

**RYDE ATHLETICS CENTRE
INCORPORATED**



ANNUAL REPORT

2011 / 2012 SEASON

ABN: 99 850 553 401

LIFE MEMBERS

Sharon Aldridge
Margaret Atkinson
Andrew Atkinson-Howatt
Nancy Atterton
Bruce Brown
Graeme Cameron
Carl Casaciang
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)
David Lewis
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

2011/2012 SEASON – ANNUAL REPORT

DIRECTOR'S REPORT

Every year our Annual Report presents a detailed picture of the season's performances and gives members a financial and organisational picture of our Centre.

The first thing you will notice, that separates us from most other clubs, is our ability to offer athletics from Tiny Tots to Veterans. We can do this because of our affiliations to both Little Athletics NSW and Athletics NSW. We must be on to something with this structure because each year we see other clubs adopting our approach.

Our Junior and Senior divisions each have their own Committee and finances but work together to integrate and maximise the offering to our teenage competitors.

This season has once again brought strong representative performances from our athletes as we contended with our share of washouts.

Your Directors thank all those who have made the season so enjoyable whether it has been in track or field competition or as an official or helper. Congratulations on your successes and thank you to all our coaches, age managers, officials, helpers and parents who have supported and encouraged young and old to enjoy their sport.

Ann Arnott
Ross Forster
Keith Johnson
David Lewis
Ian Trimble

Directors

RYDE ATHLETICS CENTRE INCORPORATED
2011/2012 SEASON – ANNUAL REPORT

JUNIORS REPORT

COMMITTEE MEMBERS - JUNIORS

PRESIDENT	Ron Daniel
VICE PRESIDENT	Craig Black
SECRETARY	Stephen Latham
TREASURER	Paul Simula
ASSISTANT TREASURER	Ely Osada
REGISTRAR	Kate Kelland and Ian Trimble
CHAMPIONSHIPS	Kristina Nogajski
AGE MANAGERS	Keith Grimes
PUBLICITY	Louise Bergfield
RESULTS	Linda Talty
OFFICIALS	Peter Davis
TRACK and FIELD	Craig Black
(Track)	David Lewis
(Throws)	Simon Bergfield
(Jumps)	Vacant
OFFICIALS DEVELOPMENT	Vacant
COACHING	Craig Matheson
ASSISTANT COACHING	Tristan Tall
EQUIPMENT	Simon Bergfield
ASSISTANT COACHING	Tristan Tall
CANTEEN AND BBQ	Linda Hanlon, Jo and Harry Houssenloge
FIRST AID	Carla Matheson
DELEGATES	Ron Daniel
UNIFORMS	Louise Badaoui

AGE MANAGERS – JUNIORS

TINY TOTS	Simon Rushworth
6 Boys	Peter Forster
6 Girls	Darren Fairhall
7 Boys	Michael Mannasz
7 Girls	Sue Goggins
8 Boys	Daniel Bruntsch
8 Girls	Mark Lillis
9 Boys	Chad Quinn
9 Girls	Andrew Wilson
10 Boys	Anne Johnson
10 Girls	Ivana Hilder
11 Boys	Janine Bowtell
11 Girls	Keith Grimes
12 Boys	Helen Galati
12 Girls	Craig Matheson
13 Boys	Marc Ridey
13 Girls	Josephine Zajic
14 / 15 Boys	Jenny Rodgers
14 / 15 Girls	Debbie Simula
17 Boys	Louise Laz
17 Girls	Louise Bergfield

BOYS CAPTAIN	Joshua Cowan
GIRLS CAPTAIN	Kate Spencer

TREASURER

Another successful athletics season has come and gone in what seems like the blink of an eye. This was my first season as Treasurer which was a very enjoyable experience. Many thanks to Kate Kelland for all the assistance she gave me as well as to Ron Daniel and Keith Grimes for their help in collecting the day's takings on numerous occasions.

The club continues to maintain a healthy financial position carrying a bank balance of \$39,852.47 into the 2012/13 season. For the past season expenditure was under budget by \$14,800 which was primarily due to the budget item 'Grounds Upgrade' not being taken up. This was offset by a \$10,200 expense incurred in rewiring the shot-put and discus cages. This piece of maintenance has restored the cages back to an 'as new' condition and ensures we will get many more years of useful life out of them.

We also spent \$1,100 on a track survey in preparation for replacing the line markers and re-marking the circular and straight tracks.

The incessant wet weather impacted the Canteen and BBQ takings with profits being down on last year at \$2,400 and \$400 respectively.

The Uniforms shop just failed to break even overall although this was primarily due to a large uniforms purchase which was made early in 2012 as stocks were running low. The bulk purchase was beneficial for the club as it attracted a healthy discount and means that we will commence next season fully stocked.

At this point I would like to formally recognise the hard work of the amenities volunteers whose efforts go largely un-noticed throughout the year. Thanks to Louise (Uniforms), Linda and Fiona (Canteen) and of course Harry and Jo at the BBQ.

Junior Division Accounts for the Season 2011-2012

Income	2011/2012	2010/2011	Expenditure	2011/2012	2010/2011
Registration Income Total	33,408.5	34,545.00	Registration Expense Total	(12,787.10)	(14,526.19)
- Cheque and Cash	21,090.00	21,975.00	- Cheque to LAA	(10,005.00)	(10,585.00)
- Credit Card	10,128.50	10,310.00	- IMG fees	(578.10)	(619.80)
- Rebates	2,190.00	2,260.00	- Seniors' allocation	(1,382.00)	(1,315.00)
Uniforms	13,481.00	13,425.00	- Other	(822.00)	(2,006.39)
Canteen	9,195.84	9,754.30	Uniforms	(13,764.95)	(6,937.85)
BBQ	11,266.80	10,533.80	Canteen	(6,816.77)	(7,045.40)
Photos	0.00	0.00	BBQ	(10,824.73)	(8,897.70)
2nd hand uniform donations	70.00	420.00	Hiring Deposits	0.00	0.00
Donations / Grants	1,016.00	0.00	Advertising	(198.00)	(140.80)
Bank interest	442.72	0.00	Event days		
Equipment Hire	2,920.00	2,420.00	- Fun Day	(96.00)	(730.13)
Fundraising	922.00	0.00	- Presentation Day	(1,280.00)	0.00
Ryde Games and 60 Metre Dash Entry Fees	80.00	195.00	Cash Floats		
			Competition Fees	(730.00)	(2,441.00)
			Committee Social	0.00	0.00
			Conference Attendance	(575.36)	(925.45)
			Catering	(55.53)	0.00
			Donations	(1,500.00)	(1,500.00)
			Equipment (Capital)	(12,762.60)	(5,237.60)
			Equipment (Consumables)	(716.82)	(772.62)
			Insurance	(50.00)	0.00
			Grounds upgrade	0.00	0.00
			Government and Bank Charges	(117.50)	(66.00)
			Hire of Dunbar Park	0.00	(4,650.00)
			Internet	(389.26)	(149.00)
			Postage	(114.00)	(249.65)
			Printing and Stationery	(3,352.05)	(1,079.88)
			Repairs and Maintenance	(160.00)	(90.75)
			Trophies	(5,491.20)	(2,502.840)
			Ribbons	(1,049.10)	(833.140)
			Sundry Expenses	(1,008.83)	(86.00)
			Survey Cost	(1,143.50)	(249.27)
			Training Courses	0.00	(285.00)
			Training Expenses	0.00	(1,520.80)
			Volunteer Gifts	(650.00)	(830.00)
			Website cost (hosting)	(1,155.00)	0.00
			Computer – (entering results)	(1,490.00)	0.00
			New software for entering results	(1,980.00)	0.00
			Total Expenditure	(\$80,258.30)	(\$61,747.07)
			Plus net (income) expense	\$7,455.44	(\$9,546.03)
Total income	\$72,802.86	\$71,293.10		(\$72,802.86)	(71,293.10)

Canteen and BBQ

Event	Canteen	BBQ	Total
Coca Cola Rebate	235.00		
Ryde games	528.30	726.00	1,254.30
23 Saturday mornings	7,810.50	10,540.80	18,351.30
Total takings	\$9,195.84	\$11,266.80	\$19,605.60
Less costs	6,816.77	10,824.73	17,641.50
Total profit	\$2,379.07	\$442.07	\$2,821.14
Stock on Hand			
drinks	\$ -		
lollies + misc	\$ 89.67		
Total stock on hand	\$ 89.67		
Canteen Equipment	\$ 4,750.00	(replacement value)	

Bank Statement Reconciliation

	<u>Current (11/12)</u>	<u>Previous (10/11)</u>
Bank statement as at 01/04/11	54,329.74	43,860.50
less last year's un-presented cheques *	(8,660.98)	(3,109.55)
plus last year's un-presented deposits	1,639.15	0
plus net income	(7,455.44)	(9,546.03)
plus un-presented cheques this year	5,793.35	8,781.46
less un-presented deposits this year	(1,785.39)	(1,639.15)
gives bank statement 31/03/12	43,860.43	54,329.74
cash book balance	39,852.47	47,187.43
variance	4,007.96	7,142.31
less un-presented cheques this year	(1,143.35)	(8,781.46)
plus un-presented deposits this year	1,785.39	1,639.15
less end of period accrual	(4,650.00)	0
Net variance	0	0
Available Funds	<u>Current (11/12)</u>	<u>Previous (10/11)</u>
Bank statement as at 31/03/12	43,860.43	54,329.74
less un-presented cheques	(5,793.35)	(8,781.46)
plus un-presented deposits	1,785.39	1,639.15
Gives funds available to start next season	39,852.47	47,187.43
Uniform Stock:		
Uniform stock as at 31/3/2012 (at current price)	19,330.00	17,900.00
Canteen Stock:		
Drinks	0	0
Lollies	89.67	132.48
Total stock on hand	89.67	132.48
Canteen Equipment: (replacement value)	\$ 4,750.00	\$ 4,750.00

* Brought forward un-presented cheques for \$120.48 were cancelled during the 2012 year

Paul Simula
Treasurer – Juniors

Unit 5/124 Burns Bay Rd
Lane Cove NSW 2066

The Committee Members
Ryde Athletics Centre – Juniors Division
PO Box 3658
Marsfield NSW 2122

I have examined the accounts of the Ryde Athletics Centre, Juniors Division, in accordance with the Australian Generally Accepted Auditing Standards for the financial period 1st April 2011 through 31st March 2012 inclusive.

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

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



Date 25 April 2012

Sharon Adams
CPA

PRESIDENT

During this season, we have realised many positives and considerable forward progress for our Centre across many areas. The various accounts from our Committee team throughout this report detail the continuous development and improvement of our athletes and our facility at Ryde Athletics.

While our membership numbers were marginally reduced overall, 7 less athletes for a total of 455 members this year, the most notable statistic is the new level of member retention that we experienced this season. That 284 or more than 62% of our members returned for this season clearly shows us that “customer satisfaction” levels are at their highest in 8 years. This statistic is important for our club and our sport in that it shows that the continuous efforts of many over a number of years are having the long term effect of delivering a better product and service to our members.

The product that we as a Centre strive to provide is an overall enjoyable athletics experience for athletes and parents, in other words, our customers. The key components of our product are well maintained facilities and equipment, efficient coaching and competition programs and an overall environment of fun and it is to these areas that we always direct our efforts and resources. During the past season, our coaching programs have significantly improved and expanded, we have invested in a new main discus cage, computers and systems for results processing, and completed accurate and permanent surveying and marking of our tracks for the seasons ahead. We also have a new website that increases the fun for our athletes as they can now see their results online only two days after competition.

Our new discus cage, replacing the original structure built when Dunbar was configured for athletics, has been custom designed for junior and senior, discus and hammer competition. It is taller and features overhanging deflectors and a narrower front opening, both of which confine the potential throwing angle for significant increase in safety to other competition areas. After many years of service, our old computer system for results processing was finally retired and replaced with new equipment and software. Provided to us on a fee for service basis, the main features that benefit us over the older system are that it enables multiple people to process results at the same time, provides for processing of results from any computer that can access the internet, and our athletes’ results are then swiftly accessible from our website. This modern system also raises the potential for results processing to be directly entered at the conclusion of each event during competition. A special thank you must go out to Linda Talty for taking on the somewhat unenviable task of switching over the processing of results to this new system. This was, by all measures, no mean task, and Linda accomplished this very smoothly indeed.

With these changes, we are well positioned for the expected surge in membership that we usually experience on the back of an Olympic Games being held, as publicity and interest in Athletics is heightened during our off season.

At this point, it is important that we single out Louise Bergfield, our Publicity Officer for special praise. Louise has not only taken the production and content of Footprint to new levels, she has also worked closely with the local newspapers to have more articles about our centre and the achievements of our athletes than ever before. Well done Louise! I encourage all readers of this report to visit www.ryde-athletics.org.au to see Louise’s work in all of our magazines for the season.

On the competition front, the increased participation at our coaching sessions has led to the usual hundreds of PB’s, 32 blue patches, and a staggering 46 new centre records, one of which took less than 14 seconds to replace a 27 year old record. 38 of our athletes qualified to the LAANSW State Championships in March, which was again a significant increase on the 29 qualifiers from last season. More details of the outstanding performances of our athletes at these and other carnivals is in the Championships report and in the various Footprint Magazines which can be seen in all their colour and detail on our new website.

Our new Treasurer, Paul Simula reports in the audited accounts of our division that, after considering the purchase of major new assets this season, being the discus cage, computer system and ground marking, our bank balance remains healthy, due to a net profit on normal operations, and increased bank interest. We thank Paul for taking on this important role in our team for the first time this season.

Also joining our team for the first time this season was Peter Davis our new Officer for Officials. Peter has also done a fine job this season, managing and organising parents out to the field for their help every Saturday morning. We have also had a number of parents attain accreditation as “official” officials from LAANSW, in particular, Linda Calder who attained B Level High Jump accreditation. Linda now officiates as the “chief” at High Jump events at Region, State Multi and State Championships. Congratulations Linda.

As a volunteer led sport, our club depends upon efforts from not only the people I have already mentioned, but also the dedication of many people who share the many tasks and duties required for it to run as smoothly as it does. In my position, it is my privilege to use this report to specifically thank:

- Our wonderful Age Managers. To many, you are the face of our club. Although your task is an onerous one, your leadership, initiative, unwavering support and encouragement of our athletes are the key ingredients to our members' enjoyment of our sport. You have all done a great job this season and we look forward to seeing you again next season.
- Our Coaching staff for their dedication and commitment to the development of our athletes.
- Our Canteen and BBQ crew. As it is our only source of additional fundraising makes it important, but of equal importance is the friendly and cheerful manner in which you run the show each and every week of our season.
- Our entire Committee for their continuous exceptional efforts, contribution and support throughout the whole year
- The newcomers who have accepted nominations for roles on our Committee for the coming season. For the new season, we look to be in the very comfortable situation of having an expanded and larger Committee, with some new roles being established to assist the development of our team that runs Ryde Little Athletics.
- All the parents out there who help out as officials by running events and organising equipment every week of the season while hopefully having fun themselves on Saturdays.

As we always must do at this time, we have to bid a reluctant but fond farewell and more PB's in sport and life to our departing 17 year old athletes. Some of these athletes have been with us since Tiny Tots for more than 12 years of their lives and formed deep friendships along the way. We are very confident that along with these friendships, the memories, life lessons and experiences from Little Athletics will stay with them and stand them in good stead for the many years ahead of them.

Congratulations to all the athletes for the season past and thank you members, athletes and parents.

Ron Daniel
President – Juniors

PUBLICITY

The best thing about being Publicity Officer for Ryde Little Athletics is that you get to know so many of the kids and they are a terrific bunch both on and off the field. Their enthusiasm and talent is limitless and it is wonderful to see so many of them improve over the season as they achieve personal bests, blue awards or records, qualify for State for the first time or just master a new event. Being able to record so many great achievements and seeing their smiles as they look at pictures of themselves on the big copy of Footprint on the whiteboard on a Saturday makes the job so worthwhile.

Our athletes have featured in the local newspapers twelve times this season which is probably a record. Again I've tried to get as many of the large group shots for events such as qualifying for Nationals or State in as possible. I'd like to say a big thank you to The Weekly Times in particular for their continued support in promoting our club. The May / June edition of the NSW Little A electronic newsletter features Ryde athletes for the first time, look out for the article on our Tiny Tots.

Our newsletter, Footprint, went out 14 times so far this season with bumper editions covering Zone, Regional and State. Another big thank you needs to go to all the parents who sent in photos or items for Footprint. This was a big step up from last year and it was fantastic to have so many more cameras out there this year. I think for our State Carnival I had something like 20 different families send me through photos, which made the edition so much more inclusive of all our qualifiers. I think we started a new tradition this year with an official State qualifier photograph, hopefully something that will grow over future seasons.

Next Season 2012/2013 will be my last season as a Little Athletics parent so if anyone is interested in taking over the role please let me know. It really is one of the more interesting Committee roles.

Finally a big thank you to all the athletes who have answered my 8am calls for photos. I know there isn't much worse than squinting into the morning sun but those shots with a mass of red, white and blue Ryde shirts are my favourites. Enjoy your off season and hope to see you again next year.

Louise Bergfield
Publicity Officer – Juniors

CANTEEN AND BBQ MANAGERS REPORT

Rumor has it, regos are open and

Yearly fees are due

Dunbar Athletics Track's the place, for

Early birds, old and new.

Athletes and parents and siblings arrive

The canteen's a riotous scene

Harry's chief cook at the barbie again

Let's hope that bacon is lean!

Everyone's hungry and thirsty this morning

Time is running short

If it wasn't for our unflappable helpers

Crikey, we'd be caught, short!

Seriously though,

Thanks to Theresa Lynch and Fiona Court, our regular Saturday morning slaves!

Thanks also to the casual volunteers who appear out of nowhere each Saturday morning to take the tea trolley for a spin.

Thanks also to our fellow Committee Members who pitch in when the going gets tough, particularly Ron Daniel, who has excellent washing up and barbeque skills.

Thanks to Mario Moujalli, our new meat and egg supplier.

Thanks also to Jackie of Baker's Delight, Ermington for the quality bread and rolls.

And last but not least, thanks to the 'athletes' and their families for their support and patronage. Without all of you hungry people, we would be left twiddling our thumbs each Saturday morning!

Cheers!

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

FIRST AID

No serious injuries to report this year.

Approximately one injury per month of the usual strains of ankles, hamstrings, falls over hurdles. Worst injury would have been a spike incident involving my own son.

I would like to take the opportunity to thank the support of Kristina Nogaski throughout the season who was willing to cover when I was not about, thanks to Paul Hartmann Pty Ltd for restocking and supplying Wound Care dressings and bandages etc.

**Carla Matheson
Officer for First Aid - Juniors**

TRACK AND FIELD

As in past seasons, we have made our best endeavours to begin each Saturday morning on time with warm up and stretching at 8:15am followed by the normal program of events commencing at 8:30am. 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 my second season as the Track & Field Officer, I must sincerely thank a number of people who have more than capably filled in for me while I was away for extended periods due to work commitments, including but not limited to Dave Sunderland, Stephen Latham and on occasion, Peter Peters. Without their commitment over and above their normal roles, the sessions would not have gone so smoothly. Thanks also goes to the Age Managers and the various event managers for working with us as we trialed a few different changes to the program to try to keep things running smoothly and allow everyone to head home at a reasonable hour. That being said, it should be remembered that Little Athletics has always been a Saturday morning activity, NOT a 2 hour activity, so any departure from the park prior to 11.30am should be regarded as being early. One of the biggest changes that has had a significant positive effect on the program was the introduction of a 3rd high jump station in week one which seemed to ease congestion considerably. In order to get these changes working we needed to call upon additional assistance from the crowd on the hill, and our thanks goes to those parents who ventured onto the other side of the fence for the first time this season. Hopefully you found it enjoyable and will continue to assist with the many roles that need to be covered on each Saturday.

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 spectating 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.

The overall condition of the oval was good throughout the season, although we continue to have the ongoing issue of large divots in the senior discus and shot put fields caused by the soft ground conditions. We also have the ongoing issue of the mounds and potholes at the 100M starting line on the first straight track, but with the recent surveying of the park to allow for more accurate track markings, we should have future flexibility to move the starting lines to overcome this.

Finally, I would like to extend my congratulations to all the athletes at the centre for their continued great spirit of competition and personal efforts throughout the season. On the representative front, this season has gone up a notch again, with increased participation at Zone, Region and State carnivals and some athletes even progressing on to Nationals which is an achievement to be applauded. There were too many exceptional results being recorded by our athletes to list them here, but their 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

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 2012-2013 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

Registrar's Report

455 athletes registered with us this season, with 63% of our athletes registering online. To ease the registration process, all future registrations need to be submitted online. You can pay registrations by credit card, or continue to pay by cash or cheque at the track in person.

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
2011/12	199 (43.7)	256 (56.3)	455

The breakup of these registrations is:

	Girls			Boys			Age	All		
	Re-Reg	New	Total	Re-Reg	New	Total	Total	Re-Reg	New	Total
U4Tots	0	7	7	0	9	9	16	0	16	16
U5Tots	4	7	11	5	8	13	24	9	15	24
U6	3	12	15	6	14	20	35	9	26	35
U7	12	7	19	14	14	28	47	26	21	47
U8	10	6	16	13	12	25	41	23	18	41
U9	12	12	24	24	13	37	61	36	25	61
U10	12	8	20	16	7	23	43	28	15	43
U11	17	4	21	23	8	31	52	40	12	52
U12	19	6	25	14	4	18	43	33	10	43
U13	11	2	13	13	1	14	27	24	3	27
U14	6	1	7	10	2	12	19	16	3	19
U15	5	1	6	8	4	12	18	13	5	18
U16	4	0	4	9	1	10	14	13	1	14
U17	11	0	11	3	1	4	15	14	1	15
Total	126	73	199	158	98	256	455	284	171	455

Our re-registration rate continues to improve – hoping the trend continues, I will see you all again next season! Online Registrations for 2012-13 will open at the start of August, so please check our website and your email inbox for more information then.

Kate Kelland
Registrar - Juniors

COACHING

Once again I am very pleased to say that all of the athletes who attended training this season were very enthusiastic and well behaved.

Throughout the season it was great to see the children improving and being rewarded for their training efforts by consistently achieving PBs or by getting good results at Zone, Region or State carnivals.

Many thanks to our team of dedicated coaches who made each training session enjoyable for all. We tried to make each training session challenging but fun, without taking things too seriously. Often the hardest part was getting everyone to stop training and to go home at a reasonable hour.

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

This season we were pleased to welcome back our very experienced throws coach Julie Reynolds. Like always, Julie's shot put circle attracted a big following each week.

Our coaches included:

<u>Jumps:</u>	Tristan Tall, Julie-Ann Thompson
<u>Throws:</u>	Simon Bergfield, Julie Reynolds
<u>Walks:</u>	Kate Kelland
<u>Sprints, Hurdles:</u>	Craig Matheson
<u>Relays:</u>	Dave Sunderland, various team coaches, Craig Matheson

Several new coaches are needed for next year to make sure our athletes get the level of coaching that they deserve. If we get enough coaches we may be able to return to 2 training days a week instead of only one.

We particularly need coaches for beginners and for the younger age groups. 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 U11's and I look forward to working with them again as U12's.

It was great to see the children, across all age groups, performing so well again this year and to see so many fantastic results in all competitions. What a great achievement for the club this season to have so many children representing us in the State Championships, well done everyone!

As always, things wouldn't run as well as they do on a Saturday if it wasn't for the hard-work and support from all of the Age Managers, their Assistant Age Managers and the support of other parent volunteers, thank-you all! I hope to see many of you back again next season.

If you're keen to help out either as an Age Manager or Assistant Age Manager 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 has been well supported all year. The parent helpers after only limited encouragement have manned most events. The largest issue was the poor weather throughout the summer. For Zone we had full attendance in all events albeit after a weeklong recruitment campaign. Our volunteer requirements at Region and State were limited this year due to the participation of a number of Officials.

We need to concentrate next season on recruitment, especially for the specialised positions of Starters, Hurdles Starter, Head Time keepers and recorders and many multi-season experts will drop out after the end of this season. We also need to focus on training of record attempts, as we have unfortunately had one incident this year where watches were cleared before inspection.

Peter Davis
Officials – Juniors

EQUIPMENT

The major project for this season has been the upgrade of the discus cages. The big cage was replaced and the small cage re-wired. The aim of replacing the big cage was to enhance safety by constructing a cage with higher sides and a narrower opening. This was achieved but the narrower opening has resulted in the cage taking more hits; particularly with hammers thrown by senior throwers. This increase in hits resulted in the cage being damaged in the first month of use. Action will be taken in the off-season to repair the cage and include measures to limit further damage.

Due to Samuel Taber winning \$500 worth of equipment in a competition at the end of last season, purchases this season were reduced. Equipment items purchased during the season were:

- High jump cross-bars – the previous bars were cracked and potentially dangerous.
- Ladder – for repairing the discus cage and retrieving items that become stuck in the cage.
- New javelins – due to change in weight specifications.

Items of equipment that require replacement or repair are:

- Two large sun shelters
- A number of hurdles

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 2011/2012 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 22nd October 2011. 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 to the first 3 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 other centres in a relay format.

Ryde entered a total of 40 teams which was held on the weekend of 26th and 27th November 2011 at Sydney Olympic Park. Overall, Ryde achieved some very good results over the weekend.

These included:

U9 Boys 1st 4 X 100m (Jett Tall, Benjamin Thomas, Joshua Arcus, Jordan Metcalfe)

Junior Boys 1st 4 x Middle Distance (Lachlan Cornelius, Jett Tall, Harry Stevenson, Jonathon Michalopoulos)

U12 Girls 3rd 4 X 100m (Amy Court, Zoe Latham, Jessica Brown, Brooke Matheson)

U 17 Girls 3rd High Jump/Long Jump (Ellen Thompson, Sachi Kayama, Sam Rodgers, Paulina Peters)

U17 Girls 3rd Shot Put/Discus (Maddy Bergfield, Sachi Kayama, Sam Rodgers, Niamh Simula)

U10 Boys 4th 4 X 100m

U 12 Mixed 4th 4 X 100m

TRANS TASMAN CHALLENGE

This season's Trans Tasman was held in January 2012 in Auckland, New Zealand, for U11 and U12 athletes. Justin Sunderland, Zoe Latham, Amy Court and Jessica Brown competed at these games, all U12 athletes.

Their results were:

Justin: 5th Long Jump, 10th High Jump, 13th Discus, 2nd in NSW B 4 X 100m relay.

Zoe: 1st 400m, 1st 800m, 1st 4 X 400m, 9th LJ, 5th HJ.

Amy: 3rd in Long Jump, 4th 200m, and 2nd 4 X 100m.

Jessica: 16th Long Jump, 12th High Jump.

THE AUSTRALIAN ALL SCHOOLS ATHLETICS AND ALL SCHOOLS KNOCKOUT

These Championships were held in Brisbane from the 3rd to 5th of December 2011.

Ryde was represented by 3 athletes in the All Schools athletics and 5 athletes in the Schools Knockout. They went home with two Gold and two Bronze medals.

Kate Spencer 1st in the U/18 girl's 2000m steeplechase.

Cameron Pappas 1st in the U/16 boys triple jump and 3rd in the long jump

Maddy Bergfield 3rd in the All Schools Knockout - Intermediate division.

ZONE CARNIVAL

The Zone Carnival was held on the 10th and 11th December at Barton Park, Parramatta.

The Ryde club had over 120 athletes competing.

Of these athletes, 65 athletes qualified for the Region Carnival including 2 relays, the Junior Boys and Senior Girls.

Congratulations to 7 of our U7 athletes who each received medals at Zone:

Luke Jubb	1 st in Long Jump and Discus, 2 nd in the 50m & shot put
Jeremy Plummer	1 st in 50m, 2 nd in 70m and 500m, 3 rd in Long Jump
Benjamin Harris	2 nd in the 100m, 3 rd in the 200m
Ashton Gleeson	1 st in the 100m, 2 nd in the 200, 3 rd in the 50m
Madison Conyers	1 st in the 50m, 3 rd in the 100m
Emily Metcalfe	3 rd in the 200m
Alexis Aldous	2 nd in the 50m

Zone records were set in the U/17 girls 1500m and 3000m by Kate Spencer and the U/17 girls Shot Put by Maddy Bergfield.

REGIONAL CARNIVAL

The Regional Carnival was held on the weekend of 18th and 19th February at Narrabeen.

Of the 65 athletes who represented Ryde we achieved 13 Gold medals, 15 Silver medals and 14 Bronze medals.

Of note, were 3 first places from Kate Spencer, 2 from Harry Stevenson and 3 from Jordan Metcalfe. Kate Spencer also set a Regional record in the U/17 Girls 1500m and a new Regional and State record in the U/17 Girls 3000m.

Our U8 athletes completed their competition at this carnival and those finishing in the top 8 were:

Lachlan Cornelius	2 nd 700m, 2 nd 400m
Chiara Lillis	2 nd 60m Hurdles, 4 th 70m, 8 th 200m
Georgia Arcus	5 th Shot Put, 8 th 400m and
Adam Bruntsch	4 th 60m Hurdles, 5 th 700m

Congratulations to the 38 athletes who made it through to State level. This is a larger number than previously because of the new qualifying system, where the next best 6 qualifiers from all regions made it through. These athletes are listed below:

George Davis, Jett Tall, Joshua Arcus, Harry Grimes, Jordan Metcalfe, Christian Cirino, Noah Hain, Harry Stevenson, Eleanor Plummer, Stephanie Volos, Chris Maguire, Ben Nogajski, Hannah Tall, Katrina Lyon, Abigail Grimes, Justin Sunderland, Luke McLachlan, Brooke Matheson, Zoe Latham, Amy Court, Dylan Rodgers, Sam Hain, Jack Armson, Nicola Bowtell, James Hanlon, Haydn Houssenloge, Sarah Kelland, Stuart Williams, Jack Rodgers, Nina Osada-Phornsiri, Sachi Kayama, Hayley Daniel, Maddy Bergfield, Kate Spencer, Kara Talty, Nick Kelland, Pat Kelland and Brenton Money.

STATE MULTI-EVENT

The State Multi Event carnival was held in Cessnock on the 3rd and 4th of March in very trying wet and muddy conditions with 23 athletes competing for Ryde.

Congratulations to our club representatives. The results were:

Jett Tall	U9 Boys 2nd	Connor Latham	U10 Boys 23 rd
Benjamin Nogajski	U11 Boys 2nd	Stephanie Volos	U10 Girls 5 th
Joshua Arcus	U9 Boys 4 th	Daniel Bowtell	U11 Boys 12 th
Adam Bruntsch	U8 Boys 6 th	Oliver Arcus	U11 Boys 28 th
Mitchell Rushworth	U8 Boys 19 th	Hannah Tall	U11 Girls 7 th
Cameron Bragg	U8 Boys 18 th	Justin Sunderland	U12 Boys 9 th
Sarah Brown	U9 Girls 34 th	Zoe Latham	U12 Girls 8th
Chiara Lillis	U8 Girls 7 th	Amy Court	U12 Girls 13th
Georgia Arcus	U8 Girls 17 th	Jessica Brown	U12 Girls 25th
Nicholas Nogajski	U9 Boys 28 th	Sam Hain	U13 Boys 12th
Martin Leerberg	U9 Boys 17 th	Hayden Houssenloge	U14 Boys 7th
James Bragg	U10 Boys 7 th		

STATE CHAMPIONSHIPS

The State Championships were held on the weekend of the 23rd to 25th March at Homebush. Of the 38 athletes who competed, 21 made finals in 39 events and 6 athletes came home with medals. Athletes that came in the top 8 (finalists) were:

Kate Spencer	1st 800m, 1st 1500m, 1st 3000m and State Records in the 800m and 3000m.
Jordan Metcalfe	1st in 70m, 2nd in 100m, 2nd in 200m, 2nd in 400m
Ben Nogajski	2nd in High Jump, 3rd in Triple Jump, 4th in Long Jump, 7th in 100m
Sachi Kayama	3 rd in Long Jump, 4 th in Triple Jump, 6 th in High Jump, 6 th in 100m, 6 th in 200m
Harry Stevenson	3 rd in 800m, 4 th in 1500m
Nina Osada-Phornsiri	3 rd in Long Jump, 8 th in High Jump
Jett Tall	6 th in Long Jump
Joshua Arcus	7 th in Long Jump
Stephanie Volos	5 th in 60m Hurdles
Hannah Tall	7 th in Triple Jump
Justin Sunderland	7 th in Triple Jump
Nicola Bowtell	5 th in 400m, 6 th in 200m
Sam Hain	5 th in Long Jump, 8 th in 100m
Sarah Kelland	5 th in the 1500m Walk,
Pat Kelland	4 th in Javelin,
Nick Kelland	8 th in Javelin
Haydn Houssenloge	8 th in shot put
Maddy Bergfield	5 th in Shot Put, 7 th in Discus
Zoe Latham	7 th in the 400m, 8 th in the Triple Jump
Christian Cirino	7 th in the 400m
George Davis	8 th 700m walk

AUSTRALIAN YOUTH CHAMPIONSHIPS

From the 14th to 18th March these National Championships were held at Homebush. Ryde was represented by 10 athletes. They went home with 3 gold, 3 silver, 2 bronze and a number of other top 10 places.

Kate Spencer	1 st U18 2000m steeplechase, 1 st 3000m, 1 st in 1500m
Cameron Pappas	2 nd in U17 Triple Jump, 3 rd in Long Jump
Nicola Bowtell	2 nd in U14 400m
Sam Hain	2 nd in U14 Triple Jump, 3 rd in Long Jump
Sachi Kayama	10 th in U17 Triple Jump, 11 th in High Jump
Nina Osada-Phornsiri	7th in U15 High Jump
Nick Kelland	8 th in U17 Hammer Throw
Maddy Bergfield	7 th in U17 Shot Put, 8 th in Hammer throw, 9 th Discus
Sarah Kelland	7 th in U15 3000m walk

Kristina Nogajski
Championships Officer - Juniors

JUNIOR RECORDS 2011/2012 SEASON

Date	Age	Event	New Record	New Record Holder	Old Record	Old Record Holder	Date
17/09/11	9 B	70m	10.3	Jordan Metcalfe	10.6	B Nogajski	20-Mar-10
15/10/11	10 B	HJ	1.34	Noah Hain	1.34	Benjamin Nogajski	12-Mar-11
11/02/12	11 B	100m	13.6	Benjamin Nogajski	13.7	S Refenes A Fitzgerald	27/02/1981 25/10/1997
15/10/11	12 B	Javelin	22.51	Justin Sunderland	18.67	Jack Armson	12-Mar-11
03/12/11	12 G	60H	10.3	Brooke Matheson	10.4	N Burgess	24-Oct-98
10/03/12	12 G	60H	10.2	Brooke Matheson	10.3	Brooke Matheson	3-Dec-11
19/11/11	12 G	Javelin	19.12	Chloe Davis	16.69	Katherine Du	12-Mar-11
14/01/12	12 G	Javelin	19.61	Chloe Davis	19.12	Chloe Davis	19-Nov-11
19/11/11	13 B	100m	=12.70	Sam Hain	12.70	M Crooks	25-Oct-97
10/03/12	14 G	1500W	8.25.4	Sarah Kelland	8.33.2	E Burnell-Jones	11-Mar-06
17/09/11	14 G	HJ	=1.55	Nina Osada-Phornsiri	1.55	Louise Trimble S Kayama	20-Oct-94 19-Sep-09
11/2/12	14 G	Javelin	26.33	Sarah Kelland		New Weight (NW) 500 G	
10/09/11	14 G	LJ	5.08	Nina Osada-Phornsiri	5.07	Louise Trimble	12-Nov-94
28/1/12	14 B	SP	12.23	Haydn Houssenloge		NW 3 KG	
01/10/11	15 G	Javelin	18.58	Kara Talty		NW 500 G	
25/2/12	15 B	Javelin	22.22	Antonio Galati		NW 700 G	
01/10/11	17 B	100m	11.8	Josh Cowan	11.9	P Kong	17-Oct-09
19/11/11	17 B	100m	11.70	Josh Cowan	11.8	Josh Cowan	1-Oct-11
24/09/11	17 B	110H	15.2	Jackson Kang	17.5	J Rosenberg	29-Jan-11
10/9/11	17 B	1500W	8.48.4	Brenton Mooney	9.28.9	James Bergfield	2-Oct-10
24/09/11	17 B	1500W	8.17.7	Brenton Mooney	8.48.4	Brenton Mooney	10-Sep-11
08/10/11	17 B	1500W	8.14.44	Brenton Mooney	8.17.7	Brenton Mooney	24-Sep-11
24/09/11	17 B	200m	23.6	Jackson Kang	24.5	P Kong	14-Nov-09
10/09/11	17 G	100H	17.9	Sachi Kayama	18.8	T Galati	29-Jan-11
8/10/11	17 G	100H	17.6	Sachi Kayama	17.9	Sachi Kayama	10-Sep-11
17/9/11	17 G	100m	13.0	Sachi Kayama	13.2	Tara Vance	17-Oct-09
03/09/11	17 G	1500m	5.01.2	Kate Spencer	5.01.4	Kate Spencer	26-Feb-10
05/11/11	17 G	1500m	5.00.5	Kate Spencer	5.01.2	Kate Spencer	3-Sep-11
25/2/12	17 G	1500m	4.49.27	Kate Spencer	5.00.5	Kate Spencer	5- Nov-11
10/09/11	17 G	1500W	10.32.3	Maddy Bergfield	11.21.1	T McLachlan	5-Mar-11
10/09/11	17 G	200H	31.9	Sachi Kayama	32.7	T Galati	13-Nov-10
28/01/12	17 G	3000m	10.22.61	Kate Spencer	10.31.7	Kate Spencer	5-Mar-11
10/03/12	17 G	800m	2.24.3	Kate Spencer	2.29.6	Kate Spencer	13-Nov-10
03/09/11	17 G	Discus	34.51	Maddy Bergfield	25.33	Kim Lowe	9-Oct-10
19/11/11	17 G	Discus	37.23	Maddy Bergfield	34.51	Maddy Bergfield	3-Sep-11
03/09/11	17 G	HJ	1.51	Sachi Kayama	1.45	I Hemming Ellen Thompson	30-Jan-10 12-Mar-11
03/09/11	17 G	Javelin	29.94	Maddy Bergfield	27.79	Haley Daniel	5-Feb-11
19/11/11	17 G	Javelin	31.86	Maddy Bergfield		NW 500 G	
08/10/11	17 G	LJ	4.96	Sachi Kayama	4.82	Tara Vance	10-Oct-09
28/1/12	17 G	LJ	5.01	Sachi Kayama	4.96	Sachi Kayama	8-Oct-11
03/09/11	17 G	SP	10.04	Maddy Bergfield	7.59	Samantha Rodgers	2-Oct-10
5/11/11	17 G	SP	12.59	Maddy Bergfield		NW 3 KG	

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

Income		Expenditure	
Registrations	\$4,144.00	ANSW Affiliation and Insurance	\$630.00
Bank Interest	\$5.05	Registrations	\$2,144.00
Donations	\$2,236.00	Ribbons and Trophies	\$927.65
Uniform Sales	\$0.00	Athlete Donations, etc.	\$1,372.00
Trivia Night Proceeds	\$0.00	Competition Fees	\$70.00
		Assets – Medicine Balls	\$174.24
		Total Expenditure	\$5,317.89
		Plus Net Income	\$1,067.16
Total Income	\$6,385.05		\$6,385.05

Bank Reconciliation Statement

Bank Statement - 31/3/11		\$10,429.34
Less last years un-presented cheques		
Plus Net Income	\$1,067.16	
Plus un-presented cheques this year	\$281.24	
Bank Statement – 31/3/10		\$11,777.74

Donations to Athletes

5 athletes to Brisbane @ \$250 each – K Spencer, T Vance, B Cox, C Pappas and E Penrose	\$1,250.00
Farewell dinner B and J Brown	\$80.00
NSW Presentation Dinner – S Stephens	\$42.00
	\$1,372.00

Donations Received

<u>Donations Received From</u>	<u>Weight Pentathlon</u>	<u>General</u>	<u>City-to-Surf</u>	<u>Sydney Marathon</u>	<u>10km Fun Run</u>	<u>Total</u>
Coral Read		\$250.00				\$250.00
Ross Forster			\$36.00	\$40.00	\$36.00	\$112.00
Sue Vance			\$36.00			\$36.00
Tara Vance			\$36.00			\$36.00
Kate Kelland			\$36.00	\$40.00	\$36.00	\$112.00
Patrick Kelland			\$36.00			\$36.00
Nick Kelland			\$36.00		\$36.00	\$72.00
Sarah Kelland			\$36.00	\$40.00	\$36.00	\$112.00
Andrew Atkinson-Howatt			\$36.00	\$40.00	\$36.00	\$112.00
Lynette Smith			\$36.00	\$40.00	\$36.00	\$112.00
Keith Johnson				\$40.00		\$40.00
Kylie Winkcup			\$36.00	\$40.00	\$36.00	\$112.00
Karen Lowe			\$36.00			\$36.00
Kimberley Lowe			\$36.00			\$36.00
Simon Bergfield			\$36.00		\$36.00	\$72.00
Louise Bergfield			\$36.00		\$36.00	\$72.00
James Bergfield			\$36.00	\$40.00	\$36.00	\$112.00
Maddy Bergfield			\$36.00	\$40.00	\$36.00	\$112.00
Neil Winkcup				\$40.00	\$36.00	\$76.00
Jenny Campbell			\$36.00			\$36.00
Madeline Campbell			\$36.00			\$36.00
Georgia Winkcup				\$40.00	\$36.00	\$76.00
Thomas Winkcup			\$36.00	\$40.00		\$76.00
Roslyn Mitchell					\$36.00	\$36.00
David Sunderland			\$36.00	\$40.00		\$76.00
Justin Sunderland			\$36.00	\$40.00		\$76.00
Anonymous	\$130.00				\$36.00	\$166.00
	\$130.00	\$250.00	\$756.00	\$560.00	\$540.00	\$2,236.00

Ross Forster
Treasurer - Seniors

PRESIDENT - Seniors

This is the year of the Olympics 2012 and our Ryde Athletics Centre has had good results by all our athletes. It has been shown in other Olympic years that athletics seems to get a boost in enthusiasm from athletes, this has been so at the Ryde seniors.

To have a successful Centre you need an enthusiastic Committee and I thank our Committee for their regular attendance at meetings. We have had an addition to our Committee and we welcome Simon Bergfield.

Other members are: Karen Lowe- Secretary, Ross Forster - Treasurer, Registrar and Race Secretary, Sue Vance - Publicity, Andrew Atkinson-Howatt, Ann Arnott and Bruce Brown. We also have had Betty Moore, our Patron and member of ANSW executive. We said farewell to Bruce Brown from our Committee, with a dinner and presentation. He joined the club when his daughter Tina joined over 30yrs ago. He has, over the years been a member of the committee and an excellent coach.

We gained a Silver Status certificate on our track review information we sent to ANSW, great work everyone. This meant that ANSW accept that we were doing a great job with administration, publicity in the community, providing quality experience for our athletes, continually attempting to improve our athlete's skills and providing officials for ANSW competition days. A lot of this improvement in our athletes must go to our dedicated coaches- Ross Forster and Andrew Atkinson-Howatt, who give up their time to coach our athletes. Thank you Ross and Andrew.

Our centre has taken on many fund raising events providing officials for: City to Surf, Blackmore Marathon and Run 4 Fun. This helps us fund athletes to Interstate Championships, a donation towards the throws cage at Dunbar Park and trophies. Our athletes have enjoyed taking part in our centre championships breaking 17 records.

Our athlete's achievements have been published in TWT newspaper over the year. Kate Spencer and Cameron Pappas have had their results and photos printed. Cameron Pappas was selected as Sports star of the month of March where 'Club 6' and Ryde Sports Foundation award \$1,000 to each monthly Sports Star and a trophy, and in May a dinner is held to announce the Sports Star of the Year where parents, friends and executive attend. Good Luck Cameron.

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

Ross Forster has put together an excellent report on all the athletes achievements in School, State, National, World and Little A championships, I refer this to you to read the full results of the athletes mentioned below.

KATE SPENCER - This has been a very good year for Kate where the main highlight was her selection and performance at the Commonwealth Youth Games on the Isle of Man in September. Kate came fourth in the 2k Steeple chase and 3000m events with three East African athletes in the other places. This meant that Kate is the fourth best in the Commonwealth in these events. Congratulations Kate. Over the season Kate has won gold and silver in her favourite events, 2k Steeple chase, 3000m, 1500m, 800m and Cross Country. These are reported in Ross Foster's excellent race report.

CAMERON PAPPAS - Over the season Cameron has competed in long jump and triple jump events. He has excelled in all on the Carnivals and Championships reaching Australian standards. He has won gold, silver and bronze in the various championships.

MADDY BERGFELD - Being still a Little A competitor Maddy has competed in many senior championship during the season in her favourite events - Discus, Javelin, Shot Putt and Hammer. She has improved over the season and won three bronze medals in Shot, Discus and Hammer in the NSW All Schools championships and then went on to the Australian All Schools Championships where she gained experience in top competition.

BEN COX - Ben is a very experienced Long Jumper and Triple Jumper and has had some injuries last season but this year he was able to break his own Long Jump record of 7.11 m at his School carnival. He went on to win gold in his Triple and Long Jumps at the NSW All Schools Championships, repeating this at the Australian All Schools Championship where he won gold in the Triple and Long Jumps and became the Australian All Schools U18 All Schools Champion. He also won silver in the U18 Triple Jump at the Australian Junior Athletics Championships.

Our Master athletes have had some remarkable achievements, claiming gold, silver and bronze at State, Australian and World Master Championships. These athletes are Voitek Klimiuk, Robert Hanbury-Brown, Andrew Atkinson-Howatt, Simon Butler-White, Ron Wills and Sue Gore. See Ross Forster's report.

All our athletes have put a lot of effort into their events and I congratulate every one of them for their perseverance to improve, in competing regularly on Saturdays and at School events. Keep up the good work and we hope you will come back next season raring to go.

Thank you to everyone; parents, athletes and coaches who have helped the Ryde centre to have a successful season.

Ros Mitchell
President - Seniors

REGISTRAR

This year showed a huge increase in members from the previous year. This was due to the decision made by the Juniors section of our Centre to automatically register all Little A's Registered Athletes from the Under 12's through to the Under 17's. We moved from a total of 67 last year to 167 this year.

Breakdown of our membership this year is as follows:-

Our registration numbers as at 31st March, 2012 are as follows:-

Officials	8
Open and Masters	13
Under 20	8
Under 18	0
Junior	0
Dual Registrations	<u>138</u>
	<u>167</u>

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

Male Officials	3	Female Officials	5
Male Open and Masters	11	Female Open and Masters	2
Male Under 20	3	Female Under 20	5
Male Under 18	0	Female Under 18	0
Male Junior	0	Female Junior	0
Male Dual Registrations	<u>71</u>	Female Dual Registrations	<u>67</u>
	<u>88</u>		<u>79</u>

Ross Forster
Registrar - Seniors

COACHING

Once again training during the winter was conducted at both Dunbar Park and at Rotary Field, Chatswood with Ross Forster. 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 Brisbane and to the 12 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 5 athletes who had won selection to compete in the Australian All Schools Championships held in Brisbane during December of last year.

Cameron Pappas'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 Cameron has been recognised for his efforts and, as a consequence, will receive \$1,000.00 for his efforts during the season.

An article and photograph was submitted to The Weekly Times headed "Clean Sweep for Senior Ryde Athletes" detailing the achievements of 4 of our Senior Throwers; Voitek Klimiuk, Robert Hanbury-Brown, Andrew Atkinson-Howatt and Lajos Joni at the NSW Masters Athletics Championships.

Sue Vance
Publicity Officer - Seniors

COMPETITION

1. NSW Masters Championships

The NSW Masters Athletics Championships were held at Blacktown Olympic Park over the weekend of 9th and 10th April, 2011. At these titles we had a total of 7 athletes competing.

Voitek Klimiuk finished 2nd in the 50-54 years Men's Hammer Throw with his throw of 39.68 metres which broke our Club record. In his Javelin event Voitek claimed the gold medal with his throw of 42.37 metres. Voitek snared the bronze medal in the Men's Shot Put event with his throw of 10.36 metres. In his Discus event Voitek claimed the bronze medal with his throw of 37.08 metres. Voitek claimed a further bronze medal in the Long Jump event with his jump of 4.04 metres.

Robert Hanbury-Brown won the bronze medal in the 50-54 years Men's Hammer Throw event with his throw of 38.19 metres. In his Javelin event Robert claimed 4th spot with his throw of 36.76 metres. Robert claimed the silver medal in his Shot Put event with his throw of 10.86 metres. In his Discus event Robert was the gold medal winner with his throw of 39.08 metres. Robert claimed a further silver medal in his Weight Throw event with his heave of 13.64 metres.

Andrew-Atkinson-Howatt finished in 5th place in the 50-54 years Men's Hammer Throw event with his throw of 32.88 metres. Andrew won the silver medal in his Javelin event with his throw of 41.56 metres. In his Discus event Andrew finished in 4th spot with his throw of 34.57 metres.

Craig McPherson claimed 8th place in the 50-54 years Men's Hammer Throw event with his throw of 21.34 metres. In his Shot Put event Craig finished 5th with his throw of 7.21 metres. In his 800 metres event Craig claimed 6th place with his time of 2 mins 52.36 secs.

Simon Butler-White finished 7th in the 50-54 years Men's 1500 metres event in a time of 5 mins 44.99 secs. In his Javelin event Simon finished in 5th position with his throw of 36.24 metres.

Neil Holmes finished 3rd in his heat of the 45-49 years Men's 100 metres event in a time of 12.81 seconds. In his 100 metres final Neil finished just out of a place in 4th position in a time of 12.29 seconds (tailwind of 1.4 metres/sec).

Sue Gore claimed 4th place in the 45-49 years Women's 400 metres event in a time of 67.98 seconds. In her 800 metres event Sue claimed the bronze medal in a time of 2 mins 41.55 secs. Sue finished in 5th place in her 200 metres event in a time of 31.84 seconds (headwind of 1.4 metres/sec).

2. Australian Masters Championships

At the Australian Masters Championships held in Brisbane over the period of 21st – 24th April, 2011 we had a total of 7 athletes competing.

Sue Gore finished in 8th place in the 200 metres final with her time of 30.87 seconds (tailwind of 0.8 metres/sec). In her 400 metres event Sue finished 7th with her time of 72.44 seconds. Sue was the 3rd leg runner in the NSW 4 x 400m Relay Team which won the gold medal in a time of 4 mins 29.41 secs. In her Pentathlon event Sue won the gold medal with the following results:-

Event	Points	Event	Points	Event	Points	Event	Points	Event	Points	Total
100 Metres		Shot Put		Long Jump		Javelin		800 metres		
14.23	569	6.92m	330	3.18m	250	14.30m	249	2:38.57	761	2159

Voitek Klimiuk finished in 6th place in the 50+ Men's Shot Put event with his throw of 9.75 metres. In his Discus event Voitek claimed 4th place with his throw of 38.23 metres. Voitek threw 40.21 metres to finish in 4th place in his Javelin event. In the Throws Pentathlon event Voitek won the silver medal with his following performances:-

Event	Points	Event	Points	Event	Points	Event	Points	Event	Points	Total
Hammer		Shot Put		Discus		Javelin		Weight		
38.22m	600	10.07m	594	38.96m	660	41.35m	600	13.27m	673	3127

Robert Hanbury-Brown won a bronze medal in the 50+ Men's Shot Put event with his throw of 11.20 metres. In his Discus event Robert gained a further bronze medal with his throw of 38.44 metres. Robert gained a further bronze medal in the Hammer Throw event with his effort of 38.74 metres. In his Javelin event Robert finished in 5th place with his throw of 38.64 metres. Robert won a silver medal in his Weight Throw event with his heave of 14.15 metres. In his Throws Pentathlon event Robert claimed the gold medal with the following performances:-

Event	Points	Event	Points	Event	Points	Event	Points	Event	Points	Total
Hammer		Shot Put		Discus		Javelin		Weight		
38.12m	598	10.88m	652	37.34m	627	38.18m	542	14.00m	717	3136

Andrew Atkinson-Howatt finished in 4th place in the 50+ Men's Shot Put event with his throw of 10.42 metres. In his Discus event Andrew finished in 5th place with his throw of 36.32 metres. Andrew placed 4th in his Hammer Throw event with his effort of 33.81 metres. In his Javelin event Andrew won the bronze medal with his throw of 42.45 metres. Andrew finished 4th in his Throws Pentathlon event with the following performances:-

Event	Points	Event	Points	Event	Points	Event	Points	Event	Points	Total
Hammer		Shot Put		Discus		Javelin		Weight		
31.68m	473	10.35m	614	35.70m	593	42.17m	615	11.47m	566	2861

Simon Butler-White won a bronze medal in the 50+ Men's Pentathlon event with the following performances:-

Event	Points	Event	Points	Event	Points	Event	Points	Event	Points	Total
Long Jump		Javelin		200 metres		Discus		1500 metres		
4.85m	576	34.14m	470	29.25	513	30.38m	485	5:40.94	573	2617

3. IGSSA Cross Country Championships

The IGSSA Cross Country Championships were held at Frensham School, Mittagong in May and we had 1 competitor there.

Maddie Campbell finished 21st in the 16 years Girls 4000 metres event and was a member of the Loreto Normanhurst team which won the gold medal at this carnival.

4. Tara School Athletics Carnival

The Tara School Athletics Carnival was held at Homebush and we were represented by 1 competitor.

Tara Vance won her 100 metres, 200 metres, 400 metres and Long Jump events. In her 200 metres event Tara set a new School Record of 27.01 seconds.

5. Loreto Normanhurst School Athletics Carnival

Loreto Normanhurst held their School Athletics Carnival at Homebush on Wednesday, 26th May in pouring rain.

Madeline Campbell won her 400 metres event in a time of 66.23 seconds. Maddie also won her 1500 metre event in a time of 5 mins 41.50 secs. In her 800 metres event Maddie finished 2nd in a time of 2 mins 43.13 secs. In her 100 metres event Maddie recorded a time of 14.51 seconds in finishing in 7th position.

6. Mt St Benedict's Athletics Carnival

Mt St Benedict's Carnival was held at Homebush and again we had a competitor there.

Maddy Bergfield won all 3 throwing events – Shot Put, Discus & Javelin. In her Discus event Maddy again broke the record. In fact this is Maddy's 4th Carnival and at each of these she has broken the Discus Record for her age. Maddy also set the Shot Put Record this year.

7. NSW Combined Independent Schools Cross Country Championships

The NSW CIS Cross Country Championships were held in June and we were represented by 1 competitor.

Maddie Campbell finished 14th in her event and again was a member of the Loreto Normanhurst team which won the gold medal.

8. Kuring-Gai High Schools Zone Athletics Carnival

The Kuring-Gai High Schools Zone Carnival was held at Homebush on Wednesday, 29th June and again we were represented by 1 competitor.

Kate Spencer finished 2nd in the 100 metres (13.98 secs), and won the 200 metres (28.00 secs), the 400 metres, the 800 metres, the 1500 metres and the 3000 metres (10 mins 30 secs). In the 3000 metres event Kate set a new record. Kate also competed in the 4 x 100 metres Relay event.

9. Sydney North Regional Cross Country Championships

The Sydney North Regional Cross Country Championships were held at Gosford Race Track on Tuesday, 28th June and we had 1 representative there.

Kate Spencer won the 16 years Girls 4000 metres event and will consequently participate at the NSW All Schools Cross Country Championships later in July.

10. World Masters Athletics Championships

At the 2011 World Masters Athletics Championships held in Sacramento, U.S.A. we had 2 competitors there. **Robert Hanbury-Brown** finished in 9th place in the 50+ Men's Weight Throw event with his best throw of 13.91 metres. In his Hammer Throw event Robert finished in 6th place in his qualifying round with a throw of 38.46 metres (14th overall). Robert finished 7th in his qualifying round of the Shot Put event with his throw of 11.79 metres (14th overall). In his qualifying round of the Discus event Robert finished in 6th place with his throw of 36.96 metres (12th overall). In the final of the Discus event Robert finished in 11th place with his throw of 35.57 metres. Robert threw the Javelin a distance of 35.98 metres to finish in 12th place in his qualifying round of this event (23rd overall). In his Weight Pentathlon event Robert produced the following results to finish in 8th place overall:-

Event	Points	Event	Points	Event	Points	Event	Points	Event	Points	Total
Hammer		Shot Put		Discus		Javelin		Weight		
39.78m	630	10.65m	636	36.74m	615	36.88m	519	14.24m	731	3131

Andrew Atkinson-Howatt finished in 11th place in the 50+ Men's Weight Throw event with his best throw of 11.50 metres. In his Hammer Throw event Andrew finished in 9th place in his qualifying round with his throw of 31.11 metres (19th overall). Andrew finished 9th in his qualifying round of the Shot Put event with his throw of 10.64 metres (19th overall). In his qualifying round of the Discus event Andrew finished in 8th place with his throw of 36.20 metres (15th overall). Andrew threw the Javelin a distance of 43.43 metres to finish in 7th place in his qualifying round of this event (15th overall). In his Weight Pentathlon event Andrew produced the following results to finish in 11th place overall:-

Event	Points	Event	Points	Event	Points	Event	Points	Event	Points	Total
Hammer		Shot Put		Discus		Javelin		Weight		
30.32m	447	10.42m	619	34.33m	565	41.07m	595	11.04m	540	2766

11. NSW All Schools Cross Country Championships

The NSW All Schools Cross Country Championships were held at Eastern Creek. The weather conditions during the week leading up to this event were awful with constant rain. Accordingly the event became a road run. We were represented by Kate Spencer.

Kate Spencer finished 3rd overall in the 16 years Girls 4km event. In the CHS event Kate won the gold medal with her performance there. Kate's efforts were good enough to secure her a spot in the NSW team for the Australian All Schools Cross Country Championships.

12. Australian All Schools Cross Country Championships

At the Australian Cross Country Championships Kate finished in 19th place after leading for the first half of the event.

13. Broken Bay Secondary Schools Athletics Championships

At the Broken Bay Secondary Schools Athletics Championships held at Homebush on 23rd August we were represented by 5 competitors.

Maddy Bergfield set 3 records in the 15 years Girls Throwing events. In the Javelin event Maddy threw 32.64 metres with the 500g Javelin. In her Shot Put (3kg) event Maddy's best throw measured 11.62 metres. Maddy broke the existing record in the Discus event with her throw of 34.26 metres.

Kate Roser finished in 6th place in the 15 years Girls 1500 metres event in a time of 6 mins 40.3 secs.

Nina Osada-Phornsiri finished in 2nd place in the 13 years Girls 80 metres Hurdles event in a time of 13.90 seconds. In her 100 metres event Nina finished in 3rd place in a time of 13.91 seconds. Nina won her High Jump event and set a record in the process – 1.61 metres. In her Long Jump event Nina was again the winner with her leap of 4.86 metres.

Thea McLachlan placed 4th in the 15+ Girls 1500 metres Walk in a time of 9 mins 36.65 secs.

Ellen Thompson cleared 1.48 metres in the 16 years Girls High Jump event to finish in 2nd place.

14. 4th Commonwealth Youth Games

The 4th Commonwealth Youth Games were held on the Isle of Man – the Athletics events were held over the 3 days from 9th to 11th September. We had 1 girl representing Australia at these games and she was Kate Spencer.

Kate Spencer had won selection for this Carnival because of her excellent results at both the Australian All Schools and the Australian Youth Championships held earlier in the season. She was originally selected for the 2000 metres Steeplechase event and was later added (at her request) to the field in the 3000 metres event. The weather for this event was very cold and very windy. On the 9th September Kate competed in her first International event – the 2000 metres Steeplechase event. Kate recorded her 2nd best time ever (6 mins 55.05 secs) in finishing 4th in this event behind the 3 East African competitors. To run this well in her first International competition was quite remarkable, especially as the girls who finished 1st and 2nd in the Steeple event had claimed the same 2 positions at the World Youth Championships some 6 weeks earlier. Some 2 days later Kate lined up for the 3000 metres event and despite the conditions was able to record a personal best time of 9 mins 41.83 secs to again finish in 4th place.

15. NSW Combined High Schools Athletics Carnival

The NSW Combined High Schools Championships were held at Homebush from 8th to 10th September and we were represented by 1 competitor.

Cameron Pappas won the 15 years Boys Long Jump event with his leap of 6.18 metres. In his Triple Jump event Cameron was again the winner with his leap of 13.31 metres. Cameron won a silver medal in his 100 metres Hurdles event in a time of 14.54 seconds (headwind of 2.2 metres/sec).

16. NSW Combined Catholic Colleges Athletics Carnival

At the NSW Combined Catholic Colleges Athletics Championships held at Homebush on Friday, 16th September our Centre was represented by 7 athletes.

Maddy Bergfield with her throw of 30.82 metres finished in 2nd place in the 15 years Girls Javelin event (500gms). In her Shot Put event (3kg) Maddy secured another silver medal with her throw of 11.57 metres. Maddy claimed yet another silver medal in the 15 years Girls Discus event with her effort of 35.19 metres.

Sachi Kayama finished in 4th place overall in the 15 years Girls 200 metres event in a time of 26.13 seconds. In her 100 metres event Sachi finished in 5th place in a time of 12.86 seconds (headwind of 0.5 metres/sec). Sachi finished 4th in her Long Jump event with her leap of 4.95 metres. In her High Jump event Sachi placed 6th with her clearance at 1.50 metres. Sachi finished 5th in the Open Girls Triple Jump event with her effort of 10.59 metres.

Paulina Peters finished in 6th place in the 15 years Girls 400 metres event in a time of 63.53 seconds.

Nina Osada-Phornsiri finished 2nd in the 13 years High Jump event with her clearance at 1.56 metres. In her Long Jump event Nina again claimed the silver medal with her leap of 5.05 metres.

Ben Cox won the 17+ Boys Long Jump event with his record breaking effort of 7.11 metres. This was the first time that Ben had cracked the 7 metre barrier. In his Triple Jump event Ben again was the winner with his distance of 13.56 metres. Ben added another gold medal to his haul when he was the third leg runner in the MCS team which won the Open Boys 4 x 100 metres Relay event.

Ellen Thompson placed 6th in the 16 years Girls High Jump event with her clearance at 1.45 metres.

Joe Morris finished 7th in the 15 years Boys High jump event with his clearance at 1.65 metres.

17. GPS Athletics Championships

The GPS Athletics Carnival was held at Homebush on Saturday, 17th September and we were represented by 2 athletes.

Nick Kelland produced a huge personal best throw of 12.83 metres in the 15 years Boys Shot Put Championship event to finish in 5th place.

Patrick Kelland also produced a personal best performance in the Under 17 Boys Division Shot Put event with his effort of 11.50 metres.

18. NSW All Schools Athletics Championships

The NSW All Schools Championships were held at SOPAC over the period from 13th – 16th October and we were represented by 13 competitors.

Maddy Bergfield procured 3 bronze medals at this meet in her 15 year Girls throwing events. In her Discus event Maddy threw a distance of 34.73 metres – just short of her pb. Maddy next produced a personal best performance of 12.53 metres to claim the 3rd place in her Shot Put event. In her Hammer event Maddy threw a national qualifying distance of 41.51 metres to again finish in 3rd place. Maddy finished off her throwing events with a 5th place in her Javelin event with the distance of 31.49 metres.

Nicola Bowtell contested 6 events at this Carnival. After qualifying for the final of the 12 years Girls 100 metres event with a time of 14.13 seconds in her heat Nicola claimed 7th place in the final in a time of 13.93 seconds (tailwind of 0.9 metres/sec). Nicola also qualified for the final of her 200 metres event with her time of 28.24 seconds. In the final Nicola finished in 4th place in a personal best time of 27.92 seconds (tailwind of 1.1 metres/sec). Nicola finished 11th overall in the 400 metres event in a time of 64.45 seconds. In her Long Jump event Nicola claimed 9th position with her leap of 4.02 metres. In her Shot Put event Nicola finished in 13th place with her throw of 8.13 metres and in her Discus event she finished in 14th place with her throw of 25.76 metres.

Ben Cox came away from this Carnival with 2 gold medals in the 2 events he contested. In the 17 years Boys Triple Jump event Ben broke through the 15 metre barrier (albeit with a 2.2 metre tailwind) with his winning leap of 15.05 metres. Ben had 4 legal jumps in this event and would have won this event with any of those jumps. In his Long Jump event Ben was just shy of his personal best performance but still broke the 7 metre mark with his leap of 7.01 metres (tailwind of 1.4 metres/sec).

Emily Gentle contested 4 events in the 17 years Girls age group. In her 100 metres event Emily finished 14th overall in a time of 14.98 seconds. Emily finished 13th overall in the 200 metres event in a time of 29.25 seconds. In the 400 metres final Emily finished in 8th place in a time of 64.21 seconds. Emily placed 4th in the 800 metres event in a time of 2 mins 32.66 secs.

Jackson Kang qualified for the final of the 15 Boys 100 metres Hurdles event with his time of 13.86 seconds. In the final Jackson claimed 5th spot in a time of 14.09 seconds (tailwind of 0.4 metres/sec). Again Jackson qualified for the final of the 15 Boys 100 metres event in which he finished in 8th place in a time of 12.15 seconds (tailwind of 0.2 metres/sec).

Sachi Kayama finished 5th in her heat of the 15 years Girls 100 metres event in a time of 12.78 seconds (tailwind of 0.4 metres/sec). In the final, Sachi finished in 6th place in a time of 12.74 seconds (tailwind of 0.8 metres/sec). This time by Sachi puts her within 1/10th second of a national qualifying time. In her 200 metres heat, Sachi finished 10th overall in a time of 26.31 seconds (tailwind of 1.3 metres/sec). Sachi finished in 5th place in her Triple Jump event with her leap of 10.44 metres. In her Long Jump event Sachi finished in 6th place with her effort of 5.06 metres. Her High Jump event saw Sachi finish in 10th place with her clearance at 1.45 metres.

Nick Kelland won a bronze medal in the 15 Boys Hammer Throw with his heave of 33.52 metres whilst in his Javelin event Nick claimed 9th spot with his effort of 37.77 metres.

Sarah Kelland finished 7th in the 13 Girls 3000 metre Walk, in a time of 19 mins 21.24 secs. In her Javelin event Sarah finished in 10th place with her throw of 25.97 metres. Sarah placed 18th in the Shot Put with her effort of 7.92 metres.

Nina Osada-Phornsiri won a bronze medal in the 13 years Girls Long Jump event with her jump of 4.98 metres. In her High Jump Nina placed 4th with her clearance at 1.53 metres.

Cameron Pappas won the 15 year Boys Triple Jump event with his leap of 13.29 metres. In his Long Jump event Cameron won the silver medal with his leap of 6.46 metres.

Ed Penrose won his heat of the 14 year Boys 800 metres event in the time of 2 mins 06.46 secs. In the final Ed collected the silver medal with his time of 2 mins 02.38 secs. In his 400 metres event Ed was the 8th fastest qualifier into the final with his time of 57.58 seconds. In the final Ed finished in 5th place in a time of 54.23 seconds.

Kate Spencer won the gold medal in the 16 years Girls 2000 metres Steeplechase event in a time of 7 mins 28.46 secs. In her 1500 metres event Kate just got pipped for 2nd place to eventually finish 3rd in a time of 4 mins 49.14 secs. Kate also won the bronze medal in her 3000 metres event in a time of 10 mins 43.17 secs.

Tara Vance won the silver medal in the 17 years Girls 800 metres event in a time of 2 mins 19.67 secs. In her 400 metres final Tara finished 7th with her time of 60.92 seconds.

19. Ryde Athletics Centre Championships

At the Ryde Athletics Centre Club Championships held on Sunday, 30th October we had a total of 26 athletes competing. At this Carnival a total of 17 records were established. Our record breakers were Voitek Klimiuk (3), Sarah Kelland (3), Maddy Bergfield (2), Sue Gore (2), Kate Spencer (2), James Bergfield (1), Nick Kelland (1), Nicola Bowtell (1), Sachi Kayama (1) and Craig Macpherson (1).

20. NSW 3000 metres Championships

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

Kate Spencer finished in 8th place overall (5th NSW competitor) with her time of 9 mins 47.27 secs. This time is the fastest time she has recorded in Australia.

21. NSW Relay Championships

At the NSW Relay Championships we were represented by 2 teams.

Our Under 18 Girls 4 x 800 metres team claimed the silver medal in this event with their time of 9 mins 56.33 secs. This team consisted of Tara Vance, Madeline Campbell, Emily Gentle and Kate Spencer.

Our Under 16 Girls 4 x 1500 metres team claimed the bronze medal in this event with their time of 22 mins 28.19 secs. This team consisted of Michaela Casey, Shannon Ashton, Sierra Collender and Kelsey Grimmond.

22. Australian All Schools Championships

The Championships this year were held in Brisbane from 3rd to 4th December and we were represented by 5 athletes.

Kate Spencer won the Under 18 Girls 2000 metres Steeplechase event in a time of 6 mins 56.75 secs.

Tara Vance contested the Under 18 Girls 800 metres event and finished in 10th place in a time of 2 mins 20.60 secs.

Ben Cox had a Carnival to remember – He won gold in both the Under 18 Men's Long and Triple Jump events. In his Long Jump event Ben's winning leap measured exactly 7.00 metres. Ben cleared a distance of 14.96 metres to become the Australian Under 18 All Schools champion.

Cameron Pappas produced a 6.41 metres Long Jump to take out the bronze medal in the Under 16 Boys event. In his Triple Jump event Cameron struck gold with his winning and personal best leap of 13.98 metres.

Ed Penrose recorded a time of 2 mins 05.92 secs in finishing in 13th place in the Under 16 Boys 800 metres event.

23. Australian Schools Knock-Out Final.

This event was held in Brisbane on 5th December and we had a total of 7 athletes there.

Maddy Bergfield threw the Shot Put a distance of 11.91 metres and in her Javelin event she threw a distance of 32.82 metres.

Madeline Campbell recorded a time of 64.91 seconds in her 400 metres event, and was a member of the Loreto Normanhurst Senior Medley Relay team which finished in 7th place.

Shannon Ashton recorded a personal best time of 5 mins 06.06 secs in the Senior Girls 1500 metres event.

Michaela Casey recorded a time of 5 mins 31.69 secs in the Senior Girls 1500 metres event.

Nicola Bowtell recorded a time of 28.74 seconds (headwind of 2.0 metres/sec) in the Intermediate Girls 200 metres event and was a member of the Pymble Ladies College Intermediate Swedish Sprint Relay team which finished in 15th place.

Jasmine Low recorded a time of 14.39 seconds (headwind of 3.7 metres/sec) in the Intermediate Girls 100 metres event and was a member of the Pymble Ladies College Intermediate Swedish Sprint Relay team which finished in 15th place.

Ed Penrose recorded a time of 2 mins 11.06 secs in the Junior Boys 800 metres event and was a member of the Newington 4 x 200 metres Relay team which finished in 5th place in this event.

24. Little A's Zone Championships

At the Western Plains Little A's Zone Championships held at over the weekend of 3rd and 4th December we were represented by 1 competitor.

Kelsey Grimmond won the final of the Under 14 Girls 800 metres event in a time of 2 mins 44.36 secs. In her 1500 metres event Kelsey was again the winner in a time of 5 mins 30.43 secs. Kelsey was also victorious in her 3000 metres event in a time of 11 mins 54.76 secs. In her Long Jump event Kelsey finished 2nd with her leap of 4.10 metres.

The Northern Metropolitan Little A's Zone Championships were held at Barton Park, Parramatta over the weekend of 10th and 11th December, 2011. This year I will only report on our Ryde athletes who have won the right to represent our Centre at the Regional Championships in February.

Amy Court finished 3rd in the final of the Under 12 Girls 100 metres event in a time of 14.60 seconds. In the final of her 200 metres event Amy placed 2nd in a time of 29.92 seconds. Amy finished in 2nd place in her Triple Jump event with her leap of 9.20 metres.

Brooke Matheson finished 5th in the final of the Under 12 Girls 100 metres event in a time of 14.80 seconds. In the final of her 200 metres event Brooke placed 3rd in a time of 30.88 seconds. In the final of her 60 metre Hurdles event Brooke finished in 3rd place in a time of 10.44 seconds. Brooke finished 5th in her Discus event with her throw of 23.56 metres.

Nicola Bowtell finished 5th in the final of the Under 13 Girls 100 metres event in a time of 14.01 seconds. In her final of the 200 metres event Nicola placed 4th in a time of 28.94 seconds. Nicola again claimed 4th place in her 400 metres final in a time of 65.30 seconds. In her Shot Put event Nicola finished in 3rd spot with her throw of 8.61 metres.

Nina Osada-Phornsiri finished 7th in the final of the Under 14 Girls 100 metres event in a time of 14.15 seconds. In her High Jump event Nina finished 4th with her clearance at 1.44 metres. Nina placed 2nd in her Long Jump event with her leap of 4.73 metres.

Sachi Kayama finished 3rd in the final of the Under 17 Girls 100 metres event in a time of 12.90 seconds. In her 200 metres final Sachi claimed 2nd spot in a time of 26.97 seconds. Sachi was the winner in her High Jump event with her successful clearance at 1.61 metres. In her Long Jump event Sachi claimed 2nd spot with her leap of 4.91 metres. Sachi was again 2nd in her Triple Jump event with her leap of 10.82 metres.

Karleigh Ryan finished 4th in the final of the Under 14 Girls 400 metres event in a time of 69.49 seconds. In her 800 metres event Karleigh finished in 5th place in a time of 2 mins 54.60 secs.

Kate Spencer finished 3rd in the final of the Under 17 Girls 400 metres event in a time of 61.98 seconds. In her 800 metres event Kate was the winner in a time of 2 mins 22.50 secs. Kate won her 1500 metres event and established a new zone record of 4 mins 43.10 secs. Kate also established a new zone record in her 3000 metres event where she was again the winner in a time of 10 mins 41.90 secs.

Sierra Collender won the final of the Under 14 Girls 800 metres event in a time of 2 mins 47.10 secs. In her final of the 1500 metres event Sierra was again the winner in a time of 5 mins 55.65 secs.

Tatum Bird finished 4th in the Under 12 Girls 1500 metres event in a time of 5 mins 51.43 secs.

Jessica Brown finished 3rd in the Under 12 Girls High Jump event with her clearance at 1.29 metres. In her Long Jump event Jessica came 4th with her leap of 4.19 metres. Jessica finished in 8th place in her Triple Jump event with her distance of 8.07 metres.

Kara Talty finished 2nd in the Under 15 Girls Shot Put event with her throw of 9.25 metres.

Maddy Bergfield won the Under 17 Girls Shot Put event in a new zone record distance of 12.40 metres. In her Discus event Maddy also broke the existing record but had to settle for 2nd place with her throw of 35.36 metres. Maddy finished in 2nd place in her Javelin event with her throw of exactly 32.00 metres.

Chloe Davis finished in 4th place in the Under 12 Girls Javelin event with her distance of 19.96 metres.

Sarah Kelland placed 2nd in the Under 14 Girls Javelin event with her throw of 28.28 metres. In her Discus event Sarah finished in 5th place with her throw of 21.59 metres. Sarah also finished 5th in her Shot Put event with her throw of 8.02 metres. In her 1500 metres Walk event Sarah was the winner in a time of 9 mins 10.30 secs.

Hayley Daniel finished 3rd in the Under 17 Girls Javelin event with her distance of 29.34 metres.

Lucy Stevenson placed 2nd in the Under 12 Girls 1500 metres Walk event in a time of 9 mins 46.90 secs.

Gabriel Popesco finished in 4th place in the Under 12 Boys 100 metres final in a time of 14.26 seconds. In his 200 metres final Gabriel finished in 5th place in a time of 30.20 seconds.

Sam Hain placed 2nd in the final of the Under 13 Boys 100 metres final in a time of 12.97 seconds. In his 80 metres Hurdles event Sam finished in 6th place in a time of 13.96 seconds. Sam also claimed 6th spot in his High Jump event with his clearance at 1.40 metres. In his Long Jump event Sam claimed 2nd spot with his leap of 4.79 metres. Sam also claimed 3rd place in his Triple Jump event with his effort of 10.24 metres.

Antonio Galati finished in 4th place in the Under 15 Boys 100 metres final in a time of 12.27 seconds.

Joseph Morris finished 2nd in the Under 17 Boys 100 metres final in a time of 12.04 seconds. In his Long Jump event Joe finished in 4th spot with his leap of 5.74 metres.

Stuart Williams finished in 4th place in the final of the Under 15 Boys 400 metres event in a time of 58.83 seconds. In his High Jump event Stuart finished in 8th place with his clearance at 1.40 metres. Stuart claimed 3rd place in his Discus event with his throw of 34.60 metres.

Jack Rodgers finished in 6th place in the Under 15 Boys 400 metres final in a time of 62.61 seconds. In his 800 metres event Jack claimed 4th position in a time of 2 mins 24.80 secs. Jack finished 3rd in his High Jump event with his clearance at 1.62 metres. In his Long Jump event Jack finished in 2nd spot with his leap of 5.69 metres. Jack claimed 3rd place in his Triple Jump event with his effort of 11.18 metres. In his 1500 metres Walk event Jack finished in 3rd place in a time of 9 mins 57.50 secs.

Patrick Kelland claimed 4th spot in the Under 17 Boys 800 metres event with his time of 3 mins 32.80 secs. In his Shot Put event Patrick finished in 2nd spot with his effort of 11.20 metres. Pat finished in 4th place in his Discus event with his throw of 28.15 metres. In his Javelin event Pat was the winner with his throw of 43.24 metres.

Alex Pritchard won the Under 14 Boys 1500 metres event in a time of 4 mins 51.83 secs. In his 3000 metres event Alex was again the winner in a time of 10 mins 17.50 secs.

Brenton Mooney won the Under 17 Boys 1500 metres event in a time of 4 mins 47.93 secs. In his 3000 metres event Brenton was again the winner in a time of 11 mins 16.50 secs. Brenton added a 3rd win at this carnival with his time of 9 mins 23.60 secs in his 1500 metres Walk event.

Jack Armson finished in 4th place in the Under 13 Boys 3000 metres event in a time of 11 mins 51.20 secs. In his 1500 metres event Jack finished in 6th place in a time of 5 mins 32.17 secs.

Justin Sunderland claimed 5th place in the Under 12 Boys High Jump event with his clearance at 1.35 metres. In his Long Jump event Justin finished in 2nd place with his leap of 4.68 metres. Justin also finished 2nd in his Triple Jump event with his effort of 10.25 metres. In his Javelin event Justin claimed 7th spot with his throw of 18.21 metres.

Haydn Housenloge finished 2nd in the Under 14 Boys Shot Put event with his effort of 11.64 metres. In his 100 metres final Haydn finished in 7th place with his time of 13.00 seconds. Haydn again finished in 7th place in his 200 metres event in a time of 27.20 seconds. In his Discus event Haydn claimed a further 7th placing with his throw of 27.70 metres. Haydn finished in 6th place in his Javelin event with his throw of 23.57 metres.

Patrick Harrison finished in 3rd place in the Under 15 Boys Shot Put event with his throw of 9.31 metres. In his final of the 100 metres event Patrick finished in equal 7th position with his time of 12.98 seconds.

Benjamin Speed finished in 4th place in the Under 15 Boys Shot Put event with his throw of 8.25 metres. In his High Jump event Ben finished in 7th place with his clearance at 1.45 metres. Ben finished in 6th place in his Discus event with his throw of 20.46 metres.

Nick Kelland finished in 3rd place in the Under 17 Boys Shot Put event with his throw of 11.17 metres. In his Discus event Nick claimed 2nd spot with his throw of 34.46 metres. Nick claimed 2nd spot in his Javelin event with his throw of 39.00 metres.

Luke McLachlan finished 4th in the Under 12 Boys 1500 metres Walk event in a time of 10 mins 01.10 secs.

Dylan Rodgers was the winner of the Under 13 Boys 1500 metres Walk event in a time of 13 mins 00.40 secs.

James Hanlon finished 3rd in the Under 14 Boys 1500 metres Walk event in a time of 10 mins 36.20 secs.

25. Trans Tasman Challenge

At the Trans Tasman Challenge Little A's Meet held in Auckland we were represented by 3 athletes.

Amy Court just missed out on the medals when she finished in 4th place in the final of the 11 year girls 200 metres event with her time of 29.38 seconds. In her Long Jump event Amy claimed the bronze medal with her leap of 4.52 metres.

Justin Sunderland finished 5th in the 11 year boys Long Jump event with his leap of 4.87 metres. In his High Jump event Justin finished equal 10th with his clearance at 1.35 metres. In his Discus event Justin finished 13th with his throw of 21.58 metres.

Jessica Brown cleared 4.11 metres in the 11 year girls Long Jump event. In her High Jump event Jessica finished 12th with her clearance at 1.25 metres.

26. NSW Junior Championships

At the NSW Youth & Junior Championships held at Homebush over the weekend of 10th to 12th February we were represented by 18 athletes.

Nina Osada-Phornsiri finished 6th overall (2nd in her age group) in the Under 16 Girls High Jump event with her clearance at 1.50 metres. In her Long jump event Nina was again 6th overall and 2nd in her age group with her leap of 4.87 metres (tailwind of 1.2 metres/sec). These 2nd placings in her own age group give Nina the right to compete at the Australian Youth & Junior Championships to be held in Sydney in March 2012.

Sarah Kelland placed 19th overall in the Under 16 Girls Shot Put event with her throw of 7.59 metres. In her Discus event Sarah was 14th overall with her distance of 21.41 metres. In her Hammer Throw event Sarah finished in 10th place with her throw of 16.61 metres. Sarah finished in 10th position again in her Javelin event with her throw of 23.85 metres. In her 3000 metres Walk event Sarah finished 6th overall (2nd in her age group) in a time of 17 mins 58.63 secs to also qualify for the Australian Championships in March 2012.

Kelsey Grimmond finished 14th overall in the Under 16 Girls 1500 metres event in a time of 6 mins 12.20 secs. In her 800 metres event Kelsey recorded a time of 2 mins 44.81 secs. Kelsey recorded a time of 13 mins 38.89 secs in her 3000 metres event.

Tara Vance finished 6th in the final of the Under 20 Girls 800 metres event in a time of 2 mins 25.17 secs. Tara will also be contesting this event at the National Titles.

Emily Gentle finished 9th in the final of the Under 20 Girls 800 metres event in a time of 2 mins 33.48 secs.

Sachi Kayama finished 17th overall in the Under 18 Girls 100 metres event in a time of 13.26 seconds (headwind of 2.2 metres/sec). In her High Jump event Sachi finished in 8th place overall (3rd in her age group) with her clearance at 1.55 metres. Sachi finished 6th overall in her Triple Jump event (3rd in her age group) with her leap of 10.50 metres (tailwind of 2.9 metres/sec). Thus Sachi has won the right to compete at the National Titles in these 2 Jump events.

Kate Spencer won the Under 18 Girls 3000 metres event in the best time she has recorded in Australia – 9 mins 44.10 secs. In her 1500 metres event Kate claimed the silver medal in a season's best time of 4 mins 30.94 secs. Kate won her heat of her 800 metres event in a time of 2 mins 14.87 secs. In the final Kate claimed the silver medal in a time of 2 mins 11.28 secs. Kate will be representing NSW at the Australian Championships.

Maddy Bergfield placed 6th overall (3rd in her age group) in the Under 18 Girls Shot Put event with her throw of 11.44 metres. In her Discus event Maddy repeated the above placings with her best throw of 33.92 metres. Just to prove that the placings were not a fluke Maddy again repeated them in the Hammer Throw with her best distance being 38.93 metres. In her Javelin event Maddy finished in 12th place overall (4th in her age group) with her throw of 27.65 metres. Maddy has won the right to represent NSW in the Shot Put, Discus and Hammer Throw events at the National Titles.

Nicola Bowtell finished 4th in her heat of the Under 14 Girls 200 metres event in a personal best time of 27.33 seconds (tailwind of 1.8 metres/sec). In the final Nic finished in 4th place in a time of 28.42 secs (headwind of 1.3 metres/sec). Nic won her heat of the Under 14 Girls 400 metres event in a time of 63.36 seconds. In the final Nicola produced a personal best time of 61.96 seconds to become the NSW Champion in this event. Nicola finished 7th in her Shot Put event with her throw of 8.69 metres. In her Discus event Nic finished in 9th place with her throw of 22.29 metres. Thus Nicola has won the right to represent NSW at the 2012 Australian Championships.

Max McKenzie finished in 14th place overall in the Under 20 Boys 100 metres event in a time of 11.87 seconds (headwind of 0.1 metres/sec). In his heat of the 200 metres event Max placed 9th overall to squeak into the final with his time of 23.59 seconds (tailwind of 0.3 metres/sec). Max finished 7th in the final in a personal best time of 23.00 seconds (tailwind of 0.7 metres/sec). In his 400 metres heat Max finished 4th and qualified for the final in a personal best time of 51.25 seconds. Max placed 7th in the final with an even better time of 50.86 seconds.

James Bergfield contested the Under 20 Boys 400 metres Hurdles event for the first time and recorded a time of 63.14 seconds to finish in 8th place in the final. In his 800 metres event James recorded a time of 2 mins 07.11 secs to finish 14th overall. James finished in 6th place in the 3000 metres Steeplechase event in a time of 11 mins 06.78 secs. In his Shot Put event James claimed 5th place with his effort of 11.57 metres.

Ben Cox produced a personal best performance in the Under 20 Boys Triple Jump event with his winning leap of 15.25 metres (tailwind of 1.6 metres/sec). In his Long Jump Ben produced yet another personal best performance to claim 3rd place with his leap of 7.19 metres (tailwind of 1.7 metres/sec). Thus Ben has won the right to compete at the 2012 Australian Championships.

Josh Cowan placed 25th overall in the Under 18 Boys 100 metres event in a time of 12.16 seconds (tailwind of 1.1 metres/sec).

Harry Redwin finished 22nd overall in the Under 18 Boys 800 metres event in a time of 2 mins 27.57 secs.

Cameron Pappas finished in 6th place in the Under 18 Boys Long Jump event with his leap of 6.47 metres (tailwind of 0.9 metres/sec). In his Triple Jump event Cameron won the gold medal with his leap of 13.20 metres (headwind of 0.5 metres/sec). Cameron will be representing NSW in both these events at the National Titles.

Nick Kelland finished 11th overall in the Under 18 Boys Shot Put event with his throw of 10.32 metres. Nick will be contesting the Hammer Throw event at the 2012 National Titles.

Sam Hain finished 4th in the Under 14 Boys 200 metres Hurdles event in a personal best time of 32.23 seconds (tailwind of 3.2 metres/sec). In his 100 metres event Sam finished 5th in the final with his time of 13.07 seconds (tailwind of 0.1 metres/sec). Sam won the right to represent NSW at the Australian Titles when he finished 2nd in his Long Jump event with his leap of 5.19 metres (tailwind of 1.1 metres/sec). In his Triple Jump event Sam finished with a silver medal with his leap of 10.65 metres (tailwind of 0.0 metres/sec) to give him the opportunity to represent NSW in this event as well.

James Redwin recorded a personal best time of 6 mins 08.35 secs in finishing in 9th place in the Under 14 Boys 1500 metres event.

At these Championships athletes from Ryde came away with 4 gold, 4 silver and 1 bronze medals.

27. Oceania Masters Championships

At the Oceania Masters Athletics held in Tauranga, New Zealand from 5th to 12th February, 2012 our Club was represented by 2 athletes.

Robert Hanbury Brown won the gold medal in the 55-59 years Throws Pentathlon event. Robert's performances are show below:-

Event	Points	Event	Points	Event	Points	Event	Points	Event	Points	Total
Hammer		Shot Put		Discus		Javelin		Weight		
39.70m	713	10.86m	715	36.83m	683	35.02m	542	14.74m	823	3476

Andrew Atkinson-Howatt won the silver medal in the 55-59 years Throws Pentathlon event. Andrew's performances are shown below:-

Event	Points	Event	Points	Event	Points	Event	Points	Event	Points	Total
Hammer		Shot Put		Discus		Javelin		Weight		
34.11m	591	10.78m	709	37.85m	706	44.62m	733	12.00m	648	3387

At these Championships Robert broke both the New Zealand and the Oceania records in this event whilst Andrew also broke the Oceania record.

In the individual events our boys performed as follows:-

Robert Hanbury-Brown won the silver medal in his Shot Put event with his distance of 11.23 metres. In his Discus event Robert took out the silver medal with his throw of 36.52 metres. Robert added a bronze medal to his tally in the Javelin event with his throw of 36.69 metres. In his Hammer event Robert snared a further gold medal with his effort of 39.24 metres. Robert threw 15.05 metres in the Weight Throw event to not only win the gold medal but also break the Oceania Record in this event.

Andrew Atkinson-Howatt won the bronze medal in his Shot Put event with his distance of 11.19 metres. In his Discus event Andrew won the gold medal with his throw of 36.96 metres. Andrew added a further gold medal to his haul with his victory in the Javelin event where he threw 42.91 metres. In his Hammer event Andrew gained a silver medal with his effort of 34.95 metres. Andrew threw 13.09 metres to gain a further silver medal in the Weight Throw event.

28. Little A's Regional Championships

The Little A's Regional Carnivals were held over the weekend of 18th & 19th February and I have listed below the results:-

Amy Court finished 5th in the final of the Under 12 Girls 100 metres event in a time of 14.3 seconds. This time was good enough for Amy to qualify for the State titles. Amy ran 6th in her 200 metres final in a time of 29.2 seconds. In her Long Jump event Amy finished in 3rd place with her leap of 4.72 metres. Amy finished in 4th place in her Triple Jump event with her leap of 9.45 metres.

Sachi Kayama finished 4th in the final of the Under 17 Girls 100 metres event in a time of 13.4 seconds and like Amy, Sachi's time was good enough to qualify her for this event at the State titles. In her 200 metres final Sachi again finished in 4th place and she has again qualified for the State titles with her time of 27.5 seconds. Sachi claimed 5th spot in her High Jump event with her clearance at 1.55 metres. In her Long Jump event Sachi claimed 2nd spot with her leap of 5.24 metres. Sachi also claimed 2nd spot in her Triple Jump event with her leap of 10.58 metres.

Nicola Bowtell finished 3rd in the final of the Under 13 Girls 200 metres event in a time of 27.8 seconds. In her 400 metres final Nic finished 2nd in her 400 metres final in a time of 61.9 seconds. Nic finished in 7th place in her Shot Put event with her throw of 8.61 metres. In her Discus event Nic finished in 6th place with her throw of 28.49 metres. At the State titles Nicola has won the right to contest all of these events.

Kate Spencer finished 3rd in the final of the Under 17 Girls 400 metres event with her time of 60.0 seconds. In her 800 metres event Kate was the winner in a time of 2 mins 15.9 secs. Kate was again the winner in her 1500 metres event in a regional record time of 4 mins 42.9 secs. In her 3000 metres event Kate not only broke the regional record but also her State Little A's record with her winning time of 10 mins 19.1 secs.

Sierra Collender finished 7th in the final of the Under 14 Girls 800 metres event with her time of 2 mins 41.9 secs. In her 1500 metres event Sierra finished in 10th place in a time of 5 mins 53.6 secs.

Brooke Matheson in finishing 4th in the Under 12 Girls 60 metres Hurdles event also qualified for the State titles with her time of 10.7 seconds.

Nina Osada-Phornsiri finished 4th in the Under 14 Girls High Jump event with her clearance at 1.52 metres. In her Long Jump event Nina was the winner with her leap of 4.92 metres. Nina has won the right to contest both of these events at the State titles.

Kara Talty finished in 5th spot in the Under 15 Girls Shot Put event with her throw of 9.50 metres and will be contesting this event at the State titles.

Maddy Bergfield claimed 2nd spot in the Under 17 Girls Shot Put event with her throw of 11.59 metres. In her Discus event Maddy finished 3rd with her throw of 35.35 metres. Maddy again finished in 3rd place in her Javelin event with her throw of 31.60 metres.

Sarah Kelland finished in 4th spot in the Under 14 Girls Javelin event with her throw of 26.61 metres. In her 1500 metres Walk event Sarah claimed 3rd place in a time of 8 mins 42.2 secs. Sarah has won the right to contest both of the above events at the State titles.

Hayley Daniels finished in 5th place in the Under 17 Girls Javelin event with her throw of 28.92 metres and will be a contestant at the State titles.

Kelsey Grimmond travelled to Kiama for her Regional Carnival and qualified for the State titles with the following results. In the Under 14 Girls 800 metres event Kelsey finished in 3rd place in a time of 2 mins 38.6 secs. Kelsey also finished 3rd in her 1500 metres event in a time of 5 mins 32.2 secs. In her 3000 metres event Kelsey was the winner in a time of 12 mins 02.8 secs. Kelsey finished 2nd in her Long Jump event with a leap of 4.28 metres.

Sam Hain finished in 2nd place in the final of the Under 13 Boys 100 metres event in a time of 12.9 seconds. In his High Jump event Sam finished in 5th spot with his clearance at 1.55 metres. Sam was the winner in his Long Jump event with his leap of 5.30 metres. In his Triple Jump event Sam finished in 4th place with his jump of 10.65 metres. Sam has won the right to contest all 4 of these events at the State titles.

Max McKenzie finished in 3rd place in the final of the Under 17 Boys 100 metres event in a time of 12.0 seconds. In his 200 metres final Max was the winner in a Regional record time of 22.8 seconds. Max claimed 2nd place in the final of his 400 metres event in a time of 51.1 seconds. In his Triple Jump event Max claimed 6th place with his leap of 11.17 metres.

Joe Morris finished in 7th place in the final of the Under 17 Boys 100 metres event in a time of 12.6 seconds.

Patrick Kelland finished in 5th place in the Under 17 Boys 800 metres event in a time of 2 mins 12.7 secs. In his Javelin event Pat finished in 2nd place with his throw of 48.51 metres. Pat is eligible to contest both of these events at the State titles.

Brenton Mooney finished 4th in the Under 17 Boys 1500 metres event in a time of 4 mins 42.4 secs. In his 3000 metres event Brenton finished in 2nd place in a time of 10 mins 29.3 secs. Brenton finished in 5th place in his 1500 metres Walk event in a time of 8 mins 23.7 secs. At the State titles Brenton has won the right to contest all of the above events.

Jack Armson finished in 6th place in the Under 13 Boys 3000 metres event in a time of 10 mins 59.6 secs. In his 1500 metres event Jack finished in 9th place in a time of 5 mins 13.7 secs. Jack has won the right to contest his 3000 metres event at the State titles.

Justin Sunderland finished in 10th place in the Under 12 Boys High Jump event with his clearance at 1.30 metres. In his Long Jump event Justin finished 6th with his leap of 4.74 metres. Justin finished in 3rd spot in his Triple Jump event with his leap of 10.70 metres. At the State titles Justin has won the right to contest both the Long and Triple Jump events.

Jack Rodgers placed 8th in the Under 15 Boys Long Jump event with his leap of 5.23 metres. In his Triple Jump event Jack finished in 8th place with his leap of 11.10 metres. In his 1500 metres Walk event Jack claimed 3rd spot with his time of 9 mins 12.6 secs. Jack has won the right to contest his Triple Jump event at the State titles.

Haydn Housenloge claimed 3rd spot in the Under 14 Boys Shot Put event with his throw of 12.79 metres.

Stuart Williams finished in 8th place in the Under 15 Boys Discus event with his throw of 38.02 metres and is eligible to contest this event at the State titles.

Nick Kelland placed 5th in the Under 17 Boys Discus event with his throw of 35.63 metres. In his Javelin event Nick finished in 7th place with his throw of 42.19 metres. Nick has won the right to contest both of these events at the State titles.

Luke McLaughlin finished 8th in the Under 12 Boys 1500 metres Walk event in a time of 10 mins 34.9 secs. At the State titles Luke will be eligible to compete in this event.

Dylan Rodgers placed 4th in the Under 13 Boys 1500 metres Walk event in a time of 13 mins 07.8 secs. At the State titles Dylan will be eligible to compete in this event.

James Hanlon finished in 5th place in the Under 14 Boys 1500 metres Walk event in a time of 9 mins 51.9 secs. At the State titles James will be eligible to compete in this event.

29. NSW Masters Championships

At the NSW Masters Championships held at Bankstown over the weekend of 25th to 26th February we were represented by 5 athletes.

Ron Wills won the 70+ Men's 800 metres event in a season's best time of 2 mins 56.15 secs.

Simon Butler-White won the Men's 50-54 years Long Jump event with his leap of 4.78 metres. In his Weight Throw event Simon claimed the bronze medal with his heave of 11.37 metres. Simon added a silver medal to his haul with his throw of 10.59 metres in his Shot Put event. In his Hammer Throw event Simon won a bronze medal with his throw of 31.43 metres. Simon won the silver medal in his Javelin event with his throw of 34.73 metres.

Lajos Joni was the winner in the 55-59 years Weight Throw event with his heave of 13.99 metres. In his Shot Put event Lajos claimed the silver medal with his throw of 10.63 metres. Lajos was 5th in his Discus event with a throw of 26.90 metres. Lajos added a further gold medal to his tally in his Hammer Throw event with his throw of 39.51 metres. In his Javelin event Lajos won the bronze medal with his throw of 25.76 metres.

Robert Hanbury-Brown won the silver medal in the 55-59 years Weight Throw event with his heave of 13.27 metres. In his Shot Put event Robert won the gold medal with his throw of 10.88 metres. Robert claimed a bronze medal in his Discus event with his throw of 37.22 metres. In his Hammer Throw event Robert claimed the silver medal with his throw of 36.90 metres. Robert claimed the silver medal in his Javelin event with his throw of 30.01 metres.

Andrew Atkinson-Howatt completed the Ryde trifecta in the 55-59 years Weight Throw by claiming the bronze medal with his throw of 11.51 metres. In his Shot Put event Andrew won the bronze medal with his throw of 10.49 metres. Andrew won a silver medal in his Discus event with his throw of 37.46 metres. In his Hammer Throw event Andrew claimed the bronze medal with his throw of 28.52 metres. Andrew was the winner of his Javelin event with his throw of 44.13 metres.

30. NSW Little A's Multi Event Championships

At the State Little Athletics Multi-Event Championships held at Cessnock on 5th & 6th March we were represented by 5 athletes.

Justin Sunderland finished in 9th place in the Under 12 Boys event with his total of 3982 points accumulated over the 6 events he contested.

Amy Court finished in 13th place in the Under 12 Girls event with her total of 3691 points accumulated over the 6 events she contested.

Jessica Brown finished in 25th place in the Under 12 Girls event with her total of 3191 points accumulated over the 6 events she contested.

Sam Hain finished in 12th place in the Under 13 Boys event with his total of 3829 points accumulated over the 6 events he contested.

Haydn Housenloge finished in 7th place in the Under 14 Boys event with his total of 3945 points accumulated over the 6 events he contested.

31. Australian Junior Athletics Championships

The Australian Junior Athletics Championships were held at Homebush from Wednesday, 14th March to Sunday, 18th March. At these titles we were represented by 12 athletes.

Kate Spencer was our first athlete to hit the track and she got our club off to a tremendous start when she contested the Under 18 Women's 2000 metres Steeplechase event on the Wednesday evening. In this event Kate was in 2nd place after two laps but then she went to the front to score a clear victory in a season's best time of 6 mins 47.54 secs. Kate's next race was on the Thursday evening and in this event she led all the way to win in a time of 9 mins 45.85 secs and was 9 seconds in front of the Victorian girl who claimed 2nd place. Kate had her last event on the Sunday afternoon and again led all the way to record a personal best time in this 1500 metres event of 4 mins 28.71 secs. Again Kate had a clear margin of victory by some 40 metres.

Ben Cox claimed the silver medal in the Under 20 Men's Triple Jump event with a leap of 15.11 metres. In fact Ben achieved this distance twice during his series of jumps. In his Long Jump event Ben finished in 9th place overall with his best leap of 6.81 metres.

Cameron Pappas also claimed a silver medal in the Under 17 Men's Triple Jump event with his best leap of 13.77 metres. In his Long Jump event Cameron was rewarded with a bronze medal courtesy of his jump of 6.45 metres.

Sam Hain had a memorable introduction to his first Australian titles when he claimed a silver medal in the Under 14 Men's Triple Jump with a personal best leap of 10.97 metres. In his Long Jump event Sam added to his medal tally with a bronze medal courtesy of his leap of 5.12 metres.

Nicola Bowtell also had a memorable introduction to her first Australian titles when she recorded a personal best time of 60.70 seconds in claiming the silver medal in the Under 14 Girls 400 metres event. Nic entered the home straight in 3rd place and went on to pass the girls in 2nd place some 40 metres from the finish line to finish a clear 2nd.

Maddy Bergfield finished in 9th place in the Under 17 Women's Discus event with her throw of 33.78 metres. In her Shot Put event Maddy claimed 7th place with her throw of 11.67 metres. Maddy finished in 8th place in her Hammer Throw event with her throw of 38.42 metres. In this Hammer event Maddy was very consistent with her three legal throws as there was a variation of less than 1.5 metres in her 3 throws.

Sarah Kelland finished in 7th place in the Under 15 Women's 3000 metres Walk event in a time of 18 mins 42.56 secs.

Nick Kelland placed 8th in the Under 17 Men's Hammer Throw event with his throw of 29.82 metres.

Nina Osada-Phornsiri finished in 7th place in the Under 15 Women's High Jump event with her clearance at 1.50 metres. In her Long Jump event Nina finished in 11th place with her leap of 4.61 metres.

Sachi Kayama finished in 11th place in the Under 17 Women's High Jump event with her clearance of 1.55 metres. In her Triple Jump event Sachi finished in 10th place with her leap of 10.69 metres.

Tara Vance finished in 8th place in her heat of the Under 20 Women's 800 metres event in a time of 2 mins 26.45 secs. Tara's overall placing was 14th in this event.

Ed Penrose contested the heats of the Under 16 Men's 800 metres and finished in 8th place in Heat 2 in a time of 2 mins 10.40 secs. Ed's overall placing in this event was 28th.

At these Australian Titles our athletes brought home 3 gold medals, 4 silver medals and 2 bronze medals – a truly remarkable achievement at the very highest level in Australia!

32. NSW Little A's Championships

The NSW Little Athletics Championships were held at Homebush from 23rd – 25th March and our Centre was represented by 17 athletes.

Kate Spencer won her heat of the Under 17 Girls 800 metres event in a time of 2 mins 23.60 secs. In the final Kate had an all the way win in a State Record time of 2 mins 12.59 secs. In her 1500 metres event Kate again led from the front to win in a time of 4 mins 38.75 secs. Kate was a decisive winner again in her 3000 metres event in a State Record time of 10 mins 06.42 secs. In this event Kate's winning margin was 46 seconds. In the three events Kate contested at these State Championships she came away with 3 gold medals.

Sachi Kayama finished 2nd in her heat of the Under 17 Girls 100 metres event with her time of 13.20 seconds (headwind of 1.7 metres/sec). In the 100 metres final Sachi finished in 6th place in a time of 13.26 seconds (headwind of 1.4 metres/sec). Sachi won her heat of her 200 metres event in a time of 26.56 seconds (headwind of 0.9 metres/sec). In her 200 metres final Sachi placed 6th with her time of 26.39 seconds (tailwind of 0.1 metres/sec). Sachi claimed 6th place in her High Jump event with her clearance at 1.55 metres. In her Long Jump event Sachi won the bronze medal with a personal best leap of 5.44 metres. Sachi also competed in her Triple Jump event and claimed 4th spot with her leap of 10.60 metres.

Nicola Bowtell finished 3rd in her heat of the Under 13 Girls 200 metres event in a time of 27.10 seconds (tailwind of 0.2 metres/sec). In the final Nicola claimed 6th spot with her time of 27.37 seconds (headwind of 0.9 metres/sec). Nic finished in 3rd place in her heat of the 400 metres event in a time of 62.12 seconds. In the final Nicola finished 5th with her time of 61.61 seconds. Nicola finished in 18th place in her Shot Put event with a throw of 7.81 metres. In her Discus event Nic finished in 16th place with her throw of 26.73 metres.

Amy Court finished in 6th place in her heat of the Under 12 Girls 100 metres event in a time of 14.36 seconds (NWI). In her Long Jump event Amy finished in 10th place with a distance of 4.49 metres. Amy finished in 15th position in her Triple Jump event with her leap of 9.02 metres.

Brooke Matheson finished in 5th place in her heat of the Under 12 Girls 60 metres Hurdles event in a time of 10.64 seconds (headwind of 1.0 metres/sec).

Nina Osada-Phornsiri finished in equal 8th place in the Under 14 Girls High Jump event with her clearance of 1.50 metres. In her Long Jump event Nina claimed the bronze medal with her jump of 4.89 metres.

Kara Talty finished in 16th place in the Under 15 Girls Shot Put event with a throw of 8.95 metres.

Maddy Bergfield placed 5th in the Under 17 Girls Shot Put event with her throw of 12.30 metres. In her Discus event Maddy finished in 7th place with her throw of 33.64 metres. Maddy also finished in 15th position in her Javelin event with her throw of 26.74 metres.

Sarah Kelland placed 12th in the Under 14 Girls Javelin event with her throw of 25.52 metres. In her 1500 metres Walk event Sarah finished in 5th spot with a personal best time of 8 mins 11.79 secs.

Sam Hain qualified for the final of the Under 13 Boys 100 metres event by placing 2nd in his heat with a time of 12.79 seconds (headwind of 1.7 metres/sec). In the final Sam finished in 8th place with his time of 13.94 seconds (headwind of 1.5 metres/sec). In his Long Jump event Sam finished in 5th place with his personal best leap of 5.14 metres. Sam finished in 14th spot in his Triple Jump event with his leap of 9.77 metres.

Patrick Kelland qualified for the final of the Under 17 Boys 800 metres event with his time of 2 mins 11.42 secs. In his final Patrick claimed 10th spot with his time of 2 mins 07.78 secs. Pat claimed 4th place in his Javelin event with his throw of 49.65 metres.

Brenton Mooney finished in 13th place in the Under 17 Boys 1500 metres event in a time of 4 mins 42.37 secs. In his 3000 metres event Brenton claimed 11th place with his time of 10 min 2 10.80 secs.

Jack Armson finished in 15th place in the Under 13 Boys 3000 metres event in a time of 10 mins 58.10 secs.

Justin Sunderland claimed 10th place in the Under 12 Boys Long Jump event with his leap of 4.69 metres. In his Triple Jump event Justin finished in 7th place with his leap of 10.24 metres.

Haydn Housenloge finished in 8th place in the Under 14 Boys Shot Put event with a personal best throw of 12.72 metres.

Nick Kelland finished in 15th place in the Under 17 Boys Discus event with his throw of 33.60 metres. In his Javelin event Nick claimed 8th spot with his throw of 43.10 metres.

Jack Rodgers finished in 11th place in the Under 15 Boys 1500 metres Walk event with his personal best time of 8 mins 47.73 secs.

33. Australian Masters Record

On 24th March Ron Wills was involved in a NSW Masters 4 x 1500m team which shattered the Australian Record for this event by over 3 minutes.

34. NSW Open Championships

Over the weekend of 30th March to 1st April we had a total of 4 athletes competing at the NSW Open Championships.

Brett Jovanovich qualified for the final of the Open 100 metres event by finishing in 2nd place in his heat in a time of 10.86 seconds (headwind of 0.1 metres/sec). In the final Brett placed 6th with his time of 10.87 seconds (headwind of 0.4 metres/sec).

Cameron Pappas finished 8th in the Open Men's Long Jump event with his leap of 6.41 metres (headwind of 0.0 metres/sec). In the Open Men's Triple Jump event Cameron finished in 5th place with his leap of 13.38 metres.

Andrew Atkinson-Howatt finished in 11th place in the Open Men's Javelin event with his throw of 41.57 metres. In his Discus event Andrew finished in 9th place with his throw of 30.07 metres.

Lajos Joni finished 6th in the Open Men's Hammer Throw event with his throw of 39.31 metres.

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

MEN (as at 31/03/12)

100 metres

11 years	David Forster	13.5h	82/83
12 years	Sam Hain	12.79	11/12
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

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

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

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

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

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+			

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

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 31/03/12)

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	Sam Hain	32.23	11/12
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 31/03/12)

Shot Put

11 years	Alan Menin	10.52m	85/86
12 years	David Page	9.15m	91/92
13 years 3kg	Haydn Houssenloge	11.64m	11/12
14 years 3kg	Haydn Houssenloge	12.79m	11/12
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+	Lajos Joni	46.37m	11/12

Triple Jump

11 years	David Massey	9.74m	88/89
12 years	Sam Hain	10.97m	11/12
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	Ben Cox	15.25m	11/12
Under 20	Ben Cox	15.25m	11/12
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 31/03/12)

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+	Rachael Jackson	12.14	11/12

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	Kate Spencer	4:28.71	11/12
Under 20	Kate Spencer	4:28.71	11/12
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+	Rachael Jackson	25.48	11/12

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	Kate Spencer	9:35.44	11/12
Under 20	Kate Spencer	9:35.44	11/12
Open	Kate Spencer	9:35.44	11/12
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	Kate Spencer	6:47.54	11/12
Under 20	Kate Spencer	6:47.54	11/12

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	Kate Spencer	2:11.15	11/12
Under 20	Kate Spencer	2:11.15	11/12
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	Lucy Polkinghorne	11:48.75	03/04
Open	Lucy Polkinghorne	11:48.75	03/04

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

WOMEN (as at 31/03/12)

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 31/03/12)

Shot Put

11 years	Megan Cotton	7.92m	87/88
12 years	Maddy Bergfield	9.58m	08/09
13 years 3kg	Maddy Bergfield	10.87m	09/10
14 years 3kg	Maddy Bergfield	12.08m	10/11
15 years 3kg	Maddy Bergfield	12.59m	11/12
Under 18 3kg	Maddy Bergfield	12.30m	11/12
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 Piggin	5.89m	92/93
Under 20	Vicky Piggin	6.20m	94/95
Open	Vicky Piggin	6.36m	97/98
Vet 28-34			
Vet 35+	Margaret Chappell	4.72m	90/91

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 4kg	Maddy Bergfield	24.76m	10/11
15 years 3kg	Maddy Bergfield	41.51m	11/12
Under 18 3kg	Maddy Bergfield	38.42m	11/12
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 2011

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+	Voitek Klimiuk	29.2	2011

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	James Bergfield	2:08.8	2011
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+	Craig Macpherson	3:24.8	2011

RYDE ATHLETICS CENTRE – SENIORS DIVISION

CENTRE RECORDS 2011

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	Sarah Kelland	9:00.2	2011
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+	Voitek Klimiuk	10:47.9	2011

80m Hurdles

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

90m Hurdles

Under 14	David Forster	15.4	1984
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100m Hurdles

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

110m Hurdles

Open			
Vet	Ken Smith	19.6	1991

RYDE ATHLETICS CENTRE – SENIORS DIVISION

CENTRE RECORDS 2011

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+	Sue Gore	14.44m	2011
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+	Sue Gore	6.37m	2011
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	Nick Kelland	39.61m	2011
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

RYDE ATHLETICS CENTRE – SENIORS DIVISION

CENTRE RECORDS 2011

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+	Voitek Klimiuk	10.12m	2011

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+			

RYDE ATHLETICS CENTRE – SENIORS DIVISION
CENTRE RECORDS 2011

GIRLS

BOYS

Javelin (post 2011 – 500g U/13 to U/18)

Under 13			
Under 14	Sarah Kelland	22.08m	2011
Under 15			
Under 16	Maddy Bergfield	31.26m	2011
Under 18	Kate Spencer	13.87m	2011

Shot Put (post 2011 – 3kg U/13 to U/18)

Under 13	Nicola Bowtell	8.59m	2011
Under 14	Sarah Kelland	7.35m	2011
Under 15			
Under 16	Maddy Bergfield (3kg)	12.03m	2011
Under 18	Kate Spencer (3kg)	4.95m	2011