

**RYDE ATHLETICS CENTRE
INCORPORATED**



ANNUAL REPORT

2013 / 2014 SEASON

LIFE MEMBERS

Sharon Aldridge
Margaret Atkinson
Andrew Atkinson-Howatt
Nancy Atterton
Louise Bergfield
Simon Bergfield
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

Stephen Latham

DIRECTORS

Ann Arnott
Ross Forster
Keith Johnson
Ian Trimble
Stephen Latham

RYDE ATHLETICS CENTRE INCORPORATED

2013/2014 SEASON – ANNUAL REPORT

DIRECTORS' REPORT

The Directors of the Ryde Athletics Centre, incorporating both the Senior and Junior divisions, are pleased to commend this Annual Report to all Club members.

As per previous years, this Annual Report provides a summary of the wonderful achievements across the entire club. The Directors would like to warmly thank all of the many volunteers associated with the successful running of our club. Whether you are a Coach, Age Manager, Official or a volunteer at one of the many events our sincere thanks to you for your support in helping us run the club so successfully.

The Ryde Athletics Centre is run by volunteers with separate Committees to run both the Senior and Junior divisions. Details on the events for the entire club, from Tots to Seniors, is contained in this report including the club financials, which continue to be sound, to the long list of individual athlete achievements.

Your Directors thank you all for your efforts which have made this season so enjoyable. Whether they be success and fun on the sporting track or volunteering and building friendships as we support our Club athletes.

Ann Arnott
Ross Forster
Keith Johnson
Stephen Latham
Ian Trimble

Directors

***RYDE ATHLETICS CENTRE INCORPORATED
2013/2014 SEASON – ANNUAL REPORT***

JUNIORS REPORT

COMMITTEE MEMBERS - JUNIORS

PRESIDENT	Ron Daniel
VICE PRESIDENT	Dave Sunderland
SECRETARY	Ivana Hilder
ASSISTANT SECRETARY	Andrew Wilson
TREASURER	Paul Simula
REGISTRAR	Kate Kelland
CHAMPIONSHIPS	Mark Lillis
AGE MANAGERS	Janine Bowtell
PUBLICITY	Peter Davis
RESULTS	Linda Talty
OFFICIALS	Vacant
TRACK and FIELD	Dave Sunderland
ASSISTANT TRACK & FIELD	Peter Forster
(Track)	Dave Sunderland
(Throws)	Simon Bergfield
(Long Jumps)	Rob Hain
COACHING	Craig Matheson
ASSISTANT COACHING	Thomas Jubb
EQUIPMENT	Tristan Tall
CANTEEN AND BBQ	Jo and Harry Houssenloge, Fiona Court
FIRST AID	Carla Matheson
DELEGATES	Ron Daniel and Dave Sunderland
UNIFORMS	Louise Badaoui

AGE MANAGERS – JUNIORS

TINY TOTS	Sharon Dinh
6 Boys	Matt & Kathryn Della Vedova
6 Girls	Marillisa Carezza
7 Boys	Melissa Chandler
7 Girls	Lisa Rushworth/ Simon Beram
8 Boys	Tracey Overton
8 Girls	Darren Fairhall
9 Boys	Sean Minto
9 Girls	Jo Kelleher
10 Boys	Daniel Bruntsch
10 Girls	Mark Lillis
11 Boys	Chad Quinn/ Larry Fanto
11 Girls	Andrew Wilson
12 Boys	Sam Panebianco
12 Girls	Lisa Brady
13 Boys	Janine Bowtell
13 Girls	Bruce Lyon
14 Boys	Helen Galati
14 Girls	Craig Matheson
15 / 17 Boys	Jenny Rodgers
15 / 17 Girls	Kylie Winkcup

BOYS CAPTAIN	Jack Rodgers
GIRLS CAPTAIN	Georgia Winkcup

TREASURER

The 2014 season left Ryde Athletics Juniors in a healthy financial position. Our registration numbers were once again strong, which contributed to the club making a net gain for the year in excess of \$6,000.

Uniform sales were strong exceeding budget by almost \$3,000. Given the large purchase of uniform stock last year our uniform expenses this year were relatively small delivering a favourable budget variance of \$9,000. The committee has sourced a new uniforms supplier for next season, which will result in the same high quality fabric standards and allow us to sell them at a more economical price.

The canteen and BBQ once again performed well. The canteen made a profit in excess of the budget of just over \$1,000 whilst the BBQ made a deficit to budget of \$1,000 reflecting the increased cost of sourcing the various meat supplies. Once again I'd like to recognise Harry & Jo for all of the dedicated hours they put into running the BBQ and Fiona for her management of the canteen. All canteen stock was sold at the end of the season.

On the field the club purchased three new high jump mats mid-season at a combined cost of approximately \$6,000. Repairs and maintenance totalled approximately \$2,000 with the majority of this towards the repairs of the discuss cage.

Bank interest contributed \$1,212 to our income this year.

We will bring forward a bank balance of approximately \$53,000 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 2013-2014

Income	2013/2014	2012/2013	Expenditure	2013/2014	2012/2013
Registration			Registration Expense		
Income Total	\$35,683.00	\$52,356.86	Total	\$ (9,548.45)	\$ (13,731.00)
- Cheque & Cash	\$14,740.00	\$31,104.60	- Cheque to LAA	\$ (7,710.00)	\$ (12,381.00)
- Credit Card	\$18,308.00	\$17,696.36	- IMG fees	\$ (938.45)	
- Rebates	\$2,635.00	\$3,555.90	- Seniors' allocation	\$ (900.00)	\$ (1,350.00)
			- Other		
Uniforms	\$12,875.00	\$11,808.00	Uniforms	\$ (5,830.00)	\$ (31,993.50)
2nd hand uniform donations	\$480.00	\$200.00			
Canteen income	\$9,849.50	\$8,353.15	Canteen expense	\$ (7,938.56)	\$ (7,005.59)
BBQ income	\$12,788.65	\$16,083.06	BBQ expense	\$ (11,770.14)	\$ (11,125.16)
Coffee Van	\$0.00	\$435.00			
			Advertising	\$ (220.00)	\$ (470.00)
Donations / Grants	\$1,000.00	\$0.00	Event days		
Bank Interest	\$1,212.77	\$1,555.60	- Fun Day	\$ (1,113.55)	\$ (1,478.19)
School Equipment Hires	\$3,010.00	\$2,670.00	- Presentation Day	\$ (1,094.90)	\$ (707.00)
Ryde Games entry Fees	\$0.00	\$180.00	Cash Floats	\$ -	\$ -
			Competition Fees	\$ (1,815.50)	\$ (1,723.00)
			Committee Social	\$ -	
			Conference Attendance	\$ (1,024.64)	\$ (1,575.60)
			Catering	\$ (314.83)	
			Donations	\$ (600.00)	
			Equipment (Capital)	\$ (7,228.46)	\$ (6,247.50)
			Equipment (Consumables)	\$ (1,574.44)	\$ (1,047.10)
			Insurance	\$ -	\$ -
			Grounds upgrade	\$ -	\$ -
			Government and Bank Charges	\$ (72.00)	\$ (67.33)
			Hire of Dunbar Park	\$ (5,000.00)	\$ -
			Printing & Stationery	\$ (1,138.04)	\$ (2,685.72)
			Repairs & Maintenance	\$ (1,930.40)	\$ (376.09)
			Trophies	\$ (8,058.28)	\$ (6,438.93)
			Sundry Expenses	\$ (1,585.37)	\$ (400.00)
			Survey Cost	\$ -	\$ (1,969.36)
			Training Expenses	\$ -	\$ -
			Volunteer Gifts	\$ (800.00)	\$ (600.00)
			Website cost (hosting)	\$ (1,989.26)	\$ (1,328.64)
			Computer - hardware	\$ -	\$ (452.00)
			Computer - Software	\$ -	\$ (1,237.50)
			Total Expenditure	\$ (70,646.82)	\$ (92,659.21)
			Plus net income(exp)	\$ 6,252.10	\$ 982.46
Total income	\$76,898.92	\$93,641.67	Total Expense	\$ (76,898.92)	\$ (93,641.67)

Canteen and BBQ 2013/2014

Event	Canteen	BBQ	Total
Coca Cola Rebate	\$93.00	\$0.00	
Saturday Takings	\$9,849.50	\$12,788.65	\$22,638.15
Total takings	\$9,942.50	\$12,788.65	\$22,638.15
Less costs	-\$7,938.56	-\$11,770.14	-\$19,708.70
Total profit	\$2,003.94	\$1,018.51	\$3,022.45
Stock on Hand			
drinks	\$ -		
lollies + misc	\$ -		
Total stock on hand	\$ -		
Canteen Equipment	\$ 4,750.00	(replacement value)	

**Bank Statement Reconciliation as at
31 March 2014**

	<u>Current (2013/14)</u>	<u>Previous (2012/13)</u>
Bank statement as at 01/4/13	\$46,038.63	\$43,860.43
less last year's unrepresented cheques	-\$1,739.14	-\$1,143.35
plus last year's unrepresented deposits	\$1,185.45	\$1,785.39
plus net income	\$6,252.10	\$982.47
plus undeducted payments this year	\$5,211.70	\$1,739.14
less unrepresented deposits this year	-\$1,527.85	-\$1,185.45
gives bank statement 31/03/14	\$55,420.89	\$46,038.63
cash book 31/3/14	\$51,737.04	\$45,484.94
variance	\$3,683.85	\$553.69
less undeducted payments/accruals this year	-\$5,211.70	-\$1,739.14
plus unrepresented deposits/acruals this year	\$1,527.85	\$1,185.45
Net Variance	\$0.00	\$0.00
Available Funds	<u>Current (13/14)</u>	<u>Previous (12/13)</u>
Bank statement as at 31/03/14	\$55,420.89	\$46,038.63
less unrepresented cheques/accrual	-\$5,211.70	-\$1,739.14
plus unrepresented deposits	\$1,527.85	\$1,185.45
Gives funds available to start next season	\$51,737.04	\$45,484.94
Uniform Stock:		
Uniform stock as at 31/3/2014 (at current price)		\$16,495.00
Canteen Stock:		
drinks		
lollies	\$0.00	\$0.00
Total stock on hand	\$0.00	\$0.00
Canteen Equipment: (replacement value)	\$4,750.00	\$4,750.00

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 1st April 2013 through 31st March 2014 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 position of the entity.

A handwritten signature in black ink, appearing to read 'Sharon Adams', is positioned above the printed name.

Sharon Adams CPA

Date 10 May 2014

PRESIDENT

Ryde Athletics Juniors Division, fondly known as Ryde Little Athletics, has had another fine season of participation, competition and volunteer contribution. Following our record year last year, it was somewhat expected that, as in other post-Olympic seasons, a decline in membership would naturally follow. However, we still managed our second biggest season in the past 10 years, with 542 members. More than 62% of these were re-registering athletes.

20 weeks of competition were held, with our centre also being strongly represented at the State Relays, Zone, Region and State Championships. Some key statistics from our season were:

- 45 Athletes qualified through to the pinnacle of our season, the State Championships at Homebush in March.
- 42 Athletes received Blue patches
- 16 Athletes attended every single week of competition
- Our athletes set a combined 8,666 new personal bests during competition at Dunbar

This Annual report contains many reports from the various parts of our operation. Details of our registrations, financials and competition achievement contain lots of numbers, but they along with the other reports also tell a bigger story about our centre and its successes. I also encourage members of our Juniors Division to take the time to read through the Seniors report too as it contains many facts and results of our dual registered athletes for the season.

This season we trialed two changes in our program, being the after Christmas running of Ryde Games and the holding of the 60m Dash event as part of the rotations on our final day of the season. While numbers were understandably down for the Ryde Games event due to the post-Christmas return rate, the Ryde Games was a very successful event. On the final day of our season, the 60m Dash, run on the final straight of the circular track featured many closely contested finishes and was able to be watched by many from close quarters. The feature events of the day were clearly the Legends Men and Women events that were cheered on by a large crowd of Easter egg fuelled children. The 60m Dash will now feature as a regular event on our final day of the season.

The other and possibly more memorable changes this season were some new products on offer at our fantastic BBQ. Chicken burgers, roast lamb and roast beef rolls were highly successful initiatives thanks to the usual outstanding efforts of Jo and Harry Houssenloge. Thank you Jo and Harry for your tireless efforts at our centre.

Even with large numbers this season, the measures put in place last season to increase our event capacity with additional throws locations and high jump mats, our Saturday mornings were run very efficiently. This efficiency also provided for more event participation on the big field by our Tiny Tots, which is always an enjoyable spectacle for the older athletes. Our Saturday mornings run as efficiently as they do due to the efforts of a few key people. David Sunderland and Peter Forster manage track and field operations and juggle groups from event to event to keep things moving smoothly, and our Age Managers are keen to move swiftly from event to event. Our fantastic results team of Linda Talty and Jessica Lowe complete a very smooth operation.

It is my pleasure, that on behalf of our members, I also thank the following people for another successful season at Dunbar for everyone.

- Our fantastic committee for their unfailing effort, support and commitment through the whole season.
- Our ever dependable Age managers, especially those newcomers to this vital mentoring and encouragement role
- Every single parent who volunteered to help out on the field or in the canteen on Saturday mornings.
- Our club captains, Jack Rodgers and Georgia Winkcup. Jack and Georgia's commitment and personal efforts through the season have been examples for all of our athletes to look up to
- The patronage and support of the local schools
- Our athletes for simply participating, competing and being a continuous inspiration to others

On the final day of our season, I bade farewell to our graduating Under 17's. During my short announcement, I explained to them that their achievements being involved at Ryde Athletics will clearly stay in their memory for many years to come. I also explained to them that with time they will more consciously realise that being involved at our centre has made a significant contribution to their development as fine young adults nearing the completion of their high school education and setting out into the world.

During my involvement with this sport and this centre, I have often wondered what is at the core of people's desire to be involved with this sport week after week, carnival after carnival and year after year. We have many people volunteering their time and their effort, not just on weekends, but also during the week, and throughout the off season. We see athletes training and developing their skills at coaching sessions day after day, week after week, and often all year round. Clearly the aspiring athlete aims to continuously improve and better their last performance at the next competition. Can this be the only reason that parents and athletes continue long involvement with our centre and sport?

At the start of this season, the simple answer to this short but puzzling question finally became clearer to me during a discussion with one of our parents. Although it exists in other sports and other pursuits outside of sport where clubs and community groups gather, membership and involvement at Ryde Athletics has as its biggest benefit to everyone, a strong sense of belonging to a place and community. The contribution and effort made by our many volunteers accelerates this sentiment rapidly in the individual volunteer themselves. That this effort and contribution fosters such a strong belonging sentiment in others appears to me to be the core principle of volunteering. It is also why we encourage everyone at our centre to step forward and have a go at anything. By trying something new, or doing something you are already confident at, you not only make an immediate contribution to our centre and sport, but by doing so on a regular basis, there are much larger and enjoyable benefits that will follow.

I trust everyone enjoys their winter activities and I look forward to seeing many familiar faces as we start our next season in only a few months from now. Finally, I am excited to announce that during the off season, we will be pursuing the installation of a new public address system. Not only will this ensure clear communication to all parts of the ground, it will also save us a significant amount of time during setup and pack away. Look for it to be hopefully ready for the start of our new season in September.

Thank you.

Ron Daniel
President – Juniors

PUBLICITY

I would like to start the publicity report by thanking Louise Bergfield for her hard work over the last 3 years as Officer for Publicity. She also made my first year much easier with the great hand over she gave and the continued content from her new role as Publicity Officer for the Ryde Senior Club. I want to thank all the parents who have sent in photos and items for Footprint and all the Little Athletes who have answered early morning call ups for group photos. Overall we have had a great season. I think we have made the papers six times this season as well as featuring in the Little Athletics NSW E News newsletter.

Our newsletter, Footprint, went out 9 times so far over the season. It has changed a little this season with more photographs of athletes and information around the key competitions. We do need to continue to be mindful of the file size so not to completely fill private inboxes. We also need to replicate having copies available for little athletes to view on Saturday mornings as used in previous years.

We also complied during the season with all marketing legislations regarding e-mail spam and giving parents the opportunity to opt out of e-mails during the season

Our website continues to be popular as a source of information including a number of photo galleries.

We also ran 3 adverts prior to season starting in local newspapers to drive athlete awareness and recruitment numbers.

Peter Davis
Publicity Officer – Juniors

CANTEEN AND BBQ MANAGERS REPORT

This season has seen Fiona Court take over management of the Canteen. Thank you Fiona, you have made this your own this season and done a great job. On the BBQ side of things, we have continued to provide quality product and service to a very large number of customers every Saturday morning. Innovations this year on the menu have been the occasional Chicken Burgers and roast lamb and roast beef rolls. These have always proved very popular with our customers and always sell out.

We can always do with regular helpers and new faces and this year we have welcomed the very frequent help of Bernard and Eliza Purcell and Kevin Elgood.

Mario our regular supplier of products has also been running a coffee stall on a lot of the Saturday mornings. This has proved to be somewhat popular, especially at the early part of the morning.

This coming season may be our last at Little A's as our son Haydn will be too old to compete at Juniors events after the 2015 season is over. This coming season, we would like to look at handing over the responsibility of the BBQ to a new regular crew of people to carry on our service to our regular customers as this is the only fundraising done by our centre.

Once again we have been proud to help out.

The Team from Canteen and BBQ – Juniors

TRACK AND FIELD

With slightly reduced numbers this year, we were still faced with a busy start to the season because this year appeared to have more athletes than our other seasons. With the additional high jump mats and other throws circles being available, we have been able to juggle events and move groups around in the schedule so that, hopefully, all age groups are well catered for events and have as few delays as possible.

The ground at Dunbar has some maintenance work that needs to be carried out soon to rectify growing foot-hole marks at the straight track and 200m starts and the mounds that are appearing at the various start lines due to additional soil being used to patch these holes.

At the start of our season, we seemed to have an infestation of rabbits on the ground and they have been digging holes in the lane lines and sometimes in the lanes. We have had to inspect the ground in detail before the start of competition to patch any holes left by the rabbits.

Ground marking for all of the start marks on the circular track is much easier now that the ground has been surveyed. Diagrams of the track markings and the reference points are on our website in the files area and they are easy to access and print off. Then it's just a matter of finding the surveyors reference points and drawing a tape measure from that point to the lane line and marking the particular line required, be it a start line or an indicator for the relay change zones. The use of coloured paints for 800, 400, 200's and relay changes makes it easy for the age groups to assemble quickly for competition for the events.

Without doubt, the highlight of the regular season has been the regular appearance of the tiny tots group on the main ground. We have expanded their events that they practice in to now include long jump too. It's always fun to see the little ones and their parents in the sprints events with the 200m being the biggest test of their endurance.

This season, we selected a sub-committee of experienced helpers to evaluate the potential use of timing gates at our Saturday mornings. The results of this were presented to our Executive and General Committee in early May 2014 with the recommendation that we purchase one set of wireless, portable timing gates identical to the ones in use at Northern Suburbs. Our committee saw that at Norths, a club almost double our size, the track events run very quickly with almost no delays for age groups. The committee discussed all the potential issues that may arise and has identified the actions and steps we need to take when and if the issues happen.

We are looking forward to the new season and the successful implementation of the electronic timing systems. We think it will make a big improvement.

Dave Sunderland Officer for Track & Field – Juniors

Registrar's Report

Our 41st season saw 542 athletes register with us to make this our second biggest season on record. Of these, more than 85% registered online.

Comparison with past seasons' figures:

Season	Boys (%)	Girls (%)	Total
1998/99	180 (52.6)	162 (47.4)	342
1999/00	220 (49.9)	221 (50.1)	441
2000/01	236 (51.7)	220 (48.3)	456
2001/02	229 (51.2)	218 (48.8)	447
2002/03	272 (53.9)	233 (46.1)	505
2003/04	204 (51.9)	189 (48.1)	393
2004/05	223 (47.3)	248 (52.7)	471
2005/06	197 (49.4)	202 (50.6)	399
2006/07	201 (44.5)	251 (55.5)	452
2007/08	196 (48.8)	206 (51.2)	402
2008/09	268 (51.3)	254 (48.7)	522
2009/10	231 (50.0)	231 (50.0)	462
2010/11	241 (52.2)	221 (47.8)	462
2011/12	256 (56.3)	199 (43.7)	455
2012/13	368 (57.9)	268 (42.1)	636
2013/14	297 (54.8)	245 (45.2)	542

The breakup of these registrations is:

	Boys			Girls			Age	All		
	Re-Reg	New	Total	Re-Reg	New	Total	Total	Re-Reg	New	Total
U4Tots	0	11	11	0	6	6	17	0	17	17
U5Tots	5	10	15	2	9	11	26	7	19	26
U6	16	22	38	7	17	24	62	23	39	62
U7	15	14	29	18	9	27	56	33	23	56
U8	17	14	31	16	13	29	60	33	27	60
U9	35	7	42	20	14	34	76	55	21	76
U10	24	6	30	12	5	17	47	36	11	47
U11	23	7	30	21	9	30	60	44	16	60
U12	16	4	20	13	6	19	39	29	10	39
U13	14	3	17	14	1	15	32	28	4	32
U14	12	4	16	12	1	13	29	24	5	29
U15	7	0	7	9	2	11	18	16	2	18
U16	6	0	6	4	1	5	11	10	1	11
U17	5	0	5	4	0	4	9	9	0	9
Total	195	102	297	152	93	245	542	347	195	542

Thanks to the committee members for their help on Registration Day and throughout the season. Online Registrations for 2014-15 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 not only survived but also enjoyed my first year as a member of the Juniors Committee in the role of Secretary. Thanks to all the committee members for their support and guidance.

Ivana Hilder
Secretary - Juniors

COACHING

Thanks to all athletes who attended training on Wednesday afternoons for being enthusiastic, friendly and well behaved. Our coaches were very pleased to see athlete's efforts at training being rewarded with PBs on Saturdays and with good results at Zone, Region or State carnivals. We really enjoy it when a smiling child comes up to us on a Saturday morning to proudly tell us about the PB they just got – and that seemed to happen a lot this season. Congratulations also to all athletes who received an Encouragement Award at training.

Thanks again to our team of coaches for always being friendly and supportive and for trying to make each training session challenging but fun for the athletes.

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

Our regular 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 2014/15 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.

To further improve coaching, the committee is considering the option of using professional coaches in addition to our existing volunteer coaches. This should particularly benefit our older and more advanced athletes. If you have any suggestions or feedback on the addition of professional coaching please contact myself or a committee member.

Craig Matheson
Officer for Coaching - Juniors

AGE MANAGERS

I would like to thank the Age Managers and their Assistants who have devoted their time and energy throughout the season. Each week they have managed and organised their athletes by taking their groups to their events as well as encouraged each athlete to achieve their best; while always aiming to better their group's finishing time from the previous week! Also thank you to those who managed to multi-task by helping out at the events to assist in the smooth running of the day. The Age Managers have done a great job behind the scenes, organising competitors going to State Relays and Zone and supporting those athletes who continued onto Region, State athletics and the State Multi Event. During this season there was once again strong support from the Age Managers in the older age groups, encouraging their athletes to compete at senior competitions in team and individual events. We were fortunate to have a committed group of Age Managers and Assistants at Ryde this season and I hope that you found the role rewarding, if not challenging at times, and that we will see you back at Ryde Little Athletics in 2014/2015. Thanks to those Age Managers who were new this season and to all those loyal Age Managers and Assistants who return each year!

Janine Bowtell
Officer for Age Managers – Juniors

OFFICIALS

As usual, we have the normal issue week in week out of not enough parent helpers being signed on without encouragement from the spruiker. Anyone reading this report that is worried about helping out should not be, because all the jobs are easy to learn and carry out. There is much more fun to be had by helping than sitting on the fence relying on others to do everything.

On the positive side though, we have many parent helpers who habitually sign on week in week out to ensure our Saturday mornings run as quickly and smoothly as possible.

We have some great groups of people who always run the jumps, and timekeeping roles, and a core of people who regularly run the throws events. A special thanks has to go to Graeme Cameron, a gentleman who does not have children at our centre, but who is there almost every Saturday to officiate at the Shot Put ring.

An improvement made this season is the redesign and production of new sign on sheets for officials and age managers. These more specifically cater for those weeks where we have three high jumps operating and additional throws rings to cater for large numbers at the start of the season.

This season, the following parents received accreditations or partial accreditations as official officials for our sport.

Mark Lillis – D level (Centre) for Shot Put, Race Walking,

Sarah Kelland - – D level (Centre) for Race Walking,

Meryl Aldous – D level (Centre) for Race Walking, Shot Put

Steven Barlow - D level (Centre) for Long Jump, Shot Put and Discus

Ron Daniels
Stand in Officials – Juniors

EQUIPMENT

The largest change in equipment this year has been the purchase of a third set of new high jump mats. We have also purchased new high jump uprights. This has caused us to have to re-arrange the layout of the items in the shed. It is now getting to be a bit of a tight squeeze in the shed with careful pack away required to make sure everything goes in. This may also cause some issues for the school hires as we used to have everything for them at the end of the shed. Access to a main shutter will be necessary for the schools to get the high jump gear out. We will need to make sure they can get them out and put them away again easily.

Also in the shed, we have installed some extra hanging space for a ladder and other items which can be suspended from the ceiling.

Cabanas and shade shelters are the main items requiring repairs and maintenance, and the trolleys we use to transport them always seem to be in need of air in the tires, but we seem to get by. Other items requiring repair or replacement have been attended to with the support of the committee.

The usual task of painting shot puts for the start of the new season will be carried out before the start of the season too. A secure and safe place for the storage of the timing gates and systems will also need to be organised. We understand them to be able to be fully dismantled so this should not be too big a problem to resolve.

Tristan Tall Officer for Equipment - Juniors

CHAMPIONSHIPS

The position of Championship Officer for 2013/2014 was held by Mark Lillis.

The amount of support and assistance received from parents, athletes and fellow Committee members made this another successful year for Ryde.

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

STATE RELAYS

The State Relays is a state-wide carnival which was held on the weekend of 23rd November 2013(Juniors) and 24th November 2013(Seniors) at Sydney Olympic Park.

It provides the opportunity for our athletes to compete against other centres in a relay format. A big thanks to Bruce Lyon who was team manager for the Seniors on the Sunday, Chris Boland who stepped up to train and deliver our junior girls middle distance team and Craig Matheson who provided baton changing training at Dunbar.

Ryde entered a total of 46 teams

A number of our teams won medals over the weekend:

- Girls U 8 Shot / Discus Silver
- Girls U 8 100 Metre x 4 Final Bronze
- Boys U 11 100 Metre x 4 Final Gold
- Girls U 13 100 Metre x 4 Final Bronze
- Girls U 14 100 Metre x 4 Final Bronze
- Mixed U 14 400 Metre x 4 Final Silver
- Girls U 17 Shot / Discus Gold
- Girls U 14 Long / High Silver

ZONE CARNIVAL

The Zone Carnival was held on the 14th and 15th December at Barton Park, Parramatta.

The Ryde club had over 187 athletes competing, of these athletes, 132 athletes qualified for the Region Carnival, a significant increase on last year which was 104 athletes.

Ryde also achieved some fantastic new zone records:

Harrison Wade :U14B 1st 800m run 2.09.01, 1st 1500m run 4.26.75, 1st 3000m run 9.40.10.

Chloe Davis: U14G 1st Javelin 34.56m

Antonio Galati: U17B 2nd 200m sprint 23.22

As this is the first competition for our under 7 athletes the following received medals for 1st 2nd and 3rd placing as listed below:

Claudia Barlow	3rd – Shot Put
Georgia Phillips	2nd – Long Jump
Imogen Tonge	2nd – Shot Put
Jerome Drobot	3rd – 50m, 3rd – 70m
Andrew Kalos	1st – 50m, 1st – 70m, 1st – 100m, 3rd – Long Jump
Samuel Nikandrow	2nd – Long Jump
Jeremy Jubb	3rd – 200m, 2nd – 500m Pack Start
Aarish Mistry	2nd – Shot Put

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 in Auckland New Zealand, was held on 19th January 2013 at Mt Smart Stadium N.Z.

Sarah Brown represented Ryde Athletics for NSW.

Her results were as follows:

- Girls 400m 1:14.91 8th
- Girls 800m 3:03:16 11th
- Girls Long Jump 3.69m 10th
- Girls High Jump 1.10m 11th

RYDE GAMES

Ryde Games was held in January 2014 in line with "Multi" event scoring system. The carnival is a centre-based competition held under the umbrella of the Ryde Sports Foundation with a multi- point score culminating in medals being presented to the first 3 places in each age group. In addition a 60m "dash" is run for the relevant age groups.

REGIONAL CARNIVAL

The Regional Carnival was held on the weekend of 15th and 16th February at Narrabeen.

Ryde was represented by 132 athletes in 332 events.

Our under 8's had their first year at region with the following results:

- Natasha Fairhall Shot Put 3rd place, Discus 2nd Place
- Owen Douglas 1st Place 700m Pack Start, 2nd Place Long Jump

Records Set

- Chloe Davis **Javelin U13 Girls Regional Record** of 35.33m
- Harrison Wade **New Regional Record** for U14 Boys 1500m 4:23.88secs

Congratulations to the 45 athletes who made it through to State level. The best 2 qualifiers from the 8 regions made it through followed by the next 8 best results across the state.

The athletes that competed at State are listed below:

Portia Amy-Wilson, Joshua Arcus, Daniel Bowtell, Nicola Bowtell, Jessica Brown, Adam Bruntsch, Zane Camroux, Kelsey Cooper-Phillis, Amy Court, Eliza Da Silva, Chloe Davis, George Davis, Natalia Drobot, Antonio Galati, Noah Hain, Luke Jubb, Veronika Jukic, Izabella Kalachian, Sarah Kelland, Julia Kelland, Chiara Lillis, Scarlett Kidman, Zoe Latham, Katrina Lyon, Brooke Matheson, Benjamin Nogajski, Michael Matheson, Luke McLachlan, Jordan Metcalfe, Jacob Morige, Anthony Overton, Crystal Overton, Niamh Simula, , Samuel Plummer, Edward Penrose, Dylan Rodgers, Jack Rodgers, Harry Stevenson, Hannah Tall, Jett Tall, Kara Talty, Harrison Wade, Logan Wade, Georgia Winkcup.

STATE MULTI-EVENT

The State Multi Event carnival was held in Shellharbour on the 1st and 2nd March 2014.

Ryde had 23 athletes competing with 1 bronze medal for Nicola Bowtell in the Under 15 girls. Congratulations to our all of our club representatives which achieved the following results:

Jeremy Jubb	U7 Boys	15 th
Aarish Mistry	U7 Boys	17 th
Andrew Kalos	U7 Boys	19 th
Owen Douglas	U8 Boys	7 th
Dominic Hengren	U8 Boys	25 th
Joshua Lillis	U8 Boys	42 nd
Natasha Fairhall	U8 Girls	5 th
Luke Jubb	U9 Boys	7 th
Adam Bruntsch	U10 Boys	20 th
Tom Stone	U10 Boys	23 rd
Chiara Lillis	U10 Girls	7 th
Georgia Arcus	U10 Girls	22 nd
Joshua Arcus	U11 Boys	13 th
Adam Jubb	U11 Boys	27 th
Jett Tall	U 11 Boys	No Result
Daniel Bowtell	U13 Boys	13th
Oliver Arcus	U13 Boys	20th
Hannah Tall	U13 Girls	4th
Zoe Latham	U14 Girls	4th
Nicola Bowtell	U15 Girls	3rd
Tyler Dinh	U8 Boys	No Result
Elysha Pawsey	U8 Girls	No Result

NSW LITTLE ATHLETICS STATE CHAMPIONSHIPS

The State Championships were held on the weekend of the 21st to 23rd March at Homebush. Of the 45 athletes who competed, 50 athletes made finals in 72 events and 11 athletes came home with medals.

Ryde set State and Australian Best Performance (ABP) records in the following events:

Harrison Wade: for (ABP)U14 Boys 1500m -**4:11.93** and 3000m - **9:13.83**.

Athletes that came in the top 3 were:

Antonio Galati U17 Boys 3rd 100m
 Georgia Winkcup U17 Girls – 2nd in 3000m, 2nd 800m
 Ed Penrose U17 Boys 3rd 800m
 Harrison Wade U14 Boys – 1st 3000m, 1st 1500m.
 Julia Kelland U13 Girls 3rd Javelin
 Zane Camroux U 12 Boys 2nd Triple Jump
 Chiara Lillis U10 Girls 2nd Shot Put
 Jacob Morige U9 Boys 3rd Shot Put.
 Jordan Metcalfe U11 Boys 3rd 100m

Athletes that came in the top 8 were:

Gender	Event	Name	Place
Girls U14	400 Metre	Kelsey Cooper-Phillis	7
Girls U15	400 Metre	Nicola Bowtell	5
Boys U14	3000 Metre Run	Harrison Wade	1
Girls U17	3000 Metre Run	Georgia Winkcup	2
Boys U12	High Jump	Noah Hain	6
Girls U17	800 Metre Run	Georgia Winkcup	1
Girls U17	800 Metre Run	Georgia Winkcup	2
Boys U17	800 Metre Run	Edward Penrose	3
Boys U10	800 Metre Run	Adam Bruntsch	5
Girls U13	800 Metre Run	Hannah Tall	7
Boys U9	Shot Put	Jacob Morige	3
Boys U12	Long Jump	Zane Camroux	6
Girls U10	Discus	Chiara Lillis	7
Girls U10	Shot Put	Chiara Lillis	2
Girls U14	Javelin	Chloe Davis	8
Boys U17	Shot Put	Anthony Overton	4
Boys U11	100 Metre Sprint	Jordan Metcalfe	3
Boys U17	100 Metre Sprint	Antonio Galati	3
Boys U14	1500 Metre Run	Harrison Wade	1
Boys U11	1100 Metre Walk	George Davis	5
Girls U13	Triple Jump	Katrina Lyon	8
Boys U12	Triple Jump	Zane Camroux	2
Girls U13	Javelin	Julia Kelland	3
Girls U17	High Jump	Veronika Jukic	6
Boys U9	70 Metre Sprint	Jeremy Plummer	8

Mark Lillis
Championships Officer - Juniors

JUNIOR RECORDS 2013/2014 SEASON

	Date	Age	Event	New Record	No	New Record Holder	Old Record	Old Record Holder	Date
1	21/09/13	14 B	1500m	4-49.7	61	Harrison Wade	4-51-1	Patrick Kelland	10/01/09
2	21/09/13	17 B	Discus	39.35	340	Anthony Overton	39	Nicholas Kelland	26/01/13
3	21/09/13	17 B	HJ	=1.70	339	Nicholas Purcell	1.70	Jesse Rosenberg	30/10/10
4	21/09/13	17 B	HJ	=1.70	340	Anthony Overton	1.70	Jesse Rosenberg	30/10/10
5	21/09/13	17 G	HJ	1.53	519	Bethany Thom	1.51	Sachi Kayama	03/09/11
6	28/09/13	17 G	1500W	8-41.5	38	Sarah Kelland	10-32.3	Maddy Bergfield	10/09/11
7	05/10/13	14 B	1500m	4-42.60	61	Harrison Wade	4-49.7	Harrison Wade	21/09/13
8	05/10/13	14 G	Javelin	32.00	42	Chloe Davis	26.33	Sarah Kelland	11/02/12
9	05/10/13	17 B	Discus	39.89	340	Anthony Overton	39.35	Anthony Overton	21/09/13
10	05/10/13	17 G	HJ	1.55	301	Veronika Jukic	1.53	Bethany Thom	21/09/13
11	19/10/13	17 G	HJ	=1.55	519	Bethany Thom	1.55	Veronika Jukic	05/10/13
12	26/10/13	11 B	TJ	10.28	22	Jett Tall	10.05	M Williams	25/11/89
13	26/10/13	14 B	3000m	9-55.1	61	Harrison Wade	10-12.20	James Bergfield	23/02/08
14	26/10/13	17 G	1500W	8-35-8	38	Sarah Kelland	8-41.5	Sarah Kelland	28/09/13
15	02/11/13	17 B	SP	13.89	340	Anthony Overton	13.17	Nicholas Kelland	26/01/13
16	30/11/13	10 G	SP	8.71	8	Chiara Lillis	8.21	Tierra Hausia	24/01/04
17	30/11/13	13 G	80mH	13.7	29	Katrina Lyon	14.1	N Burgess	11/12/99
18	30/11/13	13 B	HJ	1.58	10	Benjamin Nogajski	1.57	B Edwards	09/12/00
19	30/11/13	14 B	800m	2-13.7	61	Harrison Wade	2-23.2	Patrick Kelland	20/12/08
20	30/11/13	17 G	800m	2-23.7	99	Georgia Winkcup	2-24.3	Kate Spencer	10/03/12
21	07/12/13	14 B	400m	58.6	61	Harrison Wade	59.3	T Spencer	18/09/99
22	07/12/13	17 B	400m	54	356	Edward Penrose	54.1	Edward Penrose	26/01/13
23	11/01/14	14 G	Javelin	34.67	42	Chloe Davis	32	Chloe Davis	05/10/13
24	11/01/14	17 B	HJ	1.71	162	Jayden Young	1.7	Nicholas Purcell Jesse Rosenberg Anthony Overton	21/09/13 30/10/10 21/9/13
25	18/01/14	14 B	3000m	9-43.32	61	Harrison Wade	9-55.1	Harrison Wade	26/10/13
26	08/02/14	11 B	1100W	6-44.5	13	George Davis	6-47.4	S Pecar	04/03/00
27	22/02/14	13 G	Javelin	29.67	50	Julia Kelland	28.2	Chloe Davis	09/03/13
28	22/02/14	12 B	Javelin	25.09	168	Noah Hain	22.51	Justin Sunderland	15/10/11
29	22/02/14	17 B	Discus	40.26	340	Anthony Overton	39.89	Anthony Overton	05/10/13
30	22/02/14	14 B	1500m	4-29.8	61	Harrison Wade	4-42.6	Harrison Wade	05/10/13
31	01/03/14	17 G	1500W	8-18.2	38	Sarah Kelland	8-35.8	Sarah Kelland	26/10/13
32	01/03/14	14 B	800m	2-12.4	61	Harrison Wade	2-13.7	Harrison Wade	30/11/13
33	08/03/14	17 B	SP	13.98	340	Anthony Overton	13.89	Anthony Overton	02/11/13
34	08/03/14	17 B	Discus	41.33	340	Anthony Overton	40.26	Anthony Overton	22/02/14
35	15/03/14	17 B	200m	23.4	116	Antonio Galati	23.6	Jackson Kang	24/09/11
36	15/03/14	11 B	1100W	6-35.0	13	George Davis	6-44.5	George Davis	08/02/14

SENIORS REPORT

COMMITTEE MEMBERS – SENIORS

PRESIDENT	Ros Mitchell
VICE PRESIDENT	Andrew Atkinson-Howatt
VICE PRESIDENT	Simon Bergfield
SECRETARY	Adrian Wade
TREASURER	Ross Forster
REGISTRAR	Ross Forster
RACE SECRETARY	Ross Forster
MALE CAPTAIN	Nicholas Kelland
FEMALE CAPTAIN	Kate Spencer
PUBLICITY	Louise Bergfield
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/Andrew Atkinson-Howatt
SOCIAL ACTIVITIES	Ann Arnott

TREASURER

Seniors Division Accounts for the Season 2013 – 2014

<u>Income</u>		<u>Expenditure</u>		-
Registrations	\$4,305.00	ANSW Affiliation & Insurance		\$693.00
Bank Interest	\$2.55	Registrations		\$2,395.00
Donations	\$2,704.00	Ribbons & Trophies		\$1,247.80
		Athlete Donations etc		\$2,750.00
		Competition Fees		\$456.00
		Singlets		
			Total Expenditure	\$7,541.80
			Plus Net Income	-\$530.25
Total Income	\$7,011.55			\$7,011.55

Bank Reconciliation Statement

Bank Statement - 31/03/13	\$10,829.15
<u>Less</u> last year's unrepresented cheques	-\$250.00
<u>Plus</u> Net Income	-\$530.25
<u>Plus</u> unrepresented cheques this year	
Bank Statement - 31/03/14	\$10,048.90

Donations to Athletes

G Winkcup to Tahiti for Oceania Championships	\$500.00
3 Athletes to Launceston for Austrn All Schools Cross Country (K Spencer, H Wade, G Winkcup @ \$250.00 each	\$750.00
(M Bergfield, J Volos, G Winkcup, C Pappas, S Collender)	\$1,500.00
	\$2,750.00

Donations Received From:

	<u>Total</u>
West Met Cross Country Clubs	\$100.00
Coral Read	\$250.00
Ross Forster	\$97.00
Sachi Kayama	\$36.00
Kate Kelland	\$97.00
Nick Kelland	\$61.00
Sarah Kelland	\$97.00
Julia Kelland	\$97.00
Lynette Smith	\$36.00
Jackie Wade	\$97.00
Logan Wade	\$97.00
Simon Bergfield	\$36.00
Louise Bergfield	\$36.00
James Bergfield	\$97.00
Maddy Bergfield	\$97.00
Sean Collender	\$36.00
Sierra Collender	\$36.00
Bruce Lyon	\$25.00
Katrina Lyon	\$25.00
Karin Lyon	\$25.00
Neil Winkcup	\$97.00
Kylie Winkcup	\$97.00
Georgia Winkcup	\$61.00
Thomas Winkcup	\$61.00
Warwick Spencer	\$36.00
Andrea Spencer	\$36.00
Chris Spencer	\$36.00
Kate Spencer	\$36.00
Janine Bowtell	\$36.00
Nicola Bowtell	\$36.00
Daniel Bowtell	\$36.00
Ed Penrose	\$36.00
Naomi Penrose	\$36.00
Rob Hain	\$36.00
Hilary Liao	\$61.00
Libby Dooley	\$25.00
Scarlett Kidman	\$61.00
Harry Redwin	\$97.00
Katie	\$36.00
Anonymous	\$270.00
	<hr/> \$2,704.00 <hr/>

Ross Forster
Treasurer - Seniors

PRESIDENT - Seniors

This 2013/14 season of Ryde Athletic Centre Senior Division has been one of our most successful.

Our registrations have increased because of the dual registrations of our Junior Division, Little A's. Having a combined Junior and Senior Centre has been of great advantage because of the sharing of resources.

Many athletes have improved and done better than ever, breaking Club, State and National records. Our athletes have had very dedicated coaches in Ross Forster and Andrew Atkinson-Howatt. I thank them sincerely for the time they spend with the athletes.

I thank our Executive Committee made up of parents, for their regular attendance at our monthly meetings and offers to help out with fund raising, officiating and getting athletes to training. Our Committee members are: Adrian Wade- our new and willing Secretary, Ross Forster- Treasurer, Registrar, Race recorder and coach, Andrew Atkinson-Howatt - Vice-President, NSW delegate and coach, Simon Bergfield- Vice- President, Sue Vance-Trophies, and Louise Bergfield - our enthusiastic Publicity Officer who has written articles on athletes results and taken photos for publication in the TWT paper and has compiled a Senior Division Footprint news sheet for members. Also Betty Moore who is our patron and NSW delegate as well as myself as President. Our Committee had an enjoyable Christmas dinner at Dooley's Restaurant which was an enjoyable social event.

Another social event and enjoyable two days was our Club Championships held at Dunbar Park in November and February, where all members were able to compete in all events. Eleven records were broken and I thank all the parents and older athletes for acting as officials on both days.

Our fund raising once again has been parents and athletes officiating at Rebel Run, Blackmore's Marathon and City to Surf. Also I thank many ex-officials and athletes for their donations. This money helps our athletes with expenses when they travel interstate for National Championships and overseas competitions

Our athletes have produced some excellent results. Kate Spencer when 18yrs old, set World Junior qualifying times in the 3000m Steeple Chase on a number of occasions as well as setting two Commonwealth Games 'B' qualifying times in both the 3000m Steeple Chase and the 5000m. In March 2014, Kate in winning the U20 3000m event at the Zatopek Classic in Melbourne set a new State Open record of 9m:53.15 and the fifth all time fastest time run by an Australian woman ever. - For more of Kate's achievements see Ross Forster's result report.

The Senior Division had the biggest squad ever, twenty four athletes, attending the NSW Junior Championships, winning one Gold, five Silver and eight Bronze medals. Because of this, eighteen athletes from Ryde qualified and competed at the Australian Junior Track and Field Championships held in Sydney. Altogether these competitors produced one Gold, two Silver and two Bronze, plus many more athletes reached the finals of their events and produced some personal bests. Georgia Winkcup qualified, competed and won Gold in the U18 3000m Steeple chase at the Oceania Games. Great results!

In the Sydney Track Classic we had two athletes chosen to compete. Ben Cox in the Triple jump against a top American Jumper, Ben fared well, and Kate Spencer, only 18yrs old, competed in the 5000m event against many Open competitors, where she came fourth in her personal best time -15m:32.2, her second Commonwealth Games 'B' qualifier and another World Junior qualifier.

Our Master Athletes have been very active over the season competing regularly at NSW All Comers competitions. Six masters competed at the NSW Masters Championships.

Sue Gore, our only woman Master competitor won gold in the 50-54yrs 800m and Bronze in the 1500m.

Our Master men received many medals and managed to win Gold, Silver and bronze in the 55- 59yrs Javelin. Andrew Atkinson-Howatt- Gold, Robert Hanbury-Brown - Silver and Voitek Klimiuk- Bronze. Well done Guys! Robert went on to compete at the Australian Masters Championships and won Gold in the 55-59yrs Weight Pentathlon. More results in Ross Forster's report.

We have had an up and coming athlete in Harrison Wade, who has broken State and National Little A's records in the U14 boys 3000m event in a personal best. In the NSW Junior Championships Harrison won Silver in U16 boys 1500m. This qualified him to compete in the National Junior titles in 800m, 1500m and 3000m events. Harrison has received a Ryde Sports Foundation Award and a Junior Sports Award from the Combined Clubs and TWT paper. Congratulations to Harrison for his results, keep up the good work.

To all our athletes keep up your training and then you may look forward to better results next season. Thank you to all our members, officials, athletes and parents for their ongoing support to help make the Ryde Athletic Centre Inc. one of the best.

Ros Mitchell
President - Seniors

REGISTRAR

This year showed a small decrease in the members from the previous year. Our numbers have decreased from 176 last year to 171 this year.

Breakdown of our membership this year is as follows:-

Our registration numbers as at 31st March, 2014 are as follows:-

Officials	8
Open & Masters	15
Under 20	7
Under 18	3
Junior	1
Dual Registrations	<u>137</u>
	171

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

Male Officials	3	Female Officials	5
Male Open & Masters	12	Female Open & Masters	3
Male Under 20	6	Female Under 20	1
Male Under 18	1	Female Under 18	2
Male Junior	0	Female Junior	1
Male Dual Registrations	<u>72</u>	Female Dual Registrations	<u>65</u>
	<u>94</u>		<u>77</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 5 athletes who competed at the Australian All Schools Carnival in Townsville and to the 18 athletes who competed at the Australian Junior Championships in Sydney.

Our medals from the above Championships totalled 1gold from Townsville and 1gold, 2silver and 2 bronze from Sydney.

It was very pleasing to see a total of 8 competitors from our Centre representing NSW for the very first time at these Australian Titles.

Ross Forster
Coaching Convenor - Seniors

PUBLICITY

Publicity wise we have had another great season. My thanks again especially to Chris Karas at The Weekly Times who has always been terrific in his support of Ryde Athletics Centre. The Weekly Times gives outstanding coverage to all of our local sportsmen and women and is to be applauded for that. Our Seniors have featured in the local papers more than a dozen times since last season. Senior Reports have continued to be included in Footprint and thank you to Ross Forster for his help in collating results. We have also for the first time, issued two Seniors Only Footprint Newsletters covering in more detail the results from our Senior competition, particularly our own Senior Club Championships and these have been well received. Thank you to all our contributors who have sent photos, results etc.

Louise Bergfield
Publicity Officer - Seniors

COMPETITION

1. Australian Masters Championships

The Australian Masters Athletics Championships were held in Canberra from 29th March to 1st April, 2013 and we had a total of 6 athletes competing at this carnival.

Suzanne Gore won a bronze medal in the 50-54 Age Group 800 metres event in a time of 2 mins 36.59 secs. In her 400 metres heat Sue finished in 2nd place with her time of 69.70 seconds to advance to the final. Sue finished in 5th place in her 400 metres final with her time of 69.33 seconds. In the 170+ Women's 4 x 100 metres event Sue anchored her NSW team to a bronze medal. Sue picked up a further bronze medal in the 220+ Women's 4 x 400 metres Relay Team.

Ron Wills finished in 6th place in the 70-74 Age Group 800 metres event in a time of 3 mins 03.87 secs.

Voitek Klimiuk won a bronze medal in the 55-59 Age Group Discus event with his throw of 40.84 metres. In his Javelin event Voitek took out the silver medal with his throw of exactly 44.00 metres.

Andrew Atkinson-Howatt finished in 5th place in the 55-59 Age Group Discus event with his throw of 37.14 metres. In his Javelin event Andrew won the gold medal with his throw of 46.33 metres. In his Shot Put event Andrew finished in 5th place with his throw of 9.89 metres. Andrew claimed 4th spot in his Hammer Throw event with his

effort of 34.98 metres. In the Weight Pentathlon event Andrew claimed 4th place with his efforts listed below:-

Event	Points	Event	Points	Event	Points	Event	Points	Event	Points	Total
Hammer		Shot Put		Discus		Javelin		Weight		
32.54m	558	10.08m	655	36.18m	668	42.98m	700	11.60m	622	3203

Andrew competed in the Pentathlon event and won the silver medal with the following results:-

Event	Points	Event	Points	Event	Points	Event	Points	Event	Points	Total
Long Jump		Javelin		200 metres		Discus		1500 metres		
3.49m	303	44.58m	732	31.86	411	34.70m	635	7:43.88	165	2246

Robert Hanbury- Brown finished in 6th place in the 55-59 Age Group Discus event with his throw of 35.73 metres. In his Javelin event Robert won the bronze medal in his Javelin event with his throw of 40.40 metres. Robert added a gold medal to his collection with his clearance of 1.46 metres in his High Jump event. In his Shot Put event Robert scored a bronze medal with his throw of 10.97 metres. Robert claimed 5th spot in his Hammer Throw event with his throw of 33.20 metres. In the Weight Pentathlon event Robert claimed 2nd place with his efforts listed below:-

Event	Points	Event	Points	Event	Points	Event	Points	Event	Points	Total
Hammer		Shot Put		Discus		Javelin		Weight		
35.18m	614	10.84m	714	35.92m	662	39.67m	634	13.53m	745	3369

In his Weight Throw event Robert secured the bronze medal with his throw of 13.71 metres.

Lajos Joni finished in 7th place in the 55-59 Age Group Discus event with his throw of 31.95 metres. In his Shot Put event Lajos claimed 6th spot with his throw of 9.74 metres. Lajos won the gold medal in his Hammer Throw event with his heave of 40.15 metres. In the Weight Pentathlon event Lajos claimed 5th place with his efforts listed below:-

Event	Points	Event	Points	Event	Points	Event	Points	Event	Points	Total
Hammer		Shot Put		Discus		Javelin		Weight		
39.03m	698	9.74m	629	28.49m	497	22.41m	299	14.15m	785	2908

In his Weight Throw event Lajos was the winner with his throw of 14.86 metres.

2. Lindfield Fun Run

At the Lindfield Fun Run held on 7th April we were represented by 4 competitors.

Kate Spencer won the Female 5km event (4th place overall) in a time of 18 mins 24 secs.

Georgia Winkcup was the 3rd Female home in the 5km event in a time of 20 mins 22 secs.

Sierra Collender was the 6th Female home in the 5km event in a time of 21 mins 54 secs.

James Bergfield was the 10th Male home in the 5km event in a time of 19 mins 22 secs.

3. Australian Open Championships

The Australian Open Championships were held at Homebush from 11th to 14th April and we were represented by 1 competitor.

Kate Spencer won the silver medal in the Open Women's 3000 metres Steeplechase event in a personal best time of 10 mins 20.72 secs. In this race Kate was never worse than 4th at the first Water Jump – moved to 3rd after 3 laps and then to 2nd with 2 laps to go and hung on to this placing through to the finish. Kate finished 19 seconds behind Genevieve LaCaze and was 18 seconds in front of the 3rd placegetter. Looking at the World Junior Qualifying time set by Athletics Australia for the 2012 World Juniors it is exciting that Kate has bettered that standard now on 2 separate occasions. This boded well for Kate in attempting to qualify for the 2014 World Junior Championships.

4. Australian Little A's Championships

The Australian Under 13 Little A's Championships were held in Canberra on Sunday, 28th April, 2013 and we were represented by 1 competitor.

Harrison Wade produced a personal best performance and new Best Performance on Record in finishing 2nd in the 1500 metres event in a time of 4 mins 26.78 secs. In the 800 metres final Harrison finished in 4th place with his 2nd best time ever – 2 mins 13.54 secs. In both of these events Harrison was the first N.S.W. competitor home.

5. The 118th Annual AAGPS Athletics Championships

The GPS Athletics Championships were held on 11th May, 2013 and we had 2 athletes competing.

Nicholas Kelland finished 7th in the Championship Division of the Open Men's Shot Put with a distance of 11.52 metres.

Edward Penrose collected a bronze medal and ran an Australian Junior Qualifying time of 1 min 58.26 secs in the Championship Division of the Under 17 Boys 800 metres. Ed finished 6th in the Championship Division of the Under 17 Boys 400 metres event in a time of 53.43 seconds.

6. Sydney 10 – 5km Fun Run

At the Sydney 10 5000 metres Fun Run we were represented by 4 competitors.

Georgia Winkcup finished in 9th place in the 16-17 event in a time of 19 mins 29 secs.

Sierra Collender finished in 12th place in the Under 16 event in a time of 20 mins 33 secs.

Scarlett Kidman finished in 14th place in the Under 16 event in a time of 21 mins 19 secs.

Sarah Kelland finished in 21st place in the Under 16 event in a time of 24 mins 24 secs.

As a team in the Under 20 Division our four runners listed above finished in 4th place.

7. N.S.W. Cross Country Relay Championships

At the NSW Cross Country Relay Championships held at Miranda on Saturday, 1st June we were represented in the Under 20 Girls 4 x 3km event by Kate Spencer, Shannon Ashton, Scarlett Kidman and Sierra Collender.

Our girls finished in 5th place with their total time of 46 mins 16 secs. Their individual splits consisted of **Kate Spencer** – 9 mins 41 secs, **Shannon Ashton** – 12 mins 35 secs, **Scarlett Kidman** – 12 mins 26 secs and **Sierra Collender** – 11 mins 34 secs.

8. Oceania Championships

We had 1 athlete representing Australia at the Oceania Championships held in Tahiti in June.

Georgia Winkcup won the Under 18 2000 metres Steeplechase event in a personal best time of 7 mins 09.24 secs. This time catapults Georgia to No. 9 in the Australian Rankings for 2013.

9. Sydney North Regional Cross Country Championships

At the Gosford Race Course the Sydney North Regional Cross Country Championships were held on 14th June and we had a total of 4 athletes competing there.

Kelsey Cooper-Phillis finished in 7th place in the 13 years Girls 3000 metres event.

Harrison Wade comfortably won the 14 years 4000 metres event.

Justin Sunderland finished 43rd in the 14 years 4000 metres event.

Georgia Winkcup comfortably won the 16 years 4000 metres event.

Kate Spencer was a comfortable winner in the 18 years Girls 6000 metres event.

10. N.S.W. C.I.S Cross Country Championships

At the NSW CIS Cross Country Championships held at Eastern Creek we had 1 competitor.

Sierra Collender suffered a fall in the first few metres of her 15 years 4000 metres event and eventually finished in 18th place.

11. N.S.W. C.C.C. Cross Country Championships

At the NSW CCC Cross Country Championships held at Eastern Creek we had 1 competitor.

Scarlett Kidman finished in 18th place in the 14 years Girls 4000 metres event.

12. N.S.W. Short Course Cross Country Championships

At the NSW Short Course Cross Country Championships held at Upjohn Park, Rydalmere we were represented by 8 competitors.

Kate Spencer won the Under 20 Girls 5000 metres event and finished some 17 seconds in front of the 2nd placegetter.

Sierra Collender finished 7th in her age group and 20th overall in the Under 16 Girls 2500 metres event.

Scarlett Kidman finished 16th in her age group and 23rd overall in the Under 16 Girls 2500 metres event.

Sarah Kelland finished 9th in her age group and 27th overall in the Under 16 Girls 2500 metres event.

Georgia Winkcup finished in 2nd place in the Under 18 Girls 2500 metres event.

Harrison Wade finished 7th in his age group and 14th overall in the Under 16 Boys 2500 metres event.

Logan Wade finished 8th in his age group and 22nd overall in the Under 14 Boys 2500 metres event.

Adrian Wade finished 13th in his age group and 42nd overall in the Open Men's 7500 metres event.

13. N.S.W. All Schools Cross Country Championships

The NSW All Schools Cross Country Championships were held at Eastern Creek in conjunction with the Combined High Schools Championships.

Harrison Wade won the silver medal in the 14 years CHS run and was 4th overall in the All Schools event and won a bronze medal in the Teams event.

Kelsey Cooper-Phillis finished in 13th place in the 13 years CHS run and was in 27th position in the All Schools Cross Country event.

Georgia Winkcup finished in 5th place in the 16 years CHS run and was in 10th place in the All Schools Cross Country event.

Kate Spencer won both the CHS and the All Schools Cross Country event finishing more than a minute in front of the 2nd place-getter.

14. N.S.W. Cross Country Championships

At the NSW Cross Country Championships held at Nowra on Saturday, 22nd June we were represented by 5 athletes.

Kate Spencer won the Under 20 Girls 6000 metres event in a time of 20 mins 42 secs. Her winning time was 1 min 12 secs better than the 2nd placegetter's time.

Georgia Winkcup won the silver medal in the Under 18 Women's 4000 metres event in a time of 15 mins 08 seconds.

The above 2 girls secured themselves a berth to the Australian Cross Country Championships by dint of these performances.

Sierra Collender finished 8th in her age group and 21st overall in the Under 16 Girls 4000 metres event with her time of 16 mins 54 secs.

Scarlett Kidman finished 13th in her age group and 26th overall in the Under 16 Girls 4000 metres event with her time of 17 mins 55 secs.

Harrison Wade finished 1st in his age group and 5th overall in the Under 16 Boys 4000 metres event with his time of 13 mins 42 secs.

The courses completed by the above 5 athletes would be ranked as the hardest in NSW and probably in Australia.

15. N.S.W. Road Relay Championships

At the NSW Road Relay Championships held at Newcastle University's Central Coast Campus at Ourimbah we entered a team in the Under 20 Girls 4 x 4km event.

Kate Spencer was our lead off runner and she completed her 4km leg in a time of 13 mins 12 secs and Kate passed off to **Sierra Collender** who completed her leg in 16 mins 21 secs and then passed off to **Scarlett Kidman** who duly completed her leg in 17 mins 11secs who passed off to **Georgia Winkcup** who brought us home in a time of 15 mins 06 secs to win the gold medal in this event.

Our total winning time was 1 hr 01 mins 50 secs.

16. Sydney North Regional Athletics Championships

At the Sydney North Regional Athletics Championships we were represented by 19 athletes.

Antonio Galati finished in 5th place in the 16 year Boys 110 metres Hurdles event in a time of 18.84 seconds. In his 100 metres event Antonio was placed 3rd in a time of 11.68 seconds. Antonio finished 4th in his 200 metres event in a time of 24.43 seconds. Antonio threw the Javelin a distance of 27.24 metres to finish in 10th place. In his Triple Jump event Antonio finished in 6th place with his leap of 11.10 metres. Antonio claimed 2nd place in his Long Jump event with his leap of 5.79 metres.

Nicholas Purcell finished in 4th place in the 15 year Boys 100 metres Hurdles event in a time of 16.23 seconds. In his High Jump event Nicholas finished in equal 4th place with his clearance at 1.65 metres.

Justin Sunderland finished in 9th place in the 14 year Boys 100 metres Hurdles event in a time of 19.03 seconds. In his Walk event Justin finished in 7th place in a time of 9 mins 46.03 secs.

Alex Galati finished in 6th place in the 13 year Boys 90 metres Hurdles event in a time of 17.04 seconds.

Chloe Davis finished in 6th place in the 13 year Girls 80 metres Hurdles event in a time of 15.09 seconds. In her Javelin event Chloe was the winner with her throw of 29.84 metres. Chloe finished in 5th place in her Long Jump event with her leap of 4.36 metres. In her Shot Put event Chloe finished in 12th place with her throw of 7.16 metres.

Katrina Lyon finished in 2nd place in the 12 year Girls 80 metres Hurdles event in a time of 15.19 seconds. In the 12-15 year Girls Triple Jump Katrina finished in 8th place with her leap of 9.11 metres. Katrina was the winner of the 12 year Girls Long Jump event with her leap of 4.46 metres. In her High Jump event Katrina finished in 6th place with her clearance at 1.25 metres.

Inika Gholkar finished in 6th place in the 12 year Girls 80 metres Hurdles event in a time of 18.12 seconds.

Junyi Fang finished in 4th place in the 12 year Girls Long Jump event with her leap of 4.20 metres.

Jack Armson finished in 2nd place in the Boys 12-15 years 1500 metres Walk event in a time of 8 mins 06.33 secs.

Haydn Houssenloge finished in 5th place in the 15 year Boys 100 metres event in a time of 12.19 seconds. In his 200 metres event Haydn finished in 4th place in a time of 25.13 seconds. Haydn claimed 4th place in his Shot Put event with his throw of 12.46 metres. In his High Jump event Haydn finished 7th with his clearance at 1.60 metres.

Kelsey Cooper-Phillis finished in 2nd place in the 13 year Girls 100 metres event in a time of 13.1h secs. In the 14 year Girls 400 metres event Kelsey claimed 2nd spot in a time of 61.72 seconds. Kelsey was the winner in her 200 metres event in a time of 27.75 seconds. In her 800 metres event Kelsey finished in 4th place with her time of 2 mins 37.88 secs.

Amy Court finished in 5th place in the 13 year Girls 200 metres event in a time of 29.05 seconds. In her Long Jump event Amy finished in 2nd place with her leap of 4.48 metres.

Harrison Wade had a comfortable win in the 12-15 year Boys 3000 metres event in a time of 9 mins 55.40 secs. In the 14 year Boys 1500 metres event Harrison broke a 29 year old record when he won this event in a time of 4 mins 25.97 secs. Harrison had a convincing win in his 800 metres event in a time of 2 mins 13.22 secs.

Kate Spencer won the 15+ Girls 3000 metres event in a record time of 9 mins 49.59 secs.

Georgia Winkcup finished 2nd to Kate in the 15+ Girls 3000 metres event in a personal best time of 10 mins 35.02 secs. In the 16 year Girls 1500 metres event Georgia finished in 2nd place in a personal best time of 4 mins 56.03 secs. Georgia picked up another 2nd place in her 800 metres event with her time of 2 mins 26.51 secs.

Kara Talty won the 16 year Girls Shot Put event with her throw of 10.70 metres.

Crystal Overton finished in 9th place in the 14 year Girls Discus event with her throw of 20.72 metres. In her Javelin event Crystal finished in 12th place with her throw of 16.26 metres.

Jessica Brown finished in 3rd place in the 13 year Girls High Jump event with her clearance at 1.40 metres.

Hannah Tall finished in 3rd place in the 12 year Girls Discus event with her throw of 21.68 metres.

Of the above athletes 10 have progressed through to the Combined High Schools Carnival to be held in September, 2013.

17. I.G.S.S.A. Athletics Championships

The Independent Girls Schools Sports Association Championships were held on Thursday and Friday 15th & 16th August and we had 3 girls representing 3 different Schools competing there.

Nicola Bowtell recorded a time of 61.20 secs in the Junior Girls 400 metres heats to qualify for the final. In the final Nicola finished in 3rd place with her time of 61.79 secs. Nicola's team was the 3rd fastest team into the final of the 4 x 100m Relay event with their time of 52.80 secs. In the final they finished in 2nd place with their time of 53.20 secs.

Sierra Collender produced a personal best time of 2 mins 24.26 secs in her heat of the 15 years 800 metres to qualify for the final. In the final Sierra finished in 8th place with her time of 2 mins 30.46 secs. In her Intermediate 1500 metres event Sierra recorded another personal best time of 5 mins 05.88 secs to finish in 7th place.

Sarah Kelland competed at the Carnival as a 16 year old and finished 5th in the 16 year Girls 3kg Shot Put event and produced a personal best throw of 10.01 metres to finish 5th in this age group. In the Intermediate 500g Javelin event Sarah finished in 6th place with her throw of 29.54 metres.

18. Broken Bay Athletics Carnival

The Broken Bay Carnival was held on 21st August and we had 1 competitor there.

Maddy Bergfield had an excellent carnival breaking 2 records in the process. In her 17 yrs girls Shot Put Maddy was the winner with her record breaking throw of 12.39 metres. Maddy also won her Discus event with her record breaking throw of 36.98 metres. In her Javelin event Maddy finished with the silver medal with her throw of 30.23 metres. Maddy finished equal 2nd in her Age Group Individual Point Score.

19. N.S.W. All Schools Knockout

The NSW All Schools Knockout final was held on 22nd August and we had 17 athletes competing there representing their various schools.

Amy Court finished 5th in her heat of the Junior 100 metres event in a time of 14.19 seconds (-0.3 metres/sec). In her 800 metres heat Amy finished in 5th place with her time of 2 mins 37.56 secs.

Kelsey Cooper-Phillis finished 6th in her heat of the Junior 100 metres event in a time of 13.76 seconds (1.0 metres/sec). In her 800 metres heat Kelsey finished in 4th place with her time of 2 mins 33.41 secs.

Nicola Bowtell won her heat of the Junior 100 metres event in a time of 13.67 seconds (-1.2 metres/sec). Nic anchored her team to a win in the 4 x 200 metres Relay event in the fastest time of the night.

Helen Pretorius won her heat of the Junior 100 metres event in a time of 13.48 seconds (0.3 metres/sec).

Johanna Volos finished 5th in her heat of the 90 metre Hurdles event with her time of 18.72 seconds. In her Long Jump event Johanna was 16th with her leap of 4.08 metres.

Sierra Collender finished 3rd in her heat of the Intermediate 800 metres event in a personal best time of 2 mins 22.06 secs.

Kara Talty finished 3rd in the Intermediate Girls Shot Put (3kg) event with her throw of 10.66 metres.

Sarah Kelland finished 5th in the Intermediate Girls Javelin event with her throw of 29.33 metres.

Sachi Kayama won her heat of the Senior Girls 100 metres event in a personal best time of 12.34 seconds (0.9 metres/sec). In her Long Jump event Sachi was the winner with her leap of 5.49 metres.

Samantha Rodgers won her heat of the Senior Girls 100 metres event in a time of 13.50 seconds (NWI). In her Javelin event Sam finished 13th with her throw of 19.01 metres.

Georgia Winkcup finished 3rd in her heat of the Senior Girls 1500 metres event in a personal best time of 4 mins 53.04 secs.

Scarlett Kidman finished 11th in her heat of the Senior Girls 1500 metres event in a personal best time of 5 mins 34.19 secs.

Veronica Jukic finished 5th in her heat of the Senior Girls 100 metres Hurdles event in a time of 17.93 seconds (NWI).

Maddy Bergfield finished 2nd in the Senior Girls Shot Put event with her throw of 12.15 metres. In her Javelin event Maddy finished 8th with her throw of 27.16 metres.

Brenton Mooney recorded a time of 56.37 seconds in his heat of the Senior Boys 400 metres event. In his 1500 metres run Brenton finished 5th overall with his time of 4 mins 35.09 secs.

Jack Rodgers recorded a time of 57.50 seconds in his heat of the Senior Boys 400 metres event.

Nick Kelland finished in 4th place overall in the Senior Boys Shot Put event with his throw of 12.01 metres. In his Javelin event Nick finished in 3rd place with his throw of 43.67 metres.

20. N.S.W. All Schools Relays

The NSW All Schools Relays were held at SOPAC on 38th August, 2013 and we had 2 athletes competing and representing their schools.

In the Girls Open Throws Relay, Maddy Bergfield finished first in the Open Discus with a throw of 40.76 metres and her school Mount Saint Benedict finished with a silver medal.

In the Girls Junior Jumps Relay, Nicola Bowtell jumped 4.32 metres in the Long Jump to finish third and her school, Pymble Ladies' College, collected the Gold medal in this event.

21. Australian All Schools Cross Country Championships

The Australian All Schools Cross Country Championships were held at Symmons Plains Raceway, Launceston on 31st August and we had 3 athletes competing there.

Kate Spencer won the Under 20 Women's 6km event in a time of 21 mins 37 secs. Kate had a 15 second margin over the 2nd place finisher.

Georgia Winkcup finished 34th overall in the Under 18 Women's 4km event in a time of 16 mins 17 secs. Georgie actually finished 15th Australian out of the girls in her own age group (16's).

Harrison Wade finished 39th overall in the Under 16 Boys 4km event in a time of 14 mins 33 secs. Harry actually finished 11th out of the boys in his own age group (14's).

22. N.S.W. Combined High Schools Athletics Championships

The New South Wales Combined High Schools Championships were held at Homebush over the period 5th – 7th September and we had 12 athletes competing there.

Kate Spencer got these Championships off to a great start for our Centre when in the very first event of Day 1 she won the gold medal in the 17+ Girls & Under 3000 metres event and also broke the record. Kate's winning time was 9 mins 34.36 secs and she broke the old record by 6 seconds. In her 2000 metres Steeplechase event Kate not only won the gold medal but she smashed her own record in this event by some 21 seconds when she recorded the time of 6 mins 36.69 secs. This will be the last time that Kate can compete in this event.

Georgia Winkcup also was a competitor in the 3000 metres 17+ & Under event and Georgie duly won the bronze medal in a time of 10 mins 36.72 secs. This time was only 2 seconds outside her personal best time in this event. In the 2000 metres Steeplechase event Georgia won the silver medal in a time of 7 mins 09.26 secs. This time was only 2/100 seconds outside her personal best. In the 16 years Girls 1500 metres event Georgie won the bronze medal in a personal best time of 4 mins 52.53 secs.

Cameron Pappas won the gold medal in the 17 Boys Triple Jump with his leap of 14.08 metres.

Harrison Wade won the gold medal in the 14 years & Under Boys 1500 metres event in a personal best time of 4 mins 23.72 secs. In his other event at these Championships Harrison went up an age group to take out the silver medal in the 15 years & Under 3000 metres event in a personal best time of 9 mins 26.77 secs. This time was 15 seconds faster than he had ever recorded.

Katrina Lyon finished 2nd in her heat of the 12 years Girls 80 metres Hurdles event in a personal best time of 14.59

seconds. In the final Katrina improved her time to 14.26 seconds to take out the bronze medal in this event. In her Long Jump event Katrina finished in 5th place with her leap of 4.37 metres.

Kelsey Cooper-Phillis finished 2nd in her heat of the 13 years Girls 100 metres event in a time of 13.17 seconds. In the final Kelsey won the silver medal with her time of 13.10 seconds. In her 200 metres event Kelsey finished 3rd in her heat in a time of 27.40 seconds. In the final Kelsey finished in 7th place with her time of 27.37 seconds. Kelsey went up an age group to compete in the 14 years & Under 400 metres event where, in the heat, she finished in 2nd place in a time of 62.58 seconds. In the final Kelsey finished in 5th place with her time of 62.28 seconds.

Amy Court finished in 13th place in the 13 years Girls Long Jump event with her leap of 4.45 metres. However she joined with Kelsey Cooper-Phillis and 2 other girls, to contest the 13 years Girls 4 x 100 metres Relay event, where they were 3rd fastest qualifiers into the final with their time of 53.75 seconds. In the final they won the bronze medal in the faster time of 53.30 seconds.

Haydn Housenloge helped his team qualify 3rd fastest in the heats of the 15 years Boys 4 x 100 metres Relay event with their time of 46.04 seconds. In the final the boys improved their time to 45.39 seconds to take out the gold medal in this event.

Chloe Davis finished in 8th place in the 13 years Girls Javelin event with her throw of 26.18 metres.

Antonio Galati finished in 3rd place in his heat of the 16 years Boys 100 metres event in a time of 11.51 seconds. In his final Antonio improved his time to 11.33 seconds to just miss the medals when he finished in 4th place.

Jack Armson finished in 7th place in the 15 years & Under Boys 1500 metres Walk event in a time of 9 mins 00.82 secs.

Kara Talty finished in 11th place in the 16 years Girls Shot Put event with her throw of 10.41 metres.

23. N.S.W. C.I.S. Primary Schools Athletics Carnival

At the New South Wales Combined Independent Schools Primary Schools Carnival we had 1 athlete competing there.

Julia Kelland won the 12-13 years girls Shot Put event with a personal best throw of 8.77 metres. In her Discus event Julia claimed the silver medal with a personal best throw of 27.57 metres and she won the bronze medal in the turbo javelin event with her distance of 23.06 metres.

24. N.S.W. C.C.C. Athletics Carnival

The New South Wales Combined Catholic Colleges Athletics Championships were held at Homebush on Friday, 13th September and we had a total of 3 athletes competing there.

Maddy Bergfield in her last appearance at this Carnival produced 3 efforts which netted 3 medals of different hues. Maddy's gold medal came in the 17 years Javelin event when she threw the spear a distance of 34.49 metres (1cm short of her pb). Her silver medal came in her Discus event when she threw the plate a distance of 40.74 metres. Maddy gained her bronze medal in her Shot Put event when she chucked the ball 12.12 metres. In winning the Javelin event Maddy established a new record for this event.

Sachi Kayama won a gold medal in the 17 years Girls 200 metres event in a personal best time of 25.58 seconds. In her Long Jump event Sachi won a further gold medal with her leap of 5.70 metres. Sachi won the silver medal in her 100 metres event in a time of 12.68 seconds. In both the 200 metres event and the Long Jump event Sachi established new records for these events.

Sam Hain won the silver medal in the 14 Boys 200 metres event in a personal best time of 23.87 seconds. In his 100 metres event Sam was far too good for his opposition when he won convincingly in a personal best time of 11.54 seconds. In his Long Jump event Sam won the gold medal in yet another personal best performance of 5.73 metres. Sam set new Best Performance on Record by a Ryde athlete in all 3 of the above events.

25. N.S.W. C.I.S. Athletics Championships

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

Nicola Bowtell finished in 2nd place in the 14 years Girls 400 metres event in a time of 60.97 seconds. Nicola was also a representative in the Pymble Ladies College Junior 4 x 100 metres Relay team which won their event in the smart time of 52.34 seconds.

Sierra Collender won a bronze medal in the 15 years Girls 3000 metres event in a time of 11 mins 10.78 secs. In her 1500 metres event Sierra finished in 4th place in a time of 5 mins 06.13 secs.

Sarah Kelland finished in 4th place in the 15 years Girls Shot Put event with her distance of 9.66 metres.

26. N.S.W. All Schools Multi-Event Championships

In the NSW All Schools Multi-Event Championships held in Newcastle on Saturday, 21st September we were represented by 1 athlete.

Chloe Davis finished in 9th place in the Under 14 Girls event. Chloe's efforts are listed below:-

Long Jump		Shot Put		200 metres		Javelin		800 metres		Total
Distance	Points	Distance	Points	Time	Points	Distance	Points	Time	Points	Points
4.42m	408	7.78m	385	30.89	422	28.85m	455	2:58.77	377	2047

27. N.S.W. All Schools Athletics Championships

The NSW All Schools Championships commenced at Homebush on Thursday, 10th October and over the 4 days of these Championships we were represented by 16 athletes.

Harrison Wade got the Carnival under way for us when he finished 3rd in his heat of the 14 years Boys 1500 metres event in a time of 4 mins 35.20 secs. Harry won the silver medal in the 14 years Boys 2000 metres Steeplechase event in a personal best time of 6 mins 43.08 secs. This run by Harrison bettered his own Ryde Best Performance on Record in this event by some 7 seconds. In his 1500 metres final Harry took almost 7 seconds off his previous best time to claim the silver medal in a time of 4 mins 17.14 seconds. Harrison contested the 14 Boys 3000 metres event and won a bronze medal in a time of 9 mins 42.30 secs.

Sam Hain produced personal best performances in all his jumps in the 14 years Boys Triple Jump event, with his best leap of 12.16 metres, securing him the bronze medal in this event. In his 200 metres heat Sam recorded a time of 23.97 seconds (headwind of 1.5 metres/sec) to win his heat. Sam finished in 6th place in his Long Jump event with an equal personal best leap of 5.73 metres (0.0 wind reading). In his 200 metres final Sam produced yet another personal best performance in winning the silver medal in a time of 23.48 seconds (tailwind of 1.5 metres/sec). Sam finished 2nd in his heat of his 100 metres event in a time of 11.62 seconds (headwind of 1.1 metres/sec). In his 100 metres final Sam finished in 4th place in a time of 11.73 seconds (headwind of 1.2 metres/sec).

Katrina Lyon also produced a huge personal best performance in the 13 years Girls Triple Jump event. Although still only a 12 year old Katrina's performance of 10.26 metres secured 4th place for her in this event. In her 12 years 80 metres Hurdles event Katrina finished in 7th place with her time of 14.57 seconds (head wind of 0.2 metres/sec). Katrina finished in 6th place in her Long Jump event with her jump of 4.49 metres.

Chloe Davis finished in 5th place in the 13 years Girls Javelin event with an excellent throw of 31.20 metres. In her 80 metres Hurdles event Chloe finished in 17th place overall with her time of 14.98 seconds (tailwind of 5.2 metres/sec).

Georgia Winkcup recorded a personal best time of 7 mins 09.09 secs in winning the 17 years Girls 2000 metres Steeplechase event. Georgia actually stepped up an age group to compete in this event and recorded the fastest time of the day in all the female Steeplechase events. In the 16 years Girls 3000 metres event Georgia claimed the silver medal in a personal best time (by some 20 seconds) of 10 mins 16.44 secs. In her 800 metres final Georgie produced yet another personal best time (by some 3 seconds) in claiming the bronze medal in a time of 2 mins 21.11 secs. In the Under 19 Girls 1500 metres event Georgia was the winner in a time of 5 mins 01.11 secs.

Sierra Collender won the silver medal in the 15 years Girls 2000 metres Steeplechase event in a time of 7 mins 49.50 secs. In her 800 metres heat Sierra finished in 6th place in a time of 2 mins 32.19 secs. In her 3000 metres event Sierra finished in 7th place in a time of 11 mins 38.55 secs.

Scarlett Kidman finished in 6th place in the 14 years Girls 2000 metres Steeplechase event in a time of 8 mins 59.48 secs. In her 3000 metres event Scarlett finished in 17th place in a time of 12 mins 44.49 secs.

Maddy Bergfield won the silver medal in the Under 19 Girls Hammer Throw event with her distance of 21.34 metres. In her Javelin event Maddy threw a distance of 34.66 metres to finish in 4th place. Maddy won the silver medal in the 17 years Girls Discus event with her throw of 38.62 metres. The gold medallist in this event represented Australia at the World Youth Championships where she placed 5th. In her Shot Put event Maddy claimed a further silver medal with a throw of 12.56 metres. All of Maddy's 4 throws had a variation of no more than 20 centimetres.

Sarah Kelland finished in 4th place in the Under 15 years Girls 3000 metres Walk event in a time of 18 mins 28.72 secs. In the Under 19 Girls 1500 metres event Sarah claimed a bronze medal in a time of 6 mins 46.69 secs. Sarah threw the Javelin a distance of 27.42 metres to finish in 12th spot in the 15 years Girls Javelin event.

Amy Court finished in 5th place in her heat of the 13 years Girls 200 metres event in a time of 27.69 seconds (tailwind of 3.2 metres/sec). In her Long Jump event Amy was 13th with her leap of 4.61 metres (tailwind of 2.7 metres/sec).

Nicola Bowtell qualified for the final of the 14 years Girls 200 metres event by recording a time of 26.98 seconds (0.0 wind reading) in her heat. In the final Nic produced an even faster time of 26.89 seconds (tailwind of 0.4 metres/sec) to claim 8th place. Nicola won her heat of her 400 metres event in a time of 61.20 seconds to be 5th fastest into the final. In the final Nic finished in 5th place in the slightly faster time of 61.13 seconds.

Johanna Volos equalled the NSW All Schools 14 years Girls Pole Vault record in winning this event with her clearance at 3.00 metres.

Cameron Pappas won the bronze medal in the 17 years Boys Triple Jump event with his leap of 13.73 metres (0.0 wind reading). In his Long Jump event Cameron took out the gold medal with his leap of 6.66 metres (tailwind of 2.9 metres/sec).

Nick Kelland finished in 6th place in the 17 years Boys Javelin event with his throw of 41.22 metres.

Sachi Kayama won a bronze medal in the 17 years Girls 100 metres event in the amazing time of 12.16 seconds (tailwind of 4.1 metres/sec). In her Long Jump event Sachi finished in 4th place with her leap of 5.47 metres.

Antonio Galati finished in 4th place in his heat of the 16 years Boys 100 metres event in a personal best time of 11.34 seconds (tailwind of 1.9 metres/sec). In the 100 metres final Antonio finished in 10th place in a time of 11.63 seconds (tailwind of 2.9 metres/sec).

The following athletes, as a result of their efforts at this carnival, have earned selection to represent NSW at the Australian All Schools Championships at Townsville in December.

Georgia Winkcup – 2000 metres Steeplechase & 3000 metres events

Sierra Collender – 2000 metres Steeplechase event

Maddy Bergfield – Shot Put, Javelin & Discus events

Johanna Volos – Pole Vault event

Cameron Pappas – Long Jump event

28. Australian Masters Winter Throwing Championships

At the 2013 AMA Winter Throwing Championships held in Canberra from 6th October we were represented by 5 athletes.

In the Throws Pentathlon event both Robert Hanbury-Brown and Andrew Atkinson-Howatt were our representatives and they took out the gold and silver medals in the 55-59 years event.

Robert Hanbury-Brown

Hammer		Shot		Discus		Javelin		Weight		Total
Distance	Points	Distance	Points	Distance	Points	Distance	Points	Distance	Points	Points
32.02m	546	10.59m	695	34.67m	634	37.23m	586	11.86m	639	3100

Andrew Atkinson-Howatt

Hammer		Shot		Discus		Javelin		Weight		Total
Distance	Points	Distance	Points	Distance	Points	Distance	Points	Distance	Points	Points
32.33m	553	10.15m	612	35.47m	652	40.20m	645	11.45m	621	3083

In the individual events at these Championships we were represented by 3 athletes, Lajos Joni, Robert and Andrew.

Lajos won the gold medal in the Hammer throw with his heave of 43.45 metres. In his Weight event Lajos took out his 2nd gold medal with his throw of 15.08 metres. Lajos won bronze medals in both the Shot and Discus events with throws of 9.94 metres and 32.03 metres respectively.

Robert won gold medals in both the Shot Put (10.75 metres), and the Javelin Throw (40.89 metres). In his Discus and Weight events he won silver with his throws of 33.64 metres and 12.70 metres respectively. Robert won the bronze medal in his Hammer event with a throw of 29.74 metres.

Andrew struck gold in his Discus event with a throw of 35.97 metres. In his Hammer, Shot and Javelin events Andrew won silver medals with throws of 32.10 metres, 10.23 metres and 40.57 metres respectively. Andrew's bronze medal came in the Weight event when he threw a distance of 11.73 metres.

29. Run for the Hills Fun Run

Georgia Winkcup was the 3rd female home in this 8km event and pocketed a cheque for \$500 as the winner of the Under 17's event.

30. N.S.W. Open 3000 Metres Championships

The NSW Open 3000 metres Championships were held after Round 4 of the Treloar Shield Competition with our Centre contributing 4 competitors.

Harrison Wade was first up for our Centre in the D Grade event and he set the tone for the night by producing a Club Record and a personal best performance in finishing 5th in this run in a time of 9 mins 16.39 secs. This time bettered his previous best performance by some 10 seconds.

Next up were our 2 girls in the B Grade event – Georgia and Sierra.

Georgia Winkcup took off at the start and led the race for in excess of 5 laps before finishing the event in 5th place in a personal best time of 10 mins 08.78 secs. This run took some 8 seconds off her previous best performance.

Sierra Collender showed that she was not to be outdone by either Harrison or Georgia, by finishing in 9th place, in a time of 10 mins 34.55 secs. This time bettered her previous best time by some 20 seconds.

Kate Spencer was the last of our 4 competitors and she was under some pressure because of the efforts of her fellow Ryde competitors. There was also the fact that if she could take off a further 5 seconds from her previous best time she would have run a World Junior Qualifying time for this event. After the first 200 metres Kate settled in 3rd place and held this position till Chloe Walters dropped out at the 2000 metres mark, pushing Kate to 2nd place – the position she held till the end of the race. Kate's time was a personal best performance and by a huge margin – some 18 seconds! In securing the Silver Medal in this event Kate ran 9 mins 16.49 secs. This time was some 13.5 seconds under the qualifying time Athletics Australia had set for this event – a truly remarkable performance.

31. N.S.W. Relay Championships

The NSW Relay Championships were held at Homebush over the weekend of 16th-17th November and we had a total of 11 teams competing.

In the Under 14 events we participated in 3 events. Our girls won the gold medal in the Long Jump event with a total of 18.10 metres – Amy Court 4.72m, Cherie Pan 4.49m, Jessica Brown 4.49m and Chloe Davis 4.40m. In the 4 x 200 metres event the girls won the silver medal in a time of 1 min 50.04 secs. The girls won the bronze medal in the 4 x 100 metres event in a time of 51.91 secs. Our team in both the 4 x 100m and 4 x 200m Relays consisted of Cherie Pan, Kelsey Cooper-Phillis, Amy Court and Emma Smith.

In the Under 18 Women's Shot Put event our girls finished in 5th place with a total of 41.16 metres – Maddy Bergfield 11.64m, Kara Talty 10.76m, Crystal Overton 9.59m and Sarah Kelland 9.17m. In their Discus event our girls took out the bronze medal with a total of 110.33 metres – Maddy Bergfield 37.02m, Sarah Kelland 26.05m, Nicola Bowtell 25.14m and Crystal Overton 22.12m. The girls also won the bronze medal in the Javelin event with their total of 109.82 metres – Maddy Bergfield 29.55m, Chloe Davis 28.70m, Sarah Kelland 27.66m and Julia Kelland 23.91m. It is worth noting that at the time of competing both Chloe and Julia were competing up a weight, and were only 13 and 12 yrs respectively.

In the Under 20 Women's 4 x 1500 metres event our team, consisting of Kate Spencer, Sierra Collender, Scarlett Kidman and Georgia Winkcup, won the gold medal in a time of 20 mins 00.53 secs. In the 4 x 800 metres event our team finished in 5th place in a time of 10 mins 22.39 secs. The team consisted of Nicola Bowtell, Sarah Kelland, Scarlett Kidman and Georgia Winkcup.

In the Open Men's events we entered teams in the Shot Put, Discus and Javelin events. Our Shot Put team consisting of Andrew Atkinson-Howatt 8.48m, Robert Hanbury-Brown 9.53m, Lajos Joni 8.76m and James Bergfield 10.31m finished in 7th place with a total distance of 37.08 metres. In the Discus event our team of Andrew 27.60m, Robert 29.08m, Voitek Klimiuk 29.63m and Lajos 25.77m claimed 6th place with their total distance of 112.08 metres. Our team of Andrew 38.53m, Robert 36.85m, Voitek 41.94m and Pat Kelland 46.17m claimed 5th place in the Javelin event with their total distance of 163.49 metres.

32. N.S.W. Little A's Relay Championships

The very next weekend the NSW Little A's Relay Championships were held and our dual registered athletes competed on Sunday, 24th November. We won a total of 6 medals including 1 gold, 2 silver and 2 bronze.

Our Girls Mixed Middle Distance team finished in 11th place in a time of 11 min 13.66 secs. This team comprised Inika Gholkar, Scarlett Kidman, Eleanor Plummer and Hannah Tall.

Our Boys Mixed Middle Distance team finished in 15th place in a time of 10 mins 56.54 secs. This team comprised Oliver Arcus, Dylan Christensen, Christian Cirino and Sam Plummer.

Our Girls U/13 Shot/Discus team finished in 7th place with a total of 1,764 points. This team consisted of Anna Badaoui, Junyi Fang, Julia Kelland and Hannah Tall.

Our Girls U/12 Long/High team finished in 13th place with a total of 1,835 points. This team consisted of Olivia Brady, Lara Halmarick, Eleanor Plummer and Emily Ralph.

Our Boys U/12 Shot/Discus team finished in 14th place with a total of 937 points. This team consisted of Antonio Panebianco, Cameron Piro, Moses Vartikian and Elijah Weir.

Our Girls U/17 Long/High team finished in 6th place with a total of 2,289 points. This team consisted of Sarah Kelland, Niamh Simula, Bethany Thom and Georgia Winkcup.

Our Boys U/14 Long/High team finished in 10th place with a total of 2,384 points. This team consisted of Jay Butler, Alexander Galati, Louis Purcell and Harrison Wade.

Our Girls U/15 Long/High team finished in 9th place with a total of 1,132 points. This team consisted of Katherine Du, Scarlett Kidman, Jessica Xu and Jadine Zajic.

Our Boys U/12 Long/High team finished in 8th place with a total of 2,726 points. This team consisted of James Bragg, Cameron Piro, Ronny Ryan and Elijah Weir.

Our Girls U/13 Long/High team finished in 4th place with a total of 2,621 points. This team consisted of Anna Badaoui, Junyi Fang, Katrina Lyon and Kiera Simula.

Our Boys U/13 Long/High team finished in 9th place with a total of 2,663 points. This team consisted of Dylan Moujalli, Ben Nogajski, Sam Plummer and Marko Prizmic.

Our Girls U/17 Shot/Discus team won this event with a total of 2,239 points. They finished only 55 points behind the State Record which Ryde had set last year. This team consisted of Kara Talty and Crystal Overton as our Shot Putters and Sarah Kelland and Nicola Bowtell as our Discus Throwers.

Our Girls U/14 Long/High team secured the silver medal with a total of 3,095 points. This team consisted of Jessica Brown, Amy Court, Chloe Davis and Cherie Pan.

Our Girls U/12 4 x 100m Relay team finished in 3rd place in their heat in a time of 60.27 seconds. This team consisted of Olivia Brady, Lara Halmarick, Eleanor Plummer and Emily Ralph.

Our Boys U/12 4 x 100m Relay team finished in 4th place in their heat in a time of 55.33 seconds to qualify for the final. In the final the boys recorded a time of 55.86 seconds to finish in 6th place. This team consisted of Ronny Ryan, James Bragg, Christian Cirino, and Elijah Weir.

Our Girls U/13 4 x 100m Relay team finished in 3rd place in their heat in a time of 53.99 seconds to qualify for the final. In the final our Girls won the bronze medal in a time of 54.44 seconds. This team consisted of Anna Badaoui, Sophie Collyer, Katrina Lyon and Kiera Simula.

Our Boys U/13 4 x 100m Relay Team finished in 4th place in their heat in a time of 54.12 seconds. This team consisted of Daniel Bowtell, Dylan Moujalli, Ben Nogajski and Marko Prizmic.

Our Girls U/14 4 x 100m Relay team finished in 2nd place in their heat in a time of 51.88 seconds to qualify for the final. In the final our Girls won the bronze medal in a time of 52.56 seconds. This team consisted of Kelsey Cooper-Phillis, Amy Court, Brooke Matheson and Emma Smith.

Our Boys U/14 4 x 100m Relay team finished in 2nd place in their heat in a time of 50.79 seconds to qualify for the final. In the final our Boys ran a faster time of 50.28 seconds to finish in 7th place. This team consisted of Jay Butler, Alexander Galati, Louis Purcell and Harrison Wade.

Our Girls U/15 4 x 100m Relay team finished in 4th place in their heat in a time of 56.96 seconds. This team consisted of Katherine Du, Scarlett Kidman, Jessica Xu and Jadine Zajic.

Our Girls U/17 4 x 100m Relay team finished in 3rd place in their heat in a time of 53.27 seconds to qualify for the final. In the final our Girls finished in 6th place in a time of 53.59 seconds. This team consisted of Bethany Thom, Nicola Bowtell, Sierra Collender and Helen Pretorius.

Our Mixed U/13 4 x 400m Relay team won their heat in a time of 4 mins 34.10 secs to qualify for the final. In the final our team of finished in 4th place in a faster time of 4 mins 33.32 seconds. This team consisted of Daniella Bianchi, Kiera Simula, Daniel Bowtell and Logan Wade.

Our Mixed U/14 4 x 400m Relay team won their heat in a time of 4 mins 03.03 secs to qualify for the final. In the final the team claimed the silver medal in a time of 4 mins 03.26 secs. This team (in running order) consisted of Amy Court, Harrison Wade, Louis Purcell and Kelsey Cooper-Phillis.

Our Mixed U/17 4 x 400m Relay team crossed the line in 3rd place in their heat in a time of approx. 3 mins 50 secs but was subsequently disqualified. This team (in running order) consisted of Sierra Collender, Ed Penrose, Georgia Winkcup and Antonio Galati.

33. Australian All Schools Athletics Championships

The Australian All Schools Athletics Championships were held in Townsville over the period 5th to 7th December and we had a total of 5 athletes competing there.

Sierra Collender was first up in the Under 16 Girls' 2000 metres Steeplechase event on the Friday evening. She started conservatively in this event and for the first few laps was content to sit back off the leaders in 6th place. With less than 2 laps to go she raised her pace and finished just out of the places in 4th spot. She recorded a 7 second pb and her time was 7 mins 20.96 secs.

Georgia Winkcup was in the very next event - the Under 18 Girls' 2000 metres Steeplechase event. As is usual for Georgia she took off at the start and defied the field to come and get her. We had been hoping that Georgie would be able to break the 7 minute barrier for this event in this race. During the race Georgie built up a lead of up to 60 metres and eventually won by some 30 metres. Thus Georgia became the Australian Champion – ran a 16 second pb and smashed that 7 minute barrier. Georgia's time for the event was 6 mins 53.50 secs. On the Sunday morning Georgie finished 4th in the Under 18 Girls 3000 metres event in a time of 10 mins 25.21 secs.

Cameron Pappas contested the Under 18 Boys' Long Jump event on the Saturday and unfortunately jumped 3 fouls.

Maddy Bergfield emulated the feat set by Cameron and also threw 3 fouls in her Under 18 Girls' Discus event. In her Shot Put event Maddy finished in 7th place with a throw of 12.87 metres. Maddy also competed in her Javelin event and finished in 12th place with a throw of 30.33 metres.

Johanna Volos competed on the last day of the Carnival in the Under 16 Girls' Pole Vault event ultimately finishing in equal 4th place. In this event Johanna created a new pb for herself with her clearance at 3.10 metres. Johanna cleared every height from 1.80 metres to her ultimate clearance at 3.10 metres with her very first attempt at each of the 8 clearances she achieved.

34. Australian Schools Knock-Out Final

At the National Schools Knock-Out event held at Townsville on Monday, 9th December we had 2 representatives there.

Nicola Bowtell represented her school Pymble Ladies College in the Junior competition and her team won the silver medal in this competition. Nicola finished 2nd in her heat of the 100 metres event in a time of 13.23 seconds (tailwind of 0.7 metres/sec) to earn 19.5 points in this event. Nic was the final leg runner in her team's win in the 4 x 200m Relay event.

Maddy Bergfield represented her school Mt. St. Benedicts in the Senior competition and her team won the bronze medal in this competition. Maddy finished 5th in her Javelin event with her throw of 33.00 metres to earn 28 points in this event. In her Shot Put event Maddy finished in 4th place with her throw of 12.31 metres. This throw earned 29 points for her school.

35. Zatopek Classic Meet

The Zatopek Classic was held in Melbourne on Thursday evening, 12th December and we had 1 athlete participating.

Kate Spencer won the Under 20 3000 metres event in yet another World Junior Qualifying time of 9 mins 18.64 secs finishing approximately 6 seconds in front of the 2nd placegetter.

36. Northern Metropolitan Zone Little Athletics Championships

The Northern Zone Little A's Championships were held at Barton Park, Parramatta over the weekend of 14th & 15th 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.

Catherine Elgood finished in 4th place in the Under 12 Girls Discus event with a personal best throw of 16.81 metres.

Lara Halmarick finished in 4th place in the Under 12 Girls Long Jump event with her personal best leap of 4.14 metres.

Eleanor Plummer finished in 3rd place in the Under 12 Girls High Jump event with her equal personal best clearance at 1.31 metres. In her Triple Jump event Eleanor placed 6th with her leap of 8.63 metres.

Emily Ralph placed 5th in the Under 12 Girls Shot Put event with her throw of 6.75 metres.

Anna Badaoui finished in 4th place in the Under 13 Girls High Jump event with her equal personal best clearance at 1.30 metres

Junyi Fang finished in 6th place in the Under 13 Girls 80 metres Hurdles event in a time of 15.28 seconds. In her Triple Jump Junyi leapt a personal best leap of 8.93 metres to finish in 4th place in this event.

Eliza Harvey won the Under 13 Girls 400 metres event in a time of 65.40 seconds. In her 800 metres event Eliza was again the winner with her time of 2 mins 32.47 secs. Eliza contested the 1500 metres event for the first time and finished in 2nd place with her time of 5 mins 24.04 secs.

Julia Kelland contested all 3 throwing events in the Under 13 Girls age group. In her Discus event Julia claimed 6th place with a throw of 23.51 metres. In her Shot Put event Julia finished in 4th place with her personal best effort of 8.48 metres. Whilst in her Javelin event Julia placed 3rd with her personal best throw of 28.65 metres.

Katrina Lyon contested 6 events at this Carnival and qualified through to Region in all 6 events in the Under 13 age group. In her 80 metres Hurdles event Katrina was the winner in a time of 13.98 seconds. Katrina finished 2nd in her 100 metres event in a time of 13.80 seconds. In her 200 metres Hurdles event Katrina was again 2nd with a personal best time of 31.05 seconds. Katrina also finished 2nd in the Triple Jump event with her personal best leap of 9.56 metres. Her 200 metres event saw Katrina finish in 3rd place with her personal best time of 28.55 seconds. Katrina finished in 5th place in her Long Jump event with her leap of 4.30 metres.

Kiera Simula finished in 5th place in the Under 13 Girls 100 metres event in a time of 14.35 seconds.

Hannah Tall finished in 5th place in the Under 13 Girls 800 metres event in a personal best time of 2 mins 44.66 secs. In her Discus event Hannah also claimed 5th place with her personal best throw of 25.01 metres.

Jessica Brown placed 2nd in the Under 14 Girls Triple Jump event with her personal best leap of 9.60 metres. In her High Jump event Jessica placed 4th with her personal best clearance at 1.40 metres. Jessica also claimed 4th place in her Long Jump event with her personal best leap of 4.55 metres.

Kelsey Cooper-Phillis won the Under 14 Girls 400 metres event in a time of 63.09 seconds. In her 100 metres event Kelsey claimed 2nd spot in a time of 13.50 seconds. Kelsey claimed another 2nd place in her 200 metres event with her time of 27.92 seconds. A further 2nd placing in the 800 metres event was claimed by Kelsey in a personal best time of 2 mins 34.59 secs.

Amy Court won the Under 14 Girls Long Jump event with her personal best leap of 4.74 metres. In her 200 metres Hurdles event Amy finished in 3rd place in a personal best time of 31.54 seconds. Amy also placed 3rd in her 200 metres event in a time of 28.82 seconds. A further 3rd placing was also claimed by Amy in her Triple Jump with her personal best leap of 9.44 metres. Amy finished 6th in her 100 metres event in a time of 14.07 seconds.

Chloe Davis also qualified for the Region Carnival in 5 events in the Under 14 Girls age group. In her Javelin event Chloe was not only the winner but she also broke the Zone Record with her personal best throw of 34.56 metres. Chloe also won her Triple Jump event with her personal best leap of 9.75 metres. In her High Jump event Chloe finished in 2nd place with her equal best clearance at 1.42 metres and also picked up a further 2nd placing in the Long Jump event with her personal best leap of 4.65 metres. Chloe finished 4th in her Shot put event with her personal

best throw of 8.07 metres.

Brooke Matheson, like Chloe, also qualified for the Region Carnival in 5 events in the Under 14 Girls age group. In her Shot Put event Brooke finished in 3rd place with her personal best throw of 8.50 metres. A further 3rd placing came Brooke's way courtesy of her Discus event with a personal best throw of 24.85 metres. Brooke finished 6th in her 200 metres event in a time of 29.96 seconds. In her 80 metres Hurdles event Brook also claimed 6th place with her time of 15.02 seconds. Brooke claimed a further 6th placing with her personal best time of 32.82 seconds in the 200 metres Hurdles event.

Emma Smith finished in 4th place in the Under 14 Girls 100 metres event in a time of 13.86 seconds.

Nicola Bowtell also competed in 6 events at this Carnival and has qualified for the Region in every one of them. Nicola won the Under 15 Girls 400 metres event with her time of 62.54 seconds. In her 800 metres event Nicola was again the winner in a time of 2 mins 33.03 secs. Nic finished in 2nd place in her 200 metres event in a personal best time of 27.25 seconds. In her Discus event Nicola also claimed 2nd spot with her personal best throw of 28.27 metres. Nicola claimed 4th place in her 200 metres Hurdles event in a personal best time of 31.55 seconds. In her Long Jump event Nic again claimed 4th place with her personal best distance of 4.66 metres.

Katherine Du finished in 5th place in the Under 15 Girls Long Jump event with her leap of 4.28 metres. In her 90 metres Hurdles event Katherine finished in 6th place in a personal best time of 17.37 seconds.

Claire Higginson finished in 6th place in the Under 15 Girls 400 metres event in a time of 75.44 seconds.

Scarlett Kidman contested the three distance events in her age group of the Under 15 Girls events. In her 1500 metres event Scarlett claimed 2nd place with her personal best time of 5 mins 29.12 secs. Scarlett finished 3rd in her 800 metres event in a time of 2 mins 42.58 secs. In her 3000 metres event Scarlett finished in 5th place in a time of 12 mins 10.69 secs.

Maya Leverett won the Under 15 Girls Long Jump event with her leap of 5.01 metres. In her Triple Jump event Maya was again the winner with her leap of 11.20 metres. This distance is a National Qualifier in this event for next year.

Crystal Overton finished 3rd in the Under 15 Girls Shot Put event with her personal best throw of 10.55 metres. In her Discus event Crystal claimed 5th spot with her personal best throw of 24.67 metres.

Helen Pretorius claimed 3rd place in the Under 15 Girls 100 metres event with her time of 13.67 seconds. In her 200 metres event Helen finished in 4th place in a personal best time of 28.35 seconds. Helen finished in 5th place in her 400 metres event in a time 71.38 seconds. In her 200 metres Hurdles event Helen claimed a further 5th placing in a time of 34.04 seconds.

Veronika Jukic finished in 3rd place in the Under 17 Girls Triple Jump event with her personal best leap of 10.05 metres. In her High Jump event Veronika finished 4th with her height of 1.45 metres.

Sarah Kelland has also qualified for the Region Carnival in all 6 events in which she contested as an Under 17 Girl. In her 1500m Walk event Sarah was the winner in a time of 8 mins 28.59 secs. Sarah also won her Javelin event with her throw of 28.63 metres. In her Discus event Sarah was again the winner with her personal best throw of 28.65 metres. Sarah finished 4th in the Shot Put event with her distance of 8.95 metres. In her 400 metres event Sarah claimed 6th spot in a time of 72.17 seconds. Sarah claimed a further 6th placing in her 800 metres event in a personal best time of 3 mins 06.52 secs.

Niamh Simula finished 2nd in the Under 17 Girls 1500 metres event in a personal best time of 6 mins 05.71 secs. In her 3000 metres event Niamh also claimed 2nd place in a personal best time of 14 mins 20.14 secs. Niamh placed 5th in her 400 metres event in a personal best time of 71.67 seconds. In her 200 metres Hurdles Niamh finished in 6th place in a time of 34.00 seconds. Niamh also claimed 6th spot in her Long Jump event with her equal best distance of 4.28 metres.

Kara Talty claimed 2nd place in the Under 17 Girls Shot Put event with her personal best throw of 10.63 metres.

Bethany Thom finished 3rd in the Under 17 Girls High Jump event with her clearance at 1.51 metres. In her Triple Jump event Bethany finished 4th with her leap of 9.76 metres.

Georgia Winkcup won the Under 17 Girls 400 metres event in a personal best time of 64.80 seconds. In her 800 metres event Georgie was again the winner in a time of 2 mins 27.80 secs. Georgia duly won her 1500 metres

event in a personal best time of 4 mins 52.08 secs. In her 3000 metres event Georgie was again the winner in a time of 10 mins 45.45 secs. Georgia finished 5th in her 200 metres Hurdles event in a personal best time of 32.17 seconds.

James Bragg finished in 5th place in the Under 12 Boys 200 metres event in a personal best time of 28.69 seconds. In his 60 metres Hurdles event James came 4th in a time of 11.43 seconds.

Zane Camroux won the Under 12 Boys Long Jump event with his leap of 4.91 metres. In his Triple Jump event Zane was again the winner with a leap of 10.01 metres. Zane came 6th in his 100 metres event in a time of 14.11 seconds.

Christian Cirino won the Under 12 Boys 800 metres event in a personal best time of 2 mins 24.37 secs. In his 400 metres event Christian finished in 2nd place with a personal best time of 66.26 seconds.

Raven Daniel finished in 5th place in the Under 12 Boys Javelin event with a throw of 11.88 metres.

Noah Hain finished in 2nd place in the Under 12 Boys High Jump event with a huge personal best clearance of 1.50 metres. In his Triple Jump event Noah finished 2nd with a jump of 9.94 metres. Noah won his Discus event with a personal best throw of 28.10 metres.

Antonio Panebianco finished 3rd in the Under 12 Boys Shot Put event with his personal best throw of 7.80 metres.

Cameron Piro finished in 5th place in the Under 12 Boys High Jump event with his personal best clearance of 1.36 metres.

Ronald Ryan finished in 3rd place in the Under 12 Boys Javelin event with his personal best throw of 19.47 metres.

Harry Stevenson won his 1500 metres event in the Under 12 Boys age group in a time of 5 mins 11.66 secs. In his 800 metres event Harry finished in 2nd place in a personal best time of 2 mins 26.67 secs. Harry came 4th in his High Jump event with his clearance at 1.38 metres.

Oliver Arcus finished in 5th place in the Under 13 Boys 400 metres event in a time of 70.52 seconds.

Daniel Bowtell won the Under 13 Boys 200 metres event in a personal best time of 27.99 seconds. In his 200 metres Hurdles event Daniel finished 4th in a personal best time of 31.36 seconds. Daniel finished in 6th place in his 100 metres event in a time of 14.15 seconds.

Michael Matheson finished 3rd in the Under 13 Boys 80 metres Hurdles event in a personal best time of 14.41 seconds.

Ben Nogajski finished in 2nd place in the Under 13 Boys High Jump event with his clearance at 1.54 metres. In his Long Jump event Ben finished in 4th place with a personal best leap of 4.44 metres. Ben claimed a further 4th place in his Shot Put event throwing a distance of 8.99 metres. In his Discus event Ben finished in 6th place with a personal best throw of 24.26 metres.

Samuel Plummer finished in 2nd place in the Under 13 Boys 1500 metres Walk event in a personal best time of 11 mins 26.50 secs. In his Javelin throw Sam finished in 6th place with a throw of 18.09 metres.

Marko Prizmic placed 4th in the Under 13 Boys Triple Jump with a personal best leap of 9.08 metres. In his High Jump event Marko finished in 5th place with a personal best leap of 1.42 metres. Marko again finished in 5th place in his Long Jump event with a leap of 4.41 metres.

Jack Talty finished in 6th place in the Under 13 Boys 1500 metres event in a personal best time of 5 mins 20.92 secs.

Logan Wade placed 6th in the Under 13 Boys 3000 metres event in a time of 12 mins 12.91 secs.

Jay Butler finished in 2nd place in the Under 14 Boys 1500 metres Walk event in a season's best time of 13 mins 38.19 secs. In his 90 metres Hurdles event Jay finished in 5th place with a personal best time of 16.32 seconds.

Joshua Costigan finished in 4th place in the Under 14 Boys 200 metres Hurdles event in a time of 29.29 seconds. In his Long Jump event Josh claimed 5th place with a leap of 4.91 metres. Josh claimed a further 5th spot in his 100

metres event in a time of 13.14 seconds.

Alexander Galati finished 4th in the Under 14 Boys Triple Jump event with a personal best leap of 9.91 metres.

Luke McLachlan won the Under 14 Boys 1500 metres Walk event in a time of 12 mins 04.09 secs.

Louis Purcell finished in 2nd place in the Under 14 Boys 200 metres Hurdles event in a personal best time of 28.08 seconds. In his 200 metres event Louis clocked another personal best time of 25.16 seconds to claim 3rd place. Louis finished in 4th place in his 90 metres Hurdles event in yet another personal best time of 15.50 seconds.

Harrison Wade competed in 4 Under 14 Boys events at this Carnival and broke Zone Records in 3 of the events he contested. In his 800 metres event Harry won in the Zone Record time of 2 mins 09.01 secs. Harrison, in his 1500 metres event, again broke the record by some 14 seconds in recording a time of 4 mins 26.75 secs. In his 3000 metres event Harry again broke the record, this time by some 15 seconds, in a time of 9 mins 40.10 secs. Harrison also competed in his 400 metres event and finished in 3rd place in a time of 60.58 seconds.

Jack Armson finished in 3rd place in the Under 15 Boys 3000 metres event in a personal best time of 11 mins 39.48 secs.

Lance Cheney finished in 4th place in the Under 15 Boys 100 metres event in a time of 12.93 seconds. In his 200 metres event Lance finished in 6th place in a time of 26.86 seconds. Lance also finished in 6th place in his Triple Jump event with a leap of 9.64 metres.

Dylan Rodgers won the Under 15 Boys 1500 metres Walk event in a time of 13 mins 54.77 secs. In his 1500 metres event Dylan finished in 3rd place in a time of 5 mins 54.58 secs. Dylan placed 5th in his 800 metres event in a personal best time of 2 mins 38.75 secs.

Antonio Galati finished in 2nd place in the Under 17 Boys 200 metres event in a personal best time of 23.22 seconds. In his 100 metres event Antonio placed 3rd in a personal best time of 11.31 seconds. Antonio gained a further 3rd placing in his Long Jump event with his personal best leap of 6.04 metres. In his Javelin event Antonio threw a personal best distance of 37.55 metres to take out 5th place in this event.

Anthony Overton won the Under 17 Boys Shot Put event with his throw of 13.73 metres. In his High Jump event Anthony took out 2nd place with his clearance at 1.68 metres. Anthony placed 3rd in his Discus event with his throw of 40.43 metres. Anthony took out a further 3rd placing in his Javelin event with a personal best throw of 40.38 metres.

Ed Penrose finished in 2nd place in the Under 17 Boys 800 metres event in a time of 2 mins 08.27 secs.

Nicholas Purcell finished in 4th place in the Under 17 Boys 400 metres event in a personal best time of 58.26 seconds.

Jack Rodgers finished in 2nd place in the Under 17 Boys 1500 metres Walk event in a personal best time of 9 mins 46.37 secs. In his Triple Jump event Jack secured 3rd place with his personal best leap of 11.79 metres. Jack finished in 4th place in his High Jump with a personal best leap of 1.60 metres. In his 400 metres event Jack finished in 5th place with his time of 61.34 seconds. Jack secured a further 5th placing in his 800 metres event with his time of 2 mins 32.60 secs. With a personal best leap of 5.79 metres Jack placed 6th in his Long Jump event.

37. N.S.W. Multi-Event Championships

The N.S.W. Multi-Event Championships were held at Campbelltown over the weekend of 4th & 5th January and we had 3 competitors there.

Nicola Bowtell finished in 7th place in the Under 16 Girls Heptathlon event as listed in the following table. Nicola's result is a qualifier for her to compete at the Australian Combined Events Championships to be held in Melbourne in April, 2014.

90m Hurdles	High Jump	Shot Put	200 Metres	Long Jump	Javelin Throw	800 metres	Total
17.33 secs	1.21m	8.93m	26.95 secs	4.49m	17.32m	2:30.39	
560	321	460	716	426	239	688	3410

Katrina Lyon won the silver medal in the Under 14 Girls Pentathlon event as listed in the following table.

80m Hurdles	Shot Put	High Jump	Long Jump	800 metres	Total
14.06 secs	5.50m	1.32m	4.38m	2:48.18	
970	240	429	398	483	2520

Daniel Bowtell won the bronze medal in the Under 14 Boys Pentathlon event as listed in the following table.

Long Jump	Javelin Throw	200 Metres	Discus Throw	800 metres	Total
4.19m	14.69m	28.72 secs	23.40m	2:36.21	
237	91	329	336	428	1421

38. Oceania Masters Athletics Championships

The Oceania Masters Athletics Championships were held in Bendigo over the period 4th – 12th January and we had 2 representatives there.

Andrew Atkinson-Howatt won the 55 – 59 years Pentathlon event with his score of 2293 points – see table below:-

Name	Long Jump	Javelin	200 metres	Discus	1500 metres	Points
Andrew Atkinson-Howatt	3.56m	40.58m	30.0h	35.23m	7:52.69	
	w: -0.4		w: 0.7			
	321	652	532	646	142	2293

In the Weight Pentathlon event Andrew won the silver medal – see table below

Name	Hammer	Shot	Discus	Javelin	Weight	Points
Andrew Atkinson-Howatt	30.35m	9.88m	35.16m	41.48m	10.30m	
	510	640	645	670	540	3005

In his Hammer Throw event Andrew finished in 4th place with his throw of 33.41 metres.

Andrew struck gold in his Javelin event with his throw of 43.93 metres. This is the third time in a row that Andrew has won the Javelin at this event. In his Discus event Andrew won the bronze medal with a throw of 34.28 metres. His Weight Throw event saw Andrew finish in 4th place with his throw of 11.35 metres.

Robert Hanbury-Brown finished in 2nd place in the 55 – 59 years Pentathlon event with his score of 2033 points – see table below:-

Name	Long Jump	Javelin	200 metres	Discus	1500 metres	Points
Robert Hanbury-Brown	3.31m	39.15m	30.0h	33.83m	DNF	
	w: -0.1		w: 0.7			
	262	624	532	615	0	2033

In the Weight Pentathlon event Robert was the winner – see table below

Name	Hammer	Shot	Discus	Javelin	Weight	Points
Robert Hanbury-Brown	32.47m	10.92m	34.58m	36.54m	12.45m	
	556	720	632	572	676	3156

In his Hammer Throw event Robert secured a silver medal with his throw of 34.95 metres. Robert won a silver medal in his Javelin event with a throw of 40.14 metres.

39. Hunter Track Classic

At the Hunter Track Classic held at Glendale we were represented by 1 athlete.

Georgia Winkcup finished 6th in the 3000 metres Steeplechase event in a time of 11 mins 28.71 secs.

40. Briggs Track Classic

At the Briggs Classic Meet held in Hobart on 1st February, 2014 we were represented by 1 athlete.

Kate Spencer produced a personal best time in the Open Women's 1500 metres event in finishing in 7th place in this event. Kate took 7 seconds off her previous best time in clocking a time of 4 mins 21.26 secs. With this time Kate also broke our Under 20 Best Performance on Record.

41. N.S.W. Junior Championships

The NSW Junior Championships were held at Homebush over the period from 7th February to 9th February and we had a total of 24 athletes competing there.

Maddy Bergfield got our campaign off to a good start when she won the bronze medal in the Under 20 Girls Discus event with her throw of 39.79 metres. In her Shot Put event Maddy finished in 5th place with a personal best throw (and new Centre Best Performance on Record 4kg) of 11.27 metres. Maddy has won the right to represent NSW at the Australian Junior Championships in these events to be held in March, 2014.

Daniel Bowtell finished 3rd in his heat of the Under 14 Boys 100 metres event with his time of 13.75 seconds (headwind of 0.7 metres/sec). In his 100 metres final Daniel finished in 7th position with his time of 14.02 seconds (headwind of 0.2 metres/sec). Daniel finished in 8th place in his 400 metres event in a time of 64.73 seconds. In his 200 metres Hurdles event Daniel placed 5th in a time of 37.07 seconds (headwind of 1.6 metres/sec).

Nicola Bowtell finished in 3rd place in her heat of the Under 16 Girls 200 metres event in a time of 27.09 seconds (tailwind of 0.4 metres/sec). In her 200 metres final Nicola placed 9th with her time of 26.75 seconds (tailwind of 0.1 metres/sec). Nicola finished in 2nd place in her heat of her 400 metres event in a time of 61.08 seconds. In her 400 metres final Nic claimed the bronze medal with her time of 60.62 seconds.

Jessica Brown placed 9th in her heat of the Under 16 Girls 100 metres event in a time of 13.80 seconds (tailwind of 0.2 metres/sec). In her High Jump event Jessica finished in 10th place with her clearance at 1.40 metres. Jessica finished in 21st place in her Long Jump event with a leap of 4.43 metres (headwind of 0.5 metres/sec). In her Triple Jump event Jessica claimed 12th place with her leap of 9.69 metres (tailwind of 0.8 metres/sec). As Jessica was the 3rd 14 year old girl in this event she has qualified to represent her state in this event at the 2014 Australian Junior championships.

Sierra Collender finished in 4th place in the Under 18 Girls 3000 metres event in a time of 11 mins 07.87 secs. In her 2000 metres Steeplechase event Sierra also finished in 4th place with her time of 7 mins 31.62 secs. Sierra qualified in both of these events at the 2014 Australian Junior Championships.

Amy Court finished in 15th place in the Under 16 Girls Long Jump event with her leap of 4.73 metres (headwind of 0.9 metres/sec). In her 200 metres Hurdles event Amy placed 4th in her heat in a time of 34.14 seconds (tailwind of 0.1 metres/sec).

Chloe Davis finished in 7th place in the Under 16 Girls Javelin event with her throw of 32.29 metres. As Chloe was the 2nd place 14 year old girl she has thus qualified for the 2014 National Junior Championships.

Antonio Galati placed 3rd in his heat of the Under 18 Boys 100 metres event in a time of 11.35 seconds (tailwind of 0.3 metres/sec). In his final Antonio finished in 6th place with his time of 11.32 seconds (tailwind of 0.5 metres/sec). Antonio placed 3rd in his heat of the 200 metres event in a time of 23.11 seconds (wind reading of 0.9 metres/sec) to just miss out on the final of this event.

Eliza Harvey won the silver medal in the Under 14 Girls 800 metres in a personal best time of 2 mins 19.28 secs. With this time Eliza broke our Best Performance on Record and has qualified for the 2014 Australian Junior Championships.

Sachi Kayama had an outstanding carnival entering 3 events and producing personal best performances in all 3 events. In her Under 20 Girls 100 metres event Sachi qualified for the final by running a time of 12.31 seconds (tailwind of 1.7 metres/sec) in her heat to finish in 3rd place. In the final Sachi claimed 4th place with a personal best performance of 12.13 seconds (tailwind of 1.1 metres/sec). Sachi won the gold medal in her Long Jump event with her personal best leap of 5.93 metres (NWI) which broke our Centre Record. In her 200 metres heat Sachi claimed 2nd spot with a personal best time of 25.14 seconds (headwind of 0.3 metres/sec). Sachi claimed the bronze medal in the final with her time of 25.37 seconds (headwind of 2.3 metres/sec).

Julia Kelland produced a personal best throw of 30.05 metres with her very last throw to win the Silver Medal in the Under 14 Girls Javelin event. Athletics Australia's qualifying distance for this event was 30.00 metres. In her Hammer event Julia claimed the bronze medal with her throw of 20.43 metres and thus also qualified for the Nationals in this event. In her Discus throw Julia placed 5th with her distance of 25.54 metres and in her Shot Put event Julia finished in 8th place with her throw of 8.58 metres.

Nicholas Kelland finished in 4th place in the Under 20 Boys Javelin event with his throw of 40.42 metres. In his Discus event Nick claimed 6th spot with his throw of 31.61 metres.

Sarah Kelland finished in 10th place in the Under 18 Girls Javelin event with her throw of 27.90 metres. In her Discus event Sarah placed 11th with her distance of 28.73 metres. Sarah claimed 13th spot in her Shot Put event with a throw of 8.90 metres. By competing at this Carnival Sarah has secured a berth in the Under 18 Girls 5000 metres Walk event at the National Juniors in March, 2014.

Scarlett Kidman produced an outstanding run in the Under 16 Girls 2000 metres Steeplechase event to finish in 4th place. Her time of 8 mins 03.70 secs secured for her a run in this event at the Australian Junior Championships. Scarlett took 37 seconds off her previous best time in this run.

Maya Leverett won the silver medal in the Under 16 Girls Long Jump event with her leap of 5.27 metres (tailwind of 0.5 metres/sec). In her Triple Jump event Maya secured the bronze medal with her leap of 11.15 metres (tailwind of 3.7 metres/sec). Maya has ensured herself a berth in both of these events at the 2014 National Juniors.

Katrina Lyon won the bronze medal in the Under 14 Girls Triple Jump event with her leap of 9.77 metres (headwind of 1.4 metres/sec). In her Long Jump event Katrina finished in 5th place with her jump of 4.39 metres (tailwind of 0.8 metres/sec). Katrina finished in 6th place in her 80 metres Hurdles event in a time of 14.44 seconds (tailwind of 1.7 metres/sec).

Cameron Pappas sustained an injury in his first jump in the Under 20 Boys Triple Jump event (a foul) and was unable to take any further part in the competition. As Cameron has previously leapt the qualifying distance for the Under 20 Boys Triple Jump event he has ensured himself the opportunity to compete at the Australian Junior Championships.

Ed Penrose finished in 9th place in his heat of the Under 18 Boys 800 metres event in a time of 2 mins 09.70 secs. Ed has already achieved a qualifier for the National Championships in March, 2014.

Helen Pretorius finished in 7th place in her heat of the Under 16 Girls 200 metres event in a time of 28.35 seconds (headwind of 1.2 metres/sec). In her 100 metres heat Helen finished in 6th place with her time of 13.66 seconds (tailwind of 1.9 metres/sec).

Niamh Simula finished in 6th place in the Under 18 Girls 3000 metres event in a personal best time of 12 mins 55.22 secs. As Niamh was the 3rd girl in her age group she has secured a run at the National Junior Championships in this event. In this run Niamh reduced her previous best time by 50 seconds. In her 1500 metres event Niamh placed 13th in a time of 6 mins 01.91 secs.

Kate Spencer finished with a bronze medal in the Under 20 Girls 1500 metres event. Kate's time in finishing 3rd in this event was 4 mins 20.86 secs. This time is approximately 1/3 second outside the World Junior Qualifying Time set by Athletics Australia.

Johanna Volos won the silver medal in the Under 16 Girls Pole Vault event with her clearance at 3.00 metres.

Harrison Wade won the silver medal in the Under 16 Boys 1500 metres event in a time of 4 mins 19.22 secs. This means that Harrison is entitled to compete at the National Junior Titles in his 3 pet Distance Events.

Georgia Winkcup competed in a new event this weekend – the Under 18 Girls 400 metre Hurdles. Georgie finished 2nd in her heat in a time of 68.45 seconds. In the final Georgie was even faster – 68.00 seconds and this time won her the Bronze Medal. This now means that Georgia has qualified in 6 events for the Australian Juniors – 400 metres Hurdles, 800 metres, 1500 metres, 3000 metres, 2000 metres Steeplechase and 3000 metres Steeplechase.

Of the above athletes our Centre will have a total of 21 athletes qualified for the Australian Junior Championships to be held in Sydney in March of 2014.

42. N.S.W. Open 5000 metres Championships

The NSW Open 5000 metres Championships were held on Saturday, 15th February and we had 1 competitor there.

Kate Spencer (18 years) won the Open State Title in a time of 15 mins 46.60 secs. In the race Kate was the victor by some 28 seconds and in winning the event she broke the standard set by Athletics Australia for the World Junior event by a staggering 53 seconds. Kate's time was also a "B" qualifier for the Commonwealth Games to be held later this year.

43. Adelaide Track Classic

At the Adelaide Track Classic we were represented by 1 athlete.

Ben Cox finished in 5th place in the Open Men's Triple Jump event with a best leap on the night of 15.25 metres (tailwind of 1.2 metres/sec). Ben had 4 legal jumps with 3 of the 4 jumps over the 15 metre mark.

44. Little A's Regional Championships

Over the weekend of 15th & 16th February, 22 of our athletes contested various events at the Little A's Regional Championships held at Narrabeen.

Katrina Lyon finished in 3rd place in her Under 13 Girls 100 metres heat in a time of 14.01 seconds. In the final Katrina finished in 5th place with her time of 13.98 seconds. In her 200 metres heat Katrina placed 3rd with her time of 28.83 seconds. Katrina finished in 7th place in the final with a time of 29.40 seconds. In her 80 metres Hurdles heat Katrina claimed 3rd place with her time of 14.08 seconds. Katrina finished 7th in the final in the exact same time. Katrina was 4th in her heat of the Under 13 Girls 200 metres Hurdles event in a time of 32.64 seconds. In the final Katrina finished in 5th place with her time of 32.12 seconds. Katrina finished in 8th place in her Long Jump event with her leap of 4.05 metres.

Kelsey-Cooper Phillis finished in 4th place in her heat of the Under 14 Girls 100 metres event with her time of 13.56 seconds. In the final Kelsey placed 7th in a time of 13.75 seconds. Kelsey, in her 200 metres heat, claimed 2nd place with her time of 27.86 seconds. In the final Kelsey placed 5th with her time of 27.83 seconds. Kelsey finished in 2nd place in her 400 metres heat in a time of 63.10 seconds. In the final Kelsey claimed 5th spot in a time of 62.96 seconds. In the 800 metres final Kelsey claimed 10th place in a time of 2 mins 37.24 secs.

Amy Court placed 3rd in her heat of the Under 14 Girls 100 metres event in a time of 13.71 seconds. In the final Amy placed 8th in a time of 13.93 seconds. In her 200 metres heat Amy finished in 3rd place with a time of 28.07 seconds. Amy finished 6th in the final in a time of 28.21 seconds. In her 200 metres Hurdles heat Amy placed 3rd in a time of 31.60 seconds. Amy placed 2nd in the final with her time of 30.69 seconds. In her Long Jump event Amy finished 2nd with her leap of 4.57 metres. Amy finished in 3rd place in her Triple Jump event with her leap of 9.68 metres.

Jessica Brown finished in 6th place in her heat of the Under 14 Girls 100 metres event with her time of 14.08 seconds. In her High Jump event Jessica claimed 2nd place with her clearance at 1.45 metres. Jessica claimed 4th place in her Long Jump event with a leap of 4.48 metres. In her Triple Jump event Jessica finished in 4th place with her leap of 9.51 metres. Jessica finished in 8th place in her Discus event with her throw of 19.70 metres.

Helen Pretorius placed 4th in her heat of the Under 15 Girls 100 metres event in a time of 13.59 seconds. In the final Helen claimed 7th place in a time of 13.67 seconds. Helen finished in 4th place in her 200 metres heat in a time of 28.09 seconds. In the final Helen finished in 8th place with a time of 28.36 seconds.

Nicola Bowtell finished in 3rd place in her Under 15 Girls 200 metres heat with her time of 27.32 seconds. In the final Nic claimed 2nd place with her time of 27.14 seconds. Nic placed 2nd in her heat of the 400 metres event with a time of 62.11 seconds. In the final Nic repeated her heat placing of 2nd in the faster time of 61.27 seconds. Nicola came 2nd in her heat of the 200 metres Hurdles event with her time of 31.87 seconds. In the final Nicola finished 4th in a time of 31.21 seconds. Nicola finished in 7th place in her Long Jump event with her effort of 4.58 metres. In her Discus event Nic claimed 2nd place with her throw of 32.41 metres.

Claire Higginson placed 6th in her heat of the Under 15 Girls 400 metres event in a time of 72.82 seconds. In her heat of the 200 metres Hurdles event Claire finished in 5th place with a time of 35.48 seconds.

Eliza Harvey finished 2nd in the final of the Under 13 Girls 800 metres event in a time of 2 mins 23.78 secs. In her heat of her 400 metres event Eliza placed 2nd in a time of 64.39 seconds. In the final Eliza placed 4th with her time of 65.20 seconds. Eliza finished 2nd in the final of her 1500 metres event in the time of 5 mins 02.15 secs.

Hannah Tall finished in 6th place in the Under 13 Girls 800 metres final with her time of 2 mins 36.37 secs. In her Discus event Hannah threw 25.56 metres to claim 8th placing.

Scarlett Kidman placed 5th in the Under 15 Girls 800 metres final with her time of 2 mins 37.63 secs. In her 1500 metres final Scarlett finished in 4th place in a time of 5 mins 17.79 secs. Scarlett added a further 4th placing to her collection in her 3000 metres event in a time of 11 mins 28.52 secs.

Georgia Winkcup claimed 2nd spot in the Under 17 Girls 800 metres final in a time of 2 mins 23.07 secs. In her 1500 metres final Georgia was the winner in a time of 4 mins 49.09 secs. In winning her 3000 metres event Georgia's time was 10 mins 19.29 secs – this time was only 1/5 second outside the record belonging to her cousin (Kate Spencer).

Niamh Simula placed 5th in the Under 17 Girls 1500 metres event with her time of 5 mins 45.64 secs. In her 3000 metres final Niamh again finished in 5th place with her time of 12 mins 41.86 secs.

Junyi Fang finished in 5th place in her heat of the Under 13 Girls 80 metres Hurdles event with a time of 15.16 seconds. In her 200 metres Hurdles heat Junyi finished in 7th spot with her time of 35.65 seconds. Junyi finished in 10th place in her Triple Jump event with her leap of 8.58 metres. In her Discus event Junyi finished in 11th place with her throw of 19.91 metres.

Chloe Davis finished in 4th place in her heat of the Under 14 Girls 80 metres Hurdles event in a time of 14.12 seconds. In the final Chloe finished in 7th place with a time of 14.32 seconds. Chloe finished in 6th place in her High Jump event with her leap of 1.30 metres. In her Long Jump event Chloe finished in 5th place with her leap of 4.47 metres. Chloe finished 5th in her Triple Jump event with her effort of 9.50 metres. In her Shot Put event Chloe finished in 8th spot with her throw of 8.03 metres. Chloe broke the record in throwing the Javelin a distance of 35.33 metres to win this event.

Brooke Matheson placed 3rd in her heat of the Under 14 Girls 80 metres Hurdles event with her time of 14.42 seconds. In the final Brooke claimed 5th place with her time of 14.23 seconds. Brooke finished in 5th place in her heat of the 200 metres Hurdles event with a time of 33.03 seconds. In her Shot put event Brooke claimed 7th spot with her throw of 8.43 metres. Brooke finished in 6th spot in her Discus event with her effort of 25.75 metres.

Katherine Du placed 6th in her heat of the Under 15 Girls 90 metres Hurdles event in a time of 17.63 seconds. In her Long Jump event Katherine finished in 13th place with her leap of 4.06 metres. Katherine claimed 9th place in her Shot Put event with her throw of 8.51 metres. In her Javelin event Katherine secured 7th place with her throw 24.15 metres.

Eleanor Plummer finished in 10th place in the Under 12 Girls High Jump event with her clearance at 1.25 metres. In her Triple Jump event Eleanor finished in 10th spot with her leap of 8.59 metres.

Anna Badaoui finished in equal 6th place in the Under 13 Girls High Jump with her leap of 1.30 metres. In her Long Jump event Anna finished in 11th place with her leap of 3.83 metres.

Veronika Jukic placed 6th in the Under 17 Girls High Jump event with her clearance at 1.50 metres. In her Triple Jump event Veronika finished in 3rd place with her leap of 10.31 metres.

Lara Halmarick finished in 8th place in the Under 12 Girls Long Jump event with her leap of 4.27 metres.

Maya Leverett placed 3rd in her Long Jump event with her jump of 5.19 metres. In her Triple Jump event Maya was the winner with her leap of 10.91 metres.

Emily Ralph finished 14th in the Under 12 Girls Shot Put event with her throw of 6.50 metres.

Julia Kelland placed 6th in the Under 13 Girls Shot Put event with her throw of 9.10 metres. In her Discus event Julia again claimed 6th place with her throw of 27.41 metres. Julia threw the Javelin a distance of 29.31 metres to secure 3rd place in this event.

Crystal Overton finished in 3rd place in the Under 15 Girls Shot Put event with her effort of 10.07 metres. In her Discus event Crystal threw 24.10 metres to finish in 8th position.

Kara Talty placed 2nd in the Under 17 Girls Shot Put event with her effort of 10.41 metres.

Sarah Kelland finished in 6th place in the Under 17 Girls Shot Put event with her throw of 8.99 metres. In her Discus event Sarah claimed 3rd spot with her effort of 27.68 metres. In her Javelin event Sarah secured 2nd place with her throw of 31.72 metres. Sarah won her 1500 metres Walk event with her time of 8 mins 56.67 secs.

Catherine Elgood placed 11th in the Under 12 Girls Discus event with her throw of 16.12 metres.

Jadine Zagic finished in 11th place in the Under 15 Girls Javelin event with her throw of 17.35 metres.

Zane Camroux finished in 3rd place in his heat of the Under 12 Boys 100 metres event in a time of 14.56 seconds. In his 100 metres final Zane claimed 6th spot with his time of 14.26 seconds. Zane won his Under 12 Boys Long Jump event with his leap of 4.91 metres. In his Triple Jump event Zane was the winner with a leap of 10.40 metres.

Daniel Bowtell finished in 4th place in his heat of the Under 13 Boys 100 metres event in a time of 13.75 seconds. In his 100 metres final Daniel claimed 8th place in a time of 14.12 seconds. Daniel won his heat of his 200 metres event in a time of 27.54 seconds. In the final Daniel secured 2nd place with his time of 27.71 seconds. In his 200 metres Hurdles heat Daniel finished in 4th place with a time of 32.54 secs. Daniel finished in 6th place in his 200 metre Hurdles final with a time of 31.87 seconds. In his Long Jump event Daniel finished in 13th place with a leap of 4.04 metres. Daniel finished in 10th place in his Triple Jump event with a leap of 8.31 metres. In his Discus event Daniel finished in 11th place with a distance of 21.97 metres.

Lance Cheney finished in 5th spot in his heat of the Under 15 Boys 100 metres event in a time of 13.16 seconds. In his 200 metres heat Lance finished in 4th place with his time of 27.01 seconds. Lance finished 13th in his Long Jump event with a leap of 4.22 metres. In his Triple Jump event Lance finished in 8th place with a jump of 8.38 metres.

Antonio Galati won his heat of the Under 17 Boys 100 metres event in a time of 11.42 seconds. In his 100 metres final Antonio claimed 2nd spot with his time of 11.51 seconds. Antonio won his 200 metres heat in a time of 23.98 seconds. In his 200 metres final Antonio finished 4th with his time of 23.71 seconds. Antonio leapt 5.80 metres in his Long Jump event to finish in 3rd place. In his Javelin event Antonio finished in 10th place with a throw of 29.32 metres.

Louis Purcell finished in 3rd place in his heat of the Under 14 Boys 200 metres event in a time of 25.32 seconds. In his 200 metres final Louis finished in 5th place with a time of 26.27 seconds.

Anthony Overton finished 4th in his heat of the Under 17 Boys 200 metres event in a time of 25.70 seconds. In his Shot Put event Anthony claimed 2nd place with a throw of 13.76 metres. Anthony threw the Discus 41.43 metres to finish in 4th place in this event.

Christian Cirino won his heat of the Under 12 Boys 400 metres event in a time of 65.11 seconds. In his 400 metres final Christian finished in 5th place with his time of 66.92 seconds. Christian finished 6th in his 800 metres event in a time of 2 mins 35.41 secs.

Dylan Rodgers finished 6th in his heat of the Under 15 Boys 400 metres event in a time of 61.03 seconds. In his 800 metres event Dylan finished in 8th place in a time of 2 mins 23.44 secs. Dylan finished 7th in his 1500 metres event in a time of 5 mins 29.12 secs. In his Javelin event Dylan finished in 9th place with his throw of 19.75 metres. Dylan secured 2nd place in his Walk event in a time of 14 mins 04.67 secs.

Harry Stevenson placed 2nd in the Under 12 Boys 800 metres final in a time of 2 mins 27.00 secs. In his 1500 metres event Harry claimed another 2nd placing with his time of 5 mins 01.75 secs.

Logan Wade finished in 11th place in the Under 13 Boys 800 metres event in a time of 2 mins 34.82 secs. In his 1500 metres event Logan finished in 9th place with a time of 5 mins 14.36 secs. Logan finished in 6th place in his 3000 metres event in a time of 11 mins 18.68 secs.

Harrison Wade won the Under 14 Boys 800 metres event in a time of 2 mins 08.48 secs. In his 1500 metres event Harry was again the winner in a Regional Record time of 4 mins 23.88 secs. Harry won his 3000 metres event in a time of 9 mins 53.93 secs.

Ed Penrose placed 6th in the Under 17 Boys 800 metres event in a time of 2 mins 06.64 secs.

Jack Rodgers finished in 8th place in the Under 17 Boys 800 metres event in a time of 2 mins 25.44 secs. In his High Jump event Jack claimed 8th place with his clearance at 1.55 metres. Jack claimed 8th place in his Long Jump event with his leap of 5.29 metres. In his Triple Jump event Jack finished in 5th place with a leap of 11.21 metres. Jack placed 3rd in his 1500 metres Walk event in a time of 10 mins 27.51 secs.

Jack Talty finished in 7th place in the Under 13 Boys 1500 metres event in a time of 5 mins 08.93 secs.

Michael Matheson finished in 3rd place in his heat of the Under 13 Boys 80 metres Hurdles event in a time of 14.03 seconds. In his Hurdles final Michael claimed 5th spot with his time of 13.93 seconds. Michael finished 3rd in his heat of the 200 metres Hurdles event in a time of 31.95 seconds. In his final Michael claimed 5th place in a time of 31.31 seconds.

Alexander Galati finished in 4th place in his heat of the Under 14 Boys 90 metres Hurdles event in a time of 16.81 seconds. In his Hurdles final Alex finished in 8th place in a time of 16.64 seconds. Alex finished in 12th place in his Triple Jump event with a leap of 9.38 metres.

Noah Hain finished in 4th place in the Under 12 Boys High Jump event with his clearance at 1.39 metres. In his Long Jump Noah finished in 12th place with a leap of 4.10 metres. Noah finished 4th in his Triple Jump event with a leap of 9.72 metres. In his Discus event Noah finished in 5th place with a throw of 28.60 metres.

Cameron Piro finished in 8th place in the Under 12 Boys High Jump event with a clearance at 1.30 metres.

Marko Prizmic claimed 9th place in the Under 13 Boys High Jump event with his clearance at 1.35 metres. In his Long Jump event Marko finished in 10th place with his leap of 4.28 metres. Marko finished in 9th place in his Triple Jump event with a leap of 8.32 metres.

Ben Nogajski finished in 10th place in the Under 13 Boys High Jump event with a clearance at 1.35 metres. In his Shot Put event Ben finished in 3rd place with his throw of 11.33 metres. Ben finished in 7th place in his Discus event with a throw of 26.14 metres.

Antonio Panebianco in 8th place in the Under 12 Boys Shot Put event with a throw of 8.15 metres.

Raven Daniel placed 13th in the Under 12 Boys Javelin event with his throw of 12.02 metres.

Samuel Plummer finished in 8th place in the Under 13 Boys Javelin event with his throw of 20.96 metres. In his 1500 metres Walk event Sam finished in 6th place with a time of 10 mins 20.41 secs.

Luke McLachlan finished in 4th place in the Under 14 Boys 1500 metres Walk event in a time of 11 mins 40.88 secs.

45. N.S.W. Masters Championships

The NSW Masters Championships were held at Homebush over the weekend of 22nd & 23rd February and we had a total of 6 athletes competing there.

Sue Gore won the 50-54 years Women's 800 metres event in a time of 2 mins 35.04 secs. In her 1500 metres event Sue claimed the bronze medal in a time of 5 mins 38.36 secs.

Lajos Joni won the 55-59 years Men's Hammer Throw event with his throw of 42.46 metres. In his Weight Throw event Lajos won the gold medal with a heave of 14.85 metres. Lajos added a bronze medal to his collection with his

3rd place in his Shot Put event with a throw of 10.63 metres. In his Discus event Lajos finished in 5th place with his throw of 33.00 metres.

Robert Hanbury-Brown finished in 3rd place in the 55-59 years Men's Hammer Throw event with his throw of 36.28 metres. In his Javelin event Robert won the silver medal with a throw of 41.65 metres. Robert won the bronze medal in his Weight Throw event with an effort of 12.76 metres. In his Shot Put event Robert secured the silver medal with his throw of 11.06 metres. Robert won the bronze medal in his Discus event with his throw of 38.37 metres.

Andrew Atkinson-Howatt won the 55-59 years Men's Javelin event with his throw of 43.50 metres. In his Discus event Andrew placed 6th with his throw of 32.39 metres.

Voitek Klimiuk won the bronze medal in the 55-59 years Men's Javelin event with a throw of 40.26 metres. In his Discus event Voitek was the winner with a throw of 39.14 metres.

Ron Wills finished in 2nd place in the 70-74 Men's 800 metres event in a time of 3 mins 27.77 secs.

46. Ryde Centre Championships

Our Centre Championships were held over 2 Sundays during November, 2013 and in February, 2014. During these 2 days a total of 24 records were broken. The record breakers were Adrian Wade (12), Maddy Bergfield (4), Harrison Wade (2), Nick Kelland (2), Anthony Overton (1), Lajos Joni (1), Patrick Kelland (1) and Julia Kelland (1).

47. N.S.W. Open Championships

The NSW Open Championships were held over the weekend of 28th February to 2nd March, 2014 and we had a total of 7 athletes competing there.

Georgia Winkcup, competing in the Open 1500 metres heats, was placed 6th in her heat and produced a huge personal best time (by 12 seconds) of 4 mins 32.59 secs. Unfortunately a slight injury to her left ankle prevented her from finishing in the final. However, Georgia recovered sufficiently to contest the Open Women's 3000 metres Steeplechase event on the Sunday. In this event Georgia produced a personal best time of 10 mins 49.04 secs. This time improved her previous best time by some 12 seconds. It also earned her the Silver Medal in this event.

Maddy Bergfield placed 8th in the Open Women's Discus event with her best throw of 40.66 metres. In the Open Women's Shot Put event Maddy secured 6th place with her best effort of 11.15 metres which came with her 5th throw in the competition.

Lajos Joni finished in 10th position in the Open Men's Hammer Throw event with his throw of 32.47 metres.

Kate Spencer won the Open Women's 3000 metres Steeplechase event in a time of 9 mins 53.15 secs. This time broke both the State Under 20 and Open records for this event. The time run by Kate was also a World Junior Qualifier and a Commonwealth Games "B" qualifier. Well done, Kate!

Johanna Volos claimed the Bronze Medal in the Open Women's Pole Vault event with her clearance at 3.10 metres. Again this was an equal personal best leap by Johanna.

Sachi Kayama finished in 4th place in the Open Women's Long Jump event with her best leap of 5.90 metres.

Ben Cox became the NSW Open Men's Triple Jump Champion with his best leap of 15.26 metres. In this event Ben was an all the way winner.

Our Club's results for these Championships were 2 gold , 1 silver, 1 bronze, 1 x 4th, 1 x 6th, 1 x 8th and 1 x 10th.

48. Australian Masters Athletics Championships

The Australian Masters Athletics Championships were this year held in Tasmania at 2 venues – Launceston for the Multi-Events and at Hobart for the Individual events.

In Launceston we were represented by 1 athlete.

Robert Hanbury-Brown won the 55-59 years Weight Pentathlon event as shown below:-

Name	Hammer	Shot	Discus	Javelin	Weight	Points
Robert Hanbury-Brown	33.92m	10.46m	35.25m	37.51m	12.42m	
	587	685	647	591	674	3184

In Hobart we were represented by 3 athletes.

Lajos Joni finished in 3rd place in the Men's 55-59 years Weight Throw event with his effort of 13.20 metres. In his Hammer Throw event Lajos finished with the silver medal courtesy of his throw which measured 37.08 metres. Lajos finished in 5th place in his Discus event with a throw of 30.25 metres.

Robert Hanbury-Brown finished in 4th place in the Men's 55-59 years Weight Throw event with his effort of 12.33 metres. In his Javelin event Robert won the silver medal with a throw of 40.68 metres. Robert took out the bronze medal in his Discus event with his throw of 37.86 metres. In his Shot put event Robert won the bronze medal with his throw of 10.78 metres.

Voitek Klimiuk placed 4th in the Men's 55-59 years Javelin event with his throw of 38.01 metres. In his Discus event Voitek was the winner thanks to his throw of 39.42 metres.

49. Australian Junior Championships

The Australian Junior Championships were held at Homebush from 12th to 16th March, 2014 and we had a total of 18 athletes competing there.

Harrison Wade got our competitors off to a great start on the 12th when he produced a 12 second personal best performance (and Best Performance on Record) in finishing 4th in the Under 16 Boys 3000 metres event. His time was 9 mins 04.31 secs. During the run Harrison was never worse than 5th or better than 3rd to eventually claim 4th spot.

Kate Spencer won the gold medal in the Under 20 Girls 5000 metres event in the time of 16 mins 04.38 secs. This was a new Meet Record. In fact the first 4 girls in this race beat the old record of 16 mins 57.09 secs. Kate ran in 2nd place for three quarters of the race before taking over 1st place with a little over 3 laps to run. With this run Kate has assured herself of the run in this event at the World Juniors Championships to be held in Eugene, Oregon in July of this year.

Sierra Collender won the silver medal in the Under 17 Girls 2000 metres Steeplechase event with her time of 7 mins 23.51 secs. Sierra dropped into 3rd place after the first 600 metres and with 1 lap to go she moved into 2nd place and maintained this position through to the end of the race. In her 3000 metres event Sierra finished in 7th place in a time of 11 mins 10.10 secs.

Georgia Winkcup finished in 4th place in the Under 18 Girls Steeplechase event. As usual Georgie went straight to the front and was only headed with a lap to go when her influenza clicked in and prevented her from winning this event. She pushed the girls who finished in front of her to new personal best performances and was herself only 6 seconds outside her best. When the race was over there were bodies strewn all over the track such was the pace she had set. In her 400 metres Hurdles heat Georgia produced a personal best time of 67.77 seconds to finish in 5th place. Georgia contested the heats of her 1500 metres event and finished in 5th place in a time of 4 mins 43.53 secs.

Sarah Kelland placed in 9th position in the Under 17 Girls 5000 metres Walk event in a time of 32 mins 31.19 secs. She did extremely well to record this time as she too was suffering from injury which had prevented her from training over the past few weeks.

Katrina Lyon finished in 11th place with her best leap of 9.63 metres. Her other leaps were 9.58 metres and 9.46 metres.

Ed Penrose finished in 9th place in his heat of the Under 18 Boys 800 metres event in a time of 2 mins 03.59 secs.

Julia Kelland finished in 7th place in the Under 14 Girls Hammer Throw event with a best throw of 17.64 metres. In her Javelin event Julia threw a personal best throw of 30.71 metres to secure 5th place in this event. This throw by Julia is a Best Performance on Record.

Nicola Bowtell placed 5th in her heat of the Under 16 Girls 400 metres event in a time of 59.81 seconds. In the Under 17 Girls 400 metres Hurdles heat Nic produced a personal best time of 66.37 seconds to finish 2nd in her heat and qualify for the final. In the final Nic finished in 8th place with her time of 68.30 seconds.

Johanna Volos secured the bronze medal in the Under 16 Girls Pole Vault event with her clearance at 3.20 metres. Again Johanna has produced a personal best effort when it really counts. This was the same height that the 2nd place girl achieved with fewer misses.

Maddy Bergfield finished in 8th place in the Under 20 Girls Discus event with her best throw of 41.58 metres. In her Shot Put event Maddy threw a personal best throw (and a Best Performance on Record) of 11.77 metres to secure 7th place in this event.

Niamh Simula finished in 13th place in the Under 18 Girls 3000 metres event with her time of 12 mins 54.85 secs.

Eliza Harvey finished in 3rd place in her heat of the Under 14 Girls 800 metres event with her time of 2 mins 20.30 secs. In the final Eliza Harvey finished in 8th place with her time of 2 mins 22.70 secs.

Maya Leverett placed 8th in the Under 16 Girls Long Jump event with her distance of 5.04 metres. In her Triple Jump event Maya again claimed 8th spot with her best jump of 10.78 metres.

Chloe Davis finished in 12th place in the Under 15 Girls Javelin with her best throw of 31.07 metres.

Scarlett Kidman finished in 15th place in the Under 16 Girls 2000 metres Steeplechase event in a time of 7 mins 51.03 secs. This was a personal best time by Scarlett and represented a 12 second improvement on her previous time.

Jessica Brown finished in 12th place in the Under 15 Girls Triple Jump event with her best leap of 9.83 metres.

Sachi Kayama was the 3rd leg runner in the Under 20 Girls 4 x 100 metre Relay Team for NSW which won the bronze medal for this event in a time of 47.21 seconds. In her Long Jump event Sachi was in 2nd place after 2 rounds with her leap of 5.92 metres. Unfortunately the thunderstorm struck and prevented the event from being completed on the Saturday evening. As a consequence the decision was reached that Athletics Australia would fly the top 6 girls to Melbourne and put them up overnight so that they can complete the event there. Their positions after Round 2 was completed will stand, which means that Sachi has won the silver medal with her leap of 5.92 metres.

Altogether our 18 competitors produced 1 gold medal, 2 silver medals, 2 bronze medals, 2 x 4th placings, 1 x 5th placing, 3 x 7th placings, 5 x 8th placings, 1 x 9th placing, 1 x 10th placing, 2 x 11th placings, 2 x 12th placings, 2 x 13th placings, 1 x 15th placing and 1 x 18th placings.

50. Sydney Track Classic

The Sydney Track Classic was held on Saturday evening, 15th March, 2014 at Homebush and we had 2 athletes competing in this event.

Kate Spencer finished in 4th place in the Open Women's 5000 metres event in a personal best time (and Best Performance on Record) of 15 mins 32.29 secs. This run took 14 seconds off her previous best time for this distance. In the international field for this race was a Kenyan, an American and 3 New Zealanders and the only international Kate did not beat was the Kenyan who won the event. It goes without saying that Kate ran yet another Commonwealth Games "B" Qualifier and a World Junior Qualifier.

Ben Cox finished in 6th place in the Open Men's Triple Jump event with a distance of 15.17 metres.

51. NSW Little A's Championships

The Little A's State Championships were held at Homebush over the weekend from 21st to 23rd March, 2014 and we had 21 athletes competing who produced the following results.

Kelsey Cooper-Phillis won her heat of the Under 14 Girls 400 metres event in a time of 63.21 seconds. In the final Kelsey claimed 7th place with her run of 63.56 seconds.

Nicola Bowtell finished 3rd in her heat of the Under 15 Girls 400 metres event with her time of 59.99 seconds. In the final Nic finished in 5th place in a time of 60.76 seconds. Nicola placed 13th in her Discus event with her throw of 28.39 metres. In heat 2 of her 200 metres Hurdles event Nicola finished in 4th place with her time of 31.34 seconds. This was a personal best time by Nic. In her 200 metres event Nicola finished in 3rd place in Heat 3 with her time of 26.70 seconds.

Logan Wade finished in 11th place in the Under 13 Boys 3000 metres event in a personal best time of 10 mins 44.54 secs. This time by Logan smashed his previous best time by 24 seconds.

Harrison Wade was next up in the Under 14 Boys 3000 metres event. In this run Harry broke the Little A's State Record when he won in the time of 9 mins 13.83 secs. Harrison settled down in 2nd place for approximately 2 laps before he took the lead. A sensationally fast last kilometre secured for Harry the win and the State Record by some 7 seconds. In his 1500 metres event on the Saturday Harrison took the lead after the first lap and went on to win in a time of 4 mins 11.93 secs. This was a personal best time and, as on the Friday night, he broke the State Little A's Record, and his performance also broke the Australian Little A's Best Performance on Record for this event.

Scarlett Kidman finished in 9th place in the Under 15 Girls 3000 metres event. Her time for this event was 11 mins 28.11 secs and was a personal best time for her. In her 1500 metres event Scarlett finished in 12th place in another personal best time of 5 mins 13.33 secs.

Georgia Winkcup finished in 2nd place in the Under 17 Girls 3000 metres event to claim the silver medal with her time of 10 mins 23.94 secs. During the race Georgie led early and just before the half way point she was pushed back to 2nd place the position she held for the remainder of the race. Georgia claimed a further silver medal in her 1500 metres run which she completed in a time of 4 mins 45.58 secs. In her 800 metres heat Georgia was the winner and qualified for the final with her time of 2 mins 24.24 secs. Georgia showed she was back to her best in the final when she finished with yet another silver medal in a personal best time of 2 mins 17.77 secs.

Niamh Simula claimed 12th place in the Under 17 Girls 3000 metres event in a personal best time of 12 mins 43.85 secs. In her 1500 metres event Niamh recorded yet another personal best time of 5 mins 44.12 secs in claiming 15th place in this event.

Noah Hain placed 6th in the Under 12 Boys High Jump event with his successful clearance at 1.52 metres. This height was a personal best by Noah. In his Discus event Noah finished in 10th place with his throw of 29.06 metres.

Amy Court finished in 8th place in the Under 14 Girls Long Jump event with her leap of 4.70 metres. In her Triple Jump event Amy claimed 14th spot with her leap of 9.80 metres. Amy finished in 7th place in her heat of the Under 14 Girls 200 metres Hurdles event with her time of 31.23 seconds.

Crystal Overton finished in 12th place in the Under 15 Girls Shot Put event with her throw of 10.18 metres.

Anthony Overton finished just out of the medals in 4th place in the Under 17 Boys Shot Put event with his personal best throw of 14.07 metres. In his Discus event Anthony claimed 10th spot with a throw of exactly 41.00 metres.

Eliza Harvey claimed the bronze medal in the Under 13 Girls 1500 metres event with a personal best time of 4 mins 59.87 secs. Eliza led the race early and hung on to claim her medal. In her 800 metres heat Eliza finished in 2nd place in a time of 2 mins 28.26 secs to earn her place in the final. In the final Eliza settled down in 7th place and in the last lap steadily moved up to and finished in 4th place with a time of 2 mins 20.18 secs.

Hannah Tall placed 7th in her heat of the Under 13 Girls 800 metres event in a time of 2 mins 31.57 secs which was a personal best time for Hannah. In her final Hannah further improved on this time to claim 7th place in a personal best time of 2 mins 25.96 secs.

Julia Kelland won the bronze medal in the Under 13 Girls Javelin event with a personal best throw of 30.84 metres. In her Shot Put event Julia finished in 21st place with a best throw of 8.17 metres. Whilst in her Discus event Julia placed 22nd with her throw of 25.19 metres.

Ed Penrose won his heat of the Under 17 Boys 800 metres event in a time of 2 mins 05.83 secs. In the final Ed commenced his run from 10th place at the top of the back straight to eventually claim the bronze medal with his time of exactly 1 min 59.00 secs.

Zane Camroux won the silver medal in the Under 12 Boys Triple Jump with his leap of 10.78 metres. This was a big personal best performance from Zane. In his Long Jump event Zane finished in 6th place with his leap of 4.82 metres.

Maya Leverett finished out of the medals in the Under 15 Girls Triple Jump event when she placed 4th with her leap of 10.94 metres. In her Long Jump event Maya claimed 5th place with her leap of 5.02 metres.

Sarah Kelland placed 9th in the Under 17 Girls 1500 metres Walk event in a time of 8 mins 10.38 secs. In her Javelin event Sarah finished in 11th position with her throw of 28.28 metres.

Antonio Galati finished 2nd in Heat 2 of the Under 17 Boys 100 metres event in a personal best time of 11.24 seconds. In the final Antonio won the bronze medal with his time of 11.28 seconds. In his 200 metres heat Antonio finished in 4th place in Heat 2 with his time of 23.54 seconds.

Veronika Jukic finished in 6th place in the Under 17 Girls Triple Jump with a personal best leap of 1.60 metres. In her Triple Jump event Veronika came in 19th position with her leap of 9.93 metres.

Chloe Davis placed 8th in the Under 14 Girls Javelin event with her throw of 32.94 metres.

Katrina Lyon finished in 8th place in the Under 13 Girls Triple Jump event with her leap of 9.72 metres.

Ben Nogajski placed 9th in the Under 13 Boys Shot Put event with his throw of 11.28 metres.

Jack Rodgers finished in 10th place in the Under 17 Boys 1500 metres Walk event with his time of 9 mins 29.57 secs.

Kara Talty finished in 14th place in the Under 17 Girls Shot Put event with her throw of 10.29 metres.

Brooke Matheson finished in 19th place in the Under 14 Girls Discus event with her throw of 22.71 metres. In her heat of the 90 metres Hurdles event Brooke finished in 7th place in a time of 14.99 seconds.

Jessica Brown finished in 14th place in the Under 14 Girls High Jump event with her clearance at 1.45 metres.

Michael Matheson placed 5th in Heat 2 of the Under 13 Boys 80 metres Hurdles event in a time of 14.02 seconds.

Daniel Bowtell finished in 7th place in Heat 1 of the Under 13 Boys 200 metres event with his time of 28.10 seconds.

52. IAAF Melbourne World Challenge

In the Melbourne World Challenge held at Lakeside Stadium on Saturday, 22nd March, 2014 we were represented by 1 athlete.

Kate Spencer finished in 3rd place in the 3000 metres Steeplechase event in a time just outside her best – her time at this meet was 10 mins 02.85 secs. This time is 9 seconds off her best time and is just outside a “B” qualifier for the Commonwealth Games.

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

MEN (as at 31/03/14)

<u>100 metres</u>				<u>1500 metres</u>			
11 years	David Forster	13.5h	82/83	11 years	David Forster	4:53.3h	82/83
12 years	Sam Hain	12.79	11/12	12 years	Harrison Wade	4:40.06	12/13
13 years	Sam Hain	11.54	13/14	13 years	Harrison Wade	4:17.14	13/14
14 years	Len Pearce	11.45	05/06	14 years	Michael Todd	4:07.18	06/07
15 years	John Pearce	11.18	06/07	15 years	Michael Todd	3:59.89	07/08
Under 18	John Pearce	10.72	08/09	Under 18	Will Devjak	3:53.51	00/01
Under 20	John Pearce	10.72	08/09	Under 20	Will Devjak	3:53.51	00/01
Open	Brett Jovanovich	10.63	07/08	Open	Will Devjak	3:51.28	03/04
Vet 30-39	Carl Casaclang	11.63	01/02	Vet 30-39			
Vet 40-49	Peter Collins	11.9h	95/96	Vet 40-49	Colin Richardson	4:27.0h	90/91
Vet 50+	Andrew Atkinson-Howatt	13.7h	07/08	Vet 50+	Voitek Klimiuk	5:30.50	10/11
Vet 70+	Ron Wills	17.5h	12/13	Vet 70+	Ron Wills	6:15.1h	12/13
<u>200 metres</u>				<u>3000 metres</u>			
11 years	David Forster	29.7h	82/83	11 years	Will Devjak	10:35.1h	94/95
12 years	Daniel Bowtell	27.93	12/13	12 years	Harrison Wade	9:41.11	12/13
13 years	Sam Hain	23.87	13/14	13 years	Harrison Wade	9:16.39	13/14
14 years	Sam Hain	23.48	13/14	14 years	Harrison Wade	9:04.31	13/14
15 years	John Pearce	22.1h	06/07	15 years	Christopher Mills	9:08.15	88/89
Under 18	Glen McCarthy	21.74	87/88	Under 18	Will Devjak	8:55.9h	99/00
Under 20	Glen McCarthy	21.69	88/89	Under 20	Christopher Mills	8:41.2h	92/93
Open	Glen McCarthy	20.96	92/93	Open	Christopher Mills	8:34.8h	93/94
Vet 30-39	John Larkin	23.43	93/94	Vet 30-39	Richard Sarkies	9:13.6h	00/01
Vet 40-49	Peter Collins	25.18	94/95	Vet 40-49	Colin Richardson	9:43.1h	90/91
Vet 50+	Andrew Atkinson-Howatt	28.88	07/08	Vet 50+			
Vet 70+	Ron Wills	34.1h	11/12	Vet 70+	Ron Wills	14:48.2h	11/12
<u>400 metres</u>				<u>5000 metres</u>			
11 years	David Forster	63.2h	82/83	Under 18	Christopher Mills	17:48.0h	90/91
12 years	David Forster	62.7h	83/84	Under 20	Christopher Mills	15:47.53	91/92
13 years	Harrison Wade	60.3h	13/14	Open	Christopher Mills	15:11.22	93/94
14 years	David Forster	53.01	85/86	Vet 30-39	Ray Wareham	15:56.32	04/05
15 years	Neville Stanton	51.50	99/00	Vet 40-49	John Walton	17:15.7h	92/93
Under 18	Glen McCarthy	49.10	87/88	Vet 50+			
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				
<u>800 metres</u>				<u>2000 metres Steeplechase</u>			
11 years	Will Devjak	2:19.1h	94/95	12 years	Peter Cotton	9:17.6h	86/87
12 years	Will Devjak	2:18.4h	95/96	13 years	Harrison Wade	6:43.08	13/14
13 years	Harrison Wade	2:08.98	13/14	14 years	Will Devjak	6:40.2h	97/98
14 years	David Forster	2:00.23	85/86	15 years	Will Devjak	6:20.1h	98/99
15 years	Michael Todd	1:55.99	07/08	Under 18	Will Devjak	5:53.46	00/01
Under 18	Michael Todd	1:53.42	08/09	Under 20	Will Devjak	5:53.46	00/01
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				
<u>3000 metres Steeplechase</u>							
				Under 18	Will Devjak	9:23.63	00/01
				Under 20	Will Devjak	9:23.63	00/01
				Open	Will Devjak	9:23.63	00/01
				Vet 50+			

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

MEN (as at 31/03/14)

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 metres 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
Vet 45-49	Andrew Atkinson-Howatt	2595 pts	05/06
Vet 50+	Voitek Klimiuk	2815 pts	10/11

110 metres Hurdles

Under 17	Brian Chappell	15.15	96/97
Under 18	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 metres Hurdles

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

Multi-Event

15 years	Brian Chappell	4299 pts	95/96
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Decathlon

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

Weight Pentathlon

Vet 35-39	Jeff Hailey	3175 pts	98/99
Vet 40-44	Jeff Hailey	3416 pts	01/02
Vet 45-49	Mark Johnston	3017 pts	00/01
Vet 50+	Andrew Atkinson-Howatt	3208 pts	08/09

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

MEN (as at 31/03/14)

<u>Shot Put</u>				<u>Pole Vault</u>			
11 years	Alan Menin	10.52m	85/86	12 years	Peter Cotton	1.80m	86/87
12 years	Ben Nogajski	11.28m	13/14		Michael Jones	1.80m	86/87
13 years	Haydn Houssenloge	11.64m	11/12	13 years	Michael Jones	2.00m	87/88
14 years 4kg	David Forster	12.12m	85/86	14 years	Brian Chappell	2.00m	94/95
14 years 3kg	Haydn Houssenloge	12.79m	11/12				
15 years	Nicholas Kelland	12.83m	11/12	15 years	Glyn Henman	2.40m	83/84
Under 18	Anthony Overton	14.07m	13/14	Under 18	Brian Chappell	2.30m	95/96
Under 20	James Bergfield	12.04m	12/13	Under 20	Brendan Mills	3.00m	93/94
Open	Jeff Hailey	14.86m	98/99	Open	Ray Brookes	3.20m	96/97
Vet 30-39	Jeff Hailey	14.86m	98/99	Vet 30-39	Ray Brookes	3.20m	96/97
Vet 40-49	Jeff Hailey	14.43m	01/02				
Vet 50+	Robert Hanbury-Brown	11.31m	10/11				

<u>Discus</u>				<u>High Jump</u>			
11 years	Alan Menin	27.52m	85/86	11 years	David Forster	1.38m	82/83
12 years	Noah Hain	29.06m	13/14	12 years	Andrew Crews	1.67m	85/86
13 years	David Forster	31.02m	84/85	13 years	Cameron Pappas	1.75m	09/10
14 years	Mua Morris	41.23m	03/04	14 years	Cameron Pappas	1.84m	10/11
15 years	Calum Winsor	45.98m	03/04	15 years	Rory Tarnow-Mordi	1.77m	06/07
Under 18	Lloyd Parker	43.17m	06/07	Under 18	Michael Dunne	1.85m	99/00
					Cameron Pappas	1.85m	12/13
Under 20	Lloyd Parker	38.45m	09/10	Under 20	Michael Dunne	1.85m	99/00
Open	Jeff Hailey	41.32m	98/99	Open	Zoltan Budimcevic	2.00m	93/94
Vet 30-39	Jeff Hailey	41.32m	98/99	Vet 30-39	John Larkin	1.60m	95/96
Vet 40-49	Jeff Hailey	39.12m	01/02	Vet 40-49	Peter Collins	1.65m	90/91
Vet 50+	Voitek Klimiuk	42.19m	10/11	Vet 50+	Peter Collins	1.53m	01/02

<u>Javelin</u>				<u>Long Jump</u>			
11 years	Peter Cotton	21.16m	85/86	11 years	Geoff Davies	5.30m	85/86
12 years	Nick Kelland	28.72m	08/09	12 years	David Massey	5.34m	89/90
13 years	Michael Jones	40.26m	87/88	13 years	Sam Hain	5.73m	13/14
14 years	Patrick Kelland	37.84m	08/09	14 years	Cameron Pappas	6.35m	10/11
15 years	Lloyd Parker	50.85m	07/08	15 years	Len Pearce	6.61m	06/07
Under 18	Lloyd Parker	55.19m	08/09	Under 18	Ben Cox	7.14m	11/12
Under 20	Lloyd Parker	51.48m	09/10	Under 20	Geoff Davies	7.33m	92/93
Open	Jeff Hailey	56.20m	99/00	Open	Peter Parsons	7.35m	00/01
Vet 30-39	Jeff Hailey	56.20m	99/00	Vet 30-39	Andrew Jackson	5.93m	03/04
Vet 40-49	Jeff Hailey	55.47m	01/02	Vet 40-49	Peter Collins	5.98m	90/91
Vet 50+	Andrew Atkinson-Howatt	47.73m	07/08	Vet 50+	Simon Butler-White	4.79m	12/13

<u>Hammer</u>				<u>Triple Jump</u>			
11 years	Patrick Kelland	16.27m	06/07	11 years	David Massey	9.74m	88/89
12 years	David Page	17.92m	91/92	12 years	Sam Hain	10.97m	11/12
13 years	Peter Cotton	24.18m	87/88	13 years	Cameron Pappas	12.42m	09/10
14 years	Nicholas Kelland	32.36m	10/11	14 years	Cameron Pappas	13.80m	10/11
15 years	Glyn Henman	35.20m	83/84	15 years	Len Pearce	14.12m	06/07
Under 18	Paul Menin	45.44m	85/86	Under 18	Ben Cox	15.25m	11/12
Under 20	Andrew Jackson	27.52m	90/91	Under 20	Ben Cox	15.47m	13/14
Open	Jeff Hailey	41.47m	98/99	Open	Greg Wiencke	15.61m	00/01
Vet 30-39	Jeff Hailey	41.47m	98/99	Vet 30-39	Andrew Jackson	11.38m	03/04
Vet 40-49	Bob Bowker	40.11m	01/02	Vet 40-49	Peter Collins	12.48m	90/91
Vet 50+	Lajos Joni	46.37m	11/12	Vet 50+			

<u>Weight</u>			
Vet 50+	Lajos Joni	14.53m	12/13

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

WOMEN (as at 31/03/14)

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

200 Metres

11 years	Jamie Casaclang	27.2h	00/01
12 years	Jamie Casaclang	26.0h	01/02
13 years	Rachael Massey	25.78	89/90
14 years	Rachael Massey	25.17	90/91
15 years	Jamie Casaclang	24.71	04/05
Under 18	Merryn Aldridge	24.65	99/00
Under 20	Vicky Pigginn	24.39	94/95
	Merryn Aldridge	24.39	99/00
Open	Rachael Massey	23.62	96/97
Vet 28-34	Rachael Jackson	24.71	07/08
Vet 35+	Rachael Jackson	25.48	11/12

400 Metres

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

800 Metres

11 years	Larissa West	2:30.97	88/89
12 years	Tara Vance	2:22.58	06/07
13 years	Eliza Harvey	2:19.28	13/14
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	2:33.52	12/13
Vet 50+	Suzanne Gore	2:35.08	13/14

1500 Metres

11 years	Larissa West	5:15.2h	88/89
12 years	Elizabeth Cotton	5:03.18	87/88
13 years	Eliza Harvey	4:59.87	13/14
14 years	Kate Spencer	4:33.28	09/10
15 years	Kate Spencer	4:30.59	10/11
Under 18	Kate Spencer	4:28.41	12/13
Under 20	Kate Spencer	4:20.86	13/14
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
Vet 50+	Suzanne Gore	5:38.36	13/14

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	9:34.63	11/12
Under 20	Kate Spencer	9:16.49	13/14
Open	Kate Spencer	9:16.49	13/14
Vet 28-34			
Vet 35+	Suzanne Gore	13:36.9h	08/09

5000 Metres

Under 18	Kate Spencer	16:56.66	12/13
Under 20	Kate Spencer	15:32.29	13/14
Open	Kate Spencer	15:32.29	13/14

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	6:44.63	12/13
Under 20	Kate Spencer	6:36.69	13/14

3000 Metres Steeplechase

Under 18	Kate Spencer	10:20.72	13/14
Under 20	Kate Spencer	9:53.15	13/14
Open	Kate Spencer	9:53.15	13/14

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

WOMEN (as at 31/03/14)

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	Katrina Lyon	14.26	13/14
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 31/03/14)

Shot Put

11 years	Maddy Bergfield	8.99m	07/08
12 years	Maddy Bergfield	9.87m	07/08
13 years	Maddy Bergfield	10.87m	09/10
14 years	Maddy Bergfield	12.08m	10/11
15 years	Maddy Bergfield	12.59m	11/12
Under 18	Maddy Bergfield	13.10m	13/14
Under 20	Maddy Bergfield	11.77m	13/14
Open	Maddy Bergfield	11.77m	13/14
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	37.23m	11/12
Under 18	Maddy Bergfield	41.75m	12/13
Under 20	Maddy Bergfield	41.75m	12/13
Open	Maddy Bergfield	41.75m	12/13
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	4.86m	11/12
14 years	Megan Cotton	5.44m	90/91
15 years	Megan Cotton	5.66m	90/91
Under 18	Sachi Kayama	6.00m	13/14
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	Julia Kelland	30.84m	13/14
13 years	Chloe Davis	35.33m	13/14
14 years	Chloe Davis	32.94m	13/14
15 years	Maddy Bergfield	32.82m	11/12
Under 18	Maddy Bergfield	34.66m	13/14
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	Katrina Lyon	9.26m	12/13
12 years	Janet Gault	10.40m	90/91
13 years	Christine Nettle	10.06m	89/90
14 years	Maya Leverett	11.15m	13/14
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	Julia Kelland	20.43m	13/14
13 years	Crystal Overton	21.87m	12/13
14 years	Sarah Kelland	19.84m	12/13
15 years	Maddy Bergfield	41.51m	11/12
Under 18	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
14 years	Johanna Volos	3.10m	13/14
15 years	Johanna Volos	3.20m	13/14
Under 18	Johanna Volos	3.10m	13/14
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

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

Weight changes occurred in 2011/2012 therefore performances listed below were set with the previous weights and will be maintained in the event weights are changed back at a future date. Note for 14 yr old boys' shot put we will keep best performance for two weights as the difference b/t the Little A and ANSW season means that a Little A U14 athlete may be 14 yrs for ANSW events and hence throw a different weight. For Ryde records we will only use the Athletics Australia weight for 14 yrs which is currently 4kg.

Girls Withdrawn Weights

Shot Put

14years	4kg	Maddy Bergfield	9.98m	10/11
15 years	4kg	Maddy Bergfield	10.07m	10/11
Under 18	4kg	Maddy Bergfield	11.27m	13/14

Javelin

14 years	600g	Maddy Bergfield	31.08m	10/11
15 years	600g	Laura Cornford	41.21m	03/04
Under 18	600g	Laura Cornford	45.52m	04/05

Hammer

14 years	4kg	Maddy Bergfield	24.76m	10/11
15 years	4kg	Maddy Bergfield	29.28m	10/11
Under 18	4kg	Joanne Capper	33.10m	83/84

RYDE ATHLETICS CENTRE – SENIORS DIVISION

CENTRE RECORDS 2013 - 2014

GIRLS

BOYS

100 Metres

Under 12	Lisa Farmer	13.9	1992
Under 13	Rachael Massey	13.4	1988
Under 14	Rachael Massey	13.1	1989
	Jamie Casaclang	13.1	2002
Under 15	Rachael Massey	12.8	1990
Under 16	Jamie Casaclang	12.3	2004
Under 18	Rachael Massey	12.1	1992
Under 20	Vicky Pigginn	12.1	1994
Open	Rachael Massey	11.8	1996
Vet 30+	Sharon Aldridge	13.2	1996
Vet 40+			
Vet 50+	Sue Gore	15.3	2012

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+	Adrian Wade	14.8	2013
Vet 50+			

200 Metres

Under 12	Lisa Farmer	30.0	1993
Under 13	Jamie Casaclang	27.1	2001
Under 14	Rachael Massey	27.8	1989
Under 15	Rachael Massey	26.6	1990
Under 16	Rachael Massey	25.8	1991
Under 18	Rachael Massey	25.9	1992
Under 20	Vicky Pigginn	26.3	1994
Open	Rachael Massey	25.5	1996
Vet 30+	Sharon Aldridge	27.9	1993
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+	Adrian Wade	27.2	2014
Vet 50+	Voitek Klimiuk	29.2	2011
Vet 70+	Ron Wills	37.0	2013

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 Pigginn	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

400 Metres

Under 12	Daniel Bowtell	68.4	2012
Under 13	Harrison Wade	63.4	2012
Under 14	Harrison Wade	59.6	2013
Under 15	Brian Chappell	55.5	1994
Under 16	Damian Petrovic	55.6	2004
Under 18	Patrick Kelland	53.3	2012
Under 20	Patrick Kelland	54.2	2013
Open	Will Devjak	53.8	2006
Vet 30+	Greg Boyce	54.1	2006
Vet 40+	Adrian Wade	61.5	2013
Vet 50+			

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+			

800 Metres

Under 12	Will Devjak	2:28.2	1994
Under 13	Peter Cotton	2:28.2	1986
Under 14	Harrison Wade	2:17.9	2013
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+	Adrian Wade	2:12.6	2014
Vet 50+	Simon Butler-White	3:11.4	2013
Vet 70+	Ron Wills	3:15.8	2013

RYDE ATHLETICS CENTRE – SENIORS DIVISION

CENTRE RECORDS 2013 - 2014

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	Harrison Wade	4:43.0	2013
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+	Adrian Wade	4:47.2	2013
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+	Adrian Wade	11:23.2	2014
Vet 50+	Voitek Klimiuk	10:47.9	2011

80m Hurdles

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

90m Hurdles

Under 14	David Forster	15.4	1984
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100m Hurdles

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

110m Hurdles

Open			
Vet	Ken Smith	19.6	1991

RYDE ATHLETICS CENTRE – SENIORS DIVISION

CENTRE RECORDS 2013 - 2014

GIRLS

Javelin

Under 12	Julia Kelland	22.13m	2013
Under 13	Chloe Davis	29.68m	2013
Under 14	Julia Parker	28.94m	2007
Under 15	Sarah Kelland	27.84m	2013
Under 16	Maddy Bergfield	31.26m	2011
Under 18	Maddy Bergfield	34.18m	2014
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	39.35m	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	2007
Under 13	Megan Cotton	8.97m	1988
Under 14	Maddy Bergfield	10.87m	2009
Under 15	Nicola Bowtell	8.46m	2013
Under 16	Maddy Bergfield	12.03m	2011
Under 18	Maddy Bergfield	13.10m	2014
Under 20	Maddy Bergfield	10.74m	2014
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	Crystal Overton	17.72m	2013
Under 16	Sarah Kelland	19.74m	2013
Under 18	Maddy Bergfield	38.34m	2012
Under 20	Joanne 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	Nick Kelland	47.65m	2014
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	Anthony Overton	31.80m	2013
Under 20	Brent Page	33.60m	1992
Open	Darren Wilson	36.82m	1992
Vet			
Vet 40+	Adrian Wade	17.87m	2013
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	Nick Kelland	12.27m	2014
Under 20	Brent Page	11.33m	1993
Open	Darren Wilson	11.96m	1992
Vet			
Vet 40+	Adrian Wade	7.63m	2014
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+	Adrian Wade	12.03m	2013
Vet 50+	Lajos Joni	37.93m	2012

RYDE ATHLETICS CENTRE – SENIORS DIVISION

CENTRE RECORDS 2013 - 2014

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+	Adrian Wade	1.45m	2014
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+	Adrian Wade	4.85m	2013
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+	Adrian Wade	10.21m	2014
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 - 2014

GIRLS

BOYS

Javelin (Weights retired in Oct 2011 – 600g U/15 to U/18)

Under 15	Cassie Hewitt	28.54m	2007
Under 16	Laura Cornford	36.81m	2003
Under 18	Elizabeth Cotton	30.18m	1992

Shot Put (Weights retired in Oct 2011 – 4kg U/15 to U/18)

Under 15	Elizabeth Cotton	9.41m	1990
Under 16	Tina Brown	9.69m	1982
Under 18	Yvette Cotton	8.99m	1987

Hammer (Weights retired in Oct 2011 – 4kg U/15 to U/18)

Under 15	Maddy Bergfield	27.71m	2010
Under 16	Olivia McConnell	25.26m	2006
Under 18	Jo Anne Capper	27.56m	1983