

**RYDE ATHLETICS CENTRE  
INCORPORATED**



**ANNUAL REPORT**

**2012 / 2013 SEASON**

**ABN: 99 850 553 401**

**LIFE MEMBERS**

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

Will Devjak  
Sharon Dewar (née Read)  
Tony Fernandes  
Miriam Fogliani (née Spitteler)  
Ross Forster  
Peter Graham  
Warren Gray  
Kurt Hansen  
Andrew Jackson  
Rachael Jackson (née Massey)  
Keith Johnson  
Kate Kelland  
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**

## **2012/2013 SEASON – ANNUAL REPORT**

### **DIRECTORS' REPORT**

This report shows the great talents and achievements of our Senior and Junior athletes this season. Congratulations on your successes and thanks to all our coaches, age managers, officials, and parents who have supported and encouraged young and old to enjoy their sport.

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

With our affiliations to Little Athletics NSW and Athletics NSW the Centre has much to offer and we can be proud of our tiny tots to veterans approach. In the reports you will see how athletes can bridge between the two divisions and take advantage of the huge variety of competition that is available.

Our very high number of athlete registrations this year is not simply the flow on from interest in the Olympics. It reflects the earlier work done in building the Centre and in making the sport attractive. Our re-registration rates show that the complex task of running athletics competition is being well managed in both our divisions.

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

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

**Directors**

**RYDE ATHLETICS CENTRE INCORPORATED  
2012/2013 SEASON – ANNUAL REPORT**

**JUNIORS REPORT**

## COMMITTEE MEMBERS - JUNIORS

PRESIDENT	Ron Daniel
VICE PRESIDENT	Dave Sunderland
SECRETARY	Stephen Latham
TREASURER	Paul Simula
ASSISTANT TREASURER	Vacant
REGISTRAR	Kate Kelland and Ian Trimble
CHAMPIONSHIPS	Mark Lillis
AGE MANAGERS	Janine Bowtell
PUBLICITY	Louise Bergfield
RESULTS	Linda Talty
OFFICIALS	Peter Davis
TRACK and FIELD	Dave Sunderland
(Track)	Vacant
(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 Housenloge
FIRST AID	Carla Matheson
DELEGATES	Ron Daniel and Dave Sunderland
UNIFORMS	Louise Badaoui

### AGE MANAGERS – JUNIORS

TINY TOTS	Sharon Dinh
6 Boys	Michael Hare
6 Girls	Lisa Rushworth
7 Boys	Alison Douglas
7 Girls	Darren Fairhall
8 Boys	Paul Christison
8 Girls	Caroline Stevenson / Jo-Anne Kelleher
9 Boys	Daniel Bruntsch
9 Girls	Mark Lillis
10 Boys	Peter Clifton
10 Girls	Andrew Wilson
11 Boys	Jason Workman
11 Girls	Ivana Hilder
12 Boys	Janine Bowtell
12 Girls	Bruce Lyon
13 Boys	Helen Galati
13 Girls	Craig Matheson
14 / 15 Boys	Jenny Rodgers
14 / 15 Girls	Josephine Zajic
17 Boys	Rod Harrison
15 / 17 Girls	Louise Bergfield

BOYS CAPTAIN	Nick Kelland
GIRLS CAPTAIN	Maddy Bergfield

## TREASURER

The 2012/13 season was another successful one for Ryde Athletics juniors. Our numbers were boosted by the earlier London Olympics which brought many new faces to the club. This was reflected in our registration income which was \$12,357 over budget.

Uniform sales were strong exceeding the budgeted amount by around \$3,000. The club also invested in a wider range of clothing including Ryde club tracksuits for our competitors of which we purchased an initial batch, long sleeved polo shirts and official's vests. We will be commencing next season fully stocked in most areas.

Despite the large number of rained out days the canteen and BBQ still managed to perform strongly for the season. The canteen made a profit of just over \$1,300 whilst the BBQ made just on \$5,000 which, combined was \$3,800 over the budget. This was made possible as a result of our dedicated canteen and BBQ staff consistently finding the most economical purchase channels. A big thank you to Harry & Jo and Linda for all their help again this season. All canteen stock was sold at the end of the season.

The club also invested in some new cooking equipment including a BBQ and Bain Marie which have allowed us to manage the peaks in BBQ demand much better. These combined cost just under \$4,000. On the track in addition to ongoing maintenance, we purchased new hurdles for \$2,100. Bank interest contributed \$1,016 to our income this year.

Overall the club's total income was \$15,800 over budget and this was offset on the expenditure side which was \$10,200 over budget, largely due to the purchases mentioned earlier the key ones being BBQ equipment and clothing.

We will take a healthy bank balance of \$45,485 into next season. I would like to thank the Committee members for assisting in the responsible financial management of the club throughout the year.

## Junior Division Accounts for the Season 2012-2013

<b>Income</b>	<b>2012/2013</b>	<b>2011/2012</b>	<b>Expenditure</b>	<b>2012/2013</b>	<b>2011/2012</b>
Registration Income Total	52,356.86	33,408.50	Registration Expense Total	(13,731.00)	(12,787.10)
Cheque and Cash	31,104.60	21,090.00	Cheque to LAA	(12,381.00)	(10,005.00)
Credit Card	17,696.36	10,128.50	IMG fees	0.00	(578.10)
Rebates	3,555.90	2,190.00	Seniors' allocation	(1,350.00)	(1,382.00)
Uniforms	11,808.00	13,481.00	Other	0.00	(822.00)
Canteen	8,353.15	9,195.84	Uniforms	(31,993.50)	(13,764.95)
BBQ	16,083.06	11,266.80	Canteen	(7,005.59)	(6,816.77)
Coffee Van	435.00	0.00	BBQ	(11,125.16)	(10,824.73)
2nd hand uniform donations	200.00	70.00	Hiring Deposits	(470.00)	0.00
Donations / Grants	0.00	1,016.00	Advertising	0.00	(198.00)
Bank interest	1,555.60	442.72	Event days	0.00	0.00
Equipment Hire	2,670.00	2,920.00	Fun Day	(1,478.19)	(96.00)
Fundraising	0.00	922.00	Presentation Day	(707.00)	(1,280.00)
Ryde Games and 60 Metre Dash Entry Fees	180.00	80.00	Cash Floats	0.00	0.00
			Competition Fees	(1,723.00)	(730.00)
			Committee Social	0.00	0.00
			Conference Attendance	(1,575.60)	(575.36)
			Catering	0.00	(55.53)
			Donations	0.00	(1,500.00)
			Equipment (Capital)	(6,247.50)	(12,762.60)
			Equipment (Consumables)	(1,047.10)	(716.82)
			Insurance	0.00	(50.00)
			Grounds upgrade	0.00	0.00
			Government and Bank Charges	(67.33)	(117.50)
			Hire of Dunbar Park	0.00	0.00
			Internet	0.00	(389.26)
			Postage	0.00	(114.00)
			Printing and Stationery	(2,685.72)	(3,352.05)
			Repairs and Maintenance	(376.09)	(160.00)
			Trophies	(6,438.93)	(6,540.30)
			Sundry Expenses	(400.00)	(1,008.83)
			Survey Cost	(1,969.36)	(1,143.50)
			Training Courses	0.00	0.00
			Training Expenses	0.00	0.00
			Volunteer Gifts	(600.00)	(650.00)
			Website cost (hosting)	(1,328.64)	(1,155.00)
			Computer – (entering results)	(452.00)	(1,490.00)
			New software for entering results	(1,237.50)	(1,980.00)
			<b>Total Expenditure</b>	<b>(92,659.21)</b>	<b>(80,258.30)</b>
			<b>Plus net (income) expense</b>	<b>982.46</b>	<b>7,455.44</b>
<b>Total income</b>	<b>\$93,641.67</b>	<b>\$72,802.86</b>		<b>(\$93,641.67)</b>	<b>(\$72,802.86)</b>

## Canteen and BBQ

<b>Event</b>	<b>Canteen</b>	<b>BBQ</b>	<b>Total</b>
Coca Cola Rebate	220.00	0.00	
Ryde games	370.80	1,169.45	1,540.25
23 Saturday mornings	7,762.35	14,913.61	22,675.96
Sale remaining stock	0.00	0.00	
<b>Total takings</b>	<b>8,353.15</b>	<b>16,083.06</b>	<b>24,216.21</b>
Less costs	-7,005.59	-11,125.16	-18,130.75
<b>Total profit</b>	<b>1,347.56</b>	<b>4,957.90</b>	<b>6,305.46</b>
<b>Stock on Hand</b>			
Drinks	\$ 0		
Lollies + miscellaneous	\$ 0		
<b>Total stock on hand</b>	<b>\$ 0</b>		
<b>Canteen Equipment</b>	<b>\$ 4,750.00</b>	(Replacement value)	



**Bank Statement Reconciliation as at  
31 March 2013**

	<b>Current (12/13)</b>	<b>Previous (11/12)</b>
Bank statement as at 01/04/12	43,860.43	54,329.74
less last year's un-presented cheques	-1,143.35	(8,660.98)
plus last year's un-presented deposits	1,785.39	1,639.15
plus net income	982.47	(7,455.44)
plus un-presented cheques this year	1,739.14	5,793.35
less un-presented deposits this year	-1,185.45	(1,785.39)
gives bank statement 31/03/13	46,038.63	43,860.43
cash book balance 31/3/13	45,484.94	39,852.47
variance	553.69	4,007.96
less un-presented cheques this year	-1,739.14	(1,143.35)
plus un-presented deposits this year	1,185.45	1,785.39
less end of period accrual	0.00	(4,650.00)
Net variance	0.00	0
<b>Available Funds</b>	<b>Current (12/13)</b>	<b>Previous (11/12)</b>
Bank statement as at 31/03/13	46,038.63	43,860.43
less un-presented cheques	-1,739.14	-5,793.35
plus un-presented deposits	1,185.45	1,785.39
<b>Gives funds available to start next season</b>	<b>45,484.94</b>	<b>39,852.47</b>
<b>Uniform Stock:</b>		
Uniform stock as at 31/3/2013 (at current price)	<b>27,080.00</b>	<b>19,330.00</b>
<b>Canteen Stock:</b>		
Drinks	0.00	0
Lollies	0.00	89.67
<b>Total stock on hand</b>	<b>0.00</b>	<b>89.67</b>
<b>Canteen Equipment: (replacement value)</b>	<b>\$ 4,750.00</b>	<b>\$ 4,750.00</b>

**Paul Simula**  
**Treasurer – Juniors**

Unit 5/124 Burns Bay Road  
Lane Cove

The Committee Members  
Ryde Athletics Centre – Junior Division  
PO Box 3658

Marsfield NSW 2122

I have examined the accounts of the Ryde Athletics Centre, Junior Division, in accordance with the General Accepted Auditing Standards for the financial period 1<sup>st</sup> April 2012 through 31<sup>st</sup> March 2013 inclusive.

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

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



Sharon Adams  
CPA

Date 23 April 2013

## **PRESIDENT**

I am very fortunate to be able to pen these words in this report of the most incredible season just past. Initial indications were that we would have increased numbers as is the norm following an Olympics. However, to conclude the season with more than 630 members was extraordinary indeed. I must immediately thank every single member of our crew for their efforts throughout this season, as without them, our activities would have fallen into a disorganised mess. To all Assistant Age Managers, Age Managers, Coaches, Equipment, Uniforms, Results, Championships, Bar-B-Q, and Canteen folks, my fellow Committee members and all of our regular parent helpers, I say the biggest thank you ever!

There were a number of times during the season where rapid changes were made to the program, more event locations used on the ground, and more equipment hastily organised to cater for the larger membership numbers. Through the direct efforts of Simon Bergfield, David Sunderland and Peter Forster, our Saturday mornings ran amazingly efficiently even with the larger numbers.

I must single out Kate Kelland, our Registrar, not only for her work in registering and equipping all of our members with their packs at the start of the season, but also the added burden of processing more than 170 trialists at the start of the season.

The various reports in these pages detail the accomplishments of our athletes and teams at championships in the season, but these reports will pale somewhat when we compare them to our Footprint magazines this season. Louise Bergfield has developed, expanded and produced Footprint to now be a complete chronicle of our athlete's achievements across all areas with many hundreds of photos accompanying the stories of accomplishment and reminders of upcoming events. Thank you Louise.

Our Championships report and the trophies to be awarded at our presentation day will showcase the achievements of our athletes in this monster season. Congratulations to all of our athletes for the thousands of PB's and achievements throughout the season at Dunbar and the various carnivals at zone, region, state and national level. In particular, congratulations to Zoe Latham and Harrison Wade for being selected to represent Ryde and NSW at the 2013 Australian Little Athletics Championships. I also congratulate Dylan Rodgers (U14B), Owen Douglas (U7B), Luke Christison (U8B), Chiara Lillis (U9G) and Jessica Johnston (U6G) for attending every weekend of competition and entering every single event. By my reckoning, Dylan ran more than 70 kilometres combined across all of his events this season!

Throughout my time at Ryde Athletics, there is a simple observation that I have made which I hope the following words capture. Our club is many things to many people. Those of us fortunate and or willing to return for season after season after season, experience many benefits of membership at our fantastic centre.

For tiny tots, it is a mixture of awe and wonder at so many people mixed with the joy and exuberance of activities and forays onto the big track, but always with the safety of mum or dad close by.

For junior athletes, the influence and encouragement of other adults, older athletes and our achievement systems as they rapidly improve their sporting skills, sets further solid foundations for sporting development and athletic and learning skills.

As athletes move into their teens, we begin to see responsible decision making, guidance to others and personal goals being set by adolescents at a time when there is tumultuous change everywhere else in their lives. As parents, this is most rewarding to see this direct evidence of the gradual maturing of their children.

Parents, who involve themselves at athletics and don't just drop their kids off for later collection, have the biggest benefits of all. Involved parents get to witness in a relaxed yet controlled environment, the development of their children from a wide eyed and excited 3 or 4 year old, to in some cases, all the way to a competent and licensed car driver! While retaining a level of control that is comfortable, parents are able to observe their children's behaviour, social interactions and responsibilities, and relationship skills with others develop over a long period of time. This contrasts yet compliments well the environment at school where these skills develop somewhat out of mum or dad's direct and constant view, and provides first hand feedback on their steering of their children's lives. Lastly, although the pride and excitement of grandparents is usually seen in the vocal encouragement from the sideline and praise of their children's' athletes' latest PB's, I sense there is a greater feeling of satisfaction in the broader activities and achievements of their family as a whole.

This season, our sport has enjoyed strong and renewed levels of growth between 13% and 14% across the state. Ryde's growth however was more than double this, with our membership swelling by more than 35% to what we believe to be record membership levels in the history of our centre. Noting that our off season publicity and advertising activities were not markedly different to other centres in our sport, or even our own activities in recent seasons, it is curious to ask why our growth was so large? The answer from my point of view is in the words above.

Whatever it is we do at Ryde, for whoever it is in these groups I have mentioned, our growth has come from word spreading about the fun and enjoyment that all our members derive, in whatever way, from Ryde Athletics. On behalf of the Committee of our centre, it is my pleasure to thank you all for a most rewarding season and promise to ensure that we continue this good service into the years ahead.

Thank you.

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

## **PUBLICITY**

After eleven seasons at Ryde Little Athletics including three as Publicity Officer and sadly, having no more Little Athletes at home, I am finishing up my official involvement with Ryde Little Athletics. I want to thank all the parents who have sent in photos and items for Footprint and all the Little Athletes who have answered my early morning call ups for group photos. There are some fantastic kids and parents at Ryde and I will miss that a lot, along with Jo & Harry's wonderful BBQ!

Publicity wise we have had a great season. My thanks especially to Chris Karas at The Weekly Times. Chris is a great supporter of all local sports clubs and has given Ryde Athletics Centre terrific coverage in the Weekly Times. I think we have made the papers more than ten times this season as well as featuring in the Little Athletics NSW E News newsletter. Thank you also to Ross Forster from our Senior club who has helped with reports on what our Senior athletes are up. Footprint is a newsletter for our Ryde Athletics Centre, covering Juniors as well as Seniors and it is great to be able to report on athletes from Tots to 70 years plus.

Since the end of the competition season some changes have been made to our website including the addition of a number of photo galleries. Please go to <http://www.ryde-athletics.org.au/> and select "photo galleries" on the left hand side for photos from around our field and the big carnivals during the last season. We have also improved the look of our website with a photo slide show on the home page. So check that out too!

Our newsletter, Footprint, went out 15 times so far this season. It has changed a lot over the past three seasons to try and cover as much on and off field activity as I could. It has been great to see the little ones hanging around the Whiteboard on a Saturday morning picking out pictures of themselves and their friends. Those smiles (and the thank you emails I often received from some of the parents) made the job so enjoyable.

Good luck to the new Little Athletics Publicity Officer. I won't be moving far as I am taking on the role of Publicity Officer for our Senior Club!

**Louise Bergfield**  
**Publicity Officer – Juniors**

## **CANTEEN AND BBQ MANAGERS REPORT**

Having had the most members this season than any other season in our history has meant special challenges for our crew at the Canteen and Bar-B-Q. It was obvious very early in the season that our resources were going to be stretched to the hilt, and we had to call in assistance from parents and the clubs resources just to be able to cope. With the frequent, friendly and fabulous assistance throughout the season from Fiona Court (Canteen), Bernard Purcell, Scott Young and Kevin Elgood (Bar-B-Q) we managed to keep up with demand of our endless stream of customers.

The purchase of an additional and bigger capacity B-B-Q and Bain Marie proved to be a fantastic boost to our ability to keep up with production, and even introduce some new products. The roast beef rolls that we added to the menu proved a big hit with everyone.

The other highlights of the season from our viewpoint were the Pinkletics day, where sales proceeds were donated to the wonderful Jane McGrath Foundation, and our final day "give it back to the helpers" lunch where we provided lunch to our special and regular helpers and their families. To be able to recognise and reward the efforts of those who took their time to regularly and reliably spend all Saturday mornings out on field so that our mornings could run as efficiently as possible was very rewarding for us all.

Thank you to our Committee and all of our members for a great season.

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

## **TRACK AND FIELD**

During this season we had very large groups to manage over the Saturday mornings, yet we were still able to complete the scheduled events (excluding the walks and Javelin) of the morning mostly by 11:30 am or so every week. We were able to do this with the help of a lot of people so it is a big thank you to:

- The Committee for their help in adjusting the event schedules for the season
- Simon Bergfield for marking out new event locations and providing more capacity on our ground
- Ron Daniel for organising the accurate survey, pegging and marking of the ground which will save us lots of time every season. We now have a set of drawings that anyone from our team can use to mark out all the starts and staggers for all points on the circular track.
- The Age Managers for their tolerance and patience especially in the early weeks of our competition where large groups stretched our capacity to its limits
- Event chiefs and crews for their acceptance of our on-the-fly adjustments to the program and locations of events.

Every Saturday, we also managed to host special events for the Tiny Tots group. Everyone takes great delight in seeing our future stars tackle the sprints, long jumps, longer runs and for the first time in this season, race walking. The walks proved somewhat expectedly to be a very technical event for the children, with many succumbing to the temptation to run, but having fun all the time. We all enjoy cheering on the tiny tots as they sample a taste of the action on the big field.

In the off season, we are eagerly looking to install a permanent PA system to save us some set up and pack away time and get clearer announcements to all corners of Dunbar. This will get us off to a great start for the new season and serve us well for many years to come.

**Dave Sunderland**  
**Officer for Track & Field – Juniors**

## Registrar's Report

Our 40th season saw 636 athletes register with us to make this the biggest season on record. Of these, 75% registered online.

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
2012/13	268 (42.1)	368 (57.9)	636

The breakup of these registrations is:

	Girls			Boys			Age	All		
	Re-Reg	New	Total	Re-Reg	New	Total	Total	Re-Reg	New	Total
<b>U4Tots</b>	0	7	7	0	19	19	26	0	26	26
<b>U5Tots</b>	4	8	12	4	18	22	34	8	26	34
<b>U6</b>	8	15	23	6	35	41	64	14	50	64
<b>U7</b>	11	17	28	16	21	37	65	27	38	65
<b>U8</b>	15	21	36	17	37	54	90	32	58	90
<b>U9</b>	11	25	36	18	25	43	79	29	50	79
<b>U10</b>	19	11	30	27	17	44	74	46	28	74
<b>U11</b>	14	15	29	17	12	29	58	31	27	58
<b>U12</b>	12	5	17	18	6	24	41	30	11	41
<b>U13</b>	21	2	23	13	4	17	40	34	6	40
<b>U14</b>	11	0	11	10	2	12	23	21	2	23
<b>U15</b>	4	1	5	5	2	7	12	9	3	12
<b>U16</b>	6	2	8	9	3	12	20	15	5	20
<b>U17</b>	3	0	3	7	0	7	10	10	0	10
<b>Total</b>	<b>139</b>	<b>129</b>	<b>268</b>	<b>167</b>	<b>201</b>	<b>368</b>	<b>636</b>	<b>306</b>	<b>330</b>	<b>636</b>

Thanks to the Committee members for their help on Registration Day and throughout the season. Online Registrations for 2013-14 will open at the start of August, so please check our website and your email inbox for more information then.

**Kate Kelland**  
Registrar - Juniors

## **SECRETARY**

I have enjoyed my role as a member of the Juniors Committee in the role of Secretary over the last five years however due to other commitments I am unable to nominate for the 2013-2014 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. If you are interested in this role or any other Club Committee roles please contact any member of the Committee

**Stephen Latham**  
**Secretary - Juniors**

## **FIRST AID**

Another year of no serious injuries and overall injuries recorded down from last year.

Thank you to those who filled in whilst I was on holiday for three weeks as well as attending Zone and Regional carnivals etc.

I feel the majority of injuries attending first aid this year could have been preventable, as most were slight ankle sprains due to the rabbit holes in the track.

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

## **COACHING**

Thanks to all of the athletes who attended training on Wednesday afternoons for their enthusiasm and excellent behaviour. The coaches were very pleased to see athlete's effort at training helping them to achieve PBs on Saturdays, or good results at Zone, Region or State carnivals. Congratulations to all athletes who received an Encouragement Award at training.

Many thanks to our team of coaches for making each training session challenging but fun. No matter how many athletes turned up, no matter what event they wanted to do, what age they were, or what skill level they had, our coaches did their best to look after them in a friendly and supportive way.

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

This Season we were lucky to have Thomas Jubb increase his involvement to be Assistant Officer for Coaching. Thomas's ideas and energy, and his help with coaching the younger athletes in sprints and hurdles, was greatly appreciated.

Our coaches included:

<u>Jumps:</u>	Tristan Tall
<u>Throws:</u>	Simon Bergfield, Julie Reynolds
<u>Walks:</u>	Kate Kelland
<u>Sprints, Hurdles:</u>	Thomas Jubb, Craig Matheson

Several new coaches are needed for the 2013/14 season to make sure that our athletes get the level of coaching that they need and deserve. Additional coaches may allow us to train 2 afternoons per week. It would also give us more flexibility to coach smaller groups of athletes of similar age, skill or ability. Appropriate training is 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**

We were off to a great start this season with a massive increase in athletes and the challenge to enlist some willing and enthusiastic Age Managers and Assistants to run the groups on Saturday. "Time Sheets for Age Managers" was introduced in the first few weeks of the season to show where major clashes and waiting times occurred. The Age Managers and their Assistants did a wonderful job organising groups and providing feedback. The time sheets showed that while there were a consistent number of athletes in the older age groups, the number of athletes in the younger age groups had increased so much that the Saturday program needed to be altered for these groups to be run efficiently and effectively.

I would like to thank all the Age Managers and their Assistants who took on this role this season. The Age Managers and Assistants did an outstanding job with crowd control while still encouraging their athletes to gain PB's and supporting them in their achievements and learning of new skills. While some of the larger groups were more testing than others, the Age Managers and Assistants must be congratulated on their hard work, persistence and ability to entertain groups while waiting for events! They also did a good job supporting and encouraging athletes from Zone to State Championships, State Relays and to the State Multi Event with many athletes gaining fantastic results, and/or a great experience.

The Age Manager and Assistant positions provide a perfect opportunity to become involved in the Club and to actually see your child compete in each event. If you are interested in being involved as an Age Manager or Assistant next season, please let me know.

Hope to see you all back next season!

**Janine Bowtell**  
**Officer for Age Managers – Juniors**

## **OFFICIALS**

The running of Saturday competitions has been well supported in the main this year. The parent helpers have manned all events all season with no event cancellations. The increase in athlete numbers also led to increased parent helpers, but all were needed as more helpers were required given the increase in registrations.

I was very impressed with the support overall given the two straight tracks used every week, all 8 lanes being used for sprints and multiple shot put areas and an extra discuss cage this season to accommodate extra numbers.

The largest frustration was the shortage of starting caps, but the starters were happy to use the clapper boards which on the whole worked very well, although possibly making some times inconsistent with previous cap started events.

For Zone we had full attendance in all events as the new event assignment process worked exceptionally well. 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 Shot Put, 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 and the signing off of record attempts as this has been unclear at times this season.

**Peter Davis**  
**Officials – Juniors**



## **EQUIPMENT**

Due to the increase in athlete numbers and the national shortage of starting caps, this season was not without challenges.

To address this for field events, two shot-put circles and one discus circle were included on grass in available free space. The portable discus cage was dusted off and used on the new discus circle.

For track, we trialled a couple of electronic starting options and ended up purchasing one of them. There was also the manual option – the clap-boards.

Other equipment items purchased during the season were:

- Hurdles (18) – this provided capability to run 10 lanes on straight track and 5 lanes on circular. This was a must to cater for the increase in athlete numbers.
- High jump cross-bars – a couple of bars were broken during the season.
- A number of multi stopwatches.
- Various items as required.

A major equipment donation of a large sun shelter was gladly received from the local CBA bank branch.

Items of equipment that require replacement or repair are:

- Large discus cage
- Two large sun shelters
- A number of the old small sun shelters.

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**

The position of Championship Officer for 2012/2013 was held by Mark Lillis.

The amount of support and assistance received from all parents and fellow Committee members made this a rewarding experience.

Ryde Athletes competed in a number of championship carnivals and achieved excellent results across all track and field events, as detailed below.

### **RYDE GAMES**

Ryde Games were held in October 2012. 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. In addition a 60 metre “dash” is run for the relevant age groups. The Games were open in 2012 – 2013 for Ryde Athletics only due to the high level of registrations for the current year.

### **STATE RELAYS**

The State Relays is a 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 48 teams which was held on the weekend of 24th November 2012 (Juniors) and 25<sup>th</sup> November 2012 (Seniors) at Sydney Olympic Park. Overall, Ryde achieved some very good results over the weekend including 2 new records.

## **New State Relay Records**

**U17G shot/discus team:** Maddy Bergfield, Sachi Kayama, Sarah Kelland, Kara Talty

**Junior boys 4 x 800m team:** Harry Stevenson, Jett Tall, Adam Bruntsch, Jeremy Plummer

A number of our teams won medals over the weekend:

1<sup>st</sup> U17 Girls Shot/ Discus -(Maddy Bergfield, Sachi Kayama, Sarah Kelland, Kara Talty, Niamh Simula

2<sup>nd</sup> Junior Boys 4 x 800m - Harry Stevenson, Jett Tall, Adam Bruntsch, Jeremy Plummer

2<sup>nd</sup> U8 Boys 4 x 100m – Luke Jubb, Jeremy Plummer, Luke Andriopoulos, Benjamin Harris, Ashton Gleeson

2<sup>nd</sup> U10 Boys 4 x 100m – Jett Tall, Josh Arcus, Nicholas Costigan, Elijah Keenan

2<sup>nd</sup> U12 Boys 4x100m -Daniel Bowtell, Samuel Plummer, Benjamin Nogajski, Marko Prizmic,

2<sup>nd</sup> U13 Girls LJ/HJ - Jessica Brown, Amy Court, Zoe Latham, Chloe Davis

2<sup>nd</sup> U13 Mixed 4 x 400m - Justin Sunderland, Harrison Wade, Zoe Latham, Kelsey Cooper-Phillis

3<sup>rd</sup> U12 Girls LJ/HJ- Hannah Tall, Katrina Lyon, Junyi Fang, Anna Badaoui

3<sup>rd</sup> U12 4x100m -Anna Badaoui, Katrina Lyon, Kiera Simula, Sophie Collyer

## **SCHOOL SPORTS AUSTRALIA – 12 YEARS & UNDER TRACK & FIELD CHAMPIONSHIPS**

These Championships were held at Santos Field, Mile End, South Australia from the 24-27<sup>th</sup> November 2012.

Ryde was represented by Jordan Metcalfe who finished 6<sup>th</sup> in the final of the 10yrs Boys 200m and won a silver medal as a member of the NSW 10yrs Boys 800m sprint medley relay team.

## **THE AUSTRALIAN ALL SCHOOLS ATHLETICS AND ALL SCHOOLS KNOCKOUT**

The Australian All Schools Athletics was held in Hobart on the 30<sup>th</sup> November – 1<sup>st</sup> December 2012 and the Australian All Schools Knockout was held in Launceston, Tasmania on the 2<sup>nd</sup> December 2012.

Ryde was represented by 3 athletes in the All Schools Athletics and 3 athletes in the All Schools Knockout.

*All Schools Championships:*

Cameron Pappas Silver in the U18 Men's Long Jump, Nicola Bowtell U14 Women's 400m 6<sup>th</sup>, and Sam Hain 4<sup>th</sup> in the U14 Men's Long Jump.

*All Schools Knockout:*

Maddy Bergfield Shot Put, Sarah Kelland Javelin and Nicola Bowtell in the 100m and 4x 200m Relay.

## **ZONE CARNIVAL**

The Zone Carnival was held on the 8th and 9th December at Barton Park, Parramatta.

The Ryde club had over 130 athletes competing, of these athletes, 104 athletes qualified for the Region Carnival including 2 relays, the Junior Boys and Senior Boys.

Ryde also won the Zone Award for having the most number of Under 7 athletes competing across all events. This was the inaugural year for this award. In total we achieved 7 gold, 1 silver and 9 bronze medals for our under 7's

Congratulations to 10 of our U7 athletes who each received medals at Zone:

Natasha Fairhall 1<sup>st</sup> 200m 1<sup>st</sup> Discus 1<sup>st</sup> Shot Put, Allanah Burns 3<sup>rd</sup> 50m 3<sup>rd</sup> 70m, Sophie Byrne 3<sup>rd</sup> Long Jump 3<sup>rd</sup> 50m, Layla Clark 3<sup>rd</sup> Discus, Nellie Muir 2<sup>nd</sup> Shot Put, Alicia O'Connor 1<sup>st</sup> 70m 1<sup>st</sup> 100m 3<sup>rd</sup> 200m. Harry Court 3<sup>rd</sup> 200m, Owen Douglas 1<sup>st</sup> 500m, Ivan Prizmic 1<sup>st</sup> Discus 3<sup>rd</sup> 500m, Lachlan Wong 3<sup>rd</sup> 70m

### **Ryde also achieved some fantastic new records:**

**Harrison Wade** :U13B 1500m 4.42.7s.

**Maddy Bergfield**: U17G shot put 12.80m and discus record 38.99m.

## **TRANS TASMAN CHALLENGE**

This season's Trans Tasman Challenge, in which a team of U11 and U12 Little Athletes from NSW compete against a team from Auckland New Zealand, was held on Sunday 13 January 2013 at Campbelltown Athletics Centre.

Gabriel Binion and Noah Hain represented Ryde and NSW at the Trans Tasman Challenge.

Their results were:

Gabriel: 3<sup>rd</sup> High Jump, 20<sup>th</sup> 100m and 19<sup>th</sup> Discus.

Noah: 4<sup>th</sup> High Jump, 18<sup>th</sup> Long Jump, 21<sup>st</sup> 100m and 11<sup>th</sup> Discus.

## **REGIONAL CARNIVAL**

The Regional Carnival was held on the weekend of 16th and 17th February at Narrabeen.

Of the 104 athletes who represented Ryde we achieved 28 Gold medals, 20 Silver medals and 16 Bronze medals.

### **Record Set**

Maddy Bergfield U17 Girls Discus Region Record 39.36m,

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

- Jacob Morige 2<sup>nd</sup> shot put
- Ashton Gleeson 3<sup>rd</sup> 60m Hurdles,
- Alexis Aldous 7<sup>th</sup> long jump
- Clare Doherty 6<sup>th</sup> 700m
- Jeremy Plummer 7<sup>th</sup> 700m, 8<sup>th</sup> long jump & 400m
- Luke Jubb 6<sup>th</sup> Discus, 5<sup>th</sup> 200m, 4<sup>th</sup> 70m

Congratulations to the 46 athletes who made it through to State level. This is a larger number than previously because of the new qualifying system, where the best 2 qualifiers from the 8 regions made it through followed by the next 8 best results across the state.

These athletes are listed below:

Kara Talty, Chloe Davis, Maddy Bergfield, Haydn Housenloge, Brenton Mooney, Nicholas Purcell, Jack Rodgers, Zoe Latham, Sarah Kelland, Sierra Collender, Adam Bruntsch, Adam Jubb, Alyssa Lowe, Daniel Bowtell, Christian Cirino, Gabriel Binion, Jett Tall, Eleanor Plummer, Jordan Metcalfe, Josh Arcus, George Davis, Chiara Lillis, Georgia Arcus, Amy Court, Scarlett Kidman, Marko Prizmic, Justin Sunderland, Jack Armson, Nicola Bowtell, Harrison Wade, Luke McLachlan, Katrina Lyon, Julia Kelland, Sachi Kayama, Nicholas Kelland, Benjamin Nogajski, Ed Penrose, Veronika Jukic, Raymond Ahsan, Kelsey Cooper-Phillis, Brooke Matheson, Tony Huang, Michael Matheson, Harry Stevenson, Zane Camroux and Tom Stone.

## **STATE MULTI-EVENT**

The State Multi Event carnival was held in Orange on the 2<sup>nd</sup> and 3rd of March.

Ryde had 21 athletes competing with 1 bronze medal in the under 7 girls.

Congratulations to our club representatives. The results were:

Natasha Fairhall 3<sup>rd</sup>, Sophie Byrne 10<sup>th</sup>, Alicia O'Connor 11<sup>th</sup>, Alexandra Maddock 28<sup>th</sup>, Luke Jubb 10<sup>th</sup>, Jeremy Plummer 12<sup>th</sup>, Clare Doherty 5<sup>th</sup>, Adam Bruntsch 11<sup>th</sup>, Chiara Lillis 6<sup>th</sup>, Georgia Arcus 13<sup>th</sup>, Jett Tall 5<sup>th</sup>, Joshua Arcus 13<sup>th</sup>, Martin Leerberg 21<sup>st</sup>, Adam Jubb 32<sup>nd</sup>, Eleanor Plummer 16<sup>th</sup>, Daniel Bowtell 11<sup>th</sup>, Oliver Arcus 20<sup>th</sup>, Samuel Plummer 24<sup>th</sup>, Zoe Latham 7<sup>th</sup>, Emma Smith 11<sup>th</sup>, Hayden Housenloge 14<sup>th</sup>.

## **Australian Junior Athletics Championships**

This event was held in Perth from 12th to 17th March 2013.

Ryde was represented by 8 athletes. They went home with 3 bronze medals and a number of other top 10 places.

**Maddy Bergfield, Sachi Kayama & Sierra Collender** all managed to come home with bronze medals and new personal bests.

**Sachi Kayama:** finished with a bronze in the U18 Women's Long jump and a new pb of 5.69m

**Maddy Bergfield** finished with a bronze and a new personal best throw of 41.75m in the U18 Women's discus.

Maddy also place 5th in the U20 Women's discus (39.54m) 5th in a new personal best in the U18 Women's hammer throw (41.59m) and 7th in the U18 Women's shot put with a throw of 12.37m.

**Sierra Collender** Finished with bronze in the U16 2000m Steeplechase and a new personal best time of 7m 27.43s

**Zoe Latham:** ran 5th in the final of the U14 Women's 400m and 9<sup>th</sup> U14 Women's 800m.

**Nicola Bowtell:** 4th in the final of the U15 Women's 400m in a time of 59.5s.

**Sarah Kelland:** finished 6th in the 3000m U16 Women's walk

**Harrison Wade:** 6th in both the U15 Men's 3000m and U15 Men's 2000m Steeplechase.

**Ed Penrose:** 12th in the U17 Men's 800m in 2m.00.4s and 10th in the U17 Men's 400m.

## **NSW LITTLE ATHLETICS STATE CHAMPIONSHIPS**

The State Championships were held on the weekend of the 22rd to 24th March at Homebush.

Of the 46 athletes who competed, 22 athletes made finals in 37 events and 9 athletes came home with medals.

Ryde set State records in the following events:

Harrison Wade: Under 13 boys 3000 metre 9:48:55s

Jordan Metcalfe: Under 10 boys 70 metre 9.63s

Athletes that came in the top 8 (finalists) were:

Jordan Metcalfe U10 Boys - 1st in 70m, 1st in 100m, 1st in 200m, 3rd in 60M hurdles

Harrison Wade U13 Boys – 1<sup>st</sup> 3000m, 2<sup>nd</sup> 800m, 2<sup>nd</sup> 1500m.

Sachi Kayama – U17 Girls, 1st in Triple Jump, 2nd in Long Jump , 4th in 200m, 5<sup>th</sup> in 100m

Maddy Bergfield U17 Girls 1st in Discus, 5th in Shot Put

Joshua Arcus U10 Boys - 1<sup>st</sup> Long Jump

Harry Stevenson U11 Boys- 3<sup>rd</sup> 800m, 3<sup>rd</sup> 1500m

Georgia Arcus U9 Girls 3<sup>rd</sup> - 700m walk

Chiara Lillis U9 Girls 3<sup>rd</sup> - Long Jump

Sierra Collender U15 Girls 3<sup>rd</sup> 3000m, 6<sup>th</sup> 1500m

Sarah Kelland U15 Girls 4<sup>th</sup> 1500m Walk

Tom Stone U9 Boys - 4<sup>th</sup> High Jump

Tony Huang U13 Boys – 4<sup>th</sup> 100m

Nicola Bowtell U14 Girls - 4<sup>th</sup> 400m, 7<sup>th</sup> 200m

Gabriel Binion U11 Boys – 5<sup>th</sup> High Jump

Ben Nogajski U12 Boys - 5th High Jump.

Katrina Lyon U12 Girls - 5<sup>th</sup> triple jump, 8<sup>th</sup> long jump

Zoe Latham U13 Girls – 5<sup>th</sup> 400m, 6<sup>th</sup> 800m, 8<sup>th</sup> high jump.

Ed Penrose U17 Boys – 5<sup>th</sup> 800m

George Davis U10 Boys – 6<sup>th</sup> 1100m Walk

Adam Bruntsch U9 Boys - 7<sup>th</sup> 700m Walk

Christian Cirino U11 Boys – 7<sup>th</sup> 800m

Haydn Houssenloge U15 Boys – 7<sup>th</sup> shot put

## **THE AUSTRALIAN LITTLE ATHLETICS CHAMPIONSHIPS**

The ALAC (Australian Little Athletics Championships) is a one-day event held every year, Teams from the U13 age group from each State compete in individual events and teams from the U15 age group compete in a Multi Event. The 2013 ALAC was held on Sunday 28 April 2013 at the AIS Athletics Track, Canberra, ACT and Zoe Latham and Harrison Wade competed in the NSW teams at these championships.

Harrison Wade competing in the U13 Boys finished 2<sup>nd</sup> in the 1500m and 4<sup>th</sup> in the 800m. Zoe Latham in the U13 Girls finished 5<sup>th</sup> in the 400m, 6<sup>th</sup> in the High Jump and 10<sup>th</sup> in the 800m.

**Mark Lillis**  
**Championships Officer - Juniors**

## JUNIOR RECORDS 2012/2013 SEASON

Date	Age	Event	New Record	New Record Holder	Old Record	Old Record Holder	Date
06/10/12	6 B	Discus	12.00	Hayden Clark	11.65	Thomas Russell	01/03/03
09/03/13	7 G	SP	6.01	Natasha Fairhall	5.8	Fua Hausia	18/01/03
16/03/13	8 B	60H	=11.5	Ashton Gleeson	11.5	Jackson Aldridge	05/02/00
15/12/12	10 B	70m	=10.2	Jordan Metcalfe	10.2	Benjamin Nogajski Jackson Aldridge John Pearce	12/03/11 10/11/01 30/09/00
29/09/12	12 G	Javelin	20.78	Julia Kelland	19.61	Chloe Davis	14/01/12
17/11/12	12 G	Javelin	23.12	Julia Kelland	20.78	Julia Kelland	29/09/12
15/09/12	13 G	Javelin	24.46	Chloe Davis	24.09	Maddy Bergfield	14/02/09
13/10/12	13 G	Javelin	24.63	Chloe Davis	24.46	Chloe Davis	15/09/12
03/11/12	13 G	Javelin	25.66	Chloe Davis	24.63	Chloe Davis	13/10/12
17/11/12	13 G	Javelin	28.06	Chloe Davis	25.66	Chloe Davis	03/11/12
09/03/13	13 G	Javelin	28.2	Chloe Davis	28.06	Chloe Davis	17/11/12
27/10/12	14 G	800m	2-30-1	Nicola Bowtell	2-33-0	Tara Vance	22/09/07
29/09/12	15 B	Javelin	22.54	Haydn Houssenloge	22.22	Antonio Galati	25/05/12
03/11/12	15 B	Javelin	25.4	Haydn Houssenloge	22.54	Haydn Houssenloge	29/09/12
12/01/13	15 B	Javelin	26.88	Haydn Houssenloge	25.4	Haydn Houssenloge	03/11/12
27/10/12	15 G	1500W	8-22-7	Sarah Kelland	8-43.5	Emmica Burnell- Jones	07/10/06
16/03/13	15 G	1500W	8-05-1	Sarah Kelland	8-22-7	Sarah Kelland	27/10/12
15/09/12	15 G	Javelin	22.72	Sarah Kelland	18.58	Kara Talty	01/10/11
29/09/12	15 G	Javelin	27.22	Sarah Kelland	22.72	Sarah Kelland	15/09/12
15/09/12	17 B	100m	11.4	Antonio Galati	11.7	Josh Cowan	19/11/11
22/09/12	17 B	1500W	7-58-4	Brenton Mooney	8-14.44	Brenton Mooney	08/10/11
15/12/12	17 B	Discus	37.54	Nicholas Kelland	36.82	James Bergfield	12/03/11
26/01/13	17 B	Discus	39.00	Nicholas Kelland	37.54	Nicholas Kelland	15/12/12
29/09/12	17 B	SP	12.11	Nicholas Kelland	12.08	James Bergfield	26/02/11
12/01/13	17 B	SP	13.09	Nicholas Kelland	12.11	Nicholas Kelland	29/09/12
26/01/13	17 B	SP	13.17	Nicholas Kelland	13.09	Nicholas Kelland	12/01/13
22/09/12	17 G	200m	26.8	Sachi Kayama	27.3	Tara Vance	14/11/09
10/11/12	17 G	Discus	40.15	Maddy Bergfield	37.23	Maddy Bergfield	19/11/11
09/03/13	17 G	Discus	40.76	Maddy Bergfield	40.15	Maddy Bergfield	10/11/12
08/09/12	17 G	LJ	5.34	Sachi Kayama	5.01	Sachi Kayama	28/01/12
06/10/12	17 G	LJ	5.4	Sachi Kayama	5.34	Sachi Kayama	08/09/12
17/11/12	17 G	SP	12.72	Maddy Bergfield	12.59	Maddy Bergfield	01/10/11
12/01/13	17 G	SP	12.85	Maddy Bergfield	12.72	Maddy Bergfield	17/11/12
26/01/13	17 B	400m	54.1	Ed Penrose	54.3	James Bergfield	22/01/11

# **SENIORS REPORT**

## COMMITTEE MEMBERS – SENIORS

PRESIDENT	Ros Mitchell
VICE PRESIDENT	Bruce Brown
SECRETARY	Karen Lowe
TREASURER	Ross Forster
REGISTRAR	Ross Forster
RACE SECRETARY	Ross Forster
MALE CAPTAIN	Nicholas Kelland
FEMALE CAPTAIN	Kate Spencer
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 2012 - 2013

Income		Expenditure	
Registrations	\$4,382.00	ANSW Affiliation and Insurance	\$630.00
Bank Interest	\$3.85	Registrations	\$2,118.00
Donations	\$2,689.00	Ribbons and Trophies	\$1,011.20
Uniform Sales	\$0.00	Athlete Donations, etc.	\$3,700.00
Trivia Night Proceeds	\$0.00	Competition Fees	\$418.00
		Singlets	\$115.00
		<b>Total Expenditure</b>	<b>\$7,992.20</b>
		<b>Plus Net Income</b>	<b>-\$917.35</b>
<b>Total Income</b>	<b>\$7,074.85</b>		<b>\$7,074.85</b>

Bank Reconciliation Statement

Bank Statement - 31/3/12		<b>\$11,777.74</b>
Less last year's un-presented cheques	\$281.24	
Plus Net Income	-\$917.35	
Plus un-presented cheques this year	\$250.00	
Bank Statement – 31/3/13		<b>\$10,829.15</b>

## Donations to Athletes

K Spencer to Adelaide for Australian Cross Country	\$200.00
5 Athletes to Hobart for Australian All Schools @ \$150.00 each (K Spencer, N Bowtell, G Winkcup, C Pappas, S Hain)	\$750.00
11 Athletes to Perth for Australian Junior Championships @ \$250 each (K Spencer, N Bowtell, G Winkcup, S Collender, J Volos, M Bergfield, S Kayama, S Kelland, B Cox, E Penrose, H Wade)	\$2,750.00
	<b>\$3,700.00</b>



## 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>
Ron Wills		\$33.00				\$33.00
Ross Forster			\$36.00	\$40.00	\$36.00	\$112.00
Sue Vance			\$36.00			\$36.00
NSW Masters		\$250.00				\$250.00
Kate Kelland			\$36.00	\$40.00	\$36.00	\$112.00
Patrick Kelland			\$36.00			\$36.00
Nick Kelland			\$36.00	\$40.00		\$76.00
Sarah Kelland			\$36.00	\$40.00	\$36.00	\$112.00
Andrew Atkinson-Howatt			\$36.00			\$36.00
Lynette Smith			\$36.00			\$36.00
Ann Arnott			\$36.00			\$36.00
Keith Johnson				\$40.00		\$40.00
David Sunderland			\$36.00	\$40.00	\$36.00	\$112.00
Justin Sunderland			\$36.00	\$40.00	\$36.00	\$112.00
Adrian Wade			\$36.00			\$36.00
Logan Wade			\$36.00			\$36.00
Simon Bergfield			\$36.00	\$40.00	\$36.00	\$112.00
Louise Bergfield			\$36.00	\$40.00	\$36.00	\$112.00
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
Kylie Winkcup			\$36.00	\$40.00	\$36.00	\$112.00
Georgia Winkcup			\$36.00	\$40.00	\$36.00	\$112.00
Thomas Winkcup			\$36.00	\$40.00	\$36.00	\$112.00
Hilary Liao			\$36.00	\$40.00	\$36.00	\$112.00
SCEGGS Redlands		\$300.00				\$300.00
Roslyn Mitchell			\$36.00			\$36.00
Anonymous	\$170.00					\$170.00
	<b>\$170.00</b>	<b>\$583.00</b>	<b>\$720.00</b>	<b>\$640.00</b>	<b>\$576.00</b>	<b>\$2,689.00</b>

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

## **PRESIDENT - Seniors**

It is with pleasure that I present the 2012/13 report for the Senior's Division of the Ryde Athletics Centre.

This season has been exceptionally successful with the greatest number of Ryde Athletes competing in the Australian Junior Track & Field Championships in Perth. Many talented Ryde Athletes won medals by doing their personal best and breaking National records.

Our dedicated coaches- Ross Forster and Andrew Atkinson-Howatt have encouraged our athletes and this has brought about the best in them. The athlete's loyalty to their coaches has been shown in their performances.

We have had many athletes competing in NSW Clubs Championships and All comers competitions on a Saturday and this has helped winning a Silver Certificate from ANSW for our Centres strengths in membership, administration, marketing and promotion, coaching, officiating and athletes competing regularly.

We have had a very enthusiastic Executive Committee meeting regularly each month and I thank them for their continued interest in the club and the athletes. - Ross Forster, Karen Lowe, Andrew Atkinson-Howatt, Sue Vance, Simon Bergfield, Ann Arnott and the help of our Patron Betty Moore who is on the board of ANSW.

We were sorry to hear of the passing of Merv Davis who had been our President for many years. Our condolences went to his wife Margaret who had also been involved with our club.

We welcomed Barry Peckar, one of Ryde's officials, to one of our meetings to speak on Child Protection, procedures and policies for the senior division.

We once again had a Christmas dinner for all members of the Committee and their other halves where everyone had a great relaxing time. Our fund raising was successful with parents, athletes and friends officiating at the Blackmore's Running Festival, Run for Fun and the Marathons. With this money we continue to help our athletes going away to compete at Interstate National Championships.

We have had many articles in the local TWT paper during the season, with photos and results of many of our athletes' performances. This has helped with membership and our numbers have grown and we have also had 148 dual registrations from the junior division of the centre join the seniors.

Our club championships at Dunbar Park have been very successful with two Sundays of competition during the year to offer the full range of events. Seventeen club records were broken and I thank all the parents and helpers for running the events. It was two fun days and many of the junior division Ryde athletes joined in as well.

Some of our outstanding athlete's performances are listed:

**Kate Spencer** – Regularly competes in the 800m, 1500m, 3,000m, 2,000m & 3,000m steeplechases setting many new records. Recently she captured two gold in the Nationals and set a new meet record in the U20 Womens' 3,000m Steeplechase and the U20 5,000m.

**Ben Cox** – Has competed regularly in the Triple and long Jumps. In the Nationals he won gold in the U20 Men's Triple Jump and followed up with a 6<sup>th</sup> in the U20 Long Jump.

**Sierra Collender** – competed in the Nationals winning in her personal best a Bronze medal in the U16 Women's Steeplechase.

**Maddy Bergfield** – Has had an excellent season in her events of discus, hammer throw and Shot put to take bronze at the Nationals in the U18 Women's Discus, and 5<sup>th</sup> in both the U18 Hammer throw, U20 Discus and 7<sup>th</sup> in U18 Shot putt.

**Sachi Kayama** – At the Nationals did a personal best in U18 Womens Long jump to claim the Bronze medal.

**Johanna Volos** – Is our first Pole Vault and in the Nationals she received a bronze medal in the U15 Women's Pole Vault.

There were many other athletes who had competed at the Nationals getting P.B's. Please check Ross Forster's Report for all other athletes, including Master's results.

There were four Master athletes who went to compete at the Australian Masters' Championships in Melbourne last season. They were all competing in the 55-59yrs age group.

**Robert Hanbury-Brown**- Bronze in the Hammer, Silver in the Weight Throw, Bronze in the Javelin, Bronze in the Throws Pentathlon.

**Lajos Joni** – Gold in the Weight Throw breaking the Australian record, Gold in the Hammer.

**Andrew Atkinson-Howatt** – Gold in the Javelin.

**Voitek Klimiuk** – Gold in the Discus, Silver in the Javelin, Silver in the Outdoor Pentathlon and Silver in the Throws Pentathlon.

The outstanding results from our four Master throwers, shows that as a group, they are obviously the best in Australia.

We look forward to next season and wish our athletes all the best for 2014.

Thank you to all members, officials, athletes and parents for their continued support and help with the Ryde Athletic Centre.

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

## **REGISTRAR**

This year showed a small increase in members from the previous year. Our numbers have increased from 167 last year to 176 this year.

Breakdown of our membership this year is as follows:-

Our registration numbers as at 31<sup>st</sup> March, 2013 are as follows:-

Officials	8
Open & Masters	10
Under 20	8
Under 18	2
Junior	0
Dual Registrations	<u>148</u>
	<u>176</u>

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

Male Officials	3	Female Officials	5
Male Open & Masters	9	Female Open & Masters	1
Male Under 20	5	Female Under 20	3
Male Under 18	1	Female Under 18	1
Male Junior	0	Female Junior	0
Male Dual Registrations	<u>79</u>	Female Dual Registrations	<u>69</u>
	<u>97</u>		<u>79</u>

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

## COACHING

Once again training during the winter was conducted at Dunbar Park 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 morning 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.

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 Junior Carnivals held this year. Congratulations must go to the 6 athletes who competed at the Australian All Schools Carnival in Hobart and to the 11 athletes who competed at the Australian Junior Championships in Perth.

Our medals from the above Championships totalled 2 gold and 1 silver from Hobart and 3 gold and 4 bronze from Perth.

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

## PUBLICITY

During the current season a large number of reports were submitted to the "Footprint". All of these reports were accepted and printed in the magazine.

We also used the "Footprint" to advertise the various Senior and School competitions that were available to our members.

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

## COMPETITION

### 1. Australian Masters Championships

At the Australian Masters Athletics Championships held at Albert Park, Melbourne over the period 6<sup>th</sup> – 8<sup>th</sup> April, 2012 we were represented by 4 athletes.

**Robert Hanbury-Brown** finished in 4<sup>th</sup> place in the 55-59 years Shot Put event with his best throw of 11.29 metres. In his Discus event Robert placed 5<sup>th</sup> with his best throw of 36.77 metres. Robert claimed the bronze medal in his Hammer Throw event with his best throw of 39.75 metres. In his Javelin event Robert claimed the bronze medal with his effort of 36.82 metres. Robert claimed the silver medal in his Weight Throw event with his effort of 13.30 metres. In his Throws Pentathlon event Robert ultimately claimed the bronze medal with the following results.

Event	Points	Event	Points	Event	Points	Event	Points	Event	Points	Total
Hammer		Shot Put		Discus		Javelin		Weight		
32.54m	558	10.93m	721	36.92m	685	36.72m	576	11.39m	609	3149

**Lajos Joni** finished in 5<sup>th</sup> place in the 55-59 years Shot Put event with his best throw of 11.08 metres. In his Discus event Lajos placed 7<sup>th</sup> with his best throw of 31.75 metres. Lajos emerged as the victor in his Hammer Throw event with his winning throw of 43.84 metres. In his Weight Throw event Lajos was a clear winner with his effort of 15.10 metres achieved on his last throw. This throw of 15.10 metres broke the Australian Record. Lajos also contested his Throws Pentathlon event and despite scoring no points in the Weight Throw event he still finished in 8<sup>th</sup> position

Event	Points	Event	Points	Event	Points	Event	Points	Event	Points	Total
Hammer		Shot Put		Discus		Javelin		Weight		
41.10m	743	10.38m	678	30.79m	547	24.80m	344	Foul	0	2312

**Andrew Atkinson-Howatt** finished in 6<sup>th</sup> place in the 55-59 years Shot Put event with his best throw of 11.01 metres. In his Discus event Andrew finished in 6<sup>th</sup> place with his best throw of 36.57 metres. Andrew finished in 7<sup>th</sup> place in his Hammer Throw event with his throw of 33.73 metres. In his Javelin event Andrew was a clear winner with his best throw of 44.08 metres. In his Throws Pentathlon event Andrew finished in 5<sup>th</sup> place with the following results.

Event	Points	Event	Points	Event	Points	Event	Points	Event	Points	Total
Hammer		Shot Put		Discus		Javelin		Weight		
26.23m	422	10.24m	668	36.48m	675	38.26m	606	10.74m	567	2938

**Voitek Klimiuk** won the gold medal in the 55-59 years Discus event with his best throw of 40.31 metres. In his Hammer Throw event Voitek finished in 5<sup>th</sup> place with his best throw of 36.53 metres. Voitek claimed a silver medal in his Javelin event with his best throw of 41.25 metres. Voitek contested his age group Outdoor Pentathlon event and won the silver medal with the following results.

Event	Points	Event	Points	Event	Points	Event	Points	Event	Points	Total
200 metres		1500 metres		Long Jump		Discus		Javelin		
30.02	531	5:44.55	635	4.82m	657	35.85m	660	36.68m	615	3098

Voitek also contested the Throws Pentathlon event and gained yet another silver medal with the following performances.

Event	Points	Event	Points	Event	Points	Event	Points	Event	Points	Total
Hammer		Shot Put		Discus		Javelin		Weight		
34.51m	600	10.71m	704	39.02m	732	39.83m	637	11.08m	589	3262

The outstanding results from our 4 throwers illustrate, that as a group, they are obviously the best in Australia.

## **2. G.P.S. Championships**

At the GPS Championships held at Homebush on Saturday, 5<sup>th</sup> May we were represented by 3 athletes.

**Patrick Kelland** competed for Sydney Grammar in the Open Men's 800 metres Championship event and finished in 4<sup>th</sup> place in a personal best time of 2 mins 02.14 secs. In the Senior Boys 4 x 400 metres Relay event Pat ran a very fast 2<sup>nd</sup> leg to help his team finish in 4<sup>th</sup> position. Pat finished his day by finishing in 8<sup>th</sup> place in the 1500 metres event in a time of 4 mins 35.63 secs.

**Nick Kelland** also competed for Sydney Grammar in the Under 16 Boys Shot Put event and finished in 7<sup>th</sup> place with his throw of 11.53 metres.

**Ed Penrose** competed for Newington in the Under 17 Boys 800 metres event finishing in 4<sup>th</sup> place in a time of 2 mins 00.27 secs. In the 15 Boys 400 metres event Ed finished in 3<sup>rd</sup> place in a time of 52.44 seconds.

## **3. Adidas Sydney 10**

At the Adidas Sydney 10 event we were represented by 1 competitor.

**Kate Spencer** finished in 2<sup>nd</sup> place overall in the 5000 metres event in a time of 18 mins 10 secs.

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

At the IGSSA Cross Country Championships held at Frensham School, Mittagong on Friday, 11<sup>th</sup> May we had a total of 6 girls competing.

**Sierra Collender** finished in 14<sup>th</sup> place in the 14 years Girls 4km event in a time of 16 mins 21.28 secs.  
**Kelsey Grimmond** finished in 33<sup>rd</sup> place in the 14 year Girls 4km event in a time of 17 mins 07.06 secs.

**Sarah Kelland** finished in 91<sup>st</sup> place in the 14 year Girls 4km event in a time of 19 mins 05.28 secs.

**Shannon Ashton** finished in 6<sup>th</sup> place in the 15 year Girls 4km event in a time of 15 mins 42.92 secs.

**Michaela Casey** finished in 10<sup>th</sup> place in the 16 year Girls 4km event in a time of 15 mins 40.76 secs.

**Maddie Campbell** finished in 16<sup>th</sup> place in the 18-19 year Girls 6km event in a time of 24 mins 44.76 secs.

#### **5. The Balmoral Burn**

The Balmoral Burn was held on 27<sup>th</sup> May, 2012 and we were represented by 2 competitors.

**James Bergfield** finished 7<sup>th</sup> in the Invitation Run in a time of 1 min 35 secs.

**Patrick Kelland** was a member of the Sydney Grammar team which won the Head of the Hill event.

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

At the NSW Combined Independent Schools Cross Country Championships held at Eastern Creek on 14<sup>th</sup> June we were represented by 6 athletes.

**Sierra Collender** finished in 13<sup>th</sup> place in the 14 year Girls 4km event in a time of 16 mins 43.38 secs.

**Shannon Ashton** finished in 2<sup>nd</sup> place in the 15 year Girls 4km event in a time of 16 mins 08.85 secs.

**Michaela Casey** finished in 13<sup>th</sup> place in the 16 year Girls 4km event in a time of 16 mins 56.41 secs.

**Maddy Campbell** finished in 29<sup>th</sup> place in the 18-19 years Girls 6km event in a time of 30 mins 03.91 secs.

**Ed Penrose** won the 15 year Boys 4km event in a time of 13 mins 47.25 secs.

**Patrick Kelland** finished in 7<sup>th</sup> place in the 18-19 year Boys 8km event in a time of 28 mins 33.58 secs.

#### **7. Sydney North Regional Cross Country Championships**

At the Sydney North Regional Cross Country Championships held at Gosford Race Course on 14<sup>th</sup> June we were represented by 6 athletes.

**Amy Court** finished in 9<sup>th</sup> place in the 12 year Girls 3km event.

**Chloe Davis** finished in 23<sup>rd</sup> place in the 12 year Girls 3km event.

**Julian Moore** finished in 9<sup>th</sup> place in the 13 year Boys event.

**Justin Sunderland** finished in 45<sup>th</sup> place in the 13 year Boys event.

**Jack Armson** finished in 12<sup>th</sup> place in the 14 year Boys event.

**Kate Spencer** finished in 1<sup>st</sup> place in the 17 year Girls event.

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

At the NSW Combined Catholic Colleges Cross Country Championships held at Eastern Creek on 15<sup>th</sup> June we were represented by 1 competitor.

**Katie Rosa** finished in 42<sup>nd</sup> place in the 16 year Girls 4km event.

## **9. NIB Games**

At the NIB Games held at Glendale on 8<sup>th</sup> July, 2012 we were represented by 2 competitors.

**Patrick Kelland** recorded a time of 2 mins 03.49 secs in winning the 800 metres event.

**Nicola Bowtell** won the Girls 400 metre event at these NIB Games in a time of 64.77 seconds. In her 200 metres event Nicola recorded a time of 28.92 seconds. Nicola recorded a time of 14.33 seconds in her 100 metre event. Nic's time for the 60 metres event was 8.84 seconds. In her Discus event Nic threw a distance of 19.44 metres.

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

At the NSW Short Course Cross Country Championships held at Upjohn Park on Saturday, 14<sup>th</sup> July we were represented by 2 competitors.

**Julian Moore** finished 15<sup>th</sup> in the Under 14 Boys 2.5km event in a time of 9 mins 35.9 secs.

**Kate Spencer** was a convincing winner in the Under 18 Girls 2.5 km run in a time of 8 mins 48 sec.

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

At the NSW All Schools Cross Country Championships held at Eastern Creek on Friday, 20<sup>th</sup> July we were represented by 6 athletes.

**Amy Court** finished in 61<sup>st</sup> place in the 12 year Girls 3km event in a time of 14 mins 54.5 secs.

**Shannon Ashton** finished in 15<sup>th</sup> place in the 15 year Girls 4km event in a time of 14 mins 23.3 secs.

**Kate Spencer** finished in 2<sup>nd</sup> place in the 17 year Girls 4km event in a time of 13 mins 11.4 secs. As Kate was the 1<sup>st</sup> girl home in the Combined High Schools event she was awarded the gold medal. This run established Kate's position in the NSW team for the Australian Cross Country Championships to be held in Adelaide next month.

**Alex Pritchard** finished in 26<sup>th</sup> place in the 15 year Boys 4km event in a time of 12 mins 48.4 secs.

**Ed Penrose** finished in 18<sup>th</sup> place in the 15 year Boys 4km event in a time of 12 mins 35.1 secs.

**Patrick Kelland** finished in 25<sup>th</sup> place in the 18-19 year Boys 8km event in a time of 25 mins 22.4 secs.

## **12. Sydney North Regional Athletics Carnival**

At the Sydney North Regional Athletics Carnival held at Homebush on 23<sup>rd</sup> – 24<sup>th</sup> July we were represented by 12 athletes.

**Chloe Davis** finished in 2<sup>nd</sup> place in the 12-13 year Girls Javelin event with her throw of 22.24 metres.

**Amy Court** finished in 3<sup>rd</sup> place in the 12 year Girls 100 metres in a time of 14.64 seconds. In her 200 metres event Amy again claimed 3<sup>rd</sup> place in a time of 29.68 seconds. Amy was a member of the Cheltenham Girls 12 year old Relay team which won in a time of 57.64 seconds. In her Long Jump event Amy finished in 2<sup>nd</sup> place with her leap of 4.39 metres.

**Jessica Brown** finished in 3<sup>rd</sup> place in the 12 year Girls Long Jump event with her leap of 4.19 metres. In her High Jump Jessica claimed 5<sup>th</sup> place with her leap of 1.25 metres.

**Teresa Galati** finished in 8<sup>th</sup> place in the 17-19 Girls 200 metres event in a time of 30.45 seconds. In her 100 metre Hurdles event Teresa finished in 3<sup>rd</sup> place in a time of 17.49 seconds. Teresa won her 400 metre Hurdles event in a record time of 73.48 seconds. In her High Jump event Teresa finished in 9<sup>th</sup> place with her leap of 1.25 metres. Teresa finished in 5<sup>th</sup> place in her Long Jump event with her leap of 4.57 metres. In her Triple Jump event Teresa finished in 7<sup>th</sup> place with her leap of 8.91 metres.

**Kate Spencer** finished in 3<sup>rd</sup> place in the 17-19 Girls 400 metres event in a time of 62.04 secs. In her 800 metres event Kate finished in 2<sup>nd</sup> place in a time of 2 mins 22.51 secs. Kate again claimed 2<sup>nd</sup> place in her 1500 metres event in a time of 4 mins 42.5 secs. In her 3000 metres event Kate claimed 1<sup>st</sup> place in a record time of 10 mins 07.94 secs.

**Alex Pritchard** finished in 3<sup>rd</sup> place in the 14 Boys 800 metres event in a time of 2 mins 17.95 secs. In his Javelin event Alex finished in 4<sup>th</sup> place with his throw of 29.06 metres.

**Justin Sunderland** finished in 6<sup>th</sup> place in the 13 year Boys 90 metre Hurdles event in a time of 17.30 seconds. In his Long Jump event Justin finished in 9<sup>th</sup> place with his leap of 4.39 metres.

**Antonio Galati** finished in 3<sup>rd</sup> place in the 15 year Boys 100 metre Hurdles event in a time of 16.74 seconds. In his Long Jump event Antonio finished in 7<sup>th</sup> place with his leap of 5.33 metres.

**Haydn Housenloge** finished in 3<sup>rd</sup> place in the 14 year Boys High Jump event with his clearance at 1.50 metres. In his Shot Put event Haydn finished in 7<sup>th</sup> place with his throw of 10.43 metres.

**Ben Speed** finished in 7<sup>th</sup> place in the 15 year Boys High Jump event with his clearance at 1.50 metres.

**Cameron Pappas** won the 16 year Boys High Jump event with his clearance at 1.77 metres. In his Long Jump event Cameron claimed 2<sup>nd</sup> place with his leap of 5.71 metres. Cameron won his Triple Jump event with his leap of 13.52 metres.

**Jack Armson** finished in 2<sup>nd</sup> place in the 12-15 year Boys 1500 metres Walk in a time of 8 mins 25.62 secs.

### **13. I.G.S.S.A. Athletics Carnival**

At the IGSSA Athletics Carnival held at Homebush on 16<sup>th</sup> & 17<sup>th</sup> August we were represented by 6 athletes.

**Tara Vance** competed in 3 events. In her 800 metres heat Tara was the winner and set the fastest time of 2 mins 24.94 secs. Tara finished 2<sup>nd</sup> in the 800 metres final in a time of 2 mins 26.94 secs. In her 100 metres event Tara clocked a time of 13.85 seconds to finish 14<sup>th</sup> overall. In the Senior Relay event the Tara team finished in 15<sup>th</sup> position overall with their time of 56.67 seconds.

**Sarah Kelland** competed out of her age group in the Intermediate Javelin event in which she finished in 8<sup>th</sup> place with her throw of 26.18 metres.

**Nicola Bowtell** qualified for the final of the 13 year Girls 100 metres event by winning her heat in a time of 13.42 seconds. In her final Nic finished 2<sup>nd</sup> with her time of 13.61 seconds. Nicola qualified for the Junior 400 metres final by winning her heat in a time of 61.90 seconds. In the 400 metre final Nic again finished 2<sup>nd</sup> with her time of 62.76 seconds.

**Shannon Ashton** competed in the 15 year Girls 800 metre event in which she clocked a time of 2 mins 32.48 secs in her heat to qualify for the final. In the final Shannon finished in 9<sup>th</sup> place in a time of 2 mins 33.45 secs. In her Intermediate 1500 metres event Shannon finished in 11<sup>th</sup> place overall in a time of 5 mins 17.54 secs.

**Michaela Casey** competed in the Intermediate Girls 200 metres event in which she finished in 17<sup>th</sup> place overall in a time of 28.57 seconds. In her Intermediate 400 metres heat Michaela clocked a time of 63.47 seconds to advance to the final in which she finished in 8<sup>th</sup> place with her time of 64.32 seconds.

**Sierra Collender** competed in the 14 year Girls 800 metres event in which she clocked a time of 2 mins 36.20 secs in her heat to qualify for the final. In the final Sierra claimed 7<sup>th</sup> place with her time of 2 mins 37.21 secs.



#### **14. Broken Bay Catholic Schools Athletics Carnival**

At the Broken Bay Athletics Carnival held at Homebush on 21<sup>st</sup> August we were represented by 3 competitors.

**Maddy Bergfield** competed in 3 events breaking records in 2 of these events. Maddy's first record came in the 16 year Girls Shot Put event when she threw the shot a distance of 12.25 metres. In her next event the Javelin Maddy won this event with her throw of 33.19 metres. Maddy broke her 2<sup>nd</sup> record in her Discus event in which she threw the discus a distance of 36.60 metres.

**Katie Roser** won the 15+ year Girls 1500 metres Walk event in a time of 8 mins 11.34 secs. In the 16 year Girls 1500 metres event Katie finished in 5<sup>th</sup> place with her time of 6 mins 09.84 secs.

**Thea McLachlan** finished in 2<sup>nd</sup> place in the 15+ year Girls 1500 metres Walk event in a time of 11 mins 37.88 secs.

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

The Australian All Schools Cross Country Championships were held in Adelaide over the period 25<sup>th</sup> – 27<sup>th</sup> August and we were represented by 1 athlete.

**Kate Spencer** finished in 10<sup>th</sup> place in the 17 year Girls 4km event. In the School Sport Teams event from this run Kate received a gold medal as part of the winning NSW team.

Kate received a further gold medal as part of the victorious NSW team in the Athletics Australia Teams event. On the Monday Kate received a further gold medal as a member of the victorious NSW 5 x 2000 metres Relay Team.

#### **16. NSW Combined High Schools Athletics Carnival**

At the NSW Combined High Schools Athletics Carnival we were represented by 8 athletes.

**Kate Spencer** finished 2<sup>nd</sup> in the 17+ Girls & Under 3000 metres 2<sup>nd</sup> event in a season's best time of 9 mins 46.28 secs. In her heat of the 17+ Girls 800 metres event Kate was the winner in a time of 2 mins 24.19 secs. Kate claimed the silver medal in her 800 metres final in a time of 2 mins 15.39 secs. This was an exceptional time given the windy conditions. Kate ran the second leg of the Sydney North Girls 4x400m Relay team who registered a convincing win in this event. In the Open Girls 2000 metres Steeplechase event Kate broke the record by some 3 seconds in winning this event in a time of 6 mins 57.76 secs.

**Kelsey Cooper-Phillis** finished 2<sup>nd</sup> in her heat of the 12 Girls 100 metres event in a time of 13.72 seconds (tailwind of 1.0 metres/sec). In her heat of the 200 metres event Kelsey was the winner in a time of 28.61 seconds (tailwind of 0.3 metres/sec). Kelsey won the silver medal with her time of 27.88 seconds (tailwind of 0.3 metres/sec) in the final. In the final of the 100 metres Kelsey won her 2<sup>nd</sup> silver medal of the Championships with her time of 13.72 seconds (tailwind of 0.8 metres/sec).

**Tony Huang** finished 2<sup>nd</sup> in his heat of the 12 Boys 100 metres event in a time of 13.23 seconds (headwind of 0.1 metres/sec). In his heat of the 200 metres event Tony was the winner in a time of 27.12 seconds. Tony finished in 4<sup>th</sup> place in the 200 metre final in a time of 27.14 seconds (tailwind of 0.8 metres/sec). In his 100 metre final Tony took out the silver medal with his run of 13.14 seconds (tailwind of 1.5 metres/sec). Tony finished 7<sup>th</sup> in his Long Jump event with his jump of 4.65 metres.

**Max McKenzie** finished 2<sup>nd</sup> in his heat of the 17+ Boys 400 metres event in a time of 51.98 seconds. In his final Max finished in 7<sup>th</sup> place in a time of 52.14 seconds.

**Amy Court & Kelsey Cooper-Phillis** were 2 of the runners in the 12 years Cheltenham Girls 4x100m Relay team which won their heat in a time of 56.21 seconds. In the final the girls won the silver medal in a time of 55.44 seconds.

**Haydn Housenloge** was a member of the Ryde Secondary College 14 Boys 4x100m Relay team which won their heat in a time of 48.42 seconds. In the final the Ryde Boys were too good and won in a time of 47.70 seconds.

**Cameron Pappas** participated in all 3 jumping events at this Carnival. In the 16 Boys High Jump event Cameron claimed the bronze medal with his leap of 1.85 metres. Cameron became the 16 Boys Triple Jump Champion with his gold medal leap of 13.49 metres. In his Long Jump event Cameron finished in 4<sup>th</sup> position with his jump of 6.17 metres.

**Chloe Davis** finished 20<sup>th</sup> in the 13 & Under Girls Javelin event with her throw of 11.48 metres.

**Amy Court** finished 7<sup>th</sup> in the 12 years Girls Long Jump event with her leap of 4.16 metres.

### **17. NSW Combined Catholic Colleges Athletics Carnival**

The NSW Combined Catholic Colleges Athletics Championships were held at Homebush on 14<sup>th</sup> September and we were represented by 5 athletes

**Brenton Mooney** claimed the bronze medal in the 15+ Boys 1500 metres Walk event with his time of 8 mins 08.48 secs.

**Kate Roser** finished 11<sup>th</sup> in the 15+ Girls 1500 metres Walk event in a time of 9 mins 12.91 secs.

**Sachi Kayama** claimed the silver medal in the 16 Girls Long Jump event with her jump of 5.20 metres. In her 100 metres event Sachi finished in 4<sup>th</sup> spot with her time of 12.88 seconds and again finished in 4<sup>th</sup> place in her 200 metres event with her time of 26.82 seconds.

**Maddy Bergfield** had an extremely good carnival. In the 16 Girls Shot Put event Maddy claimed the gold medal with her put of 12.38 metres. The Javelin event saw Maddy snare the silver medal with her throw of 34.50 metres. Maddy took out her 2<sup>nd</sup> gold medal this time in the Discus event with her throw of 35.30 metres. As both the Shot Put and Javelin events were conducted with the new weights for the first time, Maddy's throw in the Shot Put should set the "standard" for next year.

**Lillie Edgar** finished in 4<sup>th</sup> place in the 12 years Girls Long Jump event with her leap of 4.36 metres.

### **18. NSW Combined Independent Schools Athletics Carnival**

The NSW Combined Independent Schools Athletics Carnival was held at Homebush on 19<sup>th</sup> September and we were represented by 3 athletes.

**Shannon Ashton** won the silver medal in the 15 Girls 1500 metres event with her time of 5 mins 07.28 secs.

**Nicola Bowtell** won a silver medal in the 13 Girls 200 metres event in a time of 27.72 seconds. In her 400 metres event Nic added a further silver medal to her tally in a time of 61.93 seconds. Whilst in her 100 metres event she finished in 4<sup>th</sup> place in a time of 13.61 seconds.

**Sarah Kelland** finished in 4<sup>th</sup> place in the 14 Girls Javelin event with her throw of 25.39 metres.

### **19. NSW All Schools Multi-Event Championships**

The NSW All Schools Multi-Event Championships were held at Glendale on Sunday, 23<sup>rd</sup> September and we were represented by 2 athletes.

**Nicola Bowtell** won the Under 14 Girls Pentathlon event with her total of 2308 points. Listed below are her individual results:-

Event	Points	Event	Points	Event	Points	Event	Points	Event	Points	Total
200 Metres		Shot Put		Long Jump		Javelin		800 metres		
27.56	665	8.22m	414	4.21m	357	13.73m	173	2:29.55	699	2308

**Chloe Davis** finished in 13<sup>th</sup> place with the following results:-

Event	Points	Event	Points	Event	Points	Event	Points	Event	Points	Total
200 Metres		Shot Put		Long Jump		Javelin		800 metres		
31.87	359	5.76m	256	3.57m	214	24.02m	364	3:00.86	357	1550

## **20. British Masters Athletics Championships**

Two of our Masters Athletes travelled to the UK and took the opportunity whilst there to contest the British Masters Athletics Championships held in Derby over 21<sup>st</sup> to 22<sup>nd</sup> July with the following results:-

**Robert Hanbury-Brown** won a silver medal in his Shot Put event with his throw of 11.03 metres. In his Discus event Robert won another silver medal with his throw of 37.02 metres. Robert took out the bronze medal in his Javelin event with his throw of 41.45 metres. In the Hammer event Robert gained 4<sup>th</sup> place with his throw of 38.47 metres. Robert won the gold medal in the Weight Throw event with his throw of 14.88 metres.

**Andrew Atkinson-Howatt** finished in 4<sup>th</sup> place in his Shot Put event with his throw of 9.96 metres. In his Discus event Andrew snared the bronze medal with his throw of 35.38 metres. Andrew won a silver medal in his Javelin event with his throw of 45.12 metres. In the Hammer event Andrew finished in 8<sup>th</sup> place with his throw of 31.44 metres. Andrew finished 7<sup>th</sup> in the Weight Throw event with his effort of 10.33 metres.

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

At the NSW All Schools Championships held at Homebush from 11<sup>th</sup>-14<sup>th</sup> October we were represented by 16 athletes.

**Kelsey Cooper-Phillis** finished in 3<sup>rd</sup> place in her heat of the 12 years Girls 200 metres event in a time of 28.86 seconds (headwind of 1.9 metres/sec). This time qualified Kelsey for the final. In the final Kelsey finished in 5<sup>th</sup> place with her time of 28.33 seconds (headwind of 0.9 metres/sec). Kelsey finished 3<sup>rd</sup> in her heat of the 13 years Girls 400 metres event in a personal best time of 61.83 seconds to qualify for the final. Kelsey finished 5<sup>th</sup> in the 400 metres final in an even better time of 61.56 seconds. In her heat of the 12 years Girls 100 metres event Kelsey finished in 3<sup>rd</sup> place with her time of 13.46 seconds (headwind of 1.0 metres/sec) to qualify for the final. In the final Kelsey finished in 5<sup>th</sup> place with her time of 13.62 seconds (headwind of 1.2 metres/sec).

**Chloe Davis** finished in 21<sup>st</sup> place in the 13 years Girls Javelin event with her throw of 20.75 metres. In her High Jump event Chloe finished in 13<sup>th</sup> place with her leap of 1.25 metres.

**Harrison Wade** finished in 6<sup>th</sup> place in his heat of the 13 year Boys 800 metres event in a personal best time of 2 mins 21.48 secs. His 1500 metres event was broken into 2 timed finals and although Harrison won his event the personal best time he achieved of 4 mins 40.06 secs placed him 6<sup>th</sup> overall. This time is a new Best Ever Record. In his 3000 metres event Harrison finished in 6<sup>th</sup> place with a personal best time of 9 mins 59.51 secs. This time was some 8 seconds faster than he had previously recorded.

**Sierra Collender** finished in 8<sup>th</sup> place in her heat of the 14 years Girls 800 metres event in a personal best time of 2 mins 30.93 secs. In her first attempt at the 15 years Girls 2000 metres Steeplechase event Sierra finished in 4<sup>th</sup> place with her time of 8 mins 11.02 secs. This time is just 6 seconds short of a National Qualifier. Sierra also competed in her 1500 metres event and again recorded a personal best performance of 5 mins 18.55 secs when she finished in 9<sup>th</sup> place.

**Sarah Kelland** finished in 6<sup>th</sup> place in the 14 years Girls Hammer Throw event with her throw of 19.16 metres. In her Discus event Sarah finished in 21<sup>st</sup> place with her throw of 21.86 metres. On the Friday Sarah finished 4<sup>th</sup> in her 3000 metres Walk event in a time of 18 mins 11.69 secs. In her Javelin event Sarah claimed 8<sup>th</sup> place with her throw of 25.66 metres.

**Patrick Kelland** won the gold medal in the 19 years Boys 2000 metres Steeplechase event in a time of 7 mins 17.55 secs. In his 800 metres event Patrick had for 2 years now been trying to break the 2 minute barrier, and, he achieved this when he claimed 4<sup>th</sup> place in the final with his time of 1 min 58.54 seconds. Patrick finished in 6<sup>th</sup> place in his 400 metres event in a personal best time of 51.21 seconds.

**Kate Spencer** won the gold medal in the 17 years Girls 2000 metres Steeplechase event in a record time of 6 mins 45.07 secs. This time by Kate took over 10 seconds off the previous record. On the Friday Kate lined up for the 3000 metres event in which she won the silver medal in a time of 9 mins 50.47 secs. Kate added a further gold medal to her haul – this time in her 1500 metres event when she ran a personal best time of 4 mins 28.41 secs. This time broke the previous record for the event.

**Shannon Ashton** finished in 7<sup>th</sup> place in the 15 years Girls 2000 metres Steeplechase event in a time of 8 mins 31.57 secs. In her 1500 metres event Shannon finished in 12<sup>th</sup> place with her time of 5 mins 27.73 secs.

**Nicholas Kelland** won the silver medal in the 16 Boys Hammer Throw with his throw of 32.92 metres. In his Javelin event Nick finished in 5<sup>th</sup> place with his throw of 39.82 metres.

**Sam Hain** finished in 12<sup>th</sup> place overall in the 13 years Boys 200 metres event with his time of 26.92 secs (headwind of 3.4 metres/sec). In his Long Jump event Sam leapt 5.46 metres to win the silver medal in this event. Sam finished 2<sup>nd</sup> in his heat of the 100 metres in a time of 12.55 seconds (headwind of 1.4 metres/sec) to qualify for the final. In the final Sam placed 7<sup>th</sup> with his time of 12.47 seconds (wind reading 0.0 metres/sec).

**Maddy Bergfield** won a bronze medal in the 16 years Girls Hammer Throw event with her personal best throw of 38.95 metres. In her Discus event Maddy claimed the silver medal with her throw of 38.74 metres which is a National qualifier for the Junior Nationals in March. In her Javelin event Maddy claimed another silver medal with her throw of 31.36 metres. Maddy finished in 4<sup>th</sup> place in her Shot Put event with her throw of 12.21 metres. These results mean that Maddy has qualified for the National Junior Championships to be held in March of next year in the Javelin, Discus and Hammer events.

**Nicola Bowtell** finished in 12<sup>th</sup> place overall in the 13 years Girls 200 metres event with her time of 29.03 seconds (headwind of 2.0 metres/sec). Nic won her 400 metres heat in the smart time of 61.31 seconds to be the fastest qualifier into the final. In the final Nic claimed the silver medal with her personal best performance of 59.92 seconds – the first time she has gone under the minute! Again this performance qualifies her for both the Australian All Schools Championships in Hobart and the Australian Junior Championships in Perth next year.

**Amy Court** finished 9<sup>th</sup> in the 12 years Girls Long Jump event with her leap of 4.19 metres. In her 100 metres event Amy finished in 14<sup>th</sup> place overall with her time of 14.20 seconds (headwind of 1.0 metres/sec). Amy finished in 11<sup>th</sup> place overall in her 200 metres event with her time of 29.13 seconds (headwind of 1.9 metres/sec).

**Ed Penrose** finished 4<sup>th</sup> in his heat of the 15 years Boys 800 metres event in a time of 2 mins 07.85 secs. This time qualified Ed for the final. In the final Ed finished in 6<sup>th</sup> place with his time of 2 mins 03.22 secs. Ed finished in 18<sup>th</sup> place overall in his 1500 metres event in a time of 4 mins 39.37 secs.

**Cameron Pappas** won the 16 years Boys Triple Jump event with his leap of 13.86 metres. In actual fact Cameron had 4 jumps and all 4 jumps were in excess of the best jump by the competitor who finished in 2<sup>nd</sup> place. In his Long Jump event Cameron claimed the silver medal with his leap of 6.61 metres.

**Sachi Kayama** finished 4<sup>th</sup> in her heat of the 16 years Girls 200 metres event in a time of 26.38 seconds to qualify for the final. In the final Sachi finished in 8<sup>th</sup> place in a time of 26.45 seconds (tailwind of 0.6 metres/sec). Sachi won the silver medal in her Long Jump event with her leap of 5.40 metres (tailwind of 0.3 metres/sec). In her heat of the 100 metres event Sachi finished in 5<sup>th</sup> place in a time of 13.25 seconds (headwind of 1.3 metres/sec). Sachi finished in 7<sup>th</sup> place in the final with her time of 12.94 seconds (headwind of 1.3 metres/sec).

## **22. Ryde Centre Championships**

At our Ryde Seniors' Centre Championships held on Sunday, 28<sup>th</sup> October we had a total of 25 athletes competing and we had a total of 19 new records established. Our record breakers were Sue Gore (5), Daniel Bowtell (2), Harrison Wade (2), Maddy Bergfield (2), Kate Spencer, Nicola Bowtell, Sam Hain, Brett Jovanovich, Patrick Kelland, James Bergfield, Lajos Joni and Crystal Overton. Sam Hain broke a Best Ever Record.

At the request of the above athletes it was decided to hold a further day of Championships to incorporate the events not covered above. This day is to be held in February, 2013.

## **23. NSW Open 3000 metres Championships**

The NSW Open 3000 metres Championships were held on Saturday evening, 10<sup>th</sup> November at Homebush and we had a total of 3 athletes competing.

**Kate Spencer** contested the "A" 3000 metres Championship event and finished in 4<sup>th</sup> place in a personal best time of 9 mins 34.63 secs. Her lap times for the event were very even with her slowest lap being a 1 min 18 sec lap and her fastest (the last lap) a 1 min 14 sec lap.

**Harrison Wade** contested the "E" 3000 metres race and finished in 9<sup>th</sup> place with a huge personal best time of 9 mins 41.11 secs. This time was 18 seconds faster than he had ever previously recorded.

**James Bergfield** contested the "D" 3000 metres race and finished in 15<sup>th</sup> place in a time of 9 mins 47.00 secs. Unfortunately James was spiked during the second lap and this undoubtedly cost him time in this event.

## **24. NSW Relay Championships**

At the NSW Relay Championships our Centre was represented by 10 teams.

In the Open Men's Shot Put our team placed 5<sup>th</sup> with their total of 37.73 metres. This team consisted of Lajos Joni (9.06m), Voitek Klimiuk (9.35m), Robert Hanbury-Brown (9.42m) & James Bergfield (9.90m).

In the Open Men's Discus event our team again placed 5<sup>th</sup> with their total of 118.96 metres. The team consisted of Lajos Joni (28.41m), Voitek Klimiuk (29.35m), Robert Hanbury-Brown (30.23m) and Andrew Atkinson-Howatt (30.97m).

In the Open Men's Javelin event our team of Andrew Atkinson-Howatt (41.30m), Voitek Klimiuk (37.50m), Robert Hanbury-Brown (33.21m) and James Bergfield (33.86m) claimed 6<sup>th</sup> spot with their total of 145.87 metres.

In the Under 14 Women's Long Jump event our team of Amy Court (4.40m), Lillie Edgar, (4.00m) Chloe Davis (4.11m) and Jessica Brown (4.09m) finished in 5<sup>th</sup> place with their combined total of 16.60 metres.

In the Under 14 Women's 4 x 200 metres event our team of Emma Smith, Kelsey Cooper-Phillis, Brooke Matheson and Amy Court won the silver medal with their time of 1 min 52.62 secs.

In the Under 18 Women's 4 x 800 metres event our team finished in 5<sup>th</sup> place in a time of 9 mins 50.03 secs. This team consisted of Nicola Bowtell, Shannon Ashton, Sierra Collender and Kate Spencer.

In the Under 18 Women's 4 x Shot Put event our girls finished in 6<sup>th</sup> place with a total of 38.76 metres. The team consisted of Crystal Overton (10.12m), Sarah Kelland (7.96m), Nicola Bowtell (8.59m) and Maddy Bergfield (12.09m).

In the Under 18 Women's Discus event our girls again finished in 6<sup>th</sup> position with a total of 104.94 metres. The team consisted of Crystal Overton (20.88m), Sarah Kelland (22.13m), Nicola Bowtell (26.07m) and Maddy Bergfield (35.86m).

In the Under 14 Women's 4 x 100 metres heat our team of Cherie Pan, Kelsey Cooper-Phillis, Brooke Matheson and Amy Court finished 2<sup>nd</sup> fastest to qualify for the final with their time of 53.36 seconds. In the final our team of were caught just short of the finish line and had to be content with 2<sup>nd</sup> place in a time of 52.49 seconds. Due to a strained hamstring problem Brooke Matheson was replaced by Nicola Bowtell for the final.

In the Under 18 Women's 4 x 1500 metres event our girls claimed the bronze medal in a time of 20 mins 50.43 secs. The team consisted of Kate Spencer, Shannon Ashton, Jayme Morige and Sierra Collender.

## **25. Australian All Schools Athletics Championships**

The Australian All Schools Championships got under way in Hobart on Friday evening, 30<sup>th</sup> November and we had a total of 6 athletes competing there.

**Nicola Bowtell** was our first athlete to compete there and she progressed to the final of the Under 14 Women's 400 metres final with her 3<sup>rd</sup> placing in her heat in a time of 60.87 seconds. In the final Nicola finished in 6<sup>th</sup> place in a time of 60.91 seconds.

**Georgia Winkcup** finished in 6<sup>th</sup> place in the Under 16 Women's 2000 metres Steeplechase event in a time of 7 mins 36.38 secs.

**Kate Spencer** won our first gold medal at these Championships when she won the Under 18 Women's 2000 metres Steeplechase event in a season's best time of 6 mins 44.63 secs. In her 3000 metres event Kate added a further gold medal to her haul winning quite easily in a time of 9 mins 43.50 secs to win by 14 seconds over the next competitor.

**Cameron Pappas** snared the silver medal in the Under 18 Men's Triple Jump event with his leap of 13.88 metres.

**Sam Hain** just missed out on the medals when he finished in 4<sup>th</sup> place in the Under 14 Men's Long Jump event. Sam's best leap measured 5.72 metres.

**Johanna Volos** finished in 5<sup>th</sup> place in the Under 14 Women's Pole Vault event with her clearance at 2.40 metres.

## **26. Australian Schools Knockout Final**

At the Australian Schools Knock-Out event we were represented by 3 athletes.

**Maddy Bergfield** represented her school (Mt St Benedicts) in the Intermediate age group and threw the Shot a distance of 12.38 metres.

**Sarah Kelland** represented her school (Abbotsleigh) in the Junior age group and threw the Javelin a distance of 23.72 metres.

**Nicola Bowtell** represented her school (Pymble Ladies' College) in the Junior age group and ran in the 100 metres event where she recorded a time of 13.48 seconds. She was the final leg runner in their 4 x 200 metres Relay team.

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

The Northern Zone Little A's Championships were held at Barton Park, Parramatta over the weekend of 8<sup>th</sup> & 9<sup>th</sup> December. 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 of next year.

**Anna Badaoui** finished in 3<sup>rd</sup> place in the Under 12 Girls 100 metres final in a time of 14.79 seconds. In her 200 metres final in a time Anna finished in 4<sup>th</sup> place in a time of 30.05 seconds. Anna finished in 4<sup>th</sup> place in her Long Jump event with her best leap of 4.13 metres.

**Sophie Collyer** finished in 4<sup>th</sup> place in the Under 12 Girls 100 metres final in a time of 14.81 seconds.

**Hannah Tall** finished in 6<sup>th</sup> placed in the Under 12 Girls 800 metres event with her time of 2 mins 49.68 secs. In her 60 metre Hurdles final Hannah finished in 7<sup>th</sup> place in a time of 11.38 seconds. Hannah finished 6<sup>th</sup> in her High Jump event with her clearance at 1.25 metres. In her Triple Jump event Hannah finished 6<sup>th</sup> with her leap of 8.07 metres.

**Junyi Fang** finished 7<sup>th</sup> in the Under 12 Girls High Jump event with her clearance at 1.25 metres. In her Long Jump event Junyi claimed 6<sup>th</sup> spot with her leap of 4.01 metres. Junyi finished 7<sup>th</sup> in her Shot Put event with her throw of 7.34 metres.

**Katrina Lyon** finished in 2<sup>nd</sup> place in the Under 12 Girls 60 metre Hurdles final in a time of 10.67 seconds. In her High Jump event Katrina finished in equal 3<sup>rd</sup> place with her clearance at 1.25 metres. Katrina won her Long Jump event with her leap of 4.40 metres. In her Triple Jump event Katrina again took out 1<sup>st</sup> place with her leap of 9.05 metres.

**Julia Kelland** finished 3<sup>rd</sup> in the Under 12 Girls Shot Put event with her best throw of 8.84 metres. In her Discus event Julia finished in 5<sup>th</sup> place with her throw of 21.63 metres. Julia finished in 2<sup>nd</sup> place in her Javelin event with her throw of 21.55 metres. In her 1500 metres Walk event Julia finished in 5<sup>th</sup> place with her time of 10 mins 37.34 secs.

**Kelsey Cooper-Phillis** won the Under 13 Girls 100 metres final in a time of 13.29 seconds. In her 200 metres final Kelsey was once again the winner in a time of 27.93 seconds. Kelsey won her 400 metres final in a time of 64.41 seconds. In her 800 metres event Kelsey claimed 4<sup>th</sup> spot with her time of 2 mins 41.84 secs.

**Amy Court** finished 2<sup>nd</sup> in the Under 13 Girls 100 metres final in a time of 13.78 seconds. In her 200 metres final Amy claimed 2<sup>nd</sup> spot with her time of 28.08 seconds. Amy finished 3<sup>rd</sup> in her 400 metres final in a time of 69.06 seconds. In her 200 metre Hurdles event Amy finished in 5<sup>th</sup> spot with her time of 32.18 seconds. Amy finished 2<sup>nd</sup> in her Long Jump event with her leap of 4.37 metres. In her Triple Jump event Amy finished 3<sup>rd</sup> with her leap of 8.89 metres.

**Brooke Matheson** finished 3<sup>rd</sup> in the Under 13 Girls 100 metres final in a time of 13.80 seconds. In her 200 metres final Brooke finished in 5<sup>th</sup> place with her time of 29.20 seconds. Brooke was the winner of the Under 13 Girls 80 metre Hurdles final with her time of 13.89 seconds. Brooke finished in 7<sup>th</sup> place in her 200 metre Hurdles final with her time of 32.73 seconds. In her Shot Put event Brooke finished in 4<sup>th</sup> place with her best effort of 7.24 metres. Brooke claimed 6<sup>th</sup> spot in her discus event with her throw of 24.75 metres.

**Jessica Brown** finished in 5<sup>th</sup> place in the Under 13 Girls High Jump event with her jump at 1.30 metres. In her Long Jump event Jessica finished in 7<sup>th</sup> place with her leap of 4.10 metres. Jessica finished 4<sup>th</sup> in her Triple Jump event with her leap of 8.81 metres.

**Jayne Morige** finished 4<sup>th</sup> in the Under 13 Girls 1500 metres event in a personal best time of 5 mins 37.50 secs.

**Emma Smith** finished in 5<sup>th</sup> place in the Under 13 Girls 400 metres event in a time of 72.06 seconds. Emma finished in 5<sup>th</sup> place in her 1500 metres event in a time of 5 mins 47.56 secs. In her 800 metres event Emma claimed 5<sup>th</sup> place in a time of 2 mins 42.94 secs.

**Tatum Bird** finished in 6<sup>th</sup> place in the Under 13 Girls 1500 metres event in a time of 5 mins 53.12 secs.

**Chloe Davis** finished in 5<sup>th</sup> place in the Under 13 Girls 3000 metres event in a time of 13 mins 55.39 secs. In her Long Jump event Chloe finished 4<sup>th</sup> with her leap of 4.21 metres. Chloe finished 7<sup>th</sup> in her Triple Jump event with her clearance at 8.55 metres. In her Javelin event Chloe finished in 3<sup>rd</sup> place with her throw of 27.85 metres. In her 1500 metres Walk event Chloe finished in 5<sup>th</sup> place in a time of 11 mins 19.51 secs.

**Nicola Bowtell** finished 2<sup>nd</sup> in the Under 14 Girls 100 metres final in a time of 13.45 seconds. In her 200 metres final Nic was the winner in a time of 27.35 seconds. Nicola claimed another 2<sup>nd</sup> placing in her 400 metres final in a time of 63.13 seconds. In her Long Jump event Nic finished in 3<sup>rd</sup> place with her leap of 4.42 metres. Nic finished 4<sup>th</sup> in her Shot Put event with her best effort of 8.45 metres. In her Discus event Nicola finished in 2<sup>nd</sup> place with her throw of 26.87 metres.

**Katherine Du** finished in 2<sup>nd</sup> place in the Under 14 Girls 80 metre Hurdles final in a time of 15.20 seconds. In her High Jump event Katherine finished 5<sup>th</sup> with her leap of 1.30 metres. Katherine finished 4<sup>th</sup> in her Long Jump event with her leap of 4.25 metres. In her Triple Jump event Katherine finished in 5<sup>th</sup> spot with her leap of 9.12 metres. Katherine finished in 6<sup>th</sup> spot in her Shot put event with her throw of 7.87 metres. In her Javelin event Katherine finished 4<sup>th</sup> with her throw of 23.47 metres.

**Claire Higginson** finished in 6<sup>th</sup> place in the Under 14 Girls 400 metres final in a time of 74.09 seconds. In her 200 metre Hurdles final Claire claimed 6<sup>th</sup> spot with her time of 35.49 seconds.

**Scarlett Kidman** finished in 3<sup>rd</sup> place in the Under 14 Girls 1500 metres event in a time of 5 mins 36.32 secs. In her 3000 metres event Scarlett again claimed 3<sup>rd</sup> position in a time of 12 mins 24.29 secs. Scarlett finished in 6<sup>th</sup> place in her 800 metres event in a time of 2 mins 49.91 secs.

**Jadine Zagic** claimed 5<sup>th</sup> place in the Under 14 Girls Long Jump event with her leap of 4.07 metres. In her Javelin event Jadine claimed 5<sup>th</sup> spot with her throw of 21.78 metres.

**Sierra Collender** won the Under 15 Girls 1500 metres event in a time of 5 mins 28.39 secs. In her 3000 metres event Sierra added a further win in a time of 11 mins 47.72 secs. Sierra added to her gold medal haul in her 800 metres event with her time of 2 mins 40.67 secs.

**Veronika Jukic** finished 3<sup>rd</sup> in the Under 15 Girls High Jump event with her clearance at 1.44 metres. In her Long Jump event Veronika finished 7<sup>th</sup> with her leap of 4.24 metres. Veronika finished 3<sup>rd</sup> in her Triple Jump event with her leap of 9.65 metres.

**Sarah Kelland** claimed 5<sup>th</sup> spot in the Under 15 Girls High Jump event with her clearance at 1.30 metres. In her Shot Put event Sarah finished 2<sup>nd</sup> with her throw of 8.78 metres. Sarah was the winner of her Discus event with her best throw of 26.32 metres. In her Javelin event Sarah claimed 3<sup>rd</sup> spot with her throw of 25.36 metres. In her 1500 metres Walk event Sarah was a clear winner in a time of 8 mins 42.95 secs.

**Sachi Kayama** won the Under 17 Girls 100 metres final in a time of 13.15 seconds. In her 200 metres final Sachi finished 2<sup>nd</sup> with her time of 26.37 seconds. Sachi was the winner of her Long Jump event with a best leap of 5.32 metres. In her Triple Jump event Sachi was again the winner with her leap of 10.79 metres.

**Georgia Winkcup** won the Under 17 Girls 800 metres event in a time of 2 mins 32.85 secs. In her 1500 metres event Georgia was again the victor with her time of 5 mins 08.16 secs. Just to make it 3 out of 3 Georgia was again the winner in her 3000 metres event in a time of 11 mins 24.31 secs.

**Maddy Bergfield** broke the 1<sup>st</sup> of her 2 records in the Under 17 Girls Shot Put event with a final throw of 12.80 metres. During this competition she broke her own record five times. In her Discus event Maddy set her 2<sup>nd</sup> record in winning this event with her throw of 38.99 metres. Maddy secured yet another win in her Javelin event with a throw of 31.81 metres.

**Kara Talty** claimed 3<sup>rd</sup> spot in the Under 17 Girls Shot Put event with her throw of 10.05 metres.

**Daniel Bowtell** finished 2<sup>nd</sup> in the Under 12 Boys 100 metres final in a time of 13.58 seconds. In his 200 metres final Daniel was the winner in a time of 27.71 seconds. Daniel claimed 6<sup>th</sup> place in his Triple Jump event with his leap of 8.76 metres. In his Discus event Daniel finished in 5<sup>th</sup> place with his throw of 22.87 metres.

**Marko Prizmic** finished in 7<sup>th</sup> place in the Under 12 Boys 100 metres final in a time of 14.53 seconds. In his Long Jump event Marko finished 4<sup>th</sup> with his leap of 4.44 metres. Marko claimed 5<sup>th</sup> spot in his Triple Jump event with his leap of 8.98 metres.

**Samuel Plummer** finished in 5<sup>th</sup> place in the Under 12 Boys 200 metres final in a time of 29.97 seconds. In his Triple Jump event Sam finished in 7<sup>th</sup> place with his leap of 8.71 metres. Sam claimed 7<sup>th</sup> spot in his Javelin event with his throw of 20.11 metres.

**Michael Matheson** finished in 7<sup>th</sup> place in the Under 12 Boys 200 metres final in a time of 30.66 seconds. In his 60 metres Hurdles final Michael claimed 6<sup>th</sup> spot in a time of 11.19 seconds. Michael claimed 7<sup>th</sup> spot in his Discus event with his effort of exactly 22.00 metres.

**Chris Maguire** finished in 3<sup>rd</sup> place in the Under 12 Boys 400 metres event in a time of 67.11 seconds. In his Shot Put event Chris claimed 8<sup>th</sup> spot with his effort of 6.35 metres.

**Oliver Arcus** finished in 6<sup>th</sup> place in the Under 12 Boys 400 metres event in a time of 70.52 seconds. In his 800 metres event Oliver finished in 7<sup>th</sup> place with his time of 2 mins 41.56 secs. Oliver finished in 6<sup>th</sup> place in his 1500 metres event in a time of 5 mins 26.37 secs.

**Ben Nogajski** won the Under 12 Boys High Jump event with his clearance at 1.45 metres. In his Long Jump event Ben chalked up his 2<sup>nd</sup> win with his leap of 4.56 metres. Ben finished in 4<sup>th</sup> place in his Shot Put event with his effort of 8.04 metres. In his Discus event Ben finished in 4<sup>th</sup> spot with his throw of 24.25 metres.

**Tony Huang** finished 2<sup>nd</sup> in the Under 13 Boys 100 metres final in a time of 12.39 seconds. In his Long Jump event Tony was the winner with his leap of 4.97 metres.

**Jay Butler** finished in 4<sup>th</sup> place in the Under 13 Boys 400 metres event in a time of 68.96 seconds. In his 800 metres event Jay finished in 5<sup>th</sup> place in a time of 2 mins 37.29 secs.

**Harrison Wade** won the Under 13 Boys 800 metres event in a time of 2 mins 20.98 secs. In his 1500 metres event Harrison not only won the event but took 2 seconds off the record which had been set last century! Harrison's winning time was 4 min 42.70 secs. Harrison won his 3000 metres event in a time of 10 mins 15.22 secs.

**Justin Sunderland** finished in 4<sup>th</sup> spot in the Under 13 Boys 80 metre Hurdles final in a time of 14.71 seconds. In his Long Jump event Justin finished in 8<sup>th</sup> spot with his leap of 4.27 metres. Justin was the winner of his Triple Jump event with his leap of 10.13 metres.

**Alexander Galati** finished in 6<sup>th</sup> place in the Under 13 Boys 200 metre Hurdles final in a time of 35.34 seconds.

**Luke McLachlan** finished in 3<sup>rd</sup> place in the Under 13 Boys 1500 metre Walk event in a time of 11 mins 18.03 secs.

**Sam Hain** finished in 2<sup>nd</sup> place in the Under 14 Boys 100 metres final in a time of 12.05 seconds. In his 200 metres final Sam repeated his 2<sup>nd</sup> place effort in the 100 metres in clocking a time of 25.02 seconds. Sam took out yet another 2<sup>nd</sup> spot this time in his Long Jump event with his leap of 4.91 metres.

**Chuan Jiang** finished 4<sup>th</sup> in the Under 14 Boys 100 metres final in a time of 12.85 seconds. In his 90 metre Hurdles event Chuan finished in 6<sup>th</sup> place in a time of 14.68 seconds. Chuan finished in 8<sup>th</sup> place in his 200 metre Hurdles event with his time of 30.57 seconds. In his High Jump event Chuan finished in 7<sup>th</sup> position with his clearance at 1.45 metres. Chuan finished in 7<sup>th</sup> position in his Triple Jump event with his leap of 9.90 metres.

**Raymond Ahsan** finished 8<sup>th</sup> in the Under 14 Boys 100 metres final in a time of 13.15 seconds. In his Long Jump event Raymond finished in 3<sup>rd</sup> spot with a leap of 4.87 metres. Ray claimed 6<sup>th</sup> spot in his Triple Jump event with his leap of 10.06 metres. In his Discus event Raymond finished in 7<sup>th</sup> position with his throw of 20.50 metres.

**Dylan Rodgers** finished in 6<sup>th</sup> place in the Under 14 Boys 400 metres event in a time of 66.32 seconds. In his 800 metres event Dylan finished 5<sup>th</sup> with his time of 2 mins 43.33 secs. Dylan finished in 5<sup>th</sup> place in his 3000 metres event in a time of 14 mins 12.41 secs. In his Javelin event Dylan claimed 4<sup>th</sup> spot with his throw of 20.20 metres.



**Jack Armson** finished in 3<sup>rd</sup> place in the Under 14 Boys 3000 metres event in a time of 11 mins 36.24 secs

**Haydn Housenloge** finished in 6<sup>th</sup> place in the Under 15 Boys 100 metres final in a time of 12.23 seconds. In his 200 metres final Haydn again finished in 6<sup>th</sup> place in a time of 25.18 seconds. Haydn claimed 4<sup>th</sup> place in his High Jump event with his clearance at 1.59 metres. In his Long Jump event Haydn finished 3<sup>rd</sup> with his leap of 5.35 metres. Haydn won his Shot Put event with his throw of 12.32 metres. In his Discus event Haydn claimed 6<sup>th</sup> spot with his effort of 29.50 metres.

**Nicholas Purcell** finished in 2<sup>nd</sup> place in the Under 15 Boys 400 metres event in a time of 59.67 seconds. In his 800 metres final Nick finished in 3<sup>rd</sup> place in a time of 2 mins 21.91 secs.

**Antonio Galati** finished in 2<sup>nd</sup> place in the Under 17 Boys 100 metres final in a time of 11.69 seconds. In his 200 metres final Antonio again finished 2<sup>nd</sup> in a time of 24.63 seconds. Antonio claimed 4<sup>th</sup> spot in his 110 metre Hurdles event in a time of 16.60 seconds. In his Long Jump event Antonio finished 3<sup>rd</sup> with his leap of 5.92 metres. Antonio claimed 6<sup>th</sup> spot in his Javelin event with his throw of 26.76 metres.

**Jayden Young** finished in 4<sup>th</sup> place in the Under 17 Boys 200 metres final in a time of 25.77 seconds. In his 1500 metres event Jayden finished in 5<sup>th</sup> place in a time of 5 mins 09.96 secs. Jayden finished in 4<sup>th</sup> spot in his 200 metre Hurdles event in a time of 29.11 seconds. In his Long Jump event Jayden finished in 7<sup>th</sup> spot with his leap of 5.52 metres. Jayden finished in 4<sup>th</sup> place in his Triple Jump event with his leap of 12.27 metres.

**Ed Penrose** won the Under 17 Boys 800 metres event in a time of 2 mins 08.33 secs.

**Jack Rodgers** finished in 5<sup>th</sup> place in the Under 17 Boys 800 metres event in a time of 2 mins 22.41 secs. In his 1500 metres event Jack finished in 4<sup>th</sup> position in a time of 4 mins 48.96 secs. Jack claimed equal 5<sup>th</sup> spot in his High Jump event with his clearance at 1.60 metres. In his Long Jump event Jack took out 5<sup>th</sup> spot with his leap of 5.76 metres. Jack claimed 7<sup>th</sup> spot in his Triple Jump event with his leap of 11.53 metres. In his 1500 metre Walk event Jack finished in 2<sup>nd</sup> place with his time of 9 mins 01.13 secs.

**Brenton Mooney** finished in 2<sup>nd</sup> place in the Under 17 Boys 1500 metres event in a time of 4 mins 34.53 secs. In his 3000 metres event Brenton took out 2<sup>nd</sup> place in his 3000 metres event in a time of 10 mins 20.75 secs. Brenton won his 1500 metre Walk event in a time of 8 mins 12.51 secs.

**Xavier Calder** finished in 8<sup>th</sup> place in the Under 17 Boys 1500 metres event in a time of 6 mins 07.18 secs. In his Triple Jump event Xavier finished in 8<sup>th</sup> place with his leap of 8.37 metres. Xavier claimed 7<sup>th</sup> place in his Shot Put event with his effort of 6.22 metres. In his Discus event Xavier finished in 8<sup>th</sup> place with his throw of 13.09 metres.

**Stuart Williams** finished in 7<sup>th</sup> place in the Under 17 Boys High Jump with his clearance at 1.60 metres.

**Nicholas Kelland** finished in 3<sup>rd</sup> place in the Under 17 Boys Shot Put event with his throw of 11.87 metres. In his Discus event Nick claimed 4<sup>th</sup> position with his throw of 36.58 metres. Nick was the winner in his Javelin event with his throw of 42.69 metres.

**Anthony Elgood** finished in 7<sup>th</sup> place in the Under 17 Boys Javelin event with his throw of 25.60 metres.

## **28. NSW Multi-Event Championships**

At the NSW Multi-Event Championships held at Campbelltown over 5<sup>th</sup> & 6<sup>th</sup> January we were represented by 1 athlete.

**Chloe Davis** won the bronze medal in the Under 14 Multi-Event Championships with the following results:-

Event	Points	Event	Points	Event	Points	Event	Points	Event	Points	Total
80m Hurdles		Shot Put		High Jump		Long Jump		800 metres		
16.06	707	6.74m	318	1.20m	312	4.08m	326	2:59.97	365	2028

## **29. Hunter Track Classic**

We had 1 representative at the Hunter Track Classic held at Glendale on Saturday evening 2<sup>nd</sup> February.

**Kate Spencer** finished in 9<sup>th</sup> place in the Open Women's 1500 metres event in a time of 4 mins 31.58 secs.

### **30. NSW Junior Championships**

At the NSW Junior Championships held at Homebush from 8<sup>th</sup> to 10<sup>th</sup> February we were represented by 17 competitors.

Our athletes got the carnival off to a great start when on the first evening they won 3 gold medals.

**Ben Cox** won the Under 20 Triple Jump Championship with his leap of 14.34 metres. In fact all of Ben's legal jumps were better than the jump which won the silver medal. In his Long Jump event Ben claimed the silver medal with his leap of 6.63 metres.

**Johanna Volos** won the Under 20 Women's Pole Vault event with a personal best clearance of 2.90 metres. Not too bad for a 14 year old!

**Harrison Wade** finished in 10<sup>th</sup> place in the Under 16 Boys' 3000 metres event in yet another National Qualifying Time of 9 mins 59.43 secs.

**Sierra Collender** finished in 6<sup>th</sup> place in the Under 16 Girls' 3000 metres event in a personal best time of 11 mins 28.70 secs. In her 2000 metres Steeplechase event Sierra just missed out on the medals when she finished in 4<sup>th</sup> place with her time of 8 mins 03.64 secs.

**Kate Spencer** won the 5000 metres event in a time of 17 mins 13.53 secs. In this race Kate was content to sit behind Michaela Quinn, who has won selection in the Australian Team for the World Cross Country Championships, for the first 8 laps but then made her move to go on and win quite clearly. On the Saturday Kate contested the 1500 metres event in which she claimed the silver medal with her time of 4 mins 34.21 secs. Kate completed her events on the Sunday when she won the 3000 metres Steeplechase event in a time of 10 mins 51.02 secs.

**James Bergfield** secured a National Qualifier in the Under 20 Shot Put event with his throw of 12.04 metres. In his 800 metres event James finished in 10<sup>th</sup> place overall with a personal best effort of 1 min 58.77 secs. James finished in 5<sup>th</sup> place in his 3000 metres Steeplechase event in a personal best time of 11 mins 07.86 secs. In his Discus event James secured 7<sup>th</sup> place with his throw of 34.57 metres.

**Maddy Bergfield** won the bronze medal in the Under 18 Girls Discus event with her throw of 39.73 metres. In her Shot Put event Maddy threw a distance of 12.46 metres to finish in 4<sup>th</sup> place. Maddy then threw 40.45 metres to finish 5<sup>th</sup> in her Hammer event and in her Javelin event Maddy finished 6<sup>th</sup> with a distance of 29.01 metres.

**Daniel Bowtell** finished 7<sup>th</sup> in the Under 14 Boys 200 metres event in a time of 27.99 seconds (tailwind of 0.2 metres/sec). In his Triple Jump event Daniel just missed out on the medals when he finished 4<sup>th</sup> with his leap of 8.47 metres.

**Nicola Bowtell** placed 11<sup>th</sup> overall in the Under 16 Girls 400 metres event with her time of 61.87 seconds. In her 200 metres event Nic finished in 14<sup>th</sup> place overall in a time of 27.12 seconds.

**Sachi Kayama** won the bronze medal in the Under 18 Girls Long Jump event with a personal best leap of 5.52 metres. In her 200 metres event Sachi qualified for the final with her time of 25.85 seconds (headwind of 2.9 metres/sec). In the final Sachi finished in 9<sup>th</sup> place with her time of 27.58 seconds (headwind of 3.2 metres/sec). It should be noted that Sachi had to sprint from her Long Jump event to the other side of the track in order to compete in the final. In her 100 metres event Sachi recorded a time of 13.01 seconds (headwind of 0.2 metres/sec) to finish 12<sup>th</sup> overall in this event.

**Julia Kelland** was one of the youngest competitors at these titles – having to compete as a 13 year old when she is only 11. In her Javelin event she finished in 5<sup>th</sup> place with her throw of 21.66 metres. Julia also claimed another 5<sup>th</sup> placing in her Hammer event with her effort of 10.78 metres.

**Nicholas Kelland** finished in 10<sup>th</sup> place in the Under 18 Boys' Shot Put event with his throw of 12.04 metres. In his Discus event Nick finished 11<sup>th</sup> with his effort of 35.83 metres.

**Patrick Kelland** finished 7<sup>th</sup> overall in the Under 20 Boys' 400 metres event in a personal best time of 51.30 seconds.

**Sarah Kelland** finished in 6<sup>th</sup> place (1<sup>st</sup> in her Age Group) in the Under 16 Girls 3000 metres Walk event in a time of 18 mins 53.91 secs. In her Hammer event Sarah finished in 10<sup>th</sup> place with her throw of 17.88 metres. Sarah finished in 17<sup>th</sup> place in her Javelin event with her throw of 24.89 metres. In her 2000 metres Steeplechase event

Sarah unfortunately did not finish despite the strong support she received from her teammates. However Sarah said she did enjoy the event and has promised to do another in the future.

**Katrina Lyon** won the bronze medal in the Under 14 Girls Triple Jump event with her leap of 9.09 metres. This placing means that she is entitled to compete at the Australian Junior Championships next month in Perth. In her long Jump event Katrina finished in 9<sup>th</sup> place with her jump of 3.75 metres.

**Ed Penrose** finished 10<sup>th</sup> overall in the Under 18 Boys 400 metres event in a personal best time of 51.53 seconds. This time entitles Ed to compete at the Nationals in Perth in this event next month. In his 800 metres event Ed finished in 20<sup>th</sup> place in a time of 2 mins 10.71 secs.

**Georgia Winkcup** won the bronze medal in the Under 18 Girls 2000 metres Steeplechase event in a personal best time of 7 mins 15.67 secs. She missed out on the silver medal by only 2/100 seconds. In her 800 metres event Georgie finished in 13<sup>th</sup> place in a huge (by some 8 seconds) personal best time of 2 mins 24.21 secs.

The total haul of medals from these State Titles was 3 gold, 2 silver and 4 bronze.

### **31. NSW Open 5000 metres Championship**

The Open 5000 metres State Championship was held at Homebush on Saturday evening, 16<sup>th</sup> February and we were represented by 1 competitor.

**Kate Spencer** was a contestant in the Open Women's 5000 metres event and claimed the silver medal in a personal best time of 16 mins 56.66 secs. This time establishes a new Club Record for this event.

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

Over the weekend of 16<sup>th</sup> & 17<sup>th</sup> February, 42 of our athletes contested finals at the Regional Little A's Championships held at Narrabeen.

**Daniel Bowtell** won his heat of the Under 12 Boys 100 metres event in a time of 13.91 seconds. In the final of this event Daniel claimed the bronze medal in a time of 13.59 seconds. Daniel won his heat of the 200 metres event in a time of 27.93 seconds. In the final Daniel won the silver medal with his time of 28.27 seconds. Daniel placed 6<sup>th</sup> in his Triple Jump event with his leap of 8.68 metres.

**Chris Maguire** finished 5<sup>th</sup> in his heat of the Under 12 Boys 400 metres event in a time of 69.39 seconds. In the final Chris finished in 8<sup>th</sup> place in a time of 67.98 seconds.

**Michael Matheson** finished 3<sup>rd</sup> in his heat of the Under 12 Boys 60 metres Hurdles event in a time of 10.68 seconds. In the final of this event Michael finished in 5<sup>th</sup> place in a time of 10.43 seconds.

**Ben Nogajski** won the silver medal in the Under 12 Boys High Jump event with his clearance at 1.46 metres. In his Long Jump event Ben claimed the bronze medal with his leap of 4.62 metres. Ben finished in 8<sup>th</sup> place in his Discus event with his throw of 26.81 metres. In his Shot Put event Ben finished in 4<sup>th</sup> spot with his throw of 9.15 metres.

**Marko Prizmic** finished 6<sup>th</sup> in the Under 12 Boys Long Jump event with his distance of 4.45 metres. In his Triple Jump event Marko won the bronze medal with his leap of 8.94 metres.

**Katrina Lyon** finished in 4<sup>th</sup> place in her heat of the Under 12 Girls 60 metre Hurdles event in a time of 10.87 seconds. In her Hurdles final Katrina finished in 8<sup>th</sup> place in a time of 10.91 seconds. In her Long Jump event Katrina claimed the silver medal with her leap of 4.45 metres. Katrina won the gold medal in her Triple Jump event with her leap of 9.52 metres.

**Junyi Fang** finished in 7<sup>th</sup> place in the Under 12 Girls Long Jump event with her leap of 4.19 metres. In her High Jump event Junyi finished in 7<sup>th</sup> place with her clearance at 1.30 metres.

**Anna Badaoui** finished 4<sup>th</sup> in her heat of the Under 12 Girls 200 metres event in a time of 30.39 seconds. In the final Anna finished in 7<sup>th</sup> place in a time of 30.84 seconds.

**Julia Kelland** won the gold medal in the Under 12 Girls Javelin event with a personal best throw of 23.92 metres.

**Tony Huang** placed 2<sup>nd</sup> in his heat of the Under 13 Boys 100 metres event in a time of 12.46 seconds. In his 100 metres final Tony claimed the gold medal in a time of 12.75 seconds. Tony finished in 7<sup>th</sup> place in his Long Jump event with his leap of 4.66 metres.

**Jay Butler** finished 4<sup>th</sup> in his heat of the Under 13 Boys 400 metres event in a time of 68.5 seconds. In his 400 metres final Jay finished 7<sup>th</sup> in a time of 69.43 seconds.

**Harrison Wade** claimed the gold medal in the Under 13 Boys 1500 metres event in a personal best time of 4 mins 33.73 seconds. This time was less than a second from the Regional record in this event. In his 3000 metres event Harrison claimed his 2<sup>nd</sup> gold medal of the carnival in a time of 9 mins 56.08 secs. Harrison won his 3<sup>rd</sup> gold medal of this carnival in his 800 metres event with his personal best time of 2 mins 14.53 secs.

**Justin Sunderland** finished in 4<sup>th</sup> place in the Under 13 Boys Triple Jump event with his leap of 9.91 metres. In his 60 metres Hurdles event Justin finished 5<sup>th</sup> in his heat in a time of 14.83 seconds. Justin finished 7<sup>th</sup> in the final with his time of 15.03 seconds.

**Luke McLachlan** finished in 4<sup>th</sup> place in the Under 13 Boys 1500 metres Walk in a time of 10 mins 47.18 secs.

**Kelsey Cooper-Phillis** finished 2<sup>nd</sup> in her heat of the Under 13 Girls 100 metres event in a time of 13.47 seconds. In the 100 metres final Kelsey finished in 4<sup>th</sup> place in a time of 13.81 seconds. Kelsey won her heat of the 400 metres event in a time of 65.09 seconds. In the final of this event Kelsey won the bronze medal in a time of 62.89 seconds. Kelsey finished 2<sup>nd</sup> in her heat of the 200 metres event in a time of 28.30 seconds. In the final Kelsey won the silver medal with her run of 28.11 seconds.

**Brooke Matheson** finished 4<sup>th</sup> in her heat of the Under 13 Girls 100 metres event in a time of 13.79 seconds. In the 100 metres final Brooke finished in 7<sup>th</sup> place in a time of 14.15 seconds. Brooke finished in 8<sup>th</sup> place in her Shot Put event with her throw of 7.45 metres. In her 80 metres Hurdles heat Brooke finished in 3<sup>rd</sup> place in a time of 14.08 seconds. Brooke finished 7<sup>th</sup> in the final in a time of 14.07 seconds. In her Discus event Brooke finished in 7<sup>th</sup> position with her throw of 25.59 metres.

**Amy Court** finished 4<sup>th</sup> in her heat of the Under 13 Girls 100 metres event in a time of 13.87 seconds. In the 100 metres final Amy finished in 8<sup>th</sup> place in a time of 14.53 seconds. In her 200 metres Hurdles event Amy finished 5<sup>th</sup> in her heat in a time of 31.38 seconds to qualify for the final. In the final Amy finished 6<sup>th</sup> in a time of 31.10 seconds. Amy finished 3<sup>rd</sup> in her heat of the Under 13 Girls 200 metres event in a time of 28.68 seconds. In the final Amy finished in 8<sup>th</sup> place in a time of 29.17 seconds. In her Triple Jump event Amy finished in 5<sup>th</sup> place with her leap of 8.95 metres.

**Emma Smith** finished 8<sup>th</sup> in the Under 13 Girls 1500 metres event in a time of 5 mins 44.86 secs. In her 800 metres final Emma again took out 8<sup>th</sup> place with her time of 2 mins 37.79 secs.

**Chloe Davis** finished 6<sup>th</sup> in the Under 13 Girls 3000 metres event in a time of 12 mins 56.46 secs. In her Long Jump event Chloe won the bronze medal with her leap of 4.27 metres. Chloe finished 7<sup>th</sup> in her 1500 metres Walk event in a time of 10 mins 40.57 secs. In her Triple Jump event Chloe finished in 8<sup>th</sup> position with her leap of 8.57 metres. Chloe finished in 4<sup>th</sup> place in her Javelin event with her throw of 28.99 metres.

**Jessica Brown** finished 8<sup>th</sup> in the Under 13 Girls High Jump event with her clearance at 1.35 metres. In her Triple Jump event Jessica finished in 4<sup>th</sup> place with her leap of 8.95 metres.

**Chuan Jiang** finished in 2<sup>nd</sup> place in his heat of the Under 14 Boys 100 metres event in a time of 13.00 seconds. In his 100 metres final Chuan finished in 6<sup>th</sup> place in a time of 13.69 seconds. Chuan finished in 7<sup>th</sup> place in the final of his 200 metres Hurdles event in a time of 30.29 seconds. In his High Jump event Chuan finished in 8<sup>th</sup> place with his clearance at 1.45 metres.

**Raymond Ahsan** finished in 6<sup>th</sup> place in the Under 14 Boys Triple Jump event with his leap of 10.52 metres. In his Long Jump event Raymond finished in 5<sup>th</sup> place with his leap of 4.91 metres.

**Dylan Rodgers** finished in 8<sup>th</sup> place in the final of the Under 14 Boys 400 metres event in a time of 65.57 seconds. In his Javelin event Dylan secured 8<sup>th</sup> place with his throw of 22.73 metres.

**Jack Armson** finished in 7<sup>th</sup> place in the Under 14 Boys 3000 metres event in a time of 10 mins 47.44 secs.

**Nicola Bowtell** finished in 3<sup>rd</sup> place in her heat of the Under 14 Girls 100 metres event in a time of 13.50 seconds. In the 100 metres final Nicola won the bronze medal in a time of 13.64 seconds. Nic finished 2<sup>nd</sup> in her heat of the 400 metres event in a time of 61.78 seconds. In the 400 metres final Nicola won the silver medal in a time of 61.26

seconds. Nicola placed 5<sup>th</sup> in her Long Jump event with her leap of 4.42 metres. In her Shot Put event Nicola finished in 8<sup>th</sup> place with her effort of 8.22 metres. Nic finished in 2<sup>nd</sup> place in her heat of the 200 metres event in a time of 27.62 seconds. In the final of the 200 metres event Nic won the bronze medal in a time of 27.28 seconds. Nicola won the bronze medal in her Discus event when she threw the “plate” a distance of 28.79 metres.

**Scarlett Kidman** finished 5<sup>th</sup> in the Under 14 Girls 3000 metres final in a personal best time of 11 mins 56.67 secs.

**Katherine Du** finished 7<sup>th</sup> in the Under 14 Girls Javelin event with her throw of 20.78 metres.

**Haydn Housenloge** placed 3<sup>rd</sup> in his heat of the Under 15 Boys 100 metres event in a time of 12.17 seconds. In his final of the 100 metres Haydn claimed 7<sup>th</sup> spot in a time of 12.66 seconds. Haydn finished 5<sup>th</sup> in his Long Jump event with his leap of 5.44 metres. In his Shot Put event Haydn won the gold medal with his throw of 12.93 metres. Hayden finished 3<sup>rd</sup> in his heat of the 200 metres event in a time of 25.58 seconds. In the final Haydn finished in 7<sup>th</sup> place in a time of 25.62 seconds.

**Nicholas Purcell** finished in 4<sup>th</sup> place in his heat of the Under 15 Boys 500 metres event in a time of 59.4 seconds. In his 400 metres final Nick finished in 7<sup>th</sup> place in a time of 58.83 seconds. Nick finished in 6<sup>th</sup> position in his 800 metres event in a time of 2 mins 21.22 secs.

**Sierra Collender** won the silver medal in the Under 15 Girls 1500 metres event in a time of 5 mins 21.11 secs. In her 3000 metres event Sierra won the gold medal in a personal best time of 11 mins 15.53 secs. Sierra added a second silver medal to her collection when she finished 2<sup>nd</sup> in her 800 metres final in a time of 2 mins 33.49 secs.

**Veronika Jukic** won the silver medal in the Under 15 Girls High Jump event with her clearance at 1.51 metres.

**Sarah Kelland** won the silver medal in the Under 15 Girls Discus event with her throw of 27.20 metres. In her 1500 metres Walk event Sarah won the gold medal in a time of 8 mins 08.85 secs. Sarah won the silver medal in her Javelin event courtesy of a personal best throw of 30.27 metres.

**Antonio Galati** Qualified for the final of the Under17 Boys 100 metres event with his time of 11.85 seconds in his heat. In the final Antonio finished in 8<sup>th</sup> place in a time of 12.25 seconds. In his Long Jump event Antonio claimed 7<sup>th</sup> spot with his leap of 5.63 metres. Antonio finished 5<sup>th</sup> in his heat of the 200 metres event in a time of 25.06 seconds. In the final Antonio claimed 7<sup>th</sup> place with his time of 24.86 seconds.

**Xavier Calder** finished in 8<sup>th</sup> place in the Under 17 Boys 1500 metres event in a time of 6 mins 27.73 secs.

**Brenton Mooney** finished in 5<sup>th</sup> place in the Under 17 Boys 3000 metres event in a time of 10 mins 32.83 secs. In his 1500 metres Walk event Brenton won the gold medal in a time of 8 mins 38.03 secs.

**Jack Rodgers** finished in 6<sup>th</sup> place in the Under 17 Boys High Jump event with his clearance at 1.60 metres. In his 1500 metres Walk event Jack won the silver medal in a time of 9 mins 36.04 secs.

**Nick Kelland** won the bronze medal in the Under 17 Boys Shot Put with his throw of 12.98 metres. In his Discus event Nick finished in 4<sup>th</sup> spot with a personal best throw of 41.02 metres. Nick won the silver medal in his Javelin event with his throw of 44.41 metres.

**Ed Penrose** won the gold medal in the Under 17 Boys 800 metres event in a personal best time of 1 min 59.37 secs.

**Sachi Kayama** won her heat of the Under 17 Girls 100 metres event in a time of 12.82 seconds. In the 100 metres final Sachi claimed the gold medal in a time of 12.86 seconds. Sachi added a further gold medal to her collection with a win in her Triple Jump event with her leap of 10.76 metres. In her 200 metres heat Sachi was the winner in a time of 27.24 seconds. Sachi won the gold medal in the final with her time of 26.43 seconds. In her Long Jump Sachi added yet another gold medal to her weekend’s haul with her leap of 5.37 metres.

**Georgia Winkcup** won the gold medal in the Under 17 Girls 1500 metres event in a time of 5 mins 03.62 secs. In her 3000 metres event Georgia won the gold medal in a time of 10 mins 52.63 secs. Georgie finished 2<sup>nd</sup> in her 800 metres event in a time of 2 mins 25.89 secs.

**Maddy Bergfield** won the first of her two gold medals at this carnival with her Regional record throw of 39.36 metres in the Under 17 Girls Discus event. In her Javelin event Maddy hurled the “stick” out to a distance of 32.06 metres to win the bronze medal. Maddy took out gold in her Shot Put event with her throw of 12.14 metres.

**Kara Talty** won the silver medal in the Under 17 Girls Shot Put event with her throw of 9.84 metres.

### **33. Ryde Centre Championships (2<sup>nd</sup> day)**

Our Ryde Centre Championships (2<sup>nd</sup> day events) were held at Dunbar Park, Marsfield on Sunday, 24<sup>th</sup> February and we had 21 competitors. The following athletes set records on the day:-

Ron Wills (4), Patrick Kelland (3), Maddy Bergfield (2), Ben Nogajski, Nicola Bowtell, Julia Kelland, Chloe Davis, Sarah Kelland, Kate Spencer, Harrison Wade, Georgia Winkcup, Simon Butler-White and Joshua Arcus.

### **34. NSW Open & Under 23 Championships**

The NSW Open & U/23 Championships were held at Homebush over the weekend of 1<sup>st</sup> to 3<sup>rd</sup> March, 2013 and we had a total of 7 athletes competing at these Championships.

**Kate Spencer** won the silver medal in the Open Women's 3000 metres Steeplechase event in a personal best and Centre Record time of 10 mins 23.96 secs.

**Johanna Volos** finished in 4<sup>th</sup> place in the Open Women's Pole Vault event with her clearance at 2.80 metres.

**Sachi Kayama** recorded a personal best performance in the Open Women's Long Jump event in which she finished in 10<sup>th</sup> place with her leap of 5.58 metres.

**Maddy Bergfield** also finished claimed 10<sup>th</sup> place in the Open Women's Discus event when she threw the discus a distance of 37.21 metres.

**Brett Jovanovich** qualified for the semi finals of the Open Men's 100 metres event when he recorded a time of 11.62 seconds in his heat (headwind of 3.8 metres/sec).

**Ben Cox** claimed the silver medal in the Open Men's Triple Jump event with a personal best and Centre Record distance of 15.42 metres.

**Lajos Joni** finished in 7<sup>th</sup> place in the Open Men's Hammer Throw event with his heave of 38.06 metres.

### **35. Australian Junior Championships**

The Australian Junior Championships this year were held in Perth over the period 12<sup>th</sup> – 17<sup>th</sup> March and we were represented by 11 athletes.

**Ben Cox** was our first contestant at these titles and in the Under 20 Men's Triple Jump event Ben won the event with his best leap of 14.77 metres. Actually any of Ben's 3 legal jumps were good enough to win. In his Long Jump event Ben finished in 6<sup>th</sup> place with his jump of 6.81 metres (headwind of 0.0 metres/sec).

**Ed Penrose** was next up and he finished in 5<sup>th</sup> place in Heat 1 of 2 heats in the Under 17 Men's 800 metres in a time just outside his best - 2 mins 00.40 secs. Ed's overall placing in this event was 12<sup>th</sup> out of 20 competitors. In his 400 metres heat Ed finished in 5<sup>th</sup> place in a time of 52.22 seconds. Ed's overall placing in this event was 10<sup>th</sup> out of 16 competitors.

**Maddy Bergfield** was our next competitor and in the Under 18 Women's Hammer Throw Maddy finished in 5<sup>th</sup> place with a personal best throw and Club Record of 41.59 metres. In her Shot Put event Maddy finished in 7<sup>th</sup> place with her throw of 12.37 metres. Maddy finished in 5<sup>th</sup> place in the Under 20 Women's Discus event with her throw of 39.54 metres. In an extremely wet discus circle Maddy secured the bronze medal in the Under 18 Girls Discus with her 2<sup>nd</sup> round throw of 41.75 metres which was a personal best performance and a new Centre record.

**Kate Spencer** won the Under 20 Women's 5000 metres event in a Meet Record Time of 16 mins 57.78 secs. Kate's winning margin amounted to just over 11 seconds. In her 3000 metres Steeplechase Kate won by a comfortable margin of 5 seconds in a Meet Record time of 10 mins 24.23 secs.

**Georgia Winkcup** was running really well in the Under 17 Women's 2000 metres Steeplechase event when she slipped on a barrier and fell face down on the track but got up and finished the race in a time of 7 mins 37.03 secs to finish in 9<sup>th</sup> place. Unfortunately her ankle injury sustained in the fall prevented her from competing in her other event at this carnival.

**Nicola Bowtell** finished 3<sup>rd</sup> in Heat 2 of the Under 15 Girls 400 metres event to qualify for the final with her time of 60.55 seconds. In the final Nic flew home from Lane 8 to finish in 4<sup>th</sup> place in a time of 59.50 seconds.

**Sachi Kayama** won the bronze medal in the Under 18 Girls Long Jump event when she twice produced personal best jumps to claim 3<sup>rd</sup> place with her leap of 5.69 metres (zero wind reading).

**Harrison Wade** finished in 6<sup>th</sup> place in the Under 15 Boys 3000 metres event in a time of 9 mins 42.61 secs. In his 2000 metres Steeplechase event Harrison claimed yet another 6<sup>th</sup> place in a personal best time and Club Record of 6 mins 50.81 secs.

**Sarah Kelland** finished in 6<sup>th</sup> place in the Under 16 Girls 3000 metres Walk event in a personal best performance and Club Record time of 17 mins 26.72 secs.

**Sierra Collender** produced a huge personal best time of 7 mins 27.43 secs to take out the bronze medal in the Under 16 Girls 2000 metres Steeplechase event. This time by Sierra was 24 seconds faster than she had ever previously run.

**Johanna Volos** won the bronze medal in the Under 15 Girls Pole Vault event with her clearance at 2.65 metres.

Our athletes from Ryde Seniors snared 3 gold medals, 4 bronze medals, 1 x 4<sup>th</sup> placing, 2 x 5<sup>th</sup> placings, 4 x 6<sup>th</sup> placings, 1 x 7<sup>th</sup> placing, 1 x 9<sup>th</sup> placing, 1 x 10<sup>th</sup> placing and 1 x 12<sup>th</sup> placing at this Carnival.

### **36. NSW Masters Championships**

The NSW Masters Championships were held over the weekend of 16<sup>th</sup> & 17<sup>th</sup> March and we had a total of 7 athletes competing.

**Sue Gore** finished 4<sup>th</sup> in the 50-54 years Age Group 200 metres event in a time of 30.39 seconds (tailwind of 1.2 metres/sec). In her 400 metres event Sue won the silver medal in a time of 69.50 seconds. Sue added a further silver medal and a Centre Record time in the 800 metres event in a time of 2 mins 33.52 secs.

**Simon Butler-White** won a silver medal in the 50-54 years Age Group Long Jump event when he also broke our Centre Record with his leap of 4.79 metres. In his Hammer Throw event Simon won the gold medal with his throw of 29.51 metres. Simon took out 4<sup>th</sup> place in his Javelin event with his throw of 33.96 metres. In his Weight Throw event (11.340kg) Simon won the gold medal with his effort of 11.04 metres.

**Robert Hanbury-Brown** won the gold medal in the 55-59 years Age Group High Jump event with his clearance at 1.40 metres. In his Shot Put (6kg) event Robert won the bronze medal with his throw of 11.00 metres. Robert finished in 5<sup>th</sup> place in his Discus event with his effort of 36.02 metres. In his Hammer event Robert won a bronze medal with his throw of 35.46 metres. Robert took out the bronze medal in his Javelin event with his throw of 37.93 metres. In his Weight Throw event (11.340kg) Robert won a further silver medal with his throw of 14.07 metres.

**Lajos Joni** came 4<sup>th</sup> in the 55-59 years Age Group Shot Put (6kg) event with his throw of 10.64 metres. In his Discus event Lajos finished in 7<sup>th</sup> place with his throw of 32.72 metres. Lajos won the gold medal in his Hammer Throw (6kg) event with his throw of 37.51 metres. In his Weight Throw event (11.340kg) Lajos proved a worthy winner with his throw of 14.53 metres.

**Voitek Klimiuk** won a silver medal in the 55-59 years Age Group Discus (1.5kg) event with his throw of 37.11 metres. Voitek won the gold medal in his Javelin event (700g) with his throw of 43.11 metres.

**Andrew Atkinson-Howatt** claimed 4<sup>th</sup> place in the 55-59 years Age Group Discus (1.5kg) event with his throw of 36.17 metres. In his Javelin event Andrew claimed the silver medal with his throw of 42.79 metres.

**Ron Wills** won the silver medal in the 70-74 years Age Group 800 metres event in a time of 2 mins 56.71 secs. In his 1500 metres event Ron added a further silver medal with his time of 6 mins 38.67 secs.

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

The NSW Little A's Athletics Championships were held at Homebush from 22<sup>nd</sup> to 24<sup>th</sup> March and our athletes achieved the following results:-

**Nicola Bowtell** finished in 2<sup>nd</sup> place in her heat of the Under 14 Girls 400 metres event in a time of 60.79 seconds to advance to the final. In the final Nic finished in 4<sup>th</sup> place with her time of 60.03 seconds. Nicola finished in 5<sup>th</sup> place in her heat of the Under 14 Girls 100 metres event in a time of 13.80 seconds. In her Discus event Nic finished in 13<sup>th</sup> place with her throw of 25.58 metres. Nic finished in 4<sup>th</sup> place in her heat of the 200 metres event in a personal best time of 26.98 seconds to qualify for the final. In her final Nic recorded another personal best time of 26.89 seconds in finishing in 7<sup>th</sup> place.

**Harrison Wade** competing at his first Little A's State Titles got away to a brilliant start by winning the Under 13 Boys 3000 metres event in a State Record time of 9 mins 48.55 secs. In this event Harrison seemed to control the race from start to finish. In his 800 metres heat on the Saturday morning Harrison advanced to the final courtesy of his 2<sup>nd</sup> placing in a time of 2 mins 16.98 secs. Later in the day Harrison won the silver medal in his 1500 metres event in a personal best time of 4 mins 29.36 secs. In his 800 metres final on the Sunday Harrison won the silver medal in a personal best time of 2 mins 11.39 secs.

**Scarlett Kidman** finished in 17<sup>th</sup> place in the Under 14 Girls 3000 metres event in a time of 12 mins 12.33 secs.

**Sierra Collender** produced another personal best performance in winning the bronze medal in the Under 15 Girls 3000 metres event in the time of 10 mins 53.72 secs. This time was 22 seconds faster than she had ever previously run. In her 1500 metres event Sierra secured 6<sup>th</sup> place with her personal best time of 5 mins 17.03 secs.

**Georgia Winkcup** won the silver medal in the Under 17 Girls 3000 metres event in a time of 11 mins 06.77 secs. Georgie competed in this carnival still suffering from a sprained ankle courtesy of her Steeplechase run at the Nationals in Perth the previous week. In her 1500 metres event Georgie finished in 4<sup>th</sup> place in a time of 5 mins 01.71 secs which was just outside her best.

**Ben Nogajski** finished equal 5<sup>th</sup> in the Under 12 Boys High Jump event with his clearance at the height of 1.50 metres. This was a personal best leap by Ben. In his Long Jump event Ben claimed 11<sup>th</sup> place with his leap of 4.60 metres. Ben finished in 14<sup>th</sup> place in his Shot Put event with his throw of 8.61 metres.

**Maddy Bergfield** won the gold medal in the Under 17 Girls Discus event with her throw of 40.65 metres. This throw was almost 2 metres clear of the throw from second placegetter. In her Javelin event Maddy finished in 12<sup>th</sup> spot with her throw of 28.90 metres. Maddy finished 5<sup>th</sup> in her Shot Put event with her throw of 12.44 metres.

**Haydn Housenloge** produced a throw of 12.90 metres to finish in 7<sup>th</sup> place in the Under 15 Boys Shot Put event. This effort was only 3 centimetres short of his personal best throw. In his Long Jump event Haydn finished in 10<sup>th</sup> place with a personal best leap of 5.50 metres.

**Veronika Jukic** finished in equal 16<sup>th</sup> place in the Under 15 Girls High Jump event with her clearance at 1.40 metres.

**Sachi Kayama** claimed the silver medal in the Under 17 Girls Long Jump event with her jump of 5.58 metres. In her Triple Jump Sachi reigned supreme with a personal best leap of 11.21 metres. Sachi finished 2<sup>nd</sup> in heat of the 100 metres event in a time of 12.70 seconds to advance to the final. In her 100 metres final Sachi claimed 5<sup>th</sup> place in a time of 12.58 seconds. Sachi qualified for the final of her 200 metres when she recorded a time of 26.07 secs in finishing 2<sup>nd</sup> in her heat. In the final Sachi finished just outside the placings in 4<sup>th</sup> position in a time of 25.96 seconds.

**Nick Kelland** finished in 11<sup>th</sup> place in the Under 17 Boys Discus event with his throw of 36.46 metres. In his Shot Put event Nick again claimed 11<sup>th</sup> spot with his throw of 12.64 metres. Nick claimed 17<sup>th</sup> place in his Javelin event with his throw of 36.38 metres.

**Ed Penrose** finished in 4<sup>th</sup> place in his heat of the Under 17 Boys 800 metres event in a time of 2 mins 04.26 secs to qualify for the final. In his final Ed finished in 5<sup>th</sup> place in a personal best time of 1 mins 59.17 secs.

**Julia Kelland** finished in 18<sup>th</sup> place in the Under 12 Girls Javelin event with her throw of 17.13 metres.

**Marko Prizmic** finished in 21<sup>st</sup> place in the Under 12 Boys Long Jump event with his leap of 4.26 metres.



**Katrina Lyon** finished in 8<sup>th</sup> place in the Under 12 Girls Long Jump event with her personal best leap of 4.58 metres. In her 60 metres Hurdles heat Katrina finished in 6<sup>th</sup> place with a personal best time of 10.66 seconds. Katrina finished 5<sup>th</sup> in her Triple Jump event with her personal best leap of 9.68 metres.

**Sarah Kelland** finished in 21<sup>st</sup> place in the Under 15 Girls Discus event with her throw of 21.75 metres. In her 1500 metres Walk event Sarah finished just out of a place when she claimed 4<sup>th</sup> spot in a personal best time of 7 mins 59.36 secs. In her Javelin event Sarah claimed 11<sup>th</sup> spot with her throw of 25.87 metres.

**Justin Sunderland** finished in 12<sup>th</sup> place in the Under 13 Boys Triple Jump event with his leap of 10.10 metres.

**Amy Court** finished 4<sup>th</sup> in her heat of the Under 13 Girls 200 metres Hurdles event in a time of 31.17 seconds.

**Michael Matheson** finished in 7<sup>th</sup> place in his heat of the Under 12 Boys 60 metres Hurdles event in a time of 10.80 seconds.

**Daniel Bowtell** finished in 4<sup>th</sup> place in his heat of the Under 12 Boys 100 metres event in a time of 13.70 seconds. In his heat of the 200 metres event Daniel again filled 4<sup>th</sup> place in a personal best time of 27.90 seconds.

**Tony Huang** won his heat of the Under 13 Boys 100 metres event in a personal best time of 12.34 seconds. In the final Tony was just a shade quicker (12.30 secs) and claimed 4<sup>th</sup> place as a consequence.

**Brenton Mooney** finished in 14<sup>th</sup> place in the Under 17 Boys 1500 metres Walk event in a personal best time of 8 mins 06.65 secs.

**Kara Talty** finished in 12<sup>th</sup> place in the Under 17 Girls Shot Put event with her throw of 9.51 metres.

**Chloe Davis** finished in 10<sup>th</sup> place in the Under 13 Girls Javelin event with a personal best throw of 29.35 metres.

**Brooke Matheson** finished in 5<sup>th</sup> place in her heat of the Under 13 Girls 80 metres Hurdles event in a time of 14.25 seconds.

**Kelsey Cooper-Phillis** finished 3<sup>rd</sup> in her heat of the Under 13 Girls 200 metres event in a personal best time of 27.17 seconds. She missed out on competing in the final by just 1 spot.

Our athletes from Ryde Seniors snared 3 gold medals, 4 silver medals, 1 bronze medal, 5 x 4<sup>th</sup> placings, 5 x 5<sup>th</sup> placings, 1 x 6<sup>th</sup> placings, 2 x 7<sup>th</sup> placing and 2 x 8<sup>th</sup> placings, 2 x 10<sup>th</sup> placings, 3 x 11<sup>th</sup> placings, 3 x 12<sup>th</sup> placings, 1 x 13<sup>th</sup> placing, 2 x 14<sup>th</sup> placing, 1 x 16<sup>th</sup> placing, 2 x 17<sup>th</sup> placings, 1 x 18<sup>th</sup> placing and 1 x 21<sup>st</sup> placing at this Carnival.

**Harrison Wade** has won selection in the NSW Little A's Team to contest the Australian Little A's Championships in Canberra on 28<sup>th</sup> April, 2013.

## BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

### MEN (as at 31/03/13)

#### 100 metres

11 years	David Forster	13.5h	82/83
12 years	Sam Hain	12.79	11/12
13 years	Sam Hain	12.05	12/13
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
Vet70+	Ron Wills	17.5h	12/13

#### 200 metres

11 years	David Forster	29.7h	82/83
12 years	Daniel Bowtell	27.93	12/13
13 years	Sam Hain	25.02	12/13
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
Vet 70+	Ron Wills	34.1h	11/12

#### 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
Vet 70+	Ron Wills	78.9h	11/12

#### 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
Vet 70+	Ron Wills	2:56.15	11/12

#### 1500 metres

11 years	David Forster	4:53.3h	82/83
12 years	Harrison Wade	4:40.06	12/13
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
Vet 70+	Ron Wills	6:15.1h	12/13

#### 3000 metres

11 years	Will Devjak	10:35.1h	94/95
12 years	Harrison Wade	9:41.11	12/13
13 years	Harrison Wade	9:42.61	12/13
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+			
Vet 70+	Ron Wills	14:48.2h	11/12

#### 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	Harrison Wade	6:50.81	12/13
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 31/03/13)

#### 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
----------	----------------	----------	-------

#### 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 31/03/13)

#### Shot Put

11 years	Alan Menin	10.52m	85/86
12 years	David Page	9.15m	91/92
	Ben Nogajski	9.15m	12/13
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	Ben Nogajski	26.81m	12/13
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
	Cameron Pappas	1.85m	12/13
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	Sam Hain	5.72m	12/13
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+	Simon Butler-White	4.79m	12/13

#### 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+			

#### Weight

Vet 50+	Lajos Joni	46.37m	12/13
---------	------------	--------	-------

## BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

### WOMEN (as at 31/03/13)

#### 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 Piggin	24.39	94/95
	Merryn Aldridge	24.39	99/00
Open	Rachael Massey	23.62	96/97
Vet 28-34	Rachael Jackson	24.71	07/08
Vet 35+	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 Piggin	53.78	99/00
Vet 28-34			
Vet 35+	Margaret Chappell	65.8h	94/95

#### 5000 Metres

Under 18	Kate Spencer	16:56.66	12/13
Under 20	Kate Spencer	16:56.66	12/13
Open	Kate Spencer	16:56.66	12/13

#### 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	Kate Spencer	10:23.96	12/13
Under 20	Kate Spencer	10:23.96	12/13
Open	Kate Spencer	10:23.96	12/13

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

---

**WOMEN (as at 31/03/13)**

**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	Sarah Kelland	17:26.72	12/13
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 31/03/13)

#### 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 3kg	Maddy Bergfield	41.75m	12/13
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	Julia Kelland	23.92m	12/13
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	41.59m	12/13
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

13 years	Johanna Volos	2.90m	12/13
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 2013**

**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+	Sue Gore	15.3	2012

**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	Nicola Bowtell	62.2	2012
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 30+	Margaret Chappell	68.3	1992
Vet 40+			
Vet 50+	Sue Gore	72.3	2012

**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	Georgia Winkcup	2:32.5	2013
Under 18	Kate Spencer	2:16.2	2013
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	Daniel Bowtell	13.7	2012
Under 13	Gareth Smith	13.2	1993
Under 14	Sam Hain	12.2	2012
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	Brett Jovanovich	11.1	2012
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
Vet 70+	Ron Wills	37.0	2013

**400 Metres**

Under 12	Daniel Bowtell	68.4	2012
Under 13	Harrison Wade	63.4	2012
Under 14	David Forster	60.9	1984
Under 15	Brian Chappell	55.5	1994
Under 16	Damian Petrovic	55.6	2004
Under 18	Patrick Kelland	53.3	2012
Under 20	James Bergfield	54.9	2012
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	Patrick Kelland	2:06.2	2013
Open	Will Devjak	2:01.8	2003
Vet 30+	Greg Boyce	2:04.8	2005
Vet 40+			
Vet 50+	Simon Butler-White	3:11.4	2013
Vet 70+	Ron Wills	3:15.74	2013



**RYDE ATHLETICS CENTRE – SENIORS DIVISION**

**CENTRE RECORDS 2013**

**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	Kate Spencer	4:42.0	2012
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+	Sue Gore	5:40.1	2012

**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	Harrison Wade	4:41.6	2012
Under 14	Peter Cotton	4:55.7	1987
Under 15	Chris Mills	4:44.6	1987
Under 16	Patrick Kelland	4:41.0	2010
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	Patrick Kelland	10:26.2	2013
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
----------	---------------	------	------

**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 2013**

**GIRLS**

**Javelin**

Under 12	Julia Kelland	22.13m	2013
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	Maddy Bergfield	38.25m	2012
Under 20	Nicola Jones	33.28m	2004
Open	Yvette Cotton	27.84m	1991
Vet	Helen Searle	26.82m	1991
Vet 40+			
Vet 50+	Sue Gore	15.91m	2012

**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+	Sue Gore	6.37m	2011
Vet 50+			
Vet 60+			

**Hammer**

Under 12	Margaret Gault	15.54m	1991
Under 13	Kimberley Lowe	20.39m	2006
Under 14	Crystal Overton	21.87m	2012
Under 15	Maddy Bergfield	27.71m	2010
Under 16	Olivia McConnell	25.26m	2006
Under 18	Maddy Bergfield	38.34m	2012
(3kg)			
Under 20	Joan Capper	31.96m	1984
Open	Natalie Sing	17.96m	2006
Vet	Narelle Page	20.64m	1991
Vet 40+			
Vet 50+	Sue Gore	17.74m	2012

**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	Patrick Kelland	45.63m	2013
Open	David Strong	41.30m	1986
Vet 30+			
Vet 40+	Andrew Atkinson-Howatt	43.50m	2001
Vet 50+	Andrew Atkinson-Howatt	43.98m	2009
Vet 70+	Ron Wills	16.64m	2013

**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	Ben Nogajski	8.23m	2013
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
Vet 70+	Ron Wills	6.23m	2013

**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+	Lajos Joni	37.93m	2012

## RYDE ATHLETICS CENTRE – SENIORS DIVISION

### CENTRE RECORDS 2013

#### 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	Sachi Kayama	10.73m	2011
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	Joshua Arcus	9.46m	2013
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 2013**

**GIRLS**

**BOYS**

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

Under 13	Chloe Davis	29.68m	2013
Under 14	Sarah Kelland	22.08m	2011
Under 15	Sarah Kelland	27.84m	2013
Under 16	Maddy Bergfield	31.26m	2011
Under 18	Maddy Bergfield	29.02m	2013

**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	Nicola Bowtell	8.46m	2013
Under 16	Maddy Bergfield (3kg)	12.03m	2011
Under 18	Maddy Bergfield (3kg)	12.19m	2013