Paulina Peters, Alison Saad-Pasut, Kate Spencer, Harry Stevenson, Justin Sunderland, Ellen Thompson, Stephanie Volos, Stuart Williams and Shannon Burrows(AWD).

Regional record breakers were:

- Kate Spencer U17 Girls 1500m
- Ben Cox U17 Boys Long and Triple Jump
- Cameron Pappas U15 Boys Triple Jump

## **STATE MULTI-EVENT**

The State Multi Event was held on the weekend of the 5<sup>th</sup> and 6<sup>th</sup> of March 2011 in Wagga Wagga with 10 athletes competing for Ryde.

Congratulations to our club representatives. The results were:

Jett Tall	U 8B	2 <sup>nd</sup>
Justin Sunderland	U11B	2 <sup>nd</sup>
Zoe Latham	U11G	3 <sup>rd</sup>
Hannah Tall	U10G	6 <sup>th</sup>
Connor Latham	U 9B	9 <sup>th</sup>
Georgia Arcus	U 7G	10 <sup>th</sup>
Joshua Arcus	U 8B	10 <sup>th</sup>
Chris Maguire	U10B	10 <sup>th</sup>
Rachel Fairhall	U 9G	20 <sup>th</sup>
Lara Bradridge	U11G	22 <sup>nd</sup>

## **STATE CHAMPIONSHIPS**

The State Championships were held on the weekend of the 18<sup>th</sup> to 20<sup>th</sup> March 2011 at Homebush. Of the 29 athletes, 9 athletes came home with 14 medals.

Our State Champions were:

- Kate Spencer U17 Girls: 800m, 1500m, 3000m (State record)
- Ben Cox U17 Boys: Triple Jump
- James Bergfield U17 Boys: 3000m
- Cameron Pappas U15 Boys: Triple Jump
- Justin Sunderland U11 Boys: Long Jump
- Noah Hain U9 Boys: High Jump
- Harry Stevenson U9 Boys: 800M

Our Silver Medallist was:

- Shannon Burrows U11 / U12 AWD: 100m and Shot Put

Our Bronze Medallists were:

- Ben Cox U17 Boys: Long Jump
- James Bergfield U17 Boys: 1500m
- Maddy Bergfield U15 Girls: Javelin

Other Results were:

Under 17 Girls

- Hayley Daniel Javelin 13<sup>th</sup>
- Alison Saad-Pasut 400m
- Ellen Thompson High Jump 10<sup>th</sup>

Under 17 Boys

- James Bergfield 800m 4<sup>th</sup>, Discus 10<sup>th</sup> and Shot Put 13<sup>th</sup>
- Patrick Kelland 800m 8<sup>th</sup>

Under 15 Girls

- Maddy Bergfield Discus 4<sup>th</sup> and Shot Put 5<sup>th</sup>
- Paulina Peters 800m 5<sup>th</sup> and 1500m 7<sup>th</sup>
- Sachi Kayama 100m, 200m, High Jump 5<sup>th</sup>, Triple Jump 6<sup>th</sup> and Long Jump 7<sup>th</sup>

U15 Boys

- Nicholas Kelland Javelin 9<sup>th</sup>
- Cameron Pappas Long Jump 6<sup>th</sup>, High Jump 5<sup>th</sup> and 100m Hurdles 7<sup>th</sup>
- Joseph Morris 200m

U13 Girls

- Sarah Kelland 1500m Walk 5<sup>th</sup>
- Nina Osada-Phonsiri Long Jump 5<sup>th</sup>

U12 Girls

- Nicola Bowtell 400m 8<sup>th</sup> and Discus 8<sup>th</sup>
- Jasmine Low Long Jump 14<sup>th</sup>

U11 Girls

- Amy Court Triple Jump 11<sup>th</sup>
- Zoe Latham High Jump 5<sup>th</sup>, 800m 6<sup>th</sup>, Triple Jump 7<sup>th</sup> and 400m 8<sup>th</sup>

U11 Boys

- Justin Sunderland Discus 15<sup>th</sup>

#### U10 Girls

- Anna Badaoui 100m
- Sophie Collyer 70m 7<sup>th</sup>

#### U10 Boys

- Ben Nogajski High Jump 4<sup>th</sup>, 100m 7<sup>th</sup>, 200m 8<sup>th</sup> and 70m 9<sup>th</sup>

#### U9 Girls

- Stephanie Volos 60m hurdles 4<sup>th</sup>, 200m 4<sup>th</sup> and 100m 5<sup>th</sup>

### **AUSTRALIAN ALL SCHOOLS 2010**

The Australian All School Championships were held from the 4<sup>th</sup> to 5<sup>th</sup> of December 2010 in Melbourne and Ryde was represented by two athletes.

- Kate Spencer U16 Girls: 1<sup>st</sup> 2000m Steeple chase and 3000m
- Ben Cox U18 Boys: 3<sup>rd</sup> in Triple Jump and 4<sup>th</sup> in Long Jump

### **AUSTRALIAN YOUTH & JUNIOR CHAMPIONSHIPS 2011**

During 10<sup>th</sup> to 14<sup>th</sup> March 2011, the Australian Youth & Junior Championships 2011 were held and Ryde was represented by 11 athletes.

Kate Spencer - 1<sup>st</sup> in U17 2000m steeplechase, 1<sup>st</sup> in 3000m and 2<sup>nd</sup> in the 1500m

Ben Cox – 1<sup>st</sup> in U18 Triple Jump, 7<sup>th</sup> in U18 Long jump.

Cameron Pappas - 1<sup>st</sup> in U16 Triple Jump, 5<sup>th</sup> in High Jump, 6<sup>th</sup> in 200m Hurdles, 6<sup>th</sup> in Long Jump.

Nina Osada-Phornsiri - 1<sup>st</sup> in U14 High Jump, 6<sup>th</sup> in Long jump.

James Bergfield – 9<sup>th</sup> in U18 2000m Steeplechase, 10<sup>th</sup> in 3000m.

Pat Kelland – 14<sup>th</sup> in U18 2000m Steeplechase.

Kimberley Lowe – 13<sup>th</sup> in U18 Discus.

Maddy Bergfield – 8<sup>th</sup> in U16 Hammer Throw, 9<sup>th</sup> in Discus, 6<sup>th</sup> in Shot Put.

Sarah Kelland – 8<sup>th</sup> in U14 3000m Walk, 9<sup>th</sup> in Javelin.

Tara Vance was in the U18 800m and Nick Kelland in the U16 Hammer Throw.

### **Kristina Nogajski**

#### **Championships Officer - Juniors**

## JUNIOR RECORDS 2010/2011 SEASON

Date	Age	Sex	Event	New Record	New Record Holder	Old Record	Old Record Holder	Date
29/1/11	8	B	Shot Put	7.83	Jett Tall	7.42	Tom Lyons	3/3/01
12/3/11	8	B	Shot Put	8.15	Jet Tall	7.83	Jett Tall	29/1/11
12/2/11	8	B	Discus	21.26	Jett Tall	19.26	Lloyd Parker	5/2/00
12/3/11	10	B	70m Run	10.20	Benjamin Nogajski	10.20	John Pearce Jackson Aldridge	30/9/00 10/10/92
12/3/11	10	B	HJ	1.34	Benjamin Nogajski	1.33	Kye McLean Dylan Hobbs	15/11/03 15/12/84
12/3/11	11	G	400m Run	1-08.10	Zoe Latham	1-09.2	M Longshaw	9/3/84
5/3/11	13	G	1500m Walk	8-42.70	Sarah Kelland	8-54.7	Yvette Cotton	10/3/84
29/1/11	13	G	High Jump	1.50	Nina Osada-Phornsiri	1.49	Sachi Kayama	28/2/09
16/10/10	15	G	Long Jump	5.11	Sachi Kayama	4.87	Shannon Arnott	26/1/02
30/10/10	15	G	High Jump	1.55	Sachi Kayama	1.55	Belinda Jump	28/10/89
22/1/11	15	G	High Jump	1.56	Sachi Kayama	1.55	Belinda Jump Sachi Kayama	28/10/89 30/10/10
25/9/10	15	G	Shot Put	11.12	Maddy Bergfield	10.82	Dearne Reynolds	11/11/95
9/10/10	15	G	Shot Put	12.08	Maddy Bergfield	10.82	Maddy Bergfield	25/9/10
18/9/10	15	G	Discus	34.59	Maddy Bergfield	31.27	Kim Lowe	17/1/09
2/10/10	15	G	Javelin	27.58	Maddy Bergfield	27.58	Julia Parker	17/1/09
5/2/11	15	G	Javelin	31.08	Maddy Bergfield	27.58	Maddy Bergfield	2/10/10

## Junior Division Records

Age	Event Name	Boys Record	Holder	Date	Girls Record	Holder	Date
<b>U17</b>	100m	11.9	Patrick Kong	17/10/09	13.2	Tara Vance	17/10/09
	200m	24.5	Patrick Kong	14/11/09	27.3	Tara Vance	14/11/09
	400m	54.3	James Bergfield	22/1/11	1-02.5	Tara Vance	21/11/09
	800m	2-06.03	James Bergfield	29/1/11	2-29.6	Kate Spencer	13/11/10
	1500m	4-28.2	James Bergfield	5/2/11	5-01.4	Kate Spencer	26/2/11
	3000m	9-59.5	James Bergfield	2/10/10	10-31.7	Kate Spencer	5/3/11
	1500m Walk	9.28.9	James Bergfield	2/10/10	11-21.1	Thea McLachlan	5/3/11
	100m Hurdles				18.8	Teresa Galati	29/1/11
	110m Hurdles	17.5	Jesse Rosenberg	29/1/11			
	200m Hurdles	26.8	Joshua Speed	18/9/10	32.7	Teresa Galati	13/11/10
	Long Jump	6.70	Ben Cox	29/1/11	4.82	Tara Vance	10/10/09
	High Jump	1.70	Jesse Rosenberg	30/10/10	1.45 1.45	Isabella Hemming Ellen Thompson	30/01/10 12/3/11
	Triple Jump	14.23	Ben Cox	22/1/11	10.70	Kathleen Tay	6/12/08
	Shot Put	12.08	James Bergfield	26/2/11	7.59	Samantha Rodgers	2/10/10
<b>U12</b>	Discus	36.82	James Bergfield	12/3/11	25.33	Kim Lowe	9/10/10
	Javelin	51.49	Lloyd Parker	28/2/09	27.79	Hayley Daniel	5/2/11
	Javelin	18.67	Jack Armson	12/3/11	16.69	Katherine Du	12/3/11



# **SENIORS REPORT**

## COMMITTEE MEMBERS – SENIORS

PRESIDENT:	Ros Mitchell
VICE PRESIDENT:	Bruce Brown
SECRETARY:	Karen Lowe
TREASURER:	Ross Forster
REGISTRAR:	Ross Forster
RACE SECRETARY:	Ross Forster
MALE CAPTAIN:	Patrick Kelland
FEMALE CAPTAIN:	Maddy Bergfield
PUBLICITY:	Sue Vance
A.N.S.W. DELEGATES:	Ros Mitchell and Bruce Brown
A.N.S.W. CO-DELEGATES:	Betty Moore and Andrew Atkinson-Howatt
NORTHERN ZONE DELEGATE:	Andrew Atkinson-Howatt
COACHING CONVENER:	Ross Forster
SOCIAL ACTIVITIES:	Ann Arnott

## TREASURER

Seniors Division Accounts for the Season 2010 - 2011

<b>Income</b>		<b>Expenditure</b>		
Registrations	\$3,355.00	ANSW Affiliation and Insurance		\$630.00
Bank Interest	\$1.37	Registrations		\$1,588.50
Donations	\$3,057.00	Ribbons and Trophies		\$694.20
Uniform Sales	\$0.00	Athlete Donations		\$880.00
Trivia Night Proceeds	\$0.00	Competition Fees		\$280.00
		Freight, Stationary etc.		\$13.95
			<b>Total Expenditure</b>	<b>\$4,086.65</b>
			<b>Plus Net Income</b>	<b>\$2,326.72</b>
<b>Total Income</b>	<b>\$6,413.37</b>			<b>\$6,413.37</b>

## Bank Reconciliation Statement

Bank Statement - 31/3/10		<b>\$8,102.62</b>
Less last years un-presented cheques		
Plus Net Income	\$2,326.72	
Plus un-presented cheques this year		
Bank Statement – 31/3/10		<b>\$10,429.34</b>

## Donations to Athletes

2 athletes to Brisbane – A Pritchard and K Spencer	\$400.00
2 athletes to Melbourne – B Cox and K Spencer	\$400.00
	<b>\$800.00</b>

## Donations Received

From	General	City-to-Surf	Sydney Marathon	10KM Fun Run	Total
Bruce Brown		\$40.00	\$40.00	\$36.00	\$116.00
Ross Forster	\$40.00	\$40.00	\$40.00	\$36.00	\$156.00
Sue Vance		\$40.00	\$40.00	\$36.00	\$116.00
Tara Vance		\$40.00	\$40.00	\$36.00	\$116.00
Kate Kelland		\$40.00	\$40.00	\$36.00	\$116.00
Patrick Kelland		\$40.00			\$40.00
Nick Kelland		\$40.00			\$40.00
Sarah Kelland		\$40.00	\$40.00	\$36.00	\$116.00
Andrew Atkinson-Howatt		\$40.00	\$40.00	\$36.00	\$116.00
Lynette Smith		\$40.00	\$40.00	\$36.00	\$116.00
Ron Daniel			\$40.00		\$40.00
Ann Arnott		\$40.00			\$40.00
Keith Johnson			\$40.00		\$40.00
Warwick Spencer			\$40.00		\$40.00
Karen Lowe		\$40.00			\$40.00
Kimberley Lowe		\$40.00			\$40.00
Simon Bergfield		\$40.00	\$40.00	\$36.00	\$116.00
Louise Bergfield		\$40.00	\$40.00	\$36.00	\$116.00
James Bergfield		\$40.00	\$40.00	\$36.00	\$116.00
Maddy Bergfield		\$40.00	\$40.00	\$36.00	\$116.00
Andrea Spencer			\$40.00	\$36.00	\$76.00
Geoff Avery		\$40.00			\$40.00
Jason Chen		\$40.00			\$40.00
Jenny Campbell		\$40.00			\$40.00
Madeline Campbell		\$40.00			\$40.00
Kate Spencer			\$40.00	\$36.00	\$76.00
Ben Cox		\$40.00	\$40.00	\$36.00	\$116.00
Nicholas Spencer			\$40.00	\$36.00	\$76.00
Christopher Spencer			\$40.00		\$40.00
Roslyn Mitchell				\$36.00	\$36.00
NSW Masters	\$525.00*				\$525.00
Anonymous		\$200.00			\$200.00
	<b>\$565.00</b>	<b>\$1,080.00</b>	<b>\$800.00</b>	<b>\$612.00</b>	<b>\$3,057.00</b>

\* Includes \$275.00 Weight Pentathlon

**Ross Forster**  
**Treasurer - Seniors**

## **PRESIDENT**

The 2010/2011 Athletic season has been one of our most successful seasons with athletes doing P.B.'s, breaking club records and winning many medals in State and National Championships. This has been the result of the dedication and persistent coaching work by Ross Forster and Andrew Atkinson-Howatt and the loyalty shown to these coaches by the athletes. - Thank you Ross and Andrew.

We have a very enthusiastic Executive Committee who met regularly during the season: Ross Forster, Bruce Brown, Karen Lowe, Sue Vance, Andrew Atkinson-Howatt and Ann Arnott. We also have had the advice from our Patron, Betty Moore who has joined us at a meeting, as well as coming to our dinner outing in March.

Our athlete's achievements have been published in the TWT newspaper over the year and Ben Cox has been awarded Sports Star of the month in March. The 'Club 6' and Ryde Sports Foundation award \$1,000 to each monthly Sports star and in May a dinner is held to select the Sports Star of the Year, at which our Ryde parents and executive attend. Good luck Ben!

We have had excellent club participation in our fund raising activities: City to Surf, Blackmore Marathon and the 10k run. Everyone involved has enjoyed manning the stations and socialising with other club members.

Our Ryde Championships, held on a Sunday, has been another great success, with 9 records being set and 2 being equalled. (See Ross Forster's Report).

Congratulations to all our athletes on their results, but especially to the following athletes for their outstanding performances:

**KATE SPENCER:** Over the season Kate has won a medal in almost every race she has competed in, and sometimes has competed above her age group. Her events are, 800m, 1500m, 3000m, 2000m steeple chase, and Cross Country. Kate has won gold in these events at the C.H.S. Carnival, NSW All Schools, Australian All Schools, NSW Youth & Junior Championships and Australian Y & J. Championships. In the NSW Open 3K Championships, Kate won the Gold medal competing against athletes above her age group. Kate is still in Little A's and in their NSW and National Championships she won 3 gold in 800m, 1500m, and 3000m. - We have just received the news that Kate has been selected to compete at the Commonwealth Youth Championships on the 'Isle of Mans' later this year. - Congratulations Kate!

**BEN COX:** Over the season Ben has had consistent results winning medals in the Triple Jump and Long Jump. Ben has won gold in his events at the NSW Combined Catholic Colleges Carnival and NSW Youth & Junior Championships. From these achievements he has qualified and competed in the National Youth & Junior Championships and the National All Schools where he has gone on to win medals, gold, silver or bronze. Because Ben is still a Little A, he has competed in his Triple and Long Jump events and won gold and bronze in the State Championships.- Well done Ben!

**CAMERON PAPPAS:** Cameron is still a Little A, being only 15yrs old, but has competed in Senior events in High Jump, Triple jump and Hurdles. He has won gold medals in Triple jump and Long jump at NSW All Schools carnival, Australian All Schools, and NSW Youth & Junior Championships. In his Little A carnivals he has gone on to State Titles to win gold in his High Jump, Triple jump and Long Jump.

**MADDY BERGFELD:** Maddy is a 15 year old field event athlete and over the season she has improved in Discus, Shot putt, Javelin and Hammer. In her Broken Bay Catholic Schools carnival she won gold in Discus, Shot and Javelin, then went on to the NSW Combined Catholic Colleges Carnival to win silver in her Discus, and bronze in Javelin. Maddy has entered the NSW All Schools to win silver in the Discus and Bronze in the hammer, from this she qualified to compete at the Australian Youth and Junior Championships in Discus and Hammer Throw. She competed in the NSW Youth & Junior Championships and qualified for a third event (shot put) at the Australian Y&J Championships where once again, did a PB in her shot putt. In her Little A Championships, having qualified at the Regional, she went on to the State Titles to win Bronze with a PB in her Javelin event.

**SUE GORE:** We have many talented Master athletes and in the Women's events Sue Gore, competing in the 45-49 age group won Bronze in 800m and 5k walk at the Australian Masters Championships in Perth. Competing in the NSW Masters teams events, Sue won 3 gold and 1 silver in the relays with other athletes.

**ANDREW ATKINSON-HOWATT:** Andrew is a very regular competitor in Saturday competition in the 50-54 age group, at Rotary, Sopac and Interstate. As well as his own events, he coaches Ryde athletes in field events at Dunbar as well as taking photos of our athletes at Carnivals. His events are Javelin, Shot Putt, Hammer, Weight, especially Multi events and pentathlon (which also includes 200m and 1500m). In the NSW Relays, along with Robert Hanbury-Brown, Anatoly Kirivievsky and Voitek Klimiuk they won the silver medal in the Masters Shot Putt.

**VOITEK KLIMIUK-** Voitek is a new comer to our club, and competes in the 50-54 age group. In the Pan Pacific Games he won 3 gold in Discus, Javelin and Weight and also won bronze in the Shot Putt. In the Multi Events he won gold with 2,815 points with his Long Jump, Javelin, 200m, Discus and 1500m. He was in the team that won silver in the NSW Relays in the masters Shot Putt.

Many other athletes have improved their performances during the season and have competed regularly at Schools, Little A's and Senior competitions. Keep up the good work and do not stop training, as this will help you reach your goal.

Thank you to all coaches and parents who have helped our athletes during the season. We look forward to many more successful seasons.

**Ros Mitchell**  
**President - Seniors**

## REGISTRAR

This year showed a decrease in members from the previous year. We moved from a total of 77 last year to 67 this year.

Breakdown of our membership this year is as follows:-

Our registration numbers as at 31<sup>st</sup> March, 2011 are as follows:-

Officials	8
Open & Masters	14
Under 20	0
Under 18	2
Junior	0
Dual Registrations	<u>43</u>
	<u>67</u>

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

Male Officials	4	Female Officials	4
Male Open & Masters	12	Female Open & Masters	2
Male Under 20	0	Female Under 20	0
Male Under 18	0	Female Under 18	2
Male Junior	0	Female Junior	0
Male Dual Registrations	<u>15</u>	Female Dual Registrations	<u>28</u>
	<u>31</u>		<u>36</u>

\* Please note that Dual Registrations comprise 43 athletes from Ryde Juniors Division.

**Ross Forster**  
**Registrar - Seniors**

## **COACHING:**

Once again training during the winter was conducted at both Dunbar Park and at Rotary Field, Chatswood with Ross Forster. Although it is often very cold during winter the effort of training during this period sets up a substantial base for the summer competition. In order to alleviate the cold of winter a number of training sessions were held during the school holiday periods in April and July.

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.

Although we did not have a large number of athletes at the various carnivals held by Athletics NSW on the Saturday afternoons it was very gratifying to see the large numbers at the NSW All Schools and Youth Carnivals held this year. Congratulations must go to the 2 athletes who competed at the Australian All Schools Carnival in Melbourne and to the 11 athletes who competed at the Australian Youth Championships in Sydney.

**Ross Forster**  
**Coaching Convenor - Seniors**

## **PUBLICITY**

During the current season a large number of reports were submitted to the "Footprint".

Also an article was submitted to "The Weekly Times" in respect of the 11 athletes who had won selection to compete in the Australian Junior & Youth Championships held in Sydney during March of this year.

Ben Cox's achievements during this season were submitted to the Ryde Sports Foundation for consideration as "Athlete of the Month". It is very pleasing to report that Ben has been recognised for his efforts and, as a consequence, will receive \$1,000.00 for his efforts during the season. Ben was also awarded a trophy from Athletics NSW recognising his performances as an emerging athlete in the Triple Jump event.

**Sue Vance**  
**Publicity Officer - Seniors**

## **COMPETITION:**

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

The Australian Masters Athletics Championships were held on the new track in Perth from 2<sup>nd</sup> April to 5<sup>th</sup> April, 2010. Our Centre had 3 competitors at these Championships.

**Neil Holmes** finished 3<sup>rd</sup> in his heat of the Men's 45-49 100 metres event in a time of 12.44 seconds to qualify for the final. In the final, Neil finished 4<sup>th</sup> in a time of 12.40 seconds (tailwind of 2.8 metres/sec). Neil finished 5<sup>th</sup> in his 200 metres final, in a time of 25.82 seconds (tailwind of 2.8 metres/sec).

**Sue Gore** won a bronze medal in the 45-49 800 metres event in a time of 2 mins 41.07 secs. In her 1500 metres event Sue finished in 4<sup>th</sup> place with her time of 5 mins 39.36 secs. Sue gained a bronze medal in the 5000 metres Walk event with her time of 43 mins 17.02 secs.

**Andrew Atkinson-Howatt** finished in 5<sup>th</sup> place in the 50-54 Men's Hammer Throw event with his throw of 30.74 metres. In his Discus event Andrew finished in 4<sup>th</sup> place with his throw of 36.01 metres. Andrew gained his first medal at these Championships in the Javelin event when he finished 2<sup>nd</sup> with his throw of 43.35 metres. In his Weight Pentathlon event Andrew won the silver medal with his performances listed below:-

Event	Points	Event	Points	Event	Points	Event	Points	Event	Points	Total
Hammer		Shot Put		Discus		Javelin		Weight		
33.34m	494	10.08m	579	34.96m	563	42.22m	648	10.81m	566	2850

In his Pentathlon event Andrew finished in 4<sup>th</sup> place with the following results:-

Event	Points	Event	Points	Event	Points	Event	Points	Event	Points	Total
Long Jump		Javelin		200 metres		Discus		1500 metres		
3.93m	369	41.75m	639	30.46 secs	504	35.99	584	7:13.69	222	2318

### **2. NSW Novice Cross Country Championships**

The NSW Novice Cross Country Championships were run by St George District Athletics Club at Ramsgate.

**Michael Todd** finished 10<sup>th</sup> in the 10km event in a time of 34 mins 46 secs.

### **3. Balmoral Burn**

The Balmoral Burn Run was held on Sunday, 30<sup>th</sup> May and 2 of our members participated.

**James Bergfield and Patrick Kelland** were 2 of the 4 runners from Sydney Grammar who won the Team Relay event from 98 other teams in a time of 6 mins 19 secs. James' time was 1 min 31 secs whilst Patrick's time was 1 min 36 secs.



#### **4. Sydney North Cross Country Championships**

At the Sydney North Regional Cross Country Championships we were represented by 3 competitors.

**Kate Spencer** won the 15 years Girls 4 km event.

**Alex Pritchard** won the 2 km 12 years Boys Primary Schools event.

**Julian Moore** finished 4<sup>th</sup> in the 11 years Boys 2 km event.

#### **5. NSW Combined Independent Schools Cross Country Championships**

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

**Michael Todd** finished 2<sup>nd</sup> in the 18+ Boys 8 km event.

**James Bergfield** finished 14<sup>th</sup> in the 16 years Boys 6 km event.

**Patrick Kelland** finished 18<sup>th</sup> in the 16 years Boys 6 km event.

Both James and Patrick were members of the Sydney Grammar team which won the gold medal in the Teams event.

#### **6. NSW Short Course Cross Country Championships**

At the NSW Short Course Cross Country Championships held at Upjohn Park, Rydalmere we were represented by 5 athletes.

**Alex Pritchard** finished 6<sup>th</sup> in the Under 14 Boys 2.5km event and was the first 12 year old to finish.

**Julian Moore** finished in 10<sup>th</sup> position in the Under 12 Boys 1500 metre event.

**Jessie O'Brien** finished 10<sup>th</sup> in the Under 20 Women's 5km event.

**Sue Gore** finished 3<sup>rd</sup> in the 45-49 years Women's 5km event.

**Michael Todd** finished 3<sup>rd</sup> in the Under 20 Men's 5km event.

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

At the NSW All Schools Cross Country Championships we were represented by 5 athletes.

**Alex Pritchard** finished 2<sup>nd</sup> in the Primary Schools 12-13 Boys 3km event in a time of 10 mins 13 secs. Alex's team (Sydney North) finished 7<sup>th</sup>. Alex will travel to Brisbane for the Australian Cross Country Championships.

**Kate Spencer** finished 3<sup>rd</sup> in the 15 years Girls 4km event in a time of 13 mins 47 secs. Kate's team (Sydney North) finished 3<sup>rd</sup>. Kate will travel to Brisbane for the Australian Cross Country Championships.

**Michael Todd** finished 4<sup>th</sup> in the 18 years Boys 8km event in a time of 25 mins 49 secs. Michael's team (CIS) won the Teams event.

**Julian Moore** finished 10<sup>th</sup> in the Primary Schools 11 years Boys 3km event in a time of 10 mins 54 secs. Julian's team (Sydney North) finished 2<sup>nd</sup>.

**Zara Nicholas** finished 57<sup>th</sup> in the 14 years Girls 4km event in a time of 16 mins 27 secs. Zara's team (CCC) won the Teams event.

## **8. Sydney North High Schools Regional Carnival**

At the Sydney North High Schools Regional Carnival held at SOPAC on 26<sup>th</sup> & 27<sup>th</sup> July we were represented by 10 athletes.

**Isabella Hemming** finished 3<sup>rd</sup> overall in the 16 Girls 100 metres event in a time of 13.57 seconds. In her 200 metres event Isabella was the winner in a time of 27.05 seconds. Isabella was the 2<sup>nd</sup> leg runner in the Cheltenham 16 Girls Relay team which finished in 3<sup>rd</sup> place.

**Kate Spencer** finished 4<sup>th</sup> overall in the 15 Girls 400 metres event in a time of 64.39 seconds. In her 800 metres event Kate was the winner in a time of 2 mins 26.31 secs. Kate won her 1500 metres event in a time of 4 mins 59.72 secs. In her 3000 metres event Kate was again the winner in a time of 10 mins 18.78 secs.

**Maddison Ustonoglu** finished 3<sup>rd</sup> in the 12-14 Girls 1500 metres Race Walk in a time of 10 mins 07.86 secs. In her Javelin event Maddy finished 4<sup>th</sup> with her throw of 22.31 metres.

**Teresa Galati** finished 3<sup>rd</sup> in the 16 Girls 100 metres Hurdles event in a time of 19.28 seconds. In her High Jump event Teresa finished in 9<sup>th</sup> place. In the Long Jump event Teresa finished in 3<sup>rd</sup> place with her distance of 4.39 metres. Teresa finished 5<sup>th</sup> in the Triple Jump with her distance of 8.54 metres.

**Hayley Daniel** finished 4<sup>th</sup> in the 15 Girls Javelin event with her personal best throw of 25.39 metres.

**Antonio Galati** finished 10<sup>th</sup> in the 13 Boys 100 metres event in a time of 13.56 seconds.

**Josh Speed** finished 8<sup>th</sup> in the 16 Boys 200 metres event in a time of 24.96 seconds.

**Mackenzie Latimer-Hill** finished 12<sup>th</sup> in the 16 Boys 200 metres event in a time of 26.89 seconds.

**Cameron Pappas** won the 14 Boys High Jump with a personal best leap of 1.84 metres. In his Triple Jump Cameron was again the winner with his leap of 12.32 metres.

**Chris Spinks** finished 8<sup>th</sup> in the 15 Boys Long Jump event with his leap of 5.35 metres. In the 15 Boys Triple Jump event Chris finished 2<sup>nd</sup> with his leap of 11.69 metres. Chris finished in 5<sup>th</sup> place in his Javelin event with his throw of 35.70 metres.

## **9. Australian All Schools Cross Country Championships**

At the Australian Schools Cross Country Championships held in Brisbane from Saturday, 21<sup>st</sup> August to Monday, 23<sup>rd</sup> August our Centre was represented by 2 competitors.

**Alex Pritchard** placed 9<sup>th</sup> in the 12 year Boys Primary Schools 3km event.

**Kate Spencer** placed 20<sup>th</sup> in the 15 years Girls Secondary Schools 4km event.

## **10. Broken Bay Secondary Catholic Schools Carnival**

At the Broken Bay Catholic Schools Secondary Carnival we were represented by 3 competitors.

**Maddy Bergfield** set a new record in winning the 14 Girls Discus with her throw of 33.35 metres. In her Shot Put event she again set a new record with her throw of 11.48 metres – 3kg shot. Maddy also won the Javelin event with her winning throw of 25.33 metres.

**Nina Osada-Phornsiri** finished 2<sup>nd</sup> in the 12 Girls 100 metres event in a time of 14.09 seconds. In her 200 metres event Nina finished 4<sup>th</sup> with her time of 29.43 seconds. Nina won her 80 metre Hurdles event in a time of 15.5 seconds. In her High Jump event Nina recorded a pb and a new record for the carnival with her leap of 1.56 metres. Nina also set a record in her Long Jump event with a leap of 4.50 metres.

**Ellen Thompson** finished 2<sup>nd</sup> in the 15 Girls High Jump with her leap of 1.50 metres.

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

The NSW Combined High Schools Carnival was held over the three days from the 9<sup>th</sup> to 11<sup>th</sup> September and we were represented by 5 competitors.

**Kate Spencer** had an all the way win in the Open Girls 3000 metres event in a time of 10 mins 06.61 secs. In her 800 metres heat Kate finished 2<sup>nd</sup> in a time of 2 mins 23.55 secs to qualify for the final. Kate finished in 2<sup>nd</sup> place in the final with her time of 2 mins 18.97 secs. In her 1500 metres event Kate won her second silver medal for the Carnival with her time of 4 mins 44.19 secs.

**Isabella Hemming** finished 14<sup>th</sup> overall in the 16 Girls 200 metres event with her time of 28.12 seconds.

**Cameron Pappas** won a silver medal in the 14 Boys High Jump event with his leap of 1.80 metres. In his 100 metres Hurdles event Cameron qualified for the final with his time of 15.45 seconds. The final saw Cameron finish in 6<sup>th</sup> place with a time of 15.87 seconds. Cameron also contested the 15 years Boys Triple Jump event winning the bronze medal with his leap of 12.59 metres.

**Teresa Galati** qualified for the final of the 17+ Girls 100 metre Hurdles event when she finished 6<sup>th</sup> in her heat in a time of 17.86 seconds. In the final Teresa finished in 7<sup>th</sup> place with her time of 19.16 seconds.

**Chris Spinks** finished in 11<sup>th</sup> place in the 15 Boys Triple Jump event with his leap of 11.14 metres.

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

The NSW Combined Independent Schools Carnival was held on Tuesday, 14<sup>th</sup> September and we were represented by 2 athletes.

**Madeline Campbell** won a silver medal in the 16 years Girls 800 metres event in a personal best time of 2 mins 23.34 secs.

**Tara Vance** won a bronze medal in the 16 years Girls 400 metres event with her time of 61.17 seconds.

## **13. Pirtek All Stars Meet**

At the Pirtek All Stars Meet held at Homebush on Wednesday evening 15<sup>th</sup> September we had 1 athlete competing.

**Ben Cox** placed 2<sup>nd</sup> behind Fabrice Lapierre in the Long Jump event with his best leap of 6.83 metres.

## **14. NSW Combined Catholic Colleges Carnival**

The NSW Combined Catholic Colleges Championships were held on Friday, 15<sup>th</sup> September and we were represented by 7 athletes.

**Ben Cox** won 3 gold medals. In his first event – the 16 Boys Long Jump – Ben won with his leap of 6.69 metres. Ben's second gold medal came in the 16 Boys 4 x 100m Relay event when he ran the 3<sup>rd</sup> leg for Holy Cross College team which went on to victory in a time of 45.23 seconds. His 3<sup>rd</sup> gold medal came in the 16 Boys Triple Jump when he broke 14 metres for the 1<sup>st</sup> time and went on to win with his leap of 14.16 metres.

**Maddy Bergfield** won 2 medals in the Under 14 Girls events. Her Discus event was first up and Maddy won the silver medal with her throw of 31.53 metres. Maddy then took out the bronze medal in the Javelin event with her throw of 25.21 metres. In her Shot Put event Maddy finished in 4<sup>th</sup> place with her personal best throw of 9.39 metres (4kg).

**Paulina Peters** finished in 9<sup>th</sup> place in the 14 years 800 metres event with her time of 2 mins 41.26 secs.

**Nina Osada-Phornsiri** won the 12 years Girls 80 metres Hurdles event in a time of 14.47 seconds. In her 100 metres event Nina finished 3<sup>rd</sup> in a time of 13.82 seconds. Nina cleared 1.55 metres to win her High Jump event. In her Long Jump event Nina was again the winner with her leap of 4.77 metres.

**Zara Nicholas** finished 8<sup>th</sup> in the 12-14 years 1500 metre walk event in a time of 8 mins 42.43 secs. In her 400 metres event Zara finished in 4<sup>th</sup> place in a time of 63.97 seconds.

**Julia Parker** won the 16 years Girls Javelin throw with her throw of 28.60 metres. In her Discus event Julia was again the winner with her throw of 29.49 metres.

**Lloyd Parker** won the 17+ years Boys Javelin event with his throw of 55.29 metres.

## **15. GPS Athletics Carnival**

At the GPS Athletics Championships we were represented by 3 athletes. Two of the boys contested events in the Under 16's whilst our other boy was a contestant in an Under 14 event.

**Patrick Kelland** won a tactical battle in the Under 16 Boys 800 metres Championship race. Pat first took the lead at the 600 metre mark when he burst from 4<sup>th</sup> place to take the lead which he did not relinquish. Pat's time was 2 mins 03.57 secs – a time which is a national qualifier for the Australian Junior Championships 2011 to be held in Sydney. Pat was also the final leg runner for Sydney Grammar in the Junior 4 x 400 metre Relay in which his team finished in 5<sup>th</sup> place.

**James Bergfield** took on an exhausting schedule in contesting the Division 800 metres event, the Division 3000 metres event and the Championship 1500 metres event. First up for James was the 800 metres. James took the lead after about 170 metres and completely dominated the event with a runaway win in a personal best time of 2 mins 00.85 seconds. Like Pat James has qualified for the Australian Junior Championships with this very fast time. In the 3000 metres event, which was held too close to the 800 metres for James, he finished in 7<sup>th</sup> place in a time of 10 mins 02.6 secs. Despite having to contest the 1500 metres event as the last of his 3 runs James lifted to finish in 3<sup>rd</sup> place in the time of 4 mins 24.2 secs.

**Nick Kelland** finished 7<sup>th</sup> in the Under 14 Boys Shot Put event with a personal best throw of 10.24 metres.

## **16. NSW Combined Independent Schools (Junior) Carnival**

At the Junior CIS Carnival we were represented by 1 competitor.

**Sarah Kelland** threw 18.13 metres in the Turbo Javelin event to finish in 13<sup>th</sup> place in the Open event. In the 12 year Girls Shot Put event Sarah finished in 18<sup>th</sup> place with her throw of 6.36 metres.

## **17. NSW All Schools Athletics Championships**

At the NSW All Schools Athletics Championships we were represented by 10 competitors.

**Kate Spencer**, in her first ever Steeplechase run, became the NSW All Schools 15 years 2000 metres champion in a national qualifying time of 7 mins 11.17 secs. On the 2<sup>nd</sup> day of the Championships Kate contested the 3000 metres event to record an all the way win in a personal best time of 9 mins 53.91 secs – the first time Kate has broken the 10 minute barrier for this event. On Day 3 Kate contested the 1500 metres event and finished 3<sup>rd</sup> in a time of 4 mins 40.57 secs. Day 4 saw Kate contest the 800 metres event in which she finished 4<sup>th</sup> in her heat in a time of 2 mins 22.97 secs to qualify for the final. In the final Kate recorded a season's best time of 2 mins 16.27 secs to win the silver medal. With these results Kate has won the right to represent NSW at the Australian All Schools Championships 2010 in Melbourne in the 800 metres, 2000 metres Steeplechase and 3000 metres events. In addition Kate qualified to represent NSW at the Australian Junior Championships to be held in Sydney in 2011.

**James Bergfield** finished 3<sup>rd</sup> in the 16 years Boys 2000 metres Steeplechase event in a time of 6 mins 47.06 secs – a national qualifier. In his 3000 metres event James produced yet another national qualifying time of 9 mins 13.68 secs in winning the silver medal in this event. With 800 metres to go James strode to the lead and dragged 2 other competitors with him and although he was passed by both boys with 200 metres to go he was able to fight back and claim a convincing 2<sup>nd</sup> place in this event in a personal best time. James produced another personal best time by 9 seconds in finishing in 5<sup>th</sup> place in the 1500 metres event with his time of 4 mins 13.64 secs. On the Sunday James contested the 800 metres event and won his heat in a time of 2 mins 02.74 secs. Unfortunately a School commitment prevented him from contesting the final.

**Maddy Bergfield** contested all 4 throwing events in the 14 years Girls age group. In her Discus event Maddy produced a competition personal best throw of 34.13 metres to claim the silver medal. The Hammer Throw saw Maddy claim the bronze medal with her throw of 24.76 metres. In the Javelin event Maddy finished in 4<sup>th</sup> place with her throw of 27.69 metres. Maddy's 4<sup>th</sup> event saw her claim 5<sup>th</sup> spot in the Shot Put with a personal best throw of 9.67 metres. Maddy thus qualified for the Australian Junior Championships 2011 with her placings in the Discus and Hammer Throw events at these Championships.

**Cameron Pappas** contested 4 events at these Championships and finished with 3 wins and a 5<sup>th</sup> placing. In his High Jump event Cameron was way down on his best but still managed 5<sup>th</sup> place in the 14 years Boys High Jump event with his leap of 1.70 metres. However Cameron claimed a win in the 200 metres Hurdles event in a personal best time of 28.22 seconds. Cameron produced yet another personal best leap in his Triple Jump event with a distance of 12.63 metres. The Long Jump event saw Cameron claim his 3<sup>rd</sup> gold medal with a leap of 5.90 metres. Thus Cameron can contest the last 3 events at the 2011 Australian Junior Championships.

**Ben Cox** became the NSW All Schools 17 years Triple Jump Champion with his leap of 13.87 metres. In his 17 years Long Jump event Ben claimed the silver medal with his personal best leap of 6.96 metres. Thus Ben has won the right to represent NSW at the 2010 Australian All Schools Championships to be held in Melbourne and also to represent his state at the 2011 Australian Junior Championships in Sydney.

**Kimberley Lowe** may have contested only 1 event at these Championships but she made it count when she won a silver medal in the 16 years Girls Discus event with her throw of 30.11 metres.

**Tara Vance** contested both the 16 years Girls 400 and 800 metre events at these Championships. In her 400 metres heat Tara finished in 7<sup>th</sup> overall position in a time of 60.73 seconds to qualify for the final. In the Final Tara claimed 4<sup>th</sup> place in a time of 60.20 seconds. In her 800 metre final Tara won the bronze medal in a time of 2 mins 23.62 secs.

**Nick Kelland** competed in the 14 years Hammer Throw event and won a bronze medal with his throw of 22.76 metres.

As a consequence of their placings in their various events the above 8 athletes have qualified for the 2011 Australian Junior Championships to be held in Sydney.

**Nina Osada-Phornsiri** competed in 4 events at these Championships and produced the following results. In her 12 years Girls Long Jump event Nina produced a personal best leap of 4.94 metres to win the Long Jump event. Nina finished 4<sup>th</sup> in the 80 metres Hurdles event in a time of 14.47 seconds. In her 100 metres event Nina qualified for the final with her heat run of 13.86 seconds. The final saw Nina finish in 6<sup>th</sup> place with her time of 13.91 seconds. Nina also claimed 6<sup>th</sup> place in the High Jump event with her clearance of 1.40 metres.

**Madeline Campbell** contested both the 16 years Girls 400 and 800 metre events at these Championships. In her 400 metres heat Maddie finished in 11<sup>th</sup> overall position in a personal best time of 63.00 seconds. In her 800 metre final Madeline finished in 5<sup>th</sup> place in a time of 2 mins 28.04 secs.

### **18. Ryde Centre Championships**

The Ryde Centre Championships were held at Dunbar Park on Sunday, 31<sup>st</sup> October and we had a total of 19 athletes competing. Despite the attendance a total of 9 records were set and 2 other records were equalled. Maddy Bergfield set 2 records – in the Under 15 Girls Discus event (31.73 metres) and in the Hammer Throw (27.71 metres). Robert Hanbury-Brown also set 2 records – in the 50+ Veterans Discus (37.36 metres) and in the Hammer Throw (36.49 metres). Ben Cox set 2 records – in the Under 18 Boys Long Jump (6.38 metres) and in the High Jump where he equalled the existing record of 1.75 metres. Patrick Kelland set a new Under 16 Boys 1500 metres record (4 mins 41.0 secs). Kate Spencer also set a new 1500 metres record (5 mins 11.4 secs). Justin Sunderland set a new Under 12 Boys Discus record (25.17 metres). Clinton McEwan broke the Under 20 Boys High Jump record with his successful clearance at 1.75 metres. Brett Jovanovich equalled the Open Men's 100 metres record with his time of 11.2 seconds.

### **19. Pan Pacific Masters Games**

The Pan Pacific Masters Games were held at Southport over the period from 6<sup>th</sup> to 9<sup>th</sup> November and we were represented by 2 athletes.

**Voitek Klimiuk** won the Men's 50-54 Discus event with his throw of 40.85 metres. In his Shot Put event Voitek claimed the bronze medal with his effort of 10.92 metres. Voitek finished in 4<sup>th</sup> place in the Hammer Throw with his heave of 33.60 metres. In the Javelin event Voitek won the gold medal with his throw of 42.59 metres. Voitek won yet another gold medal in the Weight Throw event with his heave of 13.72 metres.

**Robert Hanbury-Brown** finished 3<sup>rd</sup> in the Men's 50-54 Discus event with his throw of 36.37 metres. In his Shot Put event Robert claimed the silver medal with his effort of 11.22 metres. Robert won another silver medal in the Hammer Throw with his heave of 35.54 metres. In the Javelin event Robert won the silver medal with his throw of 40.84 metres. Robert also won his first gold medal in the Pole Vault with his clearance at 2.40 metres.

In their Weight Pentathlon both Voitek and Robert performed extremely well:-

Voitek Klimiuk					
Hammer Throw	Shot Put	Discus Throw	Javelin Throw	Weight Throw	Total Points
37.57 metres	11.29 metres	39.64 metres	42.40 metres	12.50 metres	
587 points	681 points	675 points	619 points	627 points	3,189 points

Robert Hanbury-Brown					
Hammer Throw	Shot Put	Discus Throw	Javelin Throw	Weight Throw	Total Points
35.01 metres	10.61 metres	34.76 metres	40.58 metres	13.15 metres	
537 points	633 points	574 points	586 points	666 points	2,986 points

Voitek won the gold medal and Robert won the silver medal. Actually Voitek broke the State Record in this event.

At these Championships Voitek won 4 gold medals and 1 bronze medal. Whilst Robert won 1 gold medal, 4 silver medals and 1 bronze medal.

## **20. NSW Open 3000 metres Championship**

At the NSW Open 3000 metres Championships we were represented by 1 athlete.

**Kate Spencer** contested the Open 3000 metres Championships of NSW and was seeded into the "A" heat. At the start of the race Kate took off and led the field through the 1<sup>st</sup> 200 metres in a time of 31.6 seconds. In fact Kate led the race for almost 1400 metres before 2 AIS athletes took the lead to be followed by Belinda Martin. One of the Canberra athletes dropped out at the 2000 metre mark to leave Kate in 3<sup>rd</sup> place a position she maintained to the finish line. Kate's time was a personal best mark of 9 mins 49.09 secs and as she was the second NSW runner to cross the line she was awarded the silver medal in this event. Not too bad for a 15 year old girl in a NSW Open Championship event!!!

## **21 NSW Relay Championships**

The NSW Relay Championships (Seniors) was held over the weekend of 20<sup>th</sup> & 21<sup>st</sup> November and we entered a total of 8 teams achieving the following results.

**Under 14 Girls Shot Put** – our girls finished in 6<sup>th</sup> place and achieved these results:-

Niamh Simula	7.18 metres	Veronika Jukic	6.68 metres
Sarah Kelland	6.59 metres	Jessica Du	6.41 metres

**Open Mens Shot Put** – Despite the fact that all our men were Masters athletes they finished this event in 5<sup>th</sup> place.

Voitek Klimiuk	9.78 metres	Robert Hanbury-Brown	9.45 metres
Anatoly Kirievsky	9.27 metres	Andrew Atkinson-Howatt	8.35 metres



**Open Mens Discus** – In this event we finished in 6<sup>th</sup> place

Voitek Klimiuk	32.13	Robert Hanbury-Brown	28.60
	metres		metres
Andrew Atkinson-Howatt	28.53	Anatoly Kirievsky	25.37
	metres		metres

**Open Mens Javelin** – We finished in 5<sup>th</sup> place in this event

Voitek Klimiuk	37.57	Andrew Atkinson-Howatt	36.17
	metres		metres
Robert Hanbury-Brown	33.54	Anatoly Kirievsky	31.40
	metres		metres

**Girls Under 18 4 x 800 metres Relay** – In this event our girls won the gold medal.

Tara Vance led off the team and although she was 4<sup>th</sup> to finish her leg we were only about 7 metres from the lead. Maddie Campbell was our 2<sup>nd</sup> runner and she pulled us up to 2<sup>nd</sup> place. Paulina Peters ran our 3<sup>rd</sup> leg and when she finished this leg we were in 3<sup>rd</sup> spot. Kate Spencer started our last leg some 40 metres behind the leader and pulled us through to 1<sup>st</sup> place. This was a great run by all the girls and they thoroughly deserved their gold medal. Their average time for each leg was 2 mins 22 secs.

**Mens Masters Shot Put** – Our team won the silver medal in this event despite the fact that they were all aged above 50 years.

Robert Hanbury-Brown	10.89	Voitek Klimiuk	10.59
	metres		metres
Andrew Atkinson-Howatt	9.79	Peter Lang	8.34
	metres		metres

**Girls Under 18 4 x 400 metres Relay** – In this event our girls finished in 4<sup>th</sup> place. Tara Vance was again our lead runner, with Maddie Campbell taking over from Tara and Sam Rodgers completing the third leg with Kate Spencer again being our last runner. The total time by our girls for this event was 4 mins 01.69 secs. Their average time for each leg was 60.04 secs.

**Boys Under 18 4 x 800 metres Relay** – Our Boys finished 5<sup>th</sup> in this event. Patrick Kelland was our lead runner and he changed over to Aaron Wareham who in turn changed to James Gore who gave the baton to James Bergfield. Like our Under 18 Girls these boys are still eligible to compete in this age group next year.

**Sue Gore** competed in NSW Masters teams which won gold medals in the 120+ 4 x 100 metre event – gold in the 160+ 4 x 400 metre event and gold in the 200+ 4 x 200m Relay event. Sue then added a silver medal to her collection in the 160+ 4 x 100m Relay event.

## **22. Australian All Schools Championships**

At the Australian All Schools Championships held in Doncaster over the weekend of 4<sup>th</sup> & 5<sup>th</sup> December we were represented by 2 of our athletes.

**Ben Cox** finished 3<sup>rd</sup> in the Under 18 Mens Triple Jump event with his leap of 14.21 metres. In his Long Jump event Ben finished in 4<sup>th</sup> place with his leap of 6.85 metres. It should be noted that Ben was competing up an age for these events.

**Kate Spencer** continued her outstanding form this season when she won the Under 16 Girls 2000 metres Steeplechase event with her personal best time of 6 mins 59.08 secs. This time also broke the Under 16 Girls NSW Record for this event by over 10 seconds. In her 3000 metres event Kate was again the winner in a time of 10 mins 01.39 secs.

### 23. Australian Schools Knockout Final

At the Australian Schools Knockout Final we were represented by 1 athlete. This event was also held at the Doncaster track just the day after the Australian All Schools Championships.

**Maddie Campbell**, representing Loreto Normanhurst, finished 5<sup>th</sup> in the Intermediate Age Group 800 metres event with her time of 2 mins 24.73 secs. Maddie also ran the 400 metre leg for the school in the Swiss Medley Relay event.

### 24. Skins Meet

On Saturday, 18<sup>th</sup> December at the Skins Meet held at the Warm Up Track at Homebush we were represented by 3 athletes.

**Brett Jovanovich** reigned supreme in the 60 metres Dash which he won for the third consecutive year. In his heat Brett finished in 4<sup>th</sup> place in a time of 7.18 seconds (tailwind of 1.3 metres/sec) to advance to the semi-final. The semi-final saw Brett assert his dominance over the field when he won easing up in a time of 6.95 seconds (tailwind of 2.1 metres/sec). In the final Brett's start wasn't quite as good as in his semi, but he still won in a time of 6.85 seconds (tailwind of 0.3 metres/sec). Brett also contested the 100 yards event and again was the winner, breaking the 10 second barrier, in a time of 9.95 seconds (headwind of 1.4 metres/sec).

**Simon Butler-White** finished 2<sup>nd</sup> in his age group 400 metres event, in a club record time of 65.34 seconds.

**Robert Hanbury-Brown** won his age group Hammer event with his throw of 38.60 metres.

### 25. NSW Multi Event Championships

At the NSW Multi Event Championships held at Campbelltown we were represented by 4 athletes.

**Voitek Klimiuk** won the 50-54 years event in a State Record Point score of 2815 points.

Event	Points	Event	Points	Event	Points	Event	Points	Event	Points	Total
Long Jump		Javelin		200 metres		Discus		1500 metres		
4.55m	500	43.39m	637	29.99	463	42.03m	725	5:57.91	490	2815

**Simon Butler-White** finished 4<sup>th</sup> in this age group with his score of 2579 points.

Event	Points	Event	Points	Event	Points	Event	Points	Event	Points	Total
Long Jump		Javelin		200 metres		Discus		1500 metres		
4.63m	519	34.14m	470	28.67	555	31.53m	508	5:50.15	527	2579

**Andrew Atkinson-Howatt** finished in 8<sup>th</sup> place in this age group with his score of 1628 points.

Event	Points	Event	Points	Event	Points	Event	Points	Event	Points	Total
Long Jump		Javelin		200 metres		Discus		1500 metres		
3.80m	319	39.54m	567	36.75	113	35.84m	596	8:24.65	33	1628

**Robert Hanbury-Brown** finished in 9<sup>th</sup> place in this age group with his score of 1496 points.

Event	Points	Event	Points	Event	Points	Event	Points	Event	Points	Total
Long Jump		Javelin		200 metres		Discus		1500 metres		
3.55m	266	35.15m	488	36.81	111	36.51m	610	8:33.95	21	1496

## **26. NSW Youth & Junior Championships**

The NSW Youth and Junior Championships were held at Homebush from 11<sup>th</sup> to 13<sup>th</sup> February and our competitors totalled 13.

**Kate Spencer** competed in 3 events at these Championships. In her Under 18 3000 metres event held on the Friday evening Kate was the winner in a time of 10 mins 01.92 secs. On the Saturday afternoon Kate contested the 2000 metres Steeplechase event and again finished in 1<sup>st</sup> place in a time of 7 mins 01.48 secs. In her 800 metres heat Kate placed 3<sup>rd</sup> to advance through to the final in a time of 2 mins 16.27 secs. Kate placed 5<sup>th</sup> in the final with her time of 2 mins 15.95 secs.

**Ben Cox** broke our Club Record in winning the Under 18 Boys Long Jump event with his leap of 6.97 metres. In his Triple Jump event held on the Sunday Ben was again the winner with his leap of 14.09 metres.

**Cameron Pappas** also struck gold in the Under 16 Boys Triple Jump event with his leap of 12.97 metres. In his High Jump event Cameron finished in 4<sup>th</sup> place with his leap of 1.75 metres. Cameron also finished 4<sup>th</sup> in his Long Jump event with his leap of 6.08 metres.

**Nina Osada-Phornsiri** contested 5 events at these Championships. In the Under 14 Girls High Jump event Nina won a silver medal with her leap of 1.55 metres. Nina finished in 5<sup>th</sup> place in the Long Jump event with her leap of 4.73 metres. In her 200 metres event Nina placed 6<sup>th</sup> with her time of 28.92 seconds. Nina finished in 7<sup>th</sup> place in the 80 metres Hurdles event with her time of 14.97 seconds. In her 100 metres event Nina finished 10<sup>th</sup> with her time of 14.60 seconds.

**Sarah Kelland** won a bronze medal in the Under 14 Girls Javelin event with her throw of 23.55 metres. In her 3000 metres Walk event Sarah again won a bronze medal with her time of 19 mins 03.39 secs. To complete her weekend Sarah placed 7<sup>th</sup> in 2 other events. In her Discus event Sarah threw 19.30 metres and in her Shot Put event Sarah's throw measured 6.88 metres.

**Maddy Bergfield** finished in 4<sup>th</sup> place overall in the Under 16 Girls Shot Put with a personal best throw of 9.98 metres. In her Discus event Maddy finished in 5<sup>th</sup> place with her throw of 32.21 metres. Maddy finished in 6<sup>th</sup> place in her Javelin event with her throw of 27.73 metres. In her Hammer Throw event Maddy finished in 9<sup>th</sup> place with her throw of 24.12 metres.

**Nicola Bowtell** finished 5<sup>th</sup> in the Under 14 Girls 400 metres event in a personal best time of 66.53 seconds.

**James Bergfield** claimed 3 7<sup>th</sup> placings at these Championships. The first of these came in the Under 18 Boys 1500 metres event when James clocked a personal best time of 4 mins 12.64 secs. In his Shot Put event James also did a personal best throw of 12.77 metres to claim 7<sup>th</sup> spot. James also finished 7<sup>th</sup> in the 800 metres event. In his heat James finished 2<sup>nd</sup> in a time of 2 mins 00.90 secs and in the final James recorded a time of 2 mins 03.25 secs. James finished in 10<sup>th</sup> place in the 3000 metres event in a time of 9 mins 38.98 secs.

**Kimberley Lowe** finished in 9<sup>th</sup> place in the Under 18 Girls Discus event with her throw of 31.07 metres.

**Patrick Kelland** also claimed 9<sup>th</sup> place in the Under 18 Boys Shot Put event with his throw of 9.94 metres. In his 800 metres event Patrick's time was 2 mins 07.91 secs.

**Paulina Peters** finished in 10<sup>th</sup> place in the Under 16 Girls 1500 metres event with her time of 5 mins 16.80 secs.

**Nick Kelland** finished in 11<sup>th</sup> place in the Under 16 Boys Discus event with his personal best throw of 33.76 metres.

**Tara Vance** in her heat of the Under 18 Girls 400 metres event recorded a time of 61.36 seconds. In her 800 metres event Tara's time was 2 mins 24.11 secs.

As a result of their efforts at both this and the NSW All Schools Championships held earlier in the season we have a total of 11 athletes who will represent the State at the 2011 Australian Youth & Junior Championships to be held in Sydney. These athletes are James and Maddy Bergfield, Patrick, Nicholas & Sarah Kelland, Ben Cox, Cameron Pappas, Kate Spencer, Tara Vance, Nina Osada-Phornsiri and Kimberley Lowe.

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

The Little A's Regional Championships were held at Parramatta over the weekend of 19<sup>th</sup> and 20<sup>th</sup> February. A large number of Ryde athletes qualified for the State Championships.

**Hayley Daniel** qualified for the State Championships when she finished 3<sup>rd</sup> in the Under 17 Girls Javelin event with a personal best throw of 28.93 metres.

**Kate Spencer** also qualified by winning 3 events – the Under 17 Girls 800 metres in a time of 2 mins 25.45 secs – the 1500 metres in a time of 4 mins 48.95 secs and the 3000 metres in a time of 10 mins 48.31 secs.

**Ellen Thompson** finished 4<sup>th</sup> in the Under 17 Girls High Jump event with her clearance at 1.46 metres to also qualify.

**James Bergfield** qualified for the State titles in 5 events – James won both the Under 17 Boys 800 metres (2 mins 07.28 secs) and the 3000 metres (10 mins 05.44 secs). In the 1500 metres event James finished 2<sup>nd</sup> in a time of 4 mins 29.36 secs. James also claimed bronze medals in the Shot Put (11.75 metres) and Discus (33.28 metres).

**Ben Cox** won both his events – the Under 17 Boys Long Jump (6.60 metres) and the Triple Jump (14.13 metres). Both of these results broke the previous Region records.

**Patrick Kelland** qualified for the State Titles in the Under 17 Boys 800 metres event when he finished 3<sup>rd</sup> in a time of 2 mins 12.04 secs.

**Josh Speed** finished 7<sup>th</sup> in the Under 17 Boys Long Jump event with his leap of 5.58 metres.

**Maddy Bergfield** secured her qualifications for the State Titles in all 3 throwing events. In the Under 15 Girls Discus she threw 33.50 metres to finish 3<sup>rd</sup> and in the Javelin Maddy also finished 3<sup>rd</sup> with her throw of 29.87 metres. In her Shot Put event Maddy was 4<sup>th</sup> with her throw of 11.10 metres.

**Sachi Kayama** qualified for the State Titles in 5 events – in the Under 15 Girls Long Jump Sachi was the winner with her leap of 4.86 metres and she repeated that win in the Triple Jump with her leap of 10.63 metres. In her High Jump event Sachi cleared 1.53 metres to finish 3<sup>rd</sup> and she gained a further 2 bronze medals with her efforts in the 100 metres (13.65 secs) and in the 200 metres (27.02 secs).

**Paulina Peters** scored a double in winning both the Under 15 Girls 800 metres (2 mins 28.10 secs) and 1500 metres (5 mins 17.11 secs).

**Nick Kelland** qualified for the State Little A's Championships when he finished 3<sup>rd</sup> in the Under 15 Boys Javelin event with his throw of 35.79 metres.

**Cameron Pappas** qualified for the State titles in a total of 4 events – in his Under 15 Boys 100 metres Hurdles event Cameron finished 4<sup>th</sup> in a time of 14.92 seconds. Cameron went on to win his other 3 events – the High Jump 1.70 metres – the Long Jump 6.00 metres and the Triple Jump with a record breaking 13.44 metres.

**Stuart Williams** also qualified in 2 events for the State titles – the Under 14 Boys High Jump event in which he finished 2<sup>nd</sup> 1.64 metres and in the Discus event where he finished 3<sup>rd</sup> with his throw of 34.51 metres.

**Sarah Kelland** qualified for the State Championships with her 3<sup>rd</sup> place in the Under 13 Girls 1500 metres Walk event 9 mins 17.37 secs.

**Nina Osada-Phornsiri** qualified for the State titles with her 2<sup>nd</sup> placing in the Under 13 Girls Long Jump event 4.84 metres.

**Nicola Bowtell** also qualified for the State Championships in the Under 12 Girls 400 metres event in a time of 67.43 seconds and in the Discus event in which she finished 3<sup>rd</sup> with her throw of 29.12 metres.

## **28. Australian Youth & Junior Championships**

At the Australian Junior & Youth Championships our Centre was represented by a total of 11 athletes who competed over the period of 5 days from 10<sup>th</sup> to 14<sup>th</sup> March.

**Kimberley Lowe** finished in 13<sup>th</sup> place in the Under 18 Women's Discus event with her throw of 28.17 metres. This was Kim's first ever time at the National titles and despite her illness she could feel very proud of her efforts.

**Tara Vance** recorded a time of 2 mins 21.95 secs in her heat of the Under 18 Women's 800 metres event. Tara, like Kim, was injured and unable to compete at her best.

**Kate Spencer** won the Under 17 Women's 2000 metres Steeplechase event in a huge personal best time of 6 mins 40.92 secs. In this event Kate took off at the start and all that her fellow competitors saw of her after that was her back! In Melbourne in December Kate had broken the State Record by some 10 seconds. Here, in Sydney, she took another 19 seconds off that time. In fact Kate was less than a second off the World Youth qualifying time for this event. Kate was again the winner in her 3000 metres event, leading from start to finish, in a time of 9 mins 54.94 secs. In her 3<sup>rd</sup> event at this carnival Kate took out the silver medal in her 1500 metres event in a personal best time of 4 mins 30.59 secs.

**Maddy Bergfield** had a great carnival. In the Under 16 Women's Shot Put event Maddy finished in 6<sup>th</sup> place with a personal best throw of 10.07 metres. In her Discus event Maddy finished in 9<sup>th</sup> place with her effort of 32.24 metres. Maddy also contested the Hammer Throw event in which she finished in 8<sup>th</sup> position with her heave of 29.28 metres.

**Nina Osada-Phornsiri** was a competitor in the Under 14 Girls High Jump event. She was 1 of 3 girls left when all 3 failed at 1.58 metres. In the Jump-off Nina cleared this height to win the gold medal in this event. This height was a personal best leap by Nina. Nina also contested the Long Jump event in which she finished in 6<sup>th</sup> place with her leap of 4.70 metres.

**Sarah Kelland** finished in 8<sup>th</sup> place in the Under 14 Girls 3000 metres Walk event in a personal best time of 18 mins 51.14 secs.

**Patrick Kelland** recorded a time of 2 mins 08.65 secs in his heat of the Under 18 Men's 800 metres event.

**James Bergfield** finished in 9<sup>th</sup> place in the Under 18 Men's 2000 metres Steeplechase event in a time of 6 mins 44.34 secs. In his 3000 metres event James finished in 10<sup>th</sup> place in a time just outside his best – 9 mins 16.87 secs.

**Ben Cox won** the Under 18 Men's Triple Jump event with his leap of 14.37 metres. In this event Ben dominated the field to win the gold medal. In his Long Jump event Ben finished in 7<sup>th</sup> place with his jump of 6.78 metres.

**Cameron Pappas** dominated his opponents to win the gold medal in the Under 16 Boys Triple Jump event with his leap of 13.80 metres. All of Cameron's legal jumps were better than any of the second competitor's jumps. In his heat of the 200 metres Hurdles event Cameron finished in 4<sup>th</sup> position to qualify for the final in a time of 28.30 seconds. In the final Cameron improved his time to 27.01 seconds to place 6<sup>th</sup>. Cameron finished 6<sup>th</sup> in his Long Jump event with a leap of 6.19 metres. In his High Jump event Cameron finished 5<sup>th</sup> with a leap of 1.80 metres.

**Nick Kelland**, like most of his competitors, was affected by the conditions that prevailed throughout the Under 16 Boys Hammer Throw event, and threw 4 fouls. In this event a total of 19 fouls of 32 throws were recorded.

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

Over the weekend of 18<sup>th</sup> to 20<sup>th</sup> March the NSW Little Athletics Championships were held at Homebush. Our Seniors' section was represented by 14 athletes.

**Nicola Bowtell** finished 3<sup>rd</sup> in her heat of the Under 12 Girls 400 metres event in a personal best time of 64.78 seconds to advance to the final. In the final Nicola finished 8<sup>th</sup> in a time of 65.03 seconds.

**Nina Osada-Phornsiri** finished 5<sup>th</sup> in the Under 13 Girls Long Jump event with her leap of 4.82 metres.

**Sarah Kelland** also finished in 5<sup>th</sup> place in the Under 13 Girls 1500 metres Walk in a personal best time of 8 mins 17.92 secs.

**Cameron Pappas** won the Under 15 Boys Triple Jump event with his leap of 13.14 metres. In his 100 metres Hurdles heat Cameron finished 4<sup>th</sup> in a time of 14.74 seconds to qualify for the final. Cameron, in the final, improved by almost ½ second to record a pb of 14.26 seconds and finish in 7<sup>th</sup> position. In his High Jump event Cameron claimed 5<sup>th</sup> spot with his clearance at 1.70 metres. Cameron finished in 6<sup>th</sup> place in the Long Jump event with his leap of 5.82 metres.

**Nick Kelland** finished 9<sup>th</sup> in the Under 15 Boys Javelin event with his best throw of 35.19 metres.

**Sachi Kayama** finished in 5<sup>th</sup> position in the Under 15 Girls High Jump event with her clearance at 1.55 metres. In her Triple Jump event Sachi claimed 6<sup>th</sup> place with her best leap of 10.46 metres. Sachi finished 7<sup>th</sup> in the Long Jump event with her leap of 4.88 metres. In her 100 metres heat Sachi finished in 4<sup>th</sup> place with her time of 13.05 seconds to just miss qualifying for the final. Sachi ran 6<sup>th</sup> in her heat of the 200 metres event in a time of 26.88 seconds.

**Paulina Peters** finished 5<sup>th</sup> in the Under 15 Girls 800 metres event in a time of 2 mins 26.52 secs. In her 1500 metres event Paulina finished 7<sup>th</sup> with her time of 5 mins 14.36 secs.

**Maddy Bergfield** won the bronze medal in the Under 15 Girls Javelin event with her personal best throw of 31.98 metres. In her Discus event Maddy finished in 4<sup>th</sup> position with her throw of 34.52 metres. Maddy claimed 5<sup>th</sup> place in the Shot Put with her throw of 11.58 metres.

**Patrick Kelland** finished in 8<sup>th</sup> place in the Under 17 Boys 800 metres event in a time of 2 mins 08.07 secs.

**James Bergfield** won the Under 17 Boys 3000 metres event in a time of 9 mins 27.60 secs. In this race James led at the bell, and with 4 boys hot on his heels, defied them to beat him and came away in the home straight to win. In his 1500 metres event James claimed the bronze medal in a time of 4 mins 15.44 secs. In his 800 metres event James finished 4<sup>th</sup> with his time of 2 mins 03.55 secs. James finished 10<sup>th</sup> in the Discus event with his throw of 35.20 metres. In his Shot Put event James finished 13<sup>th</sup> with his throw of 11.70 metres.

**Ben Cox** won the Gold Medal Under 17 Boys Triple Jump event in a State Record distance of 14.13 metres. In his Long Jump event Ben claimed the Bronze Medal with his leap of 6.66 metres.

**Ellen Thompson** finished in 10<sup>th</sup> place in the Under 17 Girls High Jump event with her clearance at 1.50 metres.

**Hayley Daniel** placed in 13<sup>th</sup> position in the Under 17 Girls Javelin event with her throw of 24.22 metres.

**Kate Spencer** claimed 3 Gold Medals at this Carnival in the 3 distance events. In her 800 metres event Kate's winning time was 2 mins 15.23 secs. Kate won the 1500 metres in a time of 4 mins 42.04 secs. To round out her weekend Kate also claimed gold in the 3000 metres event in the State Record time of 10 mins 26.63 secs. In the 2 longer distance events Kate gave a classic display of front running.

### **30. NSW Open Championships**

At the NSW Open Championships we were represented by 1 athlete.

**Brett Jovanovich** finished 3<sup>rd</sup> in the 5<sup>th</sup> heat of the Open Men's 100 metres event in a time of 11.22 seconds (headwind of 1.5 metres/sec). In his Semi-final Brett finished in 7<sup>th</sup> place in a time of 11.13 seconds (headwind of 1.7 metres/sec).



**BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982**

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**MEN (as at 31/03/11)**

**100 metres**

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

**1500 metres**

11 years	David Forster	4:53.3h	82/83
12 years	David Forster	4:42.4h	83/84
13 years	Kevin Laws	4:28.4h	85/86
14 years	Michael Todd	4:07.18	06/07
15 years	Michael Todd	3:59.89	07/08
Under 18	Will Devjak	3:53.51	00/01
Under 20	Will Devjak	3:53.51	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+	Voitek Klimiuk	5:30.50	10/11

**200 metres**

11 years	David Forster	29.7h	82/83
12 years	Gareth Smith	28.2h	93/94
13 years	Ian Pereira	25.15	84/85
14 years	John Pearce	23.61	05/06
15 years	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**

11 years	Will Devjak	10:35.1h	94/95
12 years	Peter Cotton	10:37.52	86/87
13 years	Will Devjak	10:06.3h	95/96
14 years	Christopher Mills	9:22.19	87/88
15 years	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**

11 years	David Forster	63.2h	82/83
12 years	David Forster	62.7h	83/84
13 years	Ian Pereira	60.5h	84/85
14 years	David Forster	53.01	85/86
15 years	Neville Stanton	51.50	99/00
Under 18	Glen McCarthy	49.10	87/88
Under 20	Glen McCarthy	49.10	87/88
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+	Voitek Klimiuk	64.32	10/11

**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**

12 years	Peter Cotton	9:17.6h	86/87
13 years	Patrick Kelland	7:02.60	08/09
14 years	Will Devjak	6:40.2h	97/98
15 years	Will Devjak	6:20.1h	98/99
Under 18	Will Devjak	5:53.46	00/01
Under 20	Will Devjak	5:53.46	00/01

**800 metres**

11 years	Will Devjak	2:19.1h	94/95
12 years	Will Devjak	2:18.4h	95/96
13 years	Kevin Laws	2:10.75	85/86
14 years	David Forster	2:00.23	85/86
15 years	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+	Voitek Klimiuk	2:35.04	10/11

**3000 metres Steeplechase**

Under 18	Will Devjak	9:23.63	00/01
Under 20	Will Devjak	9:23.63	00/01
Open	Christopher Mills	9:37.6h	93/94
Vet 50+			

## BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

### MEN (as at 31/03/11)

#### 1500 metres Walk

11 years	David Forster	8:51.4h	82/83
12 years	David Forster	9:00.2h	83/84
13 years	Michael Cooper	10:35.1h	88/89
14 years	Matthew Spackman	8:49.9h	88/89
15 years	Adam Page	8:35.2h	91/92
Under 18	Adam Page	8:35.2h	91/92
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

11 years	Shannon Wolfers	20:28.8h	92/93
12 years	Michael Jones	17:55.1h	86/87
13 years	Michael Jones	16:51.0h	87/88
14 years	Matthew Spackman	16:35.0h	88/89
15 years			

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

11 years	Peter Cotton	15.7h	85/86
12 years	Adam Hoey	13.47	91/92

#### 90 metres Hurdles

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

#### 100 m Hurdles

13 Years	Grant Mitchell	16.72	86/87
14 Years	Cameron Pappas	14.26	10/11
15 Years	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

#### Pentathlon

Vet 35-39			
Vet 40-44	Andrew Atkinson-Howatt	2512 pts	01/02
Vet45-49	Andrew Atkinson-Howatt	2595 pts	05/06
Vet 50+	Voitek Klimiuk	2815 pts	10/11

#### 110m

##### Hurdles

Under 17	Brian Chappell	15.15	96/97
Under18	Craig Birdsall	15.10	98/99
Under 20	Clinton McEwan	15.93	09/10
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

11 Years	Will Devjak	33.9h	94/95
12 Years	Adam Hoey	34.3h	91/92
13 Years	Brian Chappell	30.6h	93/94
14 Years	Brian Chappell	26.04	94/95
15 Years	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

11 Years	Peter Cotton	54.6h	85/86
12 Years	Grant Mitchell	54.8h	85/86
13 Years			
14 Years	Kevin Laws	47.5h	85/86
15 Years	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 m

##### Hurdles

11 Years	Peter Cotton	84.2h	85/86
12 Years	Grant Mitchell	86.3h	85/86
15 Years	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

15 Years	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

##### 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	3208 pts	08/09

## BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

### MEN (as at 31/03/11)

#### Shot Put

11 years	Alan Menin	10.52m	85/86
12 years	David Page	9.15m	91/92
13 years	Michael West	11.60m	89/90
14 years	David Forster	12.12m	85/86
15 years	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+	Robert Hanbury-Brown	11.31m	10/11

#### Pole Vault

12 Years	Peter Cotton	1.80m	86/87
	Michael Jones	1.80m	86/87
13 years	Michael Jones	2.00m	87/88
14 years	Brian Chappell	2.00m	94/95
15 years	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+	Robert Hanbury-Brown	2.40m	10/11

#### Discus

11 years	Alan Menin	27.52m	85/86
12 years	Peter Cotton	25.50m	86/87
13 years	David Forster	31.02m	84/85
14 years	Mua Morris	41.23m	03/04
15 years	Calum Winsor	45.98m	03/04
Under 18	Lloyd Parker	43.17m	06/07
Under 20	Lloyd Parker	38.45m	09/10
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+	Voitek Klimiuk	42.19m	10/11

#### High Jump

11 years	David Forster	1.38m	82/83
12 years	Andrew Crews	1.67m	85/86
13 years	Cameron Pappas	1.75m	09/10
14 years	Cameron Pappas	1.84m	10/11
15 years	Rory Tarnow-Mordi	1.77m	06/07
Under 18	Michael Dunne	1.85m	99/00
Under 20	Michael Dunne	1.85m	99/00
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

11 years	Peter Cotton	21.16m	85/86
12 years	Nick Kelland	28.72m	08/09
13 years	Michael Jones	40.26m	87/88
14 years	Patrick Kelland	37.84m	08/09
15 years	Lloyd Parker	50.85m	07/08
Under 18	Lloyd Parker	55.19m	08/09
Under 20	Lloyd Parker	51.48m	09/10
Open	Jeff Hailey	56.20m	99/00
Vet 30-39	Jeff Hailey	56.20m	99/00
Vet 40-49	Jeff Hailey	55.47m	01/02
Vet 50+	Andrew Atkinson-Howatt	47.73m	07/08

#### Long Jump

11 years	Geoff Davies	5.30m	85/86
12 years	David Massey	5.34m	89/90
13 years	Matthew Crooks	5.57m	97/98
14 years	Cameron Pappas	6.35m	10/11
15 years	Len Pearce	6.61m	06/07
Under 18	Ben Cox	6.97m	10/11
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 40-49	Peter Collins	5.98m	90/91
Vet 50+	Voitek Klimiuk	4.45m	10/11

#### Hammer

11 years	Patrick Kelland	16.27m	06/07
12 years	David Page	17.92m	91/92
13 years	Peter Cotton	24.18m	87/88
14 years	Nicholas Kelland	32.36m	10/11
15 years	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+	Voitek Klimiuk	38.96m	10/11

#### Triple Jump

11 years	David Massey	9.74m	88/89
12 years	Geoff Davies	10.60m	86/87
13 years	Cameron Pappas	12.42m	09/10
14 years	Cameron Pappas	13.80m	10/11
15 years	Len Pearce	14.12m	06/07
Under 18	Len Pearce	14.45m	08/09
Under 20	Len Pearce	14.45m	08/09
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 31/03/10)

#### 100 Metres

11 years	Jamie Casaclang	13.1h	00/01
12 years	Rachael Massey	12.96	88/89
13 years	Annaliese Gardiner	12.36	05/06
14 years	Rachael Massey	12.23	90/91
15 years	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

11 years	Larissa West	5:15.2h	88/89
12 years	Elizabeth Cotton	5:03.18	87/88
13 years	Lucy Starrat	5:00.6h	01/02
14 years	Kate Spencer	4:33.28	09/10
15 years	Kate Spencer	4:30.59	10/11
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

11 years	Jamie Casaclang	27.2h	00/01
12 years	Jamie Casaclang	26.0h	01/02
13 years	Rachael Massey	25.78	89/90
14 years	Rachael Massey	25.17	90/91
15 years	Jamie Casaclang	24.71	04/05
Under 18	Merryn Aldridge	24.65	99/00
Under 20	Vicky Pigginn	24.39	94/95
	Merryn Aldridge	24.39	99/00
Open	Rachael Massey	23.62	96/97
Vet 28-34	Rachael Jackson	24.71	07/08
Vet 35+	Sharon Aldridge	27.10	94/95

#### 3000 Metres

11 years	Megan Cotton	12:02.7h	87/88
12 years	Lisa Collins	11:27.7h	92/93
13 years	Lisa Collins	11:43.4h	93/94
14 years	Kate Spencer	10:01.98	09/10
15 years	Kate Spencer	9:48.90	10/11
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

#### 400 Metres

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

#### 5000 Metres

Under 20	Christine Gosling	23:20.1h	92/93
Open	Yvette Cotton	19:10.7h	92/93

#### 2000 Metres Steeplechase

11 years	Elizabeth Cotton	9:35.0h	86/87
12 years	Tara Vance	7:54.29	07/08
13 years	Tara Vance	7:38.8h	07/08
14 years	Lucy Polkinghorne	7:33.45	00/01
15 years	Kate Spencer	6:40.92	10/11
Under 18	Lucy Polkinghorne	7:00.94	02/03
Under 20	Katie Jameson	7:45.70	06/07

#### 800 Metres

11 years	Larissa West	2:30.97	88/89
12 years	Tara Vance	2:22.58	06/07
13 years	Tara Vance	2:20.13	07/08
14 years	Kate Spencer	2:14.56	09/10
15 years	Kate Spencer	2:15.23	10/11
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	2:35.17	08/09

#### 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**

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**WOMEN (as at 31/03/10)**

**1500 Metres Walk**

11 years	Natalie Cummings	7:38.54	85/86
12 years	Natalie Cummings	8:21.4h	86/87
13 years	Julie Davis	7:43.0h	82/83
14 years	Carolyn Little	7:56.21	91/92
15 years	Yvette Cotton	7:38.0h	86/87
Under 18	Sharon Cummings	7:19.0h	86/87
Under 20	Sharon Cummings	7:19.0h	86/87
Open	Sharon Cummings	7:19.0h	86/87
Vet 28-34	Anne Francis	10:50.0h	88/89
Vet 35+	Sue Curry	10:05.0h	91/92

**100 Metres Hurdles**

11 years			
12 years			
13 years			
14 years			
15 years	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**

11 years	Karen Hoey	16:44.4h	91/92
12 years	Natalie Cummings	18:28.0h	86/87
13 years	Natalie Cummings	17:22.0h	87/88
14 years	Carolyn Little	17:13.4h	91/92
15 years	Carolyn Little	17:54.1h	92/93
Under 18	Sharon Cummings	16:20.0h	85/86
Under 20	Sharon Cummings	16:20.0h	85/86
Open	Yvette Cotton	15:37.6h	93/94
Vet 28-34			
Vet 35+	Sue Curry	21:10.3h	89/90

**200 Metres Hurdles**

11 years	Megan Cotton	35.7h	87/88
12 years	Megan Cotton	34.1h	88/89
13 years	Annaliese Gardiner	32.15	05/06
14 years	Rachel Neylan	29.2h	96/97
15 years	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**

11 years			
12 years			
13 years			
14 years	Rachel Neylan	45.41	96/97
15 years	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**

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

**90 Metres Hurdles**

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

**400 Metres Hurdles**

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

## BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

### WOMEN (as at 31/03/10)

#### Shot Put

11 years	Megan Cotton	7.92m	87/88
12 years	Maddy Bergfield	9.58m	08/09
13 years	Maddy Bergfield	10.87m	09/10
14 years	Elizabeth Cotton	11.23m	90/91
15 years	Maddy Bergfield	10.07m	10/11
Under 18	Laura Cornford	10.51m	04/05
Under 20	Laura Cornford	10.51m	04/05
Open	Laura Cornford	10.51m	04/05
Vet 28-34			
Vet 35+	Helen Searle	12.59m	93/94

#### High Jump

11 years	Megan Cotton	1.35m	87/88
12 years	Nina Osada-Phornsiri	1.56m	10/11
13 years	Alexandra Church	1.72m	97/98
14 years	Alexandra Church	1.74m	98/99
15 years	Alexandra Church	1.74m	99/00
Under 18	Alexandra Church	1.82m	01/02
Under 20	Alexandra Church	1.82m	01/02
Open	Alexandra Church	1.82m	01/02
Vet 28-34			
Vet 35+	Margaret Chappell	1.35m	90/91

#### Discus

11 years	Maddy Bergfield	25.68m	07/08
12 years	Kimberley Lowe	31.46m	06/07
13 years	Cassie Hewitt	39.59m	06/07
14 years	Cassie Hewitt	35.53m	07/08
15 years	Maddy Bergfield	34.52m	10/11
Under 18	Laura Cornford	36.15m	04/05
Under 20	Laura Cornford	36.15m	04/05
Open	Laura Cornford	36.15m	04/05
Vet 28-34			
Vet 35+	Helen Searle	30.64m	94/95

#### Long Jump

11 years	Janet Gault	4.69m	89/90
12 years	Janet Gault	4.96m	90/91
13 years	Nina Osada-Phornsiri	4.82m	10/11
14 years	Megan Cotton	5.44m	90/91
15 years	Megan Cotton	5.66m	90/91
Under 18	Vicky Pigginn	5.89m	92/93
Under 20	Vicky Pigginn	6.20m	94/95
Open	Vicky Pigginn	6.36m	97/98
Vet 28-34			
Vet 35+	Margaret Chappell	4.72m	90/91

#### Javelin

11 years	Margaret Gault	19.50m	91/92
12 years	Sarah Kelland	23.55m	10/11
13 years	Cassie Hewitt	31.84m	06/07
14 years	Maddy Bergfield	31.08m	10/11
15 years	Laura Cornford	41.21m	03/04
Under 18	Laura Cornford	45.52m	04/05
Under 20	Laura Cornford	45.52m	04/05
Open	Mary Thomas	46.98m	82/83
Vet 28-34			
Vet 35+	Mary Thomas	46.98m	82/83

#### Triple Jump

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

#### Hammer

11 years	Margaret Gault	15.54m	91/92
12 years	Kimberley Lowe	20.39m	06/07
13 years	Suzy Della-Porta	13.08m	91/92
14 years	Maddy Bergfield	24.76m	10/11
15 years	Maddy Bergfield	29.28m	10/11
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

13 years	Elizabeth Cotton	3679 pts	89/90
14 years	Megan Cotton	4265 pts	90/91
15 years	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 2010**

**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 Piggin	12.1	1994
Open	Rachael Massey	11.8	1996
Vet 30+	Sharon Aldridge	13.2	1996
Vet 40+			
Vet 50+			

**200 Metres**

Under 12	Lisa Farmer	30.0	1993
Under 13	Jamie Casaclang	27.1	2001
Under 14	Rachael Massey	27.8	1989
Under 15	Rachael Massey	26.6	1990
Under 16	Rachael Massey	25.8	1991
Under 18	Rachael Massey	25.9	1992
Under 20	Vicky Piggin	26.3	1994
Open	Rachael Massey	25.5	1996
Vet 30+	Sharon Aldridge	27.9	1993
Vet 40+			
Vet 50+			

**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 Piggin	62.2	1994
Open	Tara Millgate	62.8	2006
Vet	Margaret Chappell	68.3	1992

**800 Metres**

Under 12	Megan Cotton	2:33.0	1987
Under 13	Jamie Casaclang	2:35.4	2001
Under 14	Tara Vance	2:34.4	2007
Under 15	Kate Spencer	2:27.8	2009
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 30+	Sue Gore	2:52.9	1992
Vet 40+	Sue Gore	2:40.6	2009
Vet 50+			

**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 30+	Carl Casaclang	11.9	2002
Vet 40+			
Vet 50+			

**200 Metres**

Under 12	David Forster	29.7	1982
Under 13	Antonia Galati	28.2	2009
Under 14	Ian Pereira	26.1	1984
Under 15	Brian Chappell	24.5	1994
Under 16	Patrick Kong	24.5	2009
Under 18	Ian Pereira	23.0	1988
Under 20	Glen McCarthy	22.4	1988
Open	Brett Jovanovich	22.8	2009
Vet 30+	Carl Casaclang	24.6	2001
Vet 40+			
Vet 50+			

**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 30+	Greg Boyce	54.1	2006
Vet 40+			
Vet 50+			

**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	James Bergfield	2:11.8	2009
Under 18	Scott Collins	2:17.4	1994
Under 20	Craig Birdsall	3:06.2	2001
Open	Will Devjak	2:01.8	2003
Vet 30+	Greg Boyce	2:04.8	2005
Vet 40+			
Vet 50+			

**RYDE ATHLETICS CENTRE – SENIORS DIVISION**

**CENTRE RECORDS 2010**

**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	Kate Spencer	5:11.4	2010
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			
Vet 40+	Sue Gore	5:52.0	2008
Vet 50+			

**1500m Walk**

Under 12	Natalie Cummings	8:14.5	1985
Under 13	Natalie Cummings	8:42.6	1986
Under 14	Katie Rosa	10:06.2	2009
Under 15	Carolyn Little	8:02.8	1981
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 30+			
Vet 40+	Sue Gore	10:15.8	2007
Vet 50+			

**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
Vet	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	Patrick Kelland	4:41.0	2010
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
Vet 40+			
Vet 50+			

**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
Vet 40+			
Vet 50+			

**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**

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**CENTRE RECORDS 2010**

**GIRLS**

**Javelin**

Under 12	Margaret Gault	19.50m	1992
Under 13	Elizabeth Cotton	22.03m	1988
Under 14	Julia Parker	28.94m	2007
Under 15	Cassie Hewitt	28.54m	2007
Under 16	Laura Cornford	36.81m	2003
Under 18	Elizabeth Cotton	30.18m	1992
Under 20	Elizabeth Cotton	32.08m	1994
Open	Yvette Cotton	23.88m	1991
Vet 30+	Helen Searle	22.38m	1991
Vet 40+			
Vet 50+			

**Discus**

Under 12	Cassie Hewitt	20.70m	2005
Under 13	Cassie Hewitt	28.59m	2006
Under 14	Yvette Cotton	26.44m	1984
Under 15	Maddy Bergfield	31.73m	2010
Under 16	Megan Cotton	30.20m	1991
Under 18	Laura Cornford	28.12m	2004
Under 20	Nicola Jones	33.28m	2004
Open	Yvette Cotton	27.84m	1991
Vet	Helen Searle	26.82m	1991
Vet 40+			
Vet 50+			

**Shot Put**

Under 12	Maddy Bergfield	7.86m	2008
Under 13	Megan Cotton	8.97m	1988
Under 14	Maddy Bergfield	10.87m	2009
Under 15	Elizabeth Cotton	9.41m	1990
Under 16	Tina Brown	9.69m	1982
Under 18	Yvette Cotton	8.99m	1987
Under 20	Ruth Fyfe	9.70m	1984
Open	Yvette Cotton	8.78m	1991
Vet	Helen Searle	10.46m	1991
Vet 40+			
Vet 50+			
Vet 60+			

**Hammer**

Under 12	Margaret Gault	15.54m	1991
Under 13	Kimberley Lowe	20.39m	2006
Under 14	Alyssa Ross	11.48m	2004
Under 15	Maddy Bergfield	27.71m	2010
Under 16	Olivia McConnell	25.26m	2006
Under 18	Joan Capper	27.56m	1983
Under 20	Joan Capper	31.96m	1984
Open	Natalie Sing	17.96m	2006
Vet	Narelle Page	20.64m	1991
Vet 40+			
Vet 50+			

**BOYS**

**Javelin**

Under 12	Peter Cotton	21.16m	1985
Under 13	Gareth Smith	23.36m	1993
Under 14	David Forster	33.06m	1984
Under 15	Brian Chappell	34.22m	1994
Under 16	Glen McCarthy	32.60m	1985
Under 18	Lloyd Parker	46.12m	2007
Under 20	Brent Page	37.36m	1992
Open	David Strong	41.30m	1986
Vet 30+			
Vet 40+	Andrew Atkinson-Howatt	43.50m	2001
Vet 50+	Andrew Atkinson-Howatt	43.98m	2009

**Discus**

Under 12	Justin Sunderland	25.17m	2010
Under 13	Peter Cotton	25.50m	1986
Under 14	David Forster	30.84m	1984
Under 15	Mua Morris	41.23m	2003
Under 16	Sean Brennan	40.56m	1983
Under 18	John Pearce	31.70m	2008
Under 20	Brent Page	33.60m	1992
Open	Darren Wilson	36.82m	1992
Vet			
Vet 40+			
Vet 50+	Robert Hanbury-Brown	37.36m	2010

**Shot Put**

Under 12	David Forster	7.80m	1982
Under 13	David Forster	8.83m	1983
Under 14	Mua Morris	10.68m	2002
Under 15	Craig Sanders	11.73m	1984
Under 16	David Forster	11.66m	1986
Under 18	Geoff Davies	12.15m	1991
Under 20	Brent Page	11.33m	1993
Open	Darren Wilson	11.96m	1992
Vet			
Vet 40+			
Vet 50+	Andrew Atkinson-Howatt	11.01m	2009
Vet 60+	Andrew Della-Porta	9.17m	2009

**Hammer**

Under 12	Patrick Kelland	16.27m	2006
Under 13	David Page	17.92m	1991
Under 14	Mua Morris	23.39m	2002
Under 15	Lloyd Parker	24.14m	2006
Under 16	Steve Capper	28.40m	1983
Under 18	Steve Capper	36.78m	1984
Under 20	Andrew Jackson	27.52m	1990
Open	Andrew Atkinson-Howatt	32.31m	2008
Vet			
Vet 40+			
Vet 50+	Robert Hanbury-Brown	36.49m	2010

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## RYDE ATHLETICS CENTRE – SENIORS DIVISION

### CENTRE RECORDS 2010

#### GIRLS

##### High Jump

Under 12	Margaret Gault	1.25m	1991
Under 13	Beth Chilcott	1.42m	2006
Under 14	Megan Cotton	1.45m	1989
Under 15	Christine Nettle	1.55m	1990
Under 16	Christine Nettle	1.45m	1991
Under 18	Karina Longshaw	1.50m	1987
	Sharon McConkey	1.50m	1990
Under 20	Christine Gosling	1.47m	1992
Open	Natalie Sing	1.47m	2006
Vet	Margaret Chappell	1.35m	1990
Vet 40+			
Vet 50+			

##### Long Jump

Under 12	Megan Cotton	4.11m	1987
Under 13	Janet Gault	4.66m	1990
Under 14	Janet Gault	4.65m	1991
Under 15	Megan Cotton	5.10m	1990
Under 16	Bridget Oakley	5.18m	2004
Under 18	Kate Harvey	4.95m	1991
Under 20	Vicky Pigginn	5.85m	1994
Open	Kerry Waite	5.00m	1982
Vet	Sharon Aldridge	4.37m	1994
Vet 40+			
Vet 50+			

##### Triple Jump

Under 12	Cassie Hewitt	8.76m	2005
Under 13	Janet Gault	10.04m	1990
Under 14	Christine Nettle	10.06m	1989
Under 15	Shannon Arnott	10.11m	2001
Under 16	Tara Vance	10.52m	2009
Under 18	Kate Harvey	10.90m	1991
Under 20	Rasvinder Gill	10.66m	2003
Open	Yvette Cotton	9.05m	1991
Vet	Margaret Chappell	9.91m	1990
Vet 40+			
Vet 50+			

##### Pole Vault

Under 12			
Under 13			
Under 14			
Under 15			
Under 16			
Under 18	Elizabeth Cotton	1.85m	1993
Under 20	Elizabeth Cotton	1.88m	1994
Open			
Vet	Margaret Chappell	1.65m	1993
Vet 40+			
Vet 50+			

#### BOYS

##### High Jump

Under 12	David Massey	1.32m	1986
Under 13	Peter Cotton	1.46m	1986
Under 14	Nikita Marokakis	1.58m	2002
Under 15	Rory Tarnow-Mordi	1.65m	2006
Under 16	Clinton McEwan	1.70m	2006
Under 18	John Pearce	1.75m	2008
	Ben Cox	1.75m	2010
Under 20	Clinton McEwan	1.75m	2010
Open	Andrew Jackson	1.75m	1994
Vet	Peter Collins	1.60m	1993
Vet 40+			
Vet 50+			

##### Long Jump

Under 12	David Massey	4.74m	1988
Under 13	David Massey	4.91m	1989
Under 14	Nikita Marokakis	5.26m	2002
Under 15	Brian Chappell	5.57m	1994
Under 16	John Pearce	6.15m	2006
Under 18	Ben Cox	6.38m	2010
Under 20	Brent Page	6.38m	1993
Open	Brett Jovanovich	6.44m	2008
Vet	Peter Collins	5.47m	1993
Vet 40+			
Vet 50+			

##### Triple Jump

Under 12	Brian Chappell	9.03m	1991
Under 13	Len Pearce	11.14m	2003
Under 14	Antonio Morris	10.99m	2003
Under 15	Glen McCarthy	11.65m	1984
Under 16	Brent Page	12.43m	1990
Under 18	Len Pearce	13.17m	2007
Under 20	Brent Page	13.03m	1993
Open	Andrew Jackson	12.70m	1994
Vet	Peter Collins	11.78m	1993
Vet 40+	David Sunderland	9.09m	2009
Vet 50+	Ron Daniel	7.84m	2009

##### Pole Vault

Under 12			
Under 13	Gareth Smith	1.30m	1993
Under 14	Brian Chappell	1.85m	1993
Under 15	Brian Chappell	2.00m	1994
Under 16	Brian Chappell	2.14m	1995
Under 18	Brian Chappell	2.00m	1996
Under 20	Brendan Mills	2.80m	1993
Open	Brendan Mills	2.80m	1994
Vet	Ray Brookes	2.80m	1997
Vet 40+			
Vet 50+			