

RYDE ATHLETICS CENTRE INCORPORATED



ANNUAL REPORT

2014 / 2015 SEASON

ABN: 99 850 553 401

LIFE MEMBERS

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

Merv Davies
Will Devjak
Sharon Dewar (née Read)
Tony Fernandes
Miriam Fogliani (née Spitteler)
Ross Forster
Peter Graham
Warren Gray
Kurt Hansen
Andrew Jackson
Rachael Jackson (née Massey)
Keith Johnson
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 (Resigned March 2015)
Stephen Latham
Stephen Plummer (Appointed March 2015)

RYDE ATHLETICS CENTRE INCORPORATED

2014/2015 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 which provides a summary of the many achievements across the entire club.

The Directors would like to warmly thank all of the many volunteers associated with the successful running of the club. Whether you are a Coach, Age Manager, Official or a volunteer helper at one of our many events our sincere thanks to you for your help in running our club so successfully.

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

We would particularly like to pass on our thanks to retiring Director, Ian Trimble. Ian has been a long standing member of the club providing tremendous service over a number of years, service recognised by his Life Membership of the club. As he steps down from his role as Director we warmly thank him for his stellar contribution to the Ryde Athletics Centre.

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

Ann Arnott
Ross Forster
Keith Johnson
Ian Trimble (Resigned March 2015)
Stephen Latham
Stephen Plummer (Appointed March 2015)

Directors

***RYDE ATHLETICS CENTRE INCORPORATED
2014/2015 SEASON – ANNUAL REPORT***

JUNIORS REPORT

COMMITTEE MEMBERS - JUNIORS

PRESIDENT	Ron Daniel
VICE PRESIDENT	Dave Sunderland
SECRETARY	Ivana Hilder
ASSISTANT SECRETARY	Andrew Wilson Jessica Lowe
TREASURER	Paul Simula
ASSISTANT TREASURER	Jane Partridge
REGISTRAR	Kate Kelland
CHAMPIONSHIPS	Mark Lillis
AGE MANAGERS	Janine Bowtell
PUBLICITY	Peter Davis
RESULTS	Matt Ralph
ASSISTANT RESULTS	Jessica Lowe
OFFICIALS	Vacant
TRACK and FIELD	Dave Sunderland
ASSISTANT TRACK & FIELD	Peter Forster
(Chief Track)	Dave Sunderland
(Chief Throws)	Simon Bergfield, Julie Reynolds & Graeme Cameron
(Chief High Jumps)	Lynda Calder & Tristan Tall
(Chief Long Jumps)	Rob Hain
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	Clare Boland
6G	Mehernaz Mistry
6B	Lars Heringren
7G	Marilisa Carenza
7B	Kathryn Della Vedova - co AM
7B	Hong Lui - co AM
8G	Steven Barlow - co AM
8G	Simon Beram - co AM
8B	Melissa Chandler
9G	Darren Fairhall
9B	Alison Douglas
10G	Jo Kelleher
10B	Jon Baker
11G	Mark Lillis - co AM
11G	Glyn Henman - co AM
11B	Daniel Bruntsch
12G	Andrew Wilson
12B	Tristan Tall
12G	Ivana Hilder
13B	Jason Workman
14G	Bruce Lyon
14B	Janine Bowtell
15G-17G	Craig Matheson
15B	Helen Galati
17B	Jenny Rodgers

BOYS CAPTAIN	Haydn Houssenloge
GIRLS CAPTAIN	Sarah Kelland

PRESIDENT

By implementing some significant changes to its operations this season, the Little Athletics division of Ryde Athletics has reaped some massive rewards for its members. What better way to open a report than to recount to you the immense success of our fabulous new timing gates on the straight track, and the results and achievements that have stemmed from a complete overhaul of our midweek coaching program.

Just prior to the start of our season, our committee took the brave step of purchasing a full set of electronic timing gates. Initially taking a cautious approach with their use on the straight track, the committee was concerned about the potential flow on effects in other events of faster processing of track events. Would bottlenecks occur at other areas? How would our regular volunteers on the stopwatches react to no longer being required? I am pleased to report that positive outcomes were enjoyed from their use immediately. With the use of electronic beams and wireless transmission of results, athletes' times and registration numbers are then quickly transmitted and uploaded through to our database and website. Not only are the results team relieved of a significant chunk of effort, straight track bottlenecks are eliminated and the straight track program is completed by mid-morning. Bottlenecks in other events that initially occurred have been managed on the fly by our Age Managers, Event Chiefs and Track and Field Manager so well that the whole program of main events has been completed before 11:30am each morning. That 20 age groups can complete 5 and in most cases 6 scheduled events in under 3 hours is testimony to our overall efficiency of operations, boosted by this now proven and new asset to our club. As a result, the committee will in the off season be strongly considering further investment in this leading edge technology for our members.

Our coaching report this year highlights the achievements of our athletes in the competition season. However, coaching is where a strategic change to our services has been made. This season, a structured coaching program has been implemented, thanks to the concerted effort of our coaches and, in particular, the leadership and initiative of Andrew Wilson and Paul Simula. In assessing our available resources and directly engaging with all of our accredited coaches, Andrew and Paul constructed a schedule of specialised event based coaching for particular age sections of our club, Andrew then managed the operation of this schedule, with the key factor being that attendees were to register their interest each week by signing on. The key success factors of this were that athletes could commit and focus on their pet events, and the coaches could focus on their specific area of skills too. One dramatic success story in this program was the clinching of both gold and silver medals by Ryde Athletes in the Under 9 boys' high jump at the State Championships. Many other PB's, and high placings in many other events were enjoyed by a number of regular attendees at our new mid-week coaching sessions.

A further small innovation this year was the introduction of a new colour patch for achievement. Building on the incentive system that provides for green, yellow, red, and blue patches for event based achievement, we introduced the black patch to be awarded to those athletes who set records at the centre. The added feature of this black patch is that we now have coloured patches which match the colours of the Olympic rings, further strengthening the incentive theme of our awards systems.

Regarding our usual operations, our club has had another great season. New volunteers with new skills have come to the fore to assist us adopt new technologies and practice, and they have been welcomed with open arms by our super experienced regulars in adjusting the way we do things to cope with these advancements. While trending the usual pattern of being a little down in registration numbers in the second year after Olympics, our registrations this year reached 515 athletes, putting Ryde at the 7th largest club in NSW. Other centres have dropped positions to Ryde's strength of membership, as over 61% of our members this year were returning athletes from previous seasons.

The raw statistics of our season were:

- 19 weeks of competition
- 22 athletes attended every week, 3 of whom participated in every event open to them
- 48 Athletes qualified through to the pinnacle of our season, the State Championships at Homebush in March which was an increase of 3 from last season.
- 24 athletes received blue patches for high achievement in overall performance, 2 of which will be presented with the Trent Whalan Medal for outstanding performance in 15 events.
- Our members set a combined 7,949 new or equal personal bests

We receive many compliments throughout the season about our Bar-B-Q. The prices, the range, the quality of the product and the dedication of the crew are frequently talked about as leading their field

across the district, and across all sports. “No-body does it better than Jo and Harry Houssenloge” is the common catch cry. This season is the last season of participation by their son Haydn, however we believe Jo and Harry will be returning next season to mentor new helpers in the carrying on of our tradition of great food and great service. Our club is lucky to have people like Jo and Harry in our fold.

In the Canteen, Fiona and her regular helpers have had a new product offering added to their menu with the arrival of a full blown coffee machine and barista. Also trialled for the season, the club has recently entered into a partnership with North Ryde Dockers for the use of this machine during the athletics seasons for the years to come.

I wrote last year in my report that I was excited to announce that during the off season we will be pursuing the installation of a new public address system. Unfortunately due to what would appear to our members as being extraordinarily inordinate and onerous compliance measures and consulting engineers requirements, this project cannot proceed at this current time without significant financial and effort contributions by organisations outside our centre. Reports and signoffs and approvals that are required by the council and provided by organisations the club would have to engage far exceed the estimated cost of the purchase and installation of the system.

On a brighter note however, the club has this season established a framework for sponsorship funding for the future. With the exclusive and specific purpose of assisting athletes to participate at elite level carnivals, the sponsorship program provides entry levels for actual members of the club to promote their own businesses and a tiered level of sponsorship packages for approved organisations to become associated with our brand and our achievements. This framework was approved by the joint committees of the juniors and seniors in the off season and will serve the club for many seasons to come.

It is the honour of the President of a committee of a sporting club to work with all facets of a club at all levels. At Ryde however, this role for me is an absolute privilege and pleasure because of our special members and our special leaders and volunteers. As our members I know you would join me at once to thank the following people for a particularly successful season at Dunbar. We thank;

- 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
- All of our parents who volunteered to help out on the field or in the canteen on Saturday mornings.
- Our club captains, Haydn Houssenloge and Sarah Kelland
- The patronage and support of the more than 20 local schools who support us by hiring equipment for their carnivals,

The other sections of this Annual report contain reports from the various aspects of our operations, including registrations, financial affairs and competition achievement. Please take a moment in the coming weeks to browse these reports as I am sure you will gain a deeper appreciation of our centre and the achievements of its people.

As in the past 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. Little Athletics is a precursor to a potentially long involvement with Athletics pursuits, and the achievements of members of our seniors division show just a little of what's possible for athletes after they have left Little A's.

On occasion, a small moment or gesture by an athlete gives those who witness the event or gesture a public display of one of the key underlying spirits that exist in our club. Among the camaraderie, competitive spirit, friendliness, and sense of belonging that we all experience, selfless sportsmanship and consideration and support of others abounds within our centre. When these specific acts or gestures occur, the effect on the individual recipient of such a gesture, especially a spontaneous one, will remain strong in their memory for a truly long time. The effect on those who witness such a moment is that their pride in the sport, the centre and the athletes and families that are its members is further uplifted. Late in our season, once such moment was brought to my attention by the parent of an athlete who was the recipient of a spontaneous and selfless act by two athletes from a different age

group. Completing the final 300 metres of an 800 metre race, a young lad in the Under 11 boys was struggling with motivation to complete the journey, lagging far behind the field. Seeing the boy's plight, two young ladies from the Under 12 Girls chose in an instant to step in, offer words of encouragement and support him by completing the remaining 300 metres, running alongside him and lifting his spirits to finish the event. The boy's father witnessed this act and wrote to us about the Spirit of Ryde, clearly on display in full view to all from this tale, and I am pleased to add that we have passed on the details of this moment to the parents of the girls involved.

Winter is upon us now with Saturday mornings for many of our members involving flitting between netball, football of many kinds and other individual and team sports and activities. I trust all of our members excel in their enjoyment and achievements in all areas during the next few months and I look forward to seeing many familiar faces as we start our next season in only 5 short months from now.

Ron Daniel
President – Juniors

SECRETARY

The 2014-2015 season was another successful one for the Ryde Little Athletics Centre. Thanks to all the committee for their contributions and assistance during the season. Thanks for a great season and I look forward to the 2015-2016 season.

Ivana Hilder
Secretary - Juniors

TREASURER

The 2015 year was again another solid season for the club financially. Our registration numbers were once again strong which contributed to the club making a net gain (before capital purchases) of circa \$9,000.

The key capital purchase made during the off-season was in a set of electronic timing gates which proved to be a huge success both in increasing the accuracy of our track results and in reducing waiting times on the track during competition.

At the end of last season the committee agreed to review uniform suppliers in search of a more economical provider. After much research with the key criteria being quality, value for money (as we realise that this can be a considerable expense) and that they be Australian made we settled on a new provider. As a result we were able to reduce the sales price of both Women's and Men's singlets by \$10 from last year's price. Overall the uniform shop made a slight profit for the year.

The canteen and BBQ once again performed well. The canteen made an overall gain in excess of \$3,000. In looking for ways to offer better services to our members we decided to trial a commercial coffee machine, which was kindly lent to us from the North Ryde Dockers AFL club (thanks to the Jubb family for arranging this). We received good feedback on this initiative and have invested in a half share of the machine. We were forced to slightly adjust the prices of the BBQ items at the start of the season to cover increased raw materials costs. The BBQ made an overall gain of \$1,600 for the year. We were very happy to learn that our BBQ stalwarts, Harry & Jo, are returning next season. Many thanks to them for all of their effort during the year and to Fiona in the canteen.

Bank interest contributed \$1,033 to our income this year.

We will bring forward a bank balance of approximately \$45,000 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 2014-2015

Income	2014/2015	2013/2014	Expenditure	2014/2015	2013/2014
Registration Income Total	\$34,535.00	\$35,683.00	Registration Expense Total	\$ (6,953.20)	\$ (9,548.45)
- Cheque & Cash	\$8,972.00	\$14,740.00	- Cheque to LAA	\$ (4,896.00)	\$ (7,710.00)
- Credit Card	\$23,063.00	\$18,308.00	- IMG fees	\$ (1,172.20)	\$ (938.45)
- Rebates	\$2,500.00	\$2,635.00	- Seniors' allocation	\$ (765.00)	\$ (900.00)
			- Other	\$ (120.00)	
Uniforms	\$12,585.00	\$12,875.00	Uniforms	\$ (12,058.60)	\$ (5,830.00)
2nd hand uniform sales	\$45.00	\$480.00			
Canteen income	\$11,502.20	\$9,849.50	Canteen expense	\$ (7,916.79)	\$ (7,938.56)
BBQ income	\$11,557.40	\$12,788.65	BBQ expense	\$ (9,906.03)	\$ (11,770.14)
			Advertising	\$ (220.00)	\$ (220.00)
Donations / Grants	\$0.00	\$1,000.00	Event days		
Bank Interest	\$1,033.45	\$1,212.77	- Fun Day	\$ (1,774.55)	\$ (1,113.55)
School Equipment Hires	\$3,320.00	\$3,010.00	- Presentation Day	\$ (530.00)	\$ (1,094.90)
Sponsorship	\$300.00	\$0.00	Cash Floats	\$ -	\$ -
			Competition Fees	\$ (1,630.00)	\$ (1,815.50)
			Committee Social	\$ -	\$ -
			Conference Attendance	\$ (1,155.62)	\$ (1,024.64)
			Catering	\$ (412.24)	\$ (314.83)
			Donations	\$ -	\$ (600.00)
			Equipment (Capital)	\$ (15,867.27)	\$ (7,228.46)
			Equipment (Consumables)	\$ (572.10)	\$ (1,574.44)
			Insurance	\$ -	\$ -
			Grounds upgrade	\$ -	\$ -
			Government and Bank Charges	\$ (66.00)	\$ (72.00)
			Hire of Dunbar Park	\$ (5,680.00)	\$ (5,000.00)
			Printing & Stationery	\$ (1,066.24)	\$ (1,138.04)
			Repairs & Maintenance	\$ (833.80)	\$ (1,930.40)
			Trophies	\$ (7,651.94)	\$ (8,058.28)
			Sundry Expenses	\$ (234.36)	\$ (1,585.37)
			Survey Cost	\$ (4,180.00)	\$ -
			Training Expenses	\$ -	\$ -
			Volunteer Gifts	\$ (453.00)	\$ (800.00)
			Website cost (hosting)	\$ (1,929.26)	\$ (1,989.26)
			Computer - hardware	\$ (661.43)	\$ -
			Computer - Software	\$ -	\$ -
			Total Expenditure	\$ (81,752.43)	\$ (70,646.82)
			Plus net income(exp)	\$ (6,874.38)	\$ 6,252.10
Total income	\$74,878.05	\$76,898.92	Total Expense	\$ (74,878.05)	\$ (76,898.92)

**Bank Statement Reconciliation as at
31 March 2015**

	<u>Current (2014/15)</u>	<u>Previous (2013/14)</u>
Bank statement as at 01/4/14	\$55,420.89	\$46,038.63
less last year's unrepresented cheques	-\$5,211.70	-\$1,739.14
plus last year's unrepresented deposits	\$1,527.85	\$1,185.45
plus net income	-\$6,874.38	\$6,252.10
plus undeducted payments this year	\$0.00	\$5,211.70
less unrepresented deposits this year	\$0.00	-\$1,527.85
gives bank statement 31/03/15	\$44,862.66	\$55,420.89
cash book 31/3/15	\$44,862.66	\$51,737.04
variance	\$0.00	\$3,683.85
less undeducted payments/accruals this year	\$0.00	-\$5,211.70
plus unrepresented deposits/acruals this year	\$0.00	\$1,527.85
Net Variance	\$0.00	\$0.00
Available Funds		
Bank statement as at 31/03/15	\$44,862.66	\$55,420.89
less unrepresented cheques/accrual	\$0.00	-\$5,211.70
plus unrepresented deposits	\$0.00	\$1,527.85
Gives funds available to start next season	\$44,862.66	\$51,737.04

Uniform Stock:		
Uniform stock as at 31/3/2015 (at current price)	\$10,735.00	\$16,495.00
Canteen Stock:		
drinks	\$0.00	\$0.00
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 5/125 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 2014 through 31st March 2015 inclusive.

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

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



Sharon Adams CPA

Date 12th May 2015

Registrar's Report

Our 42nd season saw 515 athletes register with us. This year all athletes registered online, with most also paying for their registration 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
2014/15	267 (51.8)	248 (48.2)	515

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	12	12	0	9	9	21	0	21	21
U5Tots	5	12	17	2	7	9	26	7	19	26
U6	7	15	22	8	12	20	42	15	27	42
U7	23	20	43	18	18	36	79	41	38	79
U8	11	9	20	21	11	32	52	32	20	52
U9	18	14	32	15	17	32	64	33	31	64
U10	23	12	35	19	9	28	63	42	21	63
U11	22	5	27	14	5	19	46	36	10	46
U12	15	1	16	18	3	21	37	33	4	37
U13	7	1	8	10	2	12	20	17	3	20
U14	12	3	15	11	0	11	26	23	3	26
U15	11	1	12	8	1	9	21	19	2	21
U16	4	0	4	6	0	6	10	10	0	10
U17	4	0	4	4	0	4	8	8	0	8
Total	162	105	267	154	94	248	515	316	199	515

Thanks to the committee members for their help on Registration Day and throughout the season. Online Registrations for 2015-16 will open at the start of August, so please check our website and your email inbox for more information then.

**Kate Kelland –
Registrar - Juniors**

PUBLICITY

Overall we have had a great season. 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

OFFICIALS

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

With the introduction of the timing gates the extra helpers came in useful at other events. The timing gates were a real success this year and we need to look at further expansion of the system in the future

For Zone we had full attendance in all events as the new event assignment process worked exceptionally well. Our volunteer requirements at Region and State were limited this year due to the participation of a number of Officials.

We recruited a number of new officials this year including new specialised positions of Shot Put, Starters, Hurdles Starter, Head Time keepers and recorders. This will mean that we will continue to have support in these key positions moving through the next few seasons.

We also have made records and the process clearer and signing off of record attempts have all passed smoothly this year with a very high number of records all being recorded accurately and using the correct process.

Peter Davis
Stand in Officials – Juniors

COACHING

Once again a wonderful group of dedicated coaches who volunteer their time and skills provided coaching for our junior athletes. As a club we set a new record for the highest number of athletes through to the State Championships and this is definitely a result of the hard effort the coaches put in. This is a wonderful service provided freely to members of our club.

Our regular coaches who deserve our thanks and appreciation are:

Alison Douglas – middle distance and long jump

Darren Fairhall – junior sprints and long jump

Dave Sunderland – sprints

Sarah Kelland – walk

Julie Reynolds shot put

Lynda Calder – high jump

Simon Bergfield - discus and javelin

Thomas Jubb – sprints and hurdles

Tristan Tall – long and triple jump

This season we tried a different way of organising the coaching. To attend the athletes were required to sign-up on the weekend prior. This enabled the coaches to tailor their coaching sessions to those who attended and restricted the numbers to ensure the best and safest coaching sessions were conducted. This system also let the athletes who attended know what they would be doing at the coaching and allowed the coaches to fit the sessions into their busy schedules.

The athletes enjoyed the training and it was great seeing the friendships develop across the age groups, let alone the improved performances throughout the season. Thanks to the parents who help out at training, particularly with the setting up and packing away of equipment, as with all things volunteers make it work.

We are always on the lookout for people to help with the coaching. It is very rewarding especially when a young athlete finds you and tells you through a huge smile how they achieved a PB. If you are interested in coaching or even just assisting the sense of self satisfaction from helping the athletes improve is just wonderful.

Our coaches put in a lot of hard effort and time and they all deserve equal credit, but to encourage others to consider joining the coaching team I want to mention Lynda Calder the high jump coach. Lynda joined the coaching team last season as she *“wasn't seeing Ryde high jumpers at Region and State anymore and felt sad”*. By having a coach specialise in high jump allowed the Ryde representation at State level improve from four athletes two seasons ago to 14 this season along with a gold and silver medal. Each coach has similar success stories which are very rewarding and are priceless.

So please if you have even the slightest thought of being involved, as an assistant or a coach, come and talk to me or a member of the committee. It does not have to be a weekly commitment as the new way of rostering coaching allows different events to be coached at different times. At Ryde we will assist with coach education, mentoring and shadowing so you are not left high and dry and you can enjoy being part of a team that makes a difference.

Andrew Wilson
Officer for Coaching - Juniors

CHAMPIONSHIPS

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 22nd November 2015 (Juniors) and 23rd November 2015 (Seniors) at Sydney Olympic Park.

It provides the opportunity for our athletes to compete against other centres in a relay format.

Thanks to all who volunteered for the weekend.

Ryde entered a total of 49 teams

A number of our teams won medals over the weekend:

- Girls U 15 4 x 100 Silver
- Girls U 13 Long / High Silver
- Girls U 15 Long / High Silver
- Boys U 12 4 x 100 Silver
- Mixed U 15 4 x 100 Bronze

ZONE CARNIVAL

The Zone Carnival was held on the 13th and 14th December at Barton Park, Parramatta.

Unfortunately prevailing rain in the days preceding made the use of the straight track unsafe, so the circular track was used for the 50m, 70m and 100m events.

The Ryde club had over 182 athletes competing in 630 events over the weekend. Of these athletes, 120 athletes qualified for the Region Carnival in 331 events.

Ryde also achieved a fantastic new zone record:

- Harrison Wade :U15B 1500m record 9:34:40s

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

Skye Halmarick	3 rd Girls U 7 Shot Put
Christopher Moala	3 rd Boys U 7 70 Metre 1 st Boys U & Long Jump
Lachlan Stitt	1 st Boys U & 500 Pack Start 2 nd Boys U 7 100 Metre 2 nd Boy U 7 200 Metre 3 rd U 7 Boys Shot Put.
Axel Bruntsch	2 nd U 7 Boys Long Jump

RYDE GAMES

Ryde Games was held in January 2015 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.

REGIONAL CARNIVAL

The Regional Carnival was held on the weekend of 14th and 15th February at Narrabeen. Ryde was represented by 120 athletes in 331 events.

The Under 8 athletes made their first appearance at Region. The following received medals for 1st, 2nd and 3rd placing as listed below:

Georgia Phillips	Girls U 8 Shot Put 3 rd
Jessica Johnston	Girls U 8 Discus 3 rd
Andrew Kalos	Boys U 8 Shot Put 1 st Boys U 8 Discus 2 nd

The athletes who qualified to compete at State are listed below:

Portia Amy-Wilson, Georgia Arcus, Joshua Arcus, Oliver Arcus, Anna Badaoui, Nicola Bowtell, Jessica Brown, Sarah Brown, Adam Bruntsch, Amy Court, Eliza Da Silva, Chloe Davis, George Davis, Owen Douglas, Samuel Galati, Natasha Fairhall, Ashton Gleeson, Lara Halmarick, Dominic Henggen, Haydn Housenloge, Sophie Hunter, Adam Jubb, Izabella Kalachian, Sarah Kelland, Julia Kelland, Chiara Lillis, Connor Latham, Zoe Latham, Alyssa Lowe, Katrina Lyon, Brooke Matheson, Kalafi Moala, Cherie Pan, Eleanor Partridge, Eleanor Plummer, Jeremy Plummer, Samuel Plummer, Ivan Prizmic, Louis Purcell, Emma Smith, Jack Stone, Tom Stone, Justin Sunderland, Benjamin Nogajski, Jordan Metcalfe, Hannah Tall, Jett Tall, Harrison Wade.

STATE MULTI-EVENT

The State Multi Event carnival was held at Sydney Olympic Park (SOPAC) 7th and 8th of March 2015.

Ryde had 47 athletes competing with 1 Gold Medal for Jope Rauqe in the under 8 boys.

Congratulations to our all of our club representatives:

Daniel Betts, Ashton Gleeson, Andrew Phillips, Jeremy Plummer, Rachel Lao, Yi Tong Xu, Adam Bruntsch, Portia Amy-Wilson, Mikaela Bruntsch, Daniel Bowtell, Benjamin Nogajski, Sophie Hunter, Amy Court, Chloe Davis, Zoe Latham, Emma Smith, Nicola Bowtell, Axel Bruntsch, Harry Jordan, Sharan Aadith Sivakumar, Sean Douglas, Lachlan Stitt, Jordan Turkal, Zara Pawsey, Owen Chandler, Maxx Heaton, Andrew Kalos, Aarish Mistry, Jope Rauqe, Connor Santos, Daryl Yau, Claudia Barlow, Regan Dinh, Jessica Johnston, Georgia Phillips, Tyler Dinh, Owen Douglas, Dominic Hengren, Max Merifield, Riley Turkal, Sophie Byrne, Erica Chou, Krishani Coffin, Natasha Fairhall, Isabella Hollins, Alicia O'Connor, Elysha Pawsey

NSW LITTLE ATHLETICS STATE TRACK AND FIELD CHAMPIONSHIPS

The State Championships were held on the weekend of the 21st to 23rd March at Homebush. Of the 48 athletes who competed in 88 events, 20 athletes made finals and 6 athletes came home with medals.

Athletes that came in the top 3 were:

- Owen Douglas U 9 Boys High Jump Gold
- Ivan Prizmic U 9 Boys High Jump Silver
- Nicola Bowtell U17 Girls 400m Sprint Bronze
- Chiara Lillis U 11 Girls 2nd Shot Put Silver
- Harrison Wade U 15 Boys 3000m Silver, U 15 Boys 1500m Bronze
- Tom Stone U 11 Boys High Jump Bronze

Athletes that came in the top 8 were:

Portia Amy-Wilson	U 12 Girls High Jump U 12 Girls Triple Jump	5 th 5 th
Georgia Arcus	U 11 Girls 1100m Walk	8 th
Nicola Bowtell	U 17 Girls 400m U 17 Girls 200m Hurdles	3 rd 7 th
Tom Stone	U 11 Boys High Jump U 11 Boys Triple Jump	3 rd 6 th
Owen Douglas	U 9 Boys High Jump	1 st
Ivan Prizmic	U 9 Boys High Jump	2 nd
Harrison Wade	U 15 Boys 1500m U 15 Boys 3000m	3 rd 2 nd
Adam Bruntsch	U 11 Boys 800m	7 th
Jordan Metcalfe	U 12 Boys 100m U 12 Boys 200m	6 th 7 th
Lara Halmarick	U 13 Girls Long jump U 13 Girls Triple Jump	7 th 6 th
Chiara Lillis	U 11 Girls Shot Put	2 nd
Portia Amy-Wilson	U 12 Girls Triple Jump	5 th
Cherie Pan	U 15 Girls Triple Jump	8 th
Natasha Fairhall	U 9 Girls Shot Put	6 th
Chloe Davis	U 15 Girls Javelin	6 th
George Davis	U 12 Boys 1500m Walk	6 th
Julia Kelland	U 14 Girls Javelin	8 th
Sarah Kelland	U 17 Girls Javelin	6 th

TRANS-TASMAN TRIALS

The following athletes The following athlete's trialed for Trans-Tasman on Sunday 2 November 2014 at Barton Park Parramatta. Thanks to the many parent helpers who went along for this event.

Under 12 Girls

- Portia Amy Wilson
- Eleanor Partridge
- Alyssa Lowe

Under 11 Girls

- Chiara Lillis

Under 11 Boys

- Adam Bruntsch
- Tom Stone

After team selection some of our athletes were allocated a buddy from the Auckland NZ team which were collected from St Gregory's Campbelltown Campus and taken out for a fun day around Sydney.

The following Sunday the Trans-Tasman Challenge was held at Campbelltown Athletics Stadium at Leumeah. We had the presence of a past champion athlete present at the day being Maddy Bergfield who was actively photographing athletes on the day.

Mark Lillis
Championships Officer - Juniors

JUNIOR RECORDS 2014/2015 SEASON

	Date	Age	Event	New Record	No	New Record Holder	Old Record	Old Record Holder	Date
1	27/09/14	15 B	Javelin	32.85	412	Nathan Harrison	26.88	Hadyn Houssenloge	12/01/13
2	27/09/14	15 G	Javelin	31.7	42	Chloe Davis	27.22	Sarah Kelland	29/09/12
3	27/09/14	15 B	1500m	431.92	61	Harrison Wade	438.1	James Bergfield	07/03/09
4	04/10/14	15 B	800m	211.79	61	Harrison Wade	214.2	C Borwick	10/03/07
5	04/10/14	14 B	SP	13.05	10	Benjamin Nogajski	12.23	Hadyn Houssenloge	28/01/12
6	04/10/14	15 B	3000m	947.66	61	Harrison Wade	1026.2	James Bergfield	10/10/08
7	11/10/14	17 B	HJ	1.72	2	Hadyn Houssenloge	1.71	Jayden Young	11/01/14
8	18/10/14	15 B	800m	208.28	61	Harrison Wade	211.79	Harrison Wade	04/10/14
9	25/10/14	15 G	Javelin	31.93	42	Chloe Davis	31.7	Chloe Davis	27/09/14
10	15/11/14	17 G	200H	31.9	11	Nicola Bowtell	31.9	Sachi Kayama	10/09/11
11	29/11/14	15 B	1500m	430.24	61	Harrison Wade	431.92	Harrison Wade	27/09/14
12	29/11/14	12 B	Javelin	25.57	115	Samuel Galati	25.09	Noah Hain	22/02/14
13	29/11/14	15 B	Javelin	33.46	412	Nathan Harrison	32.85	Nathan Harrison	27/09/14
14	20/12/14	14 G	1500m	527.97	20	Hannah Tall	535.2	R Neylan	25/11/95
15	20/12/14	17 G	Javelin	32.9	38	Sarah Kelland	31.86	Maddy Bergfield	19/11/11
16	20/12/14	12 B	Javelin	25.82	22	Jett Tall	25.57	Samuel Galati	29/11/14
17	20/12/14	12 B	Javelin	25.65	115	Samuel Galati	25.57	Samuel Galati	29/11/14
18	10/01/15	6 B	Discus	13.92	55	Oliver Hergren	12	Hayden Clark	06/10/12
19	17/01/15	15 G	Javelin	32.37	42	Chloe Davis	31.93	Chloe Davis	25/10/14
20	21/02/15	9 B	HJ	1.22	123	Owen Douglas	1.22	G Duddle	26/01/80
21	21/02/15	14 B	1500m Walk	844.24	62	Logan Wade	852.4	M Reynolds	07/09/91
22	21/02/15	17 G	200H	31.06	11	Nicola Bowtell	31.9	Sachi Kayama	10/09/11
23	28/02/15	14 B	HJ	1.75	10	Benjamin Nogajski	1.72	C Pappas	20/02/10
24	28/02/15	17 G	400m	101.94	11	Nicola Bowtell	102.5	Tara Vance	21/11/09
25	07/03/15	14 B	SP	14.49	10	Benjamin Nogajski	13.05	Benjamin Nogajski	04/10/14
31	07/03/15	6 B	Discus	15.14	55	Oliver Hergren	13.92	Oliver Hergren	10/01/15
32	14/03/15	12 B	Javelin	28.62	376	Joshua Arcus	25.82	Jett Tall	20/12/14

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	Adrian Wade
FEMALE CAPTAIN	Georgia Winkcup
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

PRESIDENT - Seniors

It is with much pleasure that I give my last President's Report for the 2014/15 Athletic Season. I am resigning as President after 35 yrs as a member of the Senior Committee.

I have been associated with the Ryde Women's Club, Ryde Senior Club, and the Ryde Athletic Centre for 59 years, having joined in 1956 when Australia held our first Olympic games in Melbourne. I have enjoyed every year as an athlete and then as an Official, watching our Ryde athletes improving and winning many medals in all our State, National and World Championships. I have also enjoyed officiating, first at Dunbar Park for outer ground, then at Homebush Olympic Park and also at the 2006 Commonwealth Games in Melbourne

The Ryde Centre has benefited from the joining together of Ryde Little A's with our senior Club, this has encouraged the younger athletes to continue on to Seniors. Also over the years our coaches, especially Ross Forster, Bruce Brown, Andrew Atkinson-Howatt and many others, have seen our athletes blossom into champions as they continue into the Seniors.

In Ross Forster's comprehensive Competition Report you will read of the athletes successes over this year. The Seniors also have a very strong Masters group who have won many medals in their age groups over this year, I thank Andrew Atkinson-Howatt for initiating this.

We have had a very enthusiastic Committee of parents attending our monthly meetings; Vice President – Simon Bergfield, very active in all occasions, Vice President -Andrew Atkinson-Howatt – helping as a field events coach, Secretary- Adrian Wade- our conscientious Secretary keeping us informed, Ross Forster-(Where would we be without him!), as Treasurer, Registrar, Race Secretary, Coach and organiser of all our fund raising activities, Louise Bergfield- Our Publicity Officer, Photographer, who has organised articles and photos for the local TWT paper, as well as put out our Senior's Footprint paper with pictures and results of our athletes, and emailed it to all members and junior duel members. Thank you Louise. We also thank Betty Moore for being our Patron once again and taking an interest in our Centre

Our Social events have included our Club Championships over two Sundays where many club records were broken. Thank you to all the parents and friends for all their help.

Also included in our fund raising has been athletes and parents officiating at City to Surf, Run 4 Fun, and the Blackmore's Marathon. We have also received many donations from our ex-officials and athletes, and all this has helped our athletes with travel expenses to Interstate and overseas championships.

Our athletes have achieved some excellent results and collected many medals; Georgia Winkcup - was awarded a NSW Combined High School "Blue" last year for Cross Country. She also competed in the Cook Island Oceania Championships winning three gold medals and breaking the existing Oceania records in 1500m and 3000m. Georgia has been a regular competitor in middle distance events in local, State and National Championships.

Maddy Bergfield – was a monthly winner in the TWT/Club six/Ryde Sports Star of the year award. She also competed at the Oceania Championships in the Cook Islands, winning silver in discus and bronze in the shot put. Maddy also competes in the local athletic competitions.

Our Master athletes have had great successes, especially Robert Hanbury-Brown and Lajos Joni. Other athletes worthy of mention are: Ben Cox in the triple jump, Nicola Bowtell in 400m Hurdles, who has also been selected in the Australian team to contest the Oceania Championships to be held in Cairns in May this year, Sierra Collender and Harrison Wade in the middle distant events. All these results can be found in Ross Forster's Competition Report.

To our many other award winners who have achieved P.B's, my congratulations for achieving your success, and to those who did not receive an award this year, continue with your efforts and may you succeed in the future.

Thank you to all our members, officials, athletes and parents for their ongoing support to help make The Ryde Athletic Senior Division of our Centre one of the best.

Ros Mitchell
President - Seniors

TREASURER

Seniors Division Accounts for the Season 2014 – 2015

<u>Income</u>		<u>Expenditure</u>	
Registrations	\$4010	Trophies	\$1205.70
Bank Interest	\$2.35	Bank fees	\$2.50
Donations - NSW Masters	\$275.00	ANSW – Affiliation Fee	\$762.30
Donations - Throws Competition	\$155.00	Athlete Donations	\$2,100.00
Donations - Blackmores Marathon	\$550.00	ANSW – Regn Fee	\$2060.00
Donations - City to Surf	\$1008.00	ANSW – Relay Entry Fee	\$380.00
		Total Expenditure	\$6,510.50
		Plus Net Income	-\$510.15
Total Income	\$6,000.35		\$6,000.35

Bank Reconciliation Statement

Bank Statement - 1/04/14	\$10,048.90
<u>Less</u> last year's unrepresented cheques	
<u>Plus</u> Net Income/(loss)	-\$510.15
<u>Plus</u> unrepresented cheques this year	
Bank Statement - 31/03/15	\$9,538.75

Donations to Athletes

N Bowtell to Melbourne for Australian Championships	\$200.00
G Winkcup to Cook Islands for Oceania Championships	\$350.00
M Bergfield to Cook Islands for Oceania Championships	\$350.00
G Winkcup to Albany for Australian Cross Country Championships	\$300.00
H Wade to Adelaide for Australian All Schools Championships	\$300.00
B Nogajski to Adelaide for Australian All Schools Championships	\$300.00
N Bowtell to Adelaide for Australian All Schools Championships	\$300.00
	\$2,100.00

Donations Received From:

	<u>Weight Pentathlon</u>	<u>Blackmores Marathon</u>	<u>City to Surf</u>	<u>General</u>	<u>Total</u>
N.S.W. Masters				\$275.00	\$275.00
Ross Forster		\$50.00	\$42.00		\$92.00
Jan Pretorius			\$42.00		\$42.00
Helen Pretorius			\$42.00		\$42.00
Kate Kelland		\$50.00	\$42.00		\$92.00
Sarah Kelland		\$50.00	\$42.00		\$92.00
Julia Kelland		\$50.00	\$42.00		\$92.00
Adrian Wade		\$50.00			\$50.00
Harrison Wade		\$50.00			\$50.00
Logan Wade		\$50.00	\$42.00		\$92.00
Jacquie Wade			\$42.00		\$42.00
Simon Bergfield			\$42.00		\$42.00
Louise Bergfield			\$42.00		\$42.00
James Bergfield			\$42.00		\$42.00
Maddy Bergfield			\$42.00		\$42.00
Niamh Simula			\$42.00		\$42.00
Bruce Lyon			\$42.00		\$42.00
Katrina Lyon			\$42.00		\$42.00
Karin Lyon			\$42.00		\$42.00
Neil Winkcup			\$42.00		\$42.00
Kylie Winkcup			\$42.00		\$42.00
Ed Penrose			\$42.00		\$42.00
Naomi Penrose			\$42.00		\$42.00
Rob Hain			\$42.00		\$42.00
Scarlett Kidman			\$42.00		\$42.00
David Sunderland		\$50.00	\$42.00		\$92.00
Justin Sunderland		\$50.00	\$42.00		\$92.00
Ann Harvey		\$50.00			\$50.00
Eliza Harvey		\$50.00			\$50.00
Anonymous	\$155.00				\$155.00
	\$155.00	\$550.00	\$1,008.00	\$275.00	\$1,988.00

**Ross Forster
Treasurer - Seniors**

REGISTRAR

This year showed a decrease in members from the previous year. Our numbers have decreased from 171 last year to 150 this year.

Breakdown of our membership this year is as follows:-

Our registration numbers as at 31st March, 2015 are as follows:-

Officials	8
Open & Masters	10
Under 20	6
Under 18	0
Winter	0
Junior	0
Dual Registrations	<u>126</u>
	<u>150</u>

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

Male Officials	3	Female Officials	5
Male Open & Masters	9	Female Open & Masters	1
Male Under 20	3	Female Under 20	3
Male Under 18	0	Female Under 18	0
Male Winter	0	Female Winter	0
Male Junior	0	Female Junior	0
Male Dual Registrations	<u>60</u>	Female Dual Registrations	<u>66</u>
	<u>75</u>		<u>75</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.

This year two of our athletes represented Australia at the Oceania Athletics Championships which were held at Raratonga in the Cook Islands.

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, Schools Knockout and Junior Carnivals held this year. Congratulations must go to the 5 athletes who competed at the Australian All Schools Carnival in Adelaide and to the 18 athletes who competed at the Australian Junior Championships in Sydney.

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

It was very pleasing to see a total of 10 competitors from our Centre representing NSW for the very first time at these Australian Titles.

Ross Forster
Coaching Convenor - Seniors

PUBLICITY

Our Senior athletes have had another wonderful season which makes my job of publicity an easy one. As always we extend our thanks to Chris Karas at The Weekly Times who has always been terrific in his support of Ryde Athletics Centre. The Weekly Times gives fantastic coverage to all of our local sportsmen and women and is to be applauded for that. Our Seniors have featured in the local papers many times over the current season in recognition of their outstanding performances around Australia and abroad. Senior Reports have continued to be included in Footprint and thank you to Ross Forster for his help in collating results. We have also again this season issued a number of 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. World Masters Indoor Athletics Championships

At the World Masters Indoor Athletics Championships held in Budapest, Hungary from 25/03/14 to 30/03/14 we were represented by 1 competitor.

Lajos Joni finished in 12th place in the 55-59 years Shot Put event with his throw of 10.49 metres. In his Weight Throw event Lajos claimed 9th place with his throw of 14.97 metres. Lajos finished in 14th place in his Discus event with his effort of 30.96 metres. In his Hammer event Lajos claimed 8th place with his throw of 44.21 metres.

2. Sydney 10

We had 6 competitors at the Sydney 10 events at Homebush on Saturday, 3rd May in 3 separate races.

Adrian Wade finished in 28th place in the 40-44 years age group of the 10km event in a time of 37 mins 57 secs.

Logan Wade finished in 11th place in the 12-13 years Boys age group run of the 2.5km event in a time of 9 mins 26 secs.

In the 5km event we were represented by 4 girls who won the silver medal in the teams' event for the Under 18 Girls.

Georgia Winkcup finished in 2nd place to win an individual silver medal with her time of 18 mins 06 secs.

Scarlett Kidman finished in 12th place with her time of 20 mins 18 secs.

Sierra Collender finished in 17th place with her time of 20 mins 56 secs.

Sarah Kelland finished in 22nd place with her time of 24 mins 48 secs.

3. G.P.S. Championships

The G.P.S. Athletics Championships were held at Homebush on Saturday, 10th May and we were represented by 3 competitors.

Ed Penrose, representing Newington, won the Under 17 Men's 400 metres Championship event in a time of 50.33 seconds. In his 800 metres Championship Ed finished 4th in a time of 1 min 57.60 secs.

Nick Kelland, representing Sydney Grammar, finished 7th in the Open Men's Shot put event with his throw of 11.83 metres.

Oliver Arcus, representing St Ignatius, placed 9th in the Under 13 Men's 800 metres Championship event in a time of 2 mins 27.21 secs.

4. Mothers' Day Classic

At the Mothers' Day Classic event held at Parramatta Park on Sunday, 11th May we were represented by 2 competitors in the 4km event.

Georgia Winkcup finished 3rd overall and was the 1st female runner home in the 4km event. She received a \$200.00 voucher from Brooks Shoes as a result. Georgia's time was 14 mins 25 secs.

Sierra Collender was the 4th girl home in the Under 18 Age Group and Sierra's time was 16 mins 53 secs.

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

At the NSW Relay Championships held at Miranda on Saturday, 31st May we had 2 teams entered.

Our Under 18 Girls team finished in 4th place in their 4 x 3km Relay event. The team, in running order, and their splits are listed below:-

Georgia Winkcup	10 mins 31 secs
Scarlett Kidman	12 mins 15 secs
Eliza Harvey	13 mins 26 secs
Nicola Bowtell	13 mins 46 secs

Our Under 16 Boys team finished in 5th place in their 4 x 3km Relay event. The team, in running order, and their splits are listed below:-

Julian Moore	10 mins 45 secs
Harry Stevenson	11 mins 04 secs
Logan Wade	12 mins 11 secs
Harrison Wade	10 mins 01 secs

6. Balmoral Burn

At the Balmoral Burn event we were represented by 3 athletes.

Pat Kelland finished 3rd in the Open Men's run in a time of 1 min 35 secs.

James Bergfield finished just behind Pat in 4th place in a time of 1 min 36 secs.

Nicola Bowtell was the 2nd runner in her Pymble Ladies' College team which finished in 3rd place.

7. N.S.W. Combined Independent Schools Cross Country Championships

At the NSW CIS Cross Country Championships held at Eastern Creek on Thursday, 12th June we were represented by 3 athletes.

Harry Stevenson finished in 7th place in the 13 year Boys 3km event.

Sierra Collender finished in 7th place in the 16 year Girls 4km event.

Eliza Harvey finished in 14th place in the 13 year Girls 3km event.

8. Sydney North Regional Cross Country Championships

At the Sydney North Regional Cross Country Championships held at Gosford Race Course on Thursday, 12th June we were represented by 2 athletes.

Georgia Winkcup won the 17 year Girls 4km event by a margin of some 200 metres.

Harrison Wade won the 15 year Boys 4km event by a margin in excess of 100 metres.

9. N.S.W. Combined Catholic Colleges Cross Country Championships

At the NSW Combined Catholic Colleges Cross Country Championships held at Eastern Creek on Friday, 13th June we were represented by 2 athletes.

Niamh Simula finished in 15th place in the 17 years Girls 4 km run and was the 3rd runner home for the C.G.S.S.S.A. which won the teams event gold medal.

Scarlett Kidman finished in 12th place in the 15 years Girls 4km run and was the 1st runner home for the C.G.S.S.S.A. team.

10. N.S.W. Cross Country Championships

The NSW Cross Country Championships were held at Nowra on Saturday, 21st June and we were represented by 5 athletes.

Harrison Wade finished in 5th place in the Under 16 Boys 4km event in a time of 13 mins 42 secs.

Scarlett Kidman finished in 16th place in the Under 16 Girls 4km event in a time of 16 mins 47 secs.

Sierra Collender finished in 17th place in the Under 18 Girls 4km event in a time of 17 mins 32 secs.

Logan Wade finished in 18th place in the Under 14 Boys 3km event in a time of 11 mins 28 secs.

Adrian Wade finished in 29th place overall in the Open Men's 12km event in a time of 48 mins 00 secs. In his Age Group event (40-44) Adrian finished just out of the medals in 4th place.

11. Oceania Athletics Championships

At the Oceania Championships held at Rarotonga in the Cook Islands we were represented by 2 athletes.

Maddy Bergfield was the first of our 2 competitors to perform and perform she did! In the Junior Discus event Maddy won the silver medal with her throw of 41.30 metres. This event was held in truly awful conditions – very windy and wet – in fact, conditions were so bad that the event was actually halted for some time to see if the wind and rain would ease. Maddy's throws were a model of consistency- 41.30m, foul, 39.78m, 39.35m, 39.48m and 41.19m. Later in the day Maddy contested her Shot Put event and again performed. Maddy claimed the bronze medal with a personal best and Best Performance on Record throw of 12.04 metres. This throw was a 27cm pb. Maddy's throws measured 11.09m, 10.94m, 11.48m, 11.25m, 12.04m and 11.12m.

Georgia Winkcup was the 3rd runner (200 metres leg) in the Open Mixed 800 metres Sprint Medley event. Together with her 3 team mates they claimed the gold medal in a time of 1 min 41.11 secs. Their winning margin was a mere 6/100 seconds. In the Junior 1500 metres event Georgia led all the way to win in a personal best time of 4:29.97 secs and broke the existing Oceania Championship Record for this event. Georgia's winning margin was 7.81 seconds. In her 3000 metres Steeplechase event the next day Georgie was again the winner in a personal best time and Oceania Championship Record time of 10 mins 37.91 secs. This time by Georgia is less than 10 seconds off the time set by Australia to qualify for the World Juniors this year. The Junior and Open events were combined with Georgia being the first athlete past the post.

The two girls performed extremely well at these Championships – it is not just that they brought medals home in each event they contested, but that they exceeded their previous best performances in their events.

12. N.S.W. Little Athletics Cross Country & Road Walks Championships

At the NSW Little Athletics Cross Country & Road Walks Championships held at West Dapto on Sunday, 6th July we were represented by 9 athletes.

In the Under 13 Boys 3km event **Logan Wade** finished in 12th place, **Jack Talty** finished in 14th place, whilst **Daniel Bowtell** finished in 24th place. As a team the above boys placed 4th.

In the Under 15 Girls 3km event **Scarlett Kidman** finished in 6th place, **Nicola Bowtell** finished in 12th place, whilst

Helen Pretorius finished in 13th place. The above girls claimed the team gold medal in this event. In the Under 17 Girls 4km event **Georgia Winkcup** won the gold medal, **Niamh Simula** finished in 8th place and **Sarah Kelland** placed 9th. The girls listed above won the teams gold medal in this event. In the Under 17 Girls 3km Walk event **Sarah Kelland**, who had earlier contested the 4km Run, finished in 4th place in the Walk event.

13. N.S.W. Road Relay Championships

At the NSW Road Relay Championships held at Ourimbah on Saturday, 12th July we had 1 team entered in the Under 18 Girls 4 x 2km Road Relay.

Georgia Winkcup was our lead runner and she put our team into 1st place with the fastest leg of the day – a 6 min 32 sec leg. Georgia passed off to **Scarlett Kidman** who, despite being knocked over, took off and produced a time of 7 mins 27 secs. Scarlett passed off to **Eliza Harvey** who ran her leg in 7 mins 33 secs. Eliza then passed off to our final runner **Sierra Collender** who produced a final leg of 7 mins 15 secs to bring us home in the excellent time of 28 mins 47 secs which gave the team 4th place. Such was the talent in this event this year that the time our girls ran this year would have won last year's race by over 1 min 20 secs!

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

The NSW All Schools Cross Country Championships were held at Eastern Creek Raceway on Friday, 18th July and we were represented by 5 athletes.

Georgia Winkcup won the 17 years Girls 4km event in a time of 14 mins 57 secs. During the run the lead alternated between Georgie and Karlie Swanson, who had recently won the World Schools Cross Country Championships held in Israel, before Georgie came away in the last kilometre to win by 19 seconds. In the Teams event Georgia's team also won the gold medal. Georgia also won the Combined High Schools gold medal in this event.

Harrison Wade finished 4th overall in the 15 years Boys 4km event in a time of 14 mins 12 secs. In the Combined High Schools section of this race Harrison was awarded the gold medal. Harrison's team also won the gold medal.

Sierra Collender finished 22nd overall in the 16 years Girls 4km event in a time of 17 mins 19 secs.

Maya Leverett finished in 67th place overall in the 15 years Girls 4km event in a time of 20 mins 20 secs.

Harry Stevenson finished in 34th place overall in the 13 years 3km event, despite being knocked over during the run, in a time of 12 mins 50 secs.

15. Sydney North Regional Athletics Championships

The Sydney North Regional Athletics Championships were held at Homebush on Monday and Tuesday, 21st & 22nd July. At these Championships we had a total of 20 athletes representing us there.

Kelsey Cooper-Phillis finished 3rd in the 14 years Girls 100 metres event in a time of 13.82 seconds. In her 200 metres event Kelsey finished in 2nd place with her time of 27.71 seconds. Kelsey also claimed 2nd spot in her 400 metres event with a time of 62.91 seconds.

Amy Court placed 6th in the 14 years Girls 100 metres event in a time of 14.05 seconds. In her 200 metres event Amy claimed 7th place with her time of 28.86 seconds. Amy finished in 10th place in her 90 metres Hurdles event in a time of 18.26 seconds. In her 200 metres Hurdles event Amy placed 7th with her time of 35.62 seconds. Amy placed 4th in her Long Jump event with her leap of 4.53 metres.

Maya Leverett finished 7th in the 15 years Girls 100 metres event with her time of 13.96 seconds. In the 12-15 years Triple Jump event Maya finished in 2nd place with her leap of 10.48 metres.

Hannah Tall won the 13 years Girls 800 metres event in a personal best time of 2 mins 25.54 secs. In her High Jump event Hannah finished in 9th place with her clearance at 1.35 metres. In her Shot Put event Hannah finished in 11th place with her throw of 8.12 metres. Hannah placed 10th in her Discus event with her throw of 19.22 metres.

Georgia Winkcup won the 17+ years Girls 800 metres event in a personal best time of 2 mins 17.56 secs. In her 1500 metres event Georgia was a clear winner in a time of 4 mins 41.82 secs. Georgia won her 3rd event at the carnival with a run-away effort in her 3000 metres event in a time of 10 mins 12.86 secs.

Katrina Lyon claimed 3rd place in the 13 years Girls 80 metres Hurdles event in a time of 14.44 seconds. In her Long Jump Katrina was a clear winner with her leap of 4.74 metres.

Cherie Pan placed 4th in the 14 years Girls 90 metres Hurdles event with her time of 15.65 seconds. In her High Jump event Cherie placed 6th with her clearance at 1.40 metres. Cherie won her Long Jump event with her leap of 4.76 metres. In the 12-15 years Triple Jump event Cherie finished in 3rd place with her leap of 10.24 metres.

Crystal Overton finished in 7th place in the 15 years Girls 90 metres Hurdles event with her time of 17.73 seconds. In her Shot Put event Crystal placed 5th with her throw of 10.49 metres. Crystal finished in 8th place in her Discus event with her effort of 20.65 metres. In her Javelin event Crystal placed 11th with her throw of 16.87 metres.

The Cheltenham 14 years Girls 4 x 100 metres Relay team finished in 2nd place in this event with their time of 53.71 seconds – both Amy Court and Kelsey Cooper-Phillis were members of this team.

Kara Talty finished in 2nd place in the 17+ years Girls Shot Put event with her effort of 11.05 metres.

Jadine Zagic finished in 6th place in the 15 years Girls Javelin event with her throw of 22.79 metres.

Katherine Du finished in 5th place in the 16 years Girls Javelin event with her throw of 26.13 metres.

Antonio Galati was the winner in the 17+ Boys 100 metres event with his time of 11.58 seconds. In his 200 metres event Antonio placed 6th with a time of 23.58 seconds. Antonio claimed 4th place in his Long Jump event with his leap of 5.66 metres.

Louis Purcell finished in 7th place in the 13 years Boys 200 metres event with his time of 25.07 seconds.

Jayden Young placed 12th in the 17+ years Boys 200 metres event with his time of 24.92 seconds. In his High Jump event Jayden was unfortunate to finish in 4th place with his clearance at 1.80 metres. In this event the first 4 placegetters all cleared the same height – 1.80 metres. Jayden finished 4th in his Triple Jump event with his leap of 12.09 metres. In his Shot Put event Jayden claimed yet another 4th place with his throw of 11.63 metres.

Logan Wade finished in 7th place in the 13 years Boys 800 metres event with his time of 2 mins 32.20 secs. In the 12-14 years 1500 metres event Logan claimed 9th place with his personal best run of 5 mins 04.54 secs.

Harrison Wade won the 15 years Boys 800 metres event in a personal best time of 2 mins 06.02 secs. In his 1500 metres event Harrison was again the winner in a time of 4 mins 20.41 secs. Harrison won the 12-15 years 3000 metres event in a time of 9 mins 30.90 secs.

Jay Butler finished in 5th place in the 12-15 years Boys 3000 metres event with his time of 10 mins 14.76 secs.

Justin Sunderland finished in 7th place in the 15 years Boys 100 metres Hurdles event in a time of 18.28 seconds. In the 12-15 years Boys 1500 metres Walk event Justin finished in 6th place with his time of 9 mins 57.13 secs.

Nicholas Purcell finished in 2nd place in the 16 years Boys 110 metres Hurdles event in a time of 17.69 seconds. In his High Jump event Nicholas placed 4th with his clearance at 1.70 metres.

Haydn Housenloge was a member of the winning Ryde Secondary College team in the 16 years Boys 4 x 100 metres Relay team with their time of 46.29 seconds. In his Long Jump event Haydn claimed 4th place with his leap of 5.52 metres. Haydn finished in 8th place in his Shot Put event with his effort of 10.93 metres.

The Qualifiers and their events through to the C.H.S. Championships are

Kelsey Cooper-Phillis in the 14 years Girls 200 & 400 metres events and as a member of the Cheltenham Girls Relay team.

Maya Leverett in the 12-15 years Girls Triple Jump event.

Hannah Tall in the 13 years Girls 800 metres event.

Georgia Winkcup in the 17+ years Girls 800 metres, 1500 metres, 2000m Steeple and 3000 metres events.

Katrina Lyon in the 13 years Long Jump event.

Cherie Pan in the 14 years Girls Long Jump event.

Amy Court in the 14 years Girls Cheltenham Relay team.

Kara Talty in the 17+ years Girls Shot Put event.

Antonio Galati in the 17+ years Boys 100 metres event.

Harrison Wade in the 15 years Boys 800 metres, 1500 metres and 3000 metres events.

Nicholas Purcell in the 16 years Boys 110 metres Hurdles event.

Haydn Housenloge in the 16 years Boys Ryde Secondary College Relay team.

16. 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 6 athletes.

Logan Wade finished in 12th position in the Under 14 Boys 2.5km event. This run was 1 min 47 secs faster than his run last year. Logan's time in this event was 9 mins 19 secs.

Harrison Wade finished in 3rd position (2nd in NSW) in the Under 16 Boys 2.5km event in a time of 8 mins 05 secs. This run was 27 seconds faster than Harrison's run last year.

Scarlett Kidman finished in 11th place in the Under 16 Girls 2.5km event with her time of 9 mins 29 secs. This run was 56 seconds faster than her run last year.

Sierra Collender finished in 12th place in the Under 18 Girls 2.5km event with a time of 9 mins 35 secs. This run was 42 seconds faster than last year's run.

Adrian Wade finished in 31st place overall (7th in the 40-44 Age Group) with his time for the 7.5km event of 28 mins 01 secs. This run was 43 seconds faster than last year's run.

James Bergfield finished in 49th place overall (21st in the Open Age Group) with his time for the 7.5km event of 30 mins 31 secs.

17. City to Surf

The City to Surf run was held on Sunday, 10th August in ideal conditions. We were represented by 4 athletes.

Harrison Wade was the 2nd runner home in the 13-15 years age group in a time of 50 mins 43 secs. He finished 144th overall.

Adrian Wade was the 63rd runner home in the 40-44 years age group in a time of 53 mins 57 secs. He finished 374th overall.

Sierra Collender was the 10th runner home in the 16-19 years age group in a time of 62 mins 57 secs. She finished 264th of the female athletes and was 2,297th overall.

Daniel Bowtell was the 405th runner home in the 13-15 years age group in a time of 84 mins 28 secs. He finished 23,598th overall.

Competing as the "Wade Brigade" Adrian and Harrison won the "Father and Child under 15" event for the 3rd year running.

18. C.G.S.S.S.A Carnival

At the C.G.S.S.S.A. Carnival held at Homebush on Friday, 15th August we were represented by 8 athletes.

Sachi Kayama won 4 gold medals and a silver medal at this carnival. In her 18-19 years 100 metres final Sachi was the winner in a time of 12.56 seconds. Sachi won her 200 metres final in a time of 26.57 seconds. In the Invitational 100 metres event Sachi finished in 2nd place in a time of 12.74 seconds. Sachi won her Long Jump event setting a new record with her leap of 5.68 metres. Sachi's last gold medal came in the Shot Put event with her throw of 9.67 metres.

Scarlett Kidman won the 15 years Girls 1500 metres event in a personal best time of 5 mins 11.52 secs. In her 800 metres heat Scarlett finished 2nd overall with her personal best time of 2 mins 33.45 secs. Scarlett won her 400 metres heat and finished 2nd overall in a time of 68.13 seconds.

Veronica Jukic won her 100 metres Hurdles event in a time of 18.52 seconds. In her High Jump event Veronica placed 2nd with her clearance at 1.55 metres. Veronica also finished 2nd in her Shot Put event with her throw of 8.79 metres.

Emma Smith won 3 gold medals at the carnival. In the 14 years Girls 100 metres final Emma struck gold with her time of 13.76 seconds. Emma's next gold came in her 200 metres final where she recorded a time of 27.92 seconds. In her Long Jump event Emma was again the winner with her leap of 4.52 metres.

Keira Simula won the silver medal in the 13 years Girls Long Jump event with her leap of 4.59 metres. In her 200 metres final Keira finished 5th with her time of 29.38 seconds. Keira finished 6th in her 100 metres final in a time of 14.14 seconds. In her High Jump event Keira filled 8th place with her clearance at 1.20 metres.

Niamh Simula won a bronze medal in the 17 years Girls 1500 metres event with her time of 6 mins 10.46 secs. In her 800 metres event Niamh added a further bronze medal in a time of 2 mins 51.23 secs. Niamh claimed 4th place in her 400 metres final in a time of 72.19 seconds.

Bethany Thom finished in 4th place in the 16 years Girls 100 metres Hurdles final in a time of 19.81 seconds. In her Long Jump event Bethany again finished in 4th spot with her leap of 4.29 metres.

Anna Badaoui placed 4th in the 13 years Girls Long Jump event with her leap of 4.36 metres. In her 200 metres final Anna finished in 6th place in a time of 29.50 seconds.

19. I.G.S.S.A. Carnival

The I.G.S.S.A. Carnival was held over the 21st and 22nd August at Homebush and we were represented by 7 athletes.

Eliza Harvey won the Junior Girls 1500 metres event in a personal best time of 4 mins 52.36 secs. During the run Eliza settled in 2nd place for the first lap and then went to the front until a lap to go where she was passed by the MLC runner. Eliza dropped into 2nd again until she kicked with approximately 70 metres to go and win running away by some 10 metres. In the 13 years Girls 800 metres final Eliza was content to sit in 2nd place until about 60 metres to go when she kicked past her Pymble opponent to win going away in a personal best time of 2 mins 18.59 secs. Eliza's winning margin was approximately 5 metres.

Helen Pretorius went up an age group to compete in the 16 years Girls events. After finishing 2nd in her 200 metres heat, Helen placed 4th in the final with her time of 27.32 seconds. In her 100 metres event Helen won her heat in a time of 13.26 seconds and repeated this placing in the final to snatch her win on the line in a time of 13.14 seconds. It was noticeable in both events the strong finish Helen possesses.

Sierra Collender finished in 4th place in the Intermediate Girls 1500 metres event in a time of 5 mins 01.57 secs. In her 16 years Girls 800 metres final Sierra produced a withering finish to claim 2nd place on the line in a time of 2 mins 27.08 secs.

Nicola Bowtell also competed up an age group to compete in the 16 years Girls 200 metres event and made the final when she finished 4th in her heat. In the final Nicola finished in 8th place with her time of 28.44 seconds. In her Intermediate 400 metres heat Nicola finished in 2nd place to advance to the final. Nicola claimed the silver medal in the final with her time of 61.89 seconds.

Julia Kelland claimed the bronze medal in the Junior Girls Javelin event with her throw of 30.77 metres which she achieved on her 2nd throw of the competition.

Sarah Kelland competed up in the Senior 4kg Shot Put event and claimed the bronze medal with her throw of 8.29 metres. In fact her next two best throws were 8.26 and 8.27 metres which show a great level of consistency. In the Senior Javelin event Sarah finished in 4th place with her best throw of 28.96 metres.

Emma Smith competed in the 14 year Girls events at this Carnival. In her Long Jump event Emma leapt 4.68 metres to finish in 8th place. Emma ran a time of 27.92 seconds to finish in 8th place in her 200 metres final. In her 100 metres event Emma clocked a time of 13.81 seconds to finish in 11th place overall. Emma was a member of the Monte Sant Angelo Junior Relay Team which finished 7th in the final in a time of 53.74 seconds.

20. Australian All Schools Cross Country Championships

The Australian All Schools Cross Country Championships were held in Albany, Western Australia from 23rd to 25th August and we were represented by 1 athlete.

Georgia Winkcup was our representative and on the Friday she learned that she had been appointed the Captain of the NSW team. Also in walking the course she rolled her ankle on that day and required physio treatment. On the Saturday Georgia finished in 6th place in the Under 18 Girls 4km event, running the distance in 14 mins 14 secs. In the Teams events run concurrently with her event Georgie won silver medals in both the School Sport team and the ANSW team. On the Monday Georgia led her team to a further silver medal when they contested the 5 x 2000m Relay event. Georgia put her team into 2nd place with her split of 6 mins 56.2 secs and they retained this placing through to the finish.

21. N.S.W. Schools Knockout

At the Schools Knockout held at Homebush we were represented by 9 athletes.

Nick Kelland, representing Sydney Grammar, threw the Javelin 46.64 metres. In his Shot Put event Nick's throw measured 12.60 metres.

Haydn Housenloge, representing Ryde Secondary College, ran the 100 metres in a time of 11.90 seconds. In his 200 metre heat Haydn recorded a time of 25.93 seconds. Haydn threw the Shot 11.16 metres.

Sarah Kelland, representing Abbotsleigh, threw the Javelin 30.28 metres.

Julia Kelland, representing the Abbotsleigh Senior team threw the Javelin 28.92 metres.

Helen Pretorius, representing Abbotsleigh, ran the 100 metres in 12.92 seconds and the 200 metres in 26.83 seconds.

Nicola Bowtell, representing Pymble Ladies' College, ran the 400 metres in the Senior team in a time 61.71 seconds.

Georgia Winkcup, representing Cherrybrook Tech High, won her 1500 metres event in a time of 4 mins 41.60 secs. In her leg of the Relay event (800m, 400m, 200m & 200m) Georgia gave her team a big lead which they never relinquished.

Eliza Harvey, representing Loreto Normanhurst, was untroubled to win her heat in a time of 2 mins 19.14 secs.

Sierra Collender, representing Loreto Normanhurst, ran a season's best time of 2 mins 27.21 secs in her 800 metre event.

22. The Parkinson's Unit Fun Walk & Run

The Parkinson's Unit Fun Walk & Run was held at Sydney Olympic Run on Sunday, 31st August and we were represented by 2 Girls – Georgia Winkcup in the 4km Run and Sierra Collender in the 8km Run.

Georgia Winkcup finished in 2nd place overall and was the first female home in a time of 14 mins 20 secs.

Sierra Collender finished in 22nd place overall and was the first female home in the 16-19 years age group (7th overall female) in a time of 34 mins 31 secs.

23. N.S.W. Combined High Schools Championships

The NSW Combined High Schools Championships were held over a very wet and windy three days from 4th to 6th September and we had a total of 14 competitors there.

Harrison Wade contested the 15 years & Under 3000 metres event on the 2nd day of these Championships and won the silver medal in a time of 9 mins 20.94 secs. In his 1500 metres event on the last day Harrison won the gold medal in decisive fashion with his time of 4 mins 17.43 secs.

Chloe Davis won the gold medal in the 14 years Girls Javelin event with her throw of 34.77 metres. This throw was achieved with the 500gm Javelin.

Georgia Winkcup competed in only 1 event at these Championships as she had made a commitment to attend the Australian Under 19 Camp in Canberra. In her 3000 metres event Georgia won the silver medal in a personal best time of 10 mins 04.84 secs.

Maya Leverett won the bronze medal in the 15 years & Under Triple Jump event with her leap of 10.85 metres. In her Relay event Maya's team finished 2nd in their heat, with their time of 54.36 seconds, to qualify for the final. The final saw Maya's team finish in 6th place with their time of 54.84 seconds.

Antonio Galati placed 3rd in his heat of the 17+ Boys 100 metres event in a time of 11.84 seconds. In his final Antonio snatched the bronze medal in an extremely tight finish with his time of 11.59 seconds. The boys who finished in 4th & 5th positions had a time of 11.60 seconds!

Hannah Tall finished in 3rd place in her heat of the 13 years Girls 800 metres event in a time of 2 mins 27.65 secs. In her final Hannah produced a huge personal best time of 2 mins 19.30 secs to claim the bronze medal in this event.

Kelsey Cooper Phillis finished in 2nd place in her heat of the 14 years Girls 200 metres event to qualify for the final with her time of 27.75 seconds. In the final Kelsey placed 4th with a time of 27.07 seconds. In her 400 metres event Kelsey just missed qualifying for the final when she recorded a time of 62.20 seconds in her heat.

Amy Court teamed up with Kelsey and 2 other girls to form the Cheltenham Girls 4x100m Relay team which came 2nd in their heat in a time of 52.50 seconds to qualify for the final. In the final the girls improved their time to 52.39 seconds to win the silver medal in this event.

Kara Talty finished just out of the medals when she claimed 4th spot in the 17+ years Girls Shot Put event with her throw of 11.29 metres.

Nicholas Purcell finished 6th in the 16 years Boys 110 metres Hurdles final in a time of 18.61 seconds. Nicholas was also a member of the Epping Boys High 16yrs 4x100m that finished 4th in the final in a time of 45.57s.

Cherie Pan finished in 6th place in the 14 years Girls Long Jump event with her leap of 4.96 metres.

Katrina Lyon finished 8th in the 13 years Girls Long Jump event with her leap of 4.68 metres.

Jack Armson placed 8th in the 17+ & Under Boys 3000 metres Walk event in a personal best time of 17 mins 57.52 secs.

Haydn Housenloge was a member of the Ryde Secondary College 16 years Boys 4x100m Relay team which finished 9th overall with their time of 46.37 seconds.

24. N.S.W. Combined Catholic Colleges Championships

The NSW Combined Catholic Colleges Championships were held on Friday, 12th August and we were represented by 5 athletes.

Veronica Jukic finished in 4th place in the 16 years Girls 100 Metre Hurdles event in a time of 18.05 seconds. In her Shot Put event Veronica finished in 8th place with her throw of 9.28 metres.

Emma Smith finished in 9th place in Heat 1 of the 14 years Girls 200 metres event in a time of 28.37 seconds. Her overall placing was 14th. In her 100 metres heat Emma again claimed 9th placing with her time of 13.94 seconds. This time placed Emma in overall 13th place. In her Long Jump event Emma finished in 10th place with her leap of 4.36 metres.

Sophie Hunter finished in 7th place in Heat 1 of the 13 years Girls 200 metres event in a time of 28.27 seconds. Her overall placing was 9th. In her 100 metres heat Sophie claimed 6th place with her time of 14.50 and finished in 18th place overall. Sophie finished 4th in heat 1 of her 400 metres event and 5th overall with a time of 64.65 seconds.

Noah Hain finished in 4th place in Heat 2 of the 12 years Boys 200 metres event in a time of 28.60 seconds. His overall placing was 8th. In his Discus event Noah was the winner with his throw of 30.16 metres. Noah finished in 5th place in his High Jump event with his clearance at 1.40 metres. In his Long Jump event Noah claimed 4th spot with his leap of 4.73 metres.

Sachi Kayama won her heat of the 17-18 years Girls 100 metres event in a time of 12.85 seconds and was the overall winner. In her Long Jump event Sachi was again the winner with her leap of 5.69 metres.

25. Gladesville River Fun Run

On Sunday morning, 14th September the Gladesville River Fun Run was held at Gladesville and we had 1 entrant there in the 5km run.

Harrison Wade won the event and pocketed \$100.00 as a result.

26. Schools Relay Championships

The Schools Relay Championships were held at Homebush on Monday evening, 15th September and we were represented by 4 athletes.

Eliza Harvey, representing Loreto Normanhurst, won 2 gold medals. In her first event Eliza ran the final leg of 800 metres to secure the gold medal in the Junior Girls 1600 metres Sprint Medley Relay event. Eliza again ran the final leg in the Junior Girls 4x400m Relay event in which the Normo girls were again successful.

Georgia Winkcup, representing Cherrybrook Technology High ran the first leg (1200 metres) of the Senior Girls Distance Medley Relay event and set her team up to win the gold medal. In their 4x400m Relay event Georgia's team claimed the silver medal.

Julia Kelland was a member of the Abbotsleigh Junior Discus team which won the silver medal in this event.

Sarah Kelland was a member of the Abbotsleigh Intermediate Discus team which won the gold medal in this event.

27. N.S.W. Combined Independent Schools Championships

The NSW Combined Independent Schools Championships were held at Homebush on Wednesday, 17th September and we were represented by 8 athletes.

Brooke Matheson, representing Arden, finished in 3rd place in her heat of the 15 years Girls 90 metres Hurdles event (7th overall) in a time of 15.27 seconds. In the Open Girls 4x100m Relay event Brooke was the 3rd leg runner in her Arden team which won the bronze medal.

Julia Kelland, representing Abbotsleigh, claimed the bronze medal in the 13 years Girls Discus event with her throw of 27.33 metres. In her Javelin event Julia was the clear winner with her throw of 30.98 metres. Julia's throw was over 5 metres in from of the second girl's throw.

Sarah Kelland, representing Abbotsleigh, won the bronze medal in the 16 years Girls Javelin event with her throw of 30.96 metres. In her Discus event Sarah added a further bronze medal to her haul when she threw the Discus 29.32 metres.

Nick Kelland, representing Sydney Grammar, won a bronze medal in the 18-19 years Discus event with his effort of 33.30 metres. In his Javelin event (800g) Nick won the silver medal with his throw of 45.17 metres.

Eliza Harvey, representing Loreto Normanhurst, won the gold medal in the 13 years Girls 800 metres event in a personal best time of 2 mins 17.69 secs. Incidentally, the record Eliza broke had belonged to Tara Vance (2 mins 18.10 secs). Eliza claimed the bronze medal in her 1500 metres event with her time of 5 mins 06.39 secs.

Helen Pretorius, representing Abbotsleigh, finished 2nd in her heat to win the silver medal, when she ran 13.06 seconds in the 15 years Girls 100 metres event.

Nicola Bowtell, representing Pymble Ladies College, won the bronze medal in the 15 years Girls 400 metres event in clocking the time of 61.95 seconds.

Ed Penrose, representing Newington, won the gold medal in the 17 years Boys 400 metres event in a time of 51.04 seconds.

28. N.S.W. All Schools Championships

The NSW All Schools Championships were held at Homebush from Thursday, 9th October to Sunday, 12th October and we were represented by 24 athletes.

Noah Hain placed 5th in the 12 Boys Discus event with his throw of 31.14 metres. In his High jump event Noah claimed the bronze medal with his clearance at 1.50 metres. Noah also finished 5th in his 80 metres Hurdles event with his time of 15.44 metres (tailwind of 1.0 metres/sec). Noah went up an age group to contest the 13 Boys Triple Jump event and finished in 11th place with his leap of 9.74 metres. In his Long Jump event Noah finished in 6th place with his leap of 4.73 metres.

Marko Prizmic finished in 6th place in the 13 Boys Triple Jump event with his leap of 10.90 metres.

Gus Cloney finished in 10th place in the 13 Boys High Jump event with his clearance at 1.55 metres.

Ben Nogajski claimed a bronze medal in the 13 Boys High Jump event with his successful clearance at 1.70 metres.

Logan Wade finished in 15th place overall in the 13 Boys 1500 metres event with a personal best time of 4 mins 58.63 secs. This was Logan's first time under the 5 minute mark. In his 3000 metres event Logan finished in 18th place with his time of 12 mins 00.50 secs.

Harrison Wade finished in 2nd place (4th overall) in his heat of the 15 Boys 1500 metres event in a time of 4 mins 21.12 secs to qualify for the final. In his 2000 metres Steeplechase event Harrison won the silver medal with a personal best performance of 6 mins 26.98 secs. This time by Harry breaks the old Club Record. Harrison has won the right to contest this event in Adelaide at the Australian All Schools Championships. In his 3000 metres event Harrison claimed a second silver medal for the carnival by finishing in a time of 9 mins 12.44 secs, and has also qualified for Adelaide with this run. Harrison won his third silver medal at these Championships when he claimed 2nd place in his 1500 metres event in a time of 4 mins 13.24 secs and has qualified for Adelaide in this event.

Julia Kelland placed 6th in the 13 Girls Javelin event with her throw of 29.42 metres. In her Hammer event Julia finished in 7th place with her throw of 19.62 metres. Julia finished in 11th place in her Shot Put event with her throw of 9.71 metres. In her Discus event Julia finished in 11th placed with her throw of 25.75 metres.

Eliza Harvey finished in 2nd place (5th overall) in her heat of the 13 Girls 1500 metres event with her time of 5 mins 05.83 secs to qualify for the final. In her heat of the 13 girls 800 metres event Eliza again claimed 2nd spot (2nd overall) with her time of 2 mins 21.65 secs. Eliza finished just out of the medals in 4th place in her 800 metres final with her time of 2 mins 20.34 secs. In her 1500 metres final Eliza placed 6th with her time of 4 mins 58.80 secs.

Hannah Tall finished in 4th place (10th overall) in her heat of the 13 Girls 800 metres event with her time of 2 mins 30.14 secs.

Chloe Davis won the silver medal in the 14 Girls Javelin event with her throw of 33.96 metres. In her Triple Jump event Chloe finished in 6th place with her leap of 9.87 metres.

Amy Court finished in 7th place in the 14 Girls Triple Jump event with her leap of 9.83 metres. In her Long Jump event Amy placed 10th with her leap of 4.60 metres.

Georgia Winkcup won the silver medal in the 17 Girls 2000 metres Steeplechase event in a time of 6 mins 59.73 secs. By finishing 2nd in this event Georgia has also won the right to compete in Adelaide at the National All Schools Championships.

Sierra Collender took out the silver medal in the 16 Girls 2000 metres Steeplechase with her time of 7 mins 28.59 secs. In her 3000 metres event Sierra won the gold medal with her time of 10 mins 47.53 secs. Thus Sierra has won the right to compete in Adelaide at the Australian All Schools Championships in this event. Sierra won her third medal of these championships when she won the bronze medal in her 1500 metres event in a personal best time of 4 mins 57.65 secs.

Scarlett Kidman finished in 6th place in the 15 Girls 2000 metres Steeplechase event in a time of 8 mins 05.34 secs. In her 3000 metres event Scarlett produced another personal best performance of 10 mins 57.70 secs to finish in 10th place and qualify for the Australian Junior championships to be held in Sydney in March of next year.

Nick Kelland secured the bronze medal in the 19 years Boys Hammer Throw event with his throw of 32.20 metres. In his Shot Put event Nick finished in 4th spot with his throw of 11.91 metres. Nick threw the 800gm Javelin a distance of 47.42 metres to finish in 4th place in this event. In his discus event Nick won the silver medal with his throw of 31.54 metres.

Sarah Kelland finished in 5th place in the 16 Girls Hammer Throw event with her throw of 23.48 metres. In her Discus event Sarah finished in 7th position with her throw of 28.07 metres. Sarah threw the 500gm Javelin a distance of 29.29 metres to finish in 7th place in that event. In her shot Put event Sarah finished in 9th place with her throw of 8.77 metres.

Nathan Harrison finished in 5th place in his heat of the 14 Boys 200 metres event in a time of 25.43 seconds. In his Javelin event Nathan placed 11th with his throw of 32.96 metres. Nathan placed 6th in his heat of the 14 Boys 100 metres event in a time of 12.10 seconds (tailwind of 2.7 metres/sec). In his Discus event Nathan finished in 18th place with his throw of 29.94 metres.

Jessica Brown finished in 15th place in the 14 Girls Long Jump event with her leap of 4.32 metres. In her High Jump event Jessica finished in 16th placed with her clearance at 1.40 metres.

Johanna Volos won the gold medal in the 15 years Pole Vault with her successful clearance at 3.00 metres.

Helen Pretorius won her heat of the 15 Girls 200 metres event in a huge personal best time (by 1.3 secs) of 25.51 seconds (tailwind 0.8 metres/sec). In the final Helen finished in 4th place with her time of 25.88 seconds (tailwind of 1.1 metres/sec). Helen finished 2nd in her heat of the 17 Girls 100 metres event in a personal best time of 12.69 seconds (tailwind of 1.9 metres/sec). In the final Helen claimed 7th spot with another personal best time of 12.68 seconds (tailwind of 1.2 metres/sec).

Maya Leverett finished in 4th place in the 15 Girls Triple jump event with her jump of 10.83 metres. In her Long Jump event Maya won the bronze medal with her leap of 5.20 metres.

Nicola Bowtell won the gold medal in the 17 Girls 400 metres Hurdles event in a personal best time of 65.24 seconds. Nicola's winning margin was in the thousands of seconds as the girl who finished 2nd was awarded the same time. Nic was fractionally behind at the last hurdle and it was her fighting spirit that got her up for the win. Nicola won her heat of the 15 Girls 400 metres event with her time of 60.16 seconds. In her 400 metres final Nic finished in 4th place with her time of 60.37 seconds.

Antonio Galati won the bronze medal in the 17 Boys Long Jump event with his leap of 6.41 metres. In his heat of the Boys 100 metres event Antonio claimed 4th place with his time of 11.10 seconds (tailwind of 0.3 metres/sec). Antonio finished in 6th place in his 100 metres final in a time of 11.19 seconds (tailwind of 2.8 metres/sec).

Sachi Kayama won the gold medal in the 19 Girls 100 metres event in a time of 12.54 seconds (tailwind of 0.4 metres/sec).

Our medal haul at these Championships totalled 4 gold medals, 7 silver medals and 6 bronze medals.

29. Alice Springs Masters Games

At the Alice Springs Masters Games held from 11th – 18th October we were represented by 1 athlete.

Andrew Atkinson-Howatt made the trek to Central Australia and returned with the following results:-

In the Pentathlon event Andrew won the silver medal with the results listed below in the table.

Event	Points	Event	Points	Event	Points	Event	Points	Event	Points	Total
Long Jump		Javelin		200 metres		Discus		1500 metres		
3.39m	280	39.59m	633	33.82	299	30.94m	551	DNF	0	1763

In his 4 throwing events Andrew won gold medals as listed below:-

Discus – 33.88 metres.

Shot put – 10.01 metres.

Hammer Throw – 31.38 metres.

Javelin – 39.28 metres.

30. Rebel Fun Run

The Rebel Fun Run was held on Sunday morning, 2nd November at Homebush and we had 3 competitors in the 10km event and 1 in the 3km event.

10km Event

Adrian Wade finished 38th overall and was the 34th male home and finished 7th in his age category in the excellent time of 38 mins 01 secs.

Scarlett Kidman finished 192nd overall and was the 25th female home and was 1st in her age category with the excellent time of 44 mins 41 secs.

Logan Wade finished 196th overall and was the 171st male home and finished 7th in his age category with the excellent time of 44 mins 49 secs.

3km Event

Harrison Wade finished 2nd overall and won his age group category with the excellent time of 9 mins 14 secs.

31. N.S.W. Combined High Schools Awards

Georgia Winkcup has been advised that she has been awarded a N.S.W. Combined High Schools "Blue" for Cross Country.

32. N.S.W. Open 3000 metres Championships

In the NSW Open 3000 metres Championships we were represented by 6 competitors.

Adrian Wade, in the Men's "G" Race, finished in 2nd place in a personal best time of 10 mins 00.56 secs.

Logan Wade, also in the Men's "G" race, finished in 10th place with his time of 10 mins 58.73 secs.

Scarlett Kidman finished in 6th place in the Women's "C" Race with her time of 11 mins 02.98 secs.

Harrison Wade finished in 11th place in the Men's "C" Race in a personal best time and Club Record time of 8 mins 56.60 secs.

Sierra Collender finished in 5th place in the Women's "B" Race in a personal best time of 10 mins 28.49 secs.

Charlotte Ryan finished in 11th place in the Women's "B" Race in a personal best time, Club Record time and National Qualifying time of 10 mins 53.81 secs.

The NSW Open 3000 metres Championships are always a highlight of the season and this one was no exception.

33. N.S.W. Relay Championships

The NSW Relay Championships were held at Homebush over the weekend of 15th – 16th November and we were represented by 10 teams.

Our Open Men's Shot Put team finished in 4th place with a total of 39.49 metres. This team consisted of Lajos Joni (9.15m), Robert Hanbury-Brown (9.34m), James Bergfield (10.34m) and Nick Kelland (10.66m).

Our Open Men's Discus team finished in 5th place with a total of 114.39 metres. This team consisted of Andrew Atkinson-Howatt (26.62m), Robert Hanbury-Brown (27.83m), James Bergfield (29.11m) and Nick Kelland (30.83m).

Our Open Men's Javelin team finished in 6th place with a total of 153.51 metres. This team consisted of Andrew Atkinson-Howatt (35.70m), Robert Hanbury-Brown (33.21m), Patrick Kelland (41.81m) and Nick Kelland (42.79m).

Our Under 16 Women's 4x100 metres Relay team finished in 3rd place in Heat 1 of this event in a time of 50.68 seconds. In the final the girls finished in 4th place with their time of 50.73 seconds. This team comprised Amy Court, Brooke Matheson, Emma Smith and Kelsey Cooper-Phillis.

Our Under 18 Women's 4x800m Relay team proved too good for their opposition by winning the gold medal in a time of 9 mins 29.23 secs. This team, in running order, comprised Elly Gallagher, Scarlett Kidman, Sierra Collender and Georgia Winkcup. All of the girls in this team ran either equal best or personal best times.

With their total of 106.78 metres our Under 18 Girls finished in 5th place in their Javelin event. This team comprised Chloe Davis (29.29m), Hannah Tall (19.41m), Sarah Kelland (30.41m) and Julia Kelland (27.67m).

Our Under 18 Girls took out the bronze medal in their Long Jump event. This team comprised Cherie Pan (4.70m), Chloe Davis (4.39m), Amy Court (4.44m) and Jessica Brown (4.64m). Their total distance amounted to 18.17 metres.

On the Sunday our campaign was off to a good start when our Under 16 Girls team of Amy Court, Emma Smith, Brooke Matheson and Kelsey Cooper-Phillis finished 2nd in their heat to claim the bronze medal with their time of 1 min 48.60 secs.

In the Under 16 Girls 4x800 metres Relay event our girls took out the gold medal with an all the way win in a time of 9 mins 50.74 secs. This team, in running order, comprised Eliza Harvey, Hannah Tall, Charlotte Ryan and Nicola Bowtell.

Our last event of the day brought a further gold medal when our Under 18 Girls 4x1500 metres team won this event in a time of 20 mins 06.06 secs. This team comprised, in running order, Eliza Harvey - Elly Gallagher - Scarlett Kidman and Sierra Collender.

Thus our total haul from 10 starts at these Championships consisted of 3 gold medals, 2 bronze medals, 2 x 4th placings, 2 x 5th placings and 1 x 6th place.

Sue Gore competed at these titles for the NSW Masters team and won a gold and a silver medal. In the 4x400m 120+ event Sue's team won the gold medal. Whilst in the 4x800m 120+ event they won the silver medal.

34. Ryde Centre Championships – Day 1

The first day of our Centre Championships was held on Sunday, 30th November and we had a total of 28 athletes who participated. During this day a total of 17 records were broken including 1 Best Performance Record. The Record Breakers were Portia Amy-Wilson (4), Adrian Wade (4), Nick Kelland (2), Elly Gallagher (1), Harrison Wade (1), Jett Tall (1), Charlotte Ryan (1), Nicola Bowtell (1), Julia Kelland (1) and Lajos Joni (1).

35. Australian All Schools Championships

The Australian All Schools Championships were held in Adelaide over the period from 5th December to 7th December, 2014 and we had 5 athletes competing there.

Ben Nogajski produced a huge personal best performance to claim the silver medal in the Under 14 Boys High Jump event. Although not originally selected in the team Ben seized his opportunity by leaping 1.78 metres to claim that silver medal. Ben had two misses at this height before clearing it on his last attempt.

Sierra Collender claimed the bronze medal in the Under 18 Girls 3000 metres event. In this event Sierra came through the field to be in second place with a lap to go and eventually finished in 3rd place in a time of 10 mins 32.12 secs.

Harrison Wade finished in 5th place in the Under 16 boys 1500 metres event in a personal best time of 4 mins 07.28 secs. In his 3000 metres event Harry finished in 6th place with his time of 9 mins 17.88 secs.

Johanna Volos finished in 6th place in the Under 16 Girls Pole Vault event with her clearance at 3.25 metres. Like Ben Johanna cleared this height on her third attempt.

Nicola Bowtell placed 6th in her heat of the Under 18 Girls 400 metres Hurdles event with her time of 69.42 seconds. This time meant that Nic finished in 10th place overall.

Our total haul from this carnival was 1 silver medal, 1 bronze medal, 1x5th place, 2x6th places and 1x10th place.

36. Australian Schools Knockout Championships

The Australian Schools Knockout Championships were held in Adelaide on Monday, 8th December and we were represented by athletes representing their individual schools.

Georgia Winkcup, representing Cherrybrook Technical High School, won her heat of the Senior Girls 400 metres event in a personal best time of 60.54 seconds. In her 1500 metres event Georgia was the overall winner with her time of 4 mins 33.73 secs. Georgia was a member of the Cherrybrook team which finished in 4th place in the Senior Girls Distance Medley Relay event in a time of 4 mins 19.17 secs.

Helen Pretorius, representing Abbotsleigh, finished 7th in her heat of the Intermediate Girls 100 metres event in a time of 13.17 seconds. In her 200 metres heat Helen finished 6th in her heat in the time of 27.61 seconds. Helen was a member of the Abbotsleigh team which competed in the Intermediate Girls Sprint Medley Swedish Relay event and finished in 12th place with their time of 2 mins 35.77 secs.

Sarah Kelland, representing Abbotsleigh, finished 6th in the Intermediate Girls Javelin event with her throw of 30.04 metres.

Nicola Bowtell, representing Pymble Ladies' College, finished 4th in her heat of the Intermediate Girls 200 metres event with her time of 27.13 seconds. Nicola was a member of the Pymble Girls Sprint Medley Swedish Relay team which won this event in a time of 2 mins 18.40 secs.

37. Zatopek Classic

On Thursday evening, 11th December we had 1 competitor at the Zatopek Classic held in Melbourne.

Georgia Winkcup, who was in Melbourne with the Australian Under 19 Squad, competed in the Lisa Ondeiki Under 20 3000 metres event and finished in 13th position in a personal best time of 9 mins 55.97 secs. This time took some 9 seconds from her previous best time and has given her a national ranking over this distance.

38. Albie Thomas Night of Miles

At the Albie Thomas Night of Miles held at Bankstown on Tuesday, 16th December we were represented by 1 athlete.

Georgia Winkcup finished 6th in the Open Women's Mile event in a personal best time of 4 mins 51.8 secs.

39. N.S.W. Combined Event Championships

The NSW Combined Event Championships were held on the Warm-up Track at Homebush over the weekend of 10th & 11th January and we were represented by 3 athletes.

Ben Nogajski claimed the bronze medal in the Under 16 Men's Heptathlon event with the following details:-

100m Hurdles	Shot Put	High Jump	200 Metres	Long Jump	Javelin Throw	1500 metres	Total
16.26 secs	12.10m	1.64m	25.62 secs	4.75m	28.22m	5:04.63	
569	612	496	555	335	274	533	3374

Chloe Davis finished in 5th place overall (4th in NSW) in the Under 16 Women's Heptathlon event with the following details:-

90m Hurdles	High Jump	Shot Put	200 Metres	Long Jump	Javelin Throw	800 metres	Total
15.73 secs	1.40m	8.50m	29.53 secs	4.33m	31.41m	2:49.72	
748	512	432	515	386	503	466	3562

Nicola Bowtell finished in 7th place overall (6th in NSW) in the Under 18 Women's Heptathlon event with the following details:-

100m Hurdles	High Jump	Shot Put	200 Metres	Long Jump	Javelin Throw	800 metres	Total
17.37 secs	1.32m	10.17m	26.77 secs	4.41m	15.13m	2:32.54	
555	429	541	731	406	199	661	3522

All 3 of the above athletes have achieved the qualifying standards to allow them to represent NSW at the Australian Combined Event Championships later this year.

In the NSW Masters Combined Event Championships we had 1 competitor.

Adrian Wade won the 40+ Pentathlon event with the following details:-

Event	Points	Event	Points	Event	Points	Event	Points	Event	Points	Total
Long Jump		Javelin		200 metres		Discus		1500 metres		
4.54m	371	32.25m	370	26.51	583	22.82m	325	4:50.04	705	2354

Thus Adrian has won the right to represent NSW at the Australian Masters Combined Events Championships later this year. It was interesting to note that Adrian beat all the competitors in the 30+ age group as well.

40. Illawarra Track Classic

At the Illawarra Track Classic held at Beaton Park, Wollongong on Wednesday evening 17th January we were represented by 1 athlete.

Georgia Winkcup finished 3rd in the Open Women's 1 Mile "A" Race in a time of 4 mins 53.76 secs.

41. Hunter Track Classic

At the Hunter Track Classic held at Glendale on Saturday, 31st January, we were represented by 1 athlete.

Georgia Winkcup competed in the Open Women's 800 metres "B" Race and produced a 4 second personal best time of 2 mins 13.76 secs. Her first lap time in this event was 64.41 secs.

42. Ryde Centre Championships – Day 2

The 2nd day of our Centre Championships was held at Dunbar Park on Sunday, 1st February and we had a total of 20 athletes competing there.

In all a total of 3 records were broken. The Record Breakers were Portia Amy-Wilson, Julia Kelland and Logan Wade.

43. N.S.W. Junior Championships

At the N.S.W. Junior & Youth Championships held at Homebush from Friday, 6th February to Sunday, 8th February we had a total of 29 athletes competing.

Julia Kelland finished in 7th place in the Under 15 Girls Hammer Throw event with her throw of 17.78 metres. In her Discus event Julia claimed 6th place with her effort of 22.44 metres. Julia finished in 6th place in her Shot Put event with her effort of 8.25 metres. In her Javelin event Julia won the bronze medal with her throw of 30.26 metres. She actually snatched this position in her last throw of the competition.

Stephanie Volos finished in 7th place in Heat 2 of the Under 14 girls 400 metres event with her time of 65.57 seconds.

Johanna Volos won the Under 17 Girls Pole Vault with her clearance at 2.60 metres.

Nicola Bowtell finished 3rd in her heat of the Under 17 Girls 400 metres event with her time of 60.71 seconds. In her 400 metres final Nicola finished in 5th place with a time of 60.94 seconds. In the final of the Under 18 girls 400 metres Hurdles event Nicola claimed the gold medal with her time of 69.86 secs.

Lachlan Burrows finished in 5th place in the Under 20 Boys Shot Put event with his throw of 12.39 metres.

Nicholas Kelland finished in 6th place in the Under 20 Boys Shot Put event with his throw of 11.94 metres.

Sachi Kayama finished in 7th place in the Under 20 Girls Discus event with her throw of 25.11 metres.

Scarlett Kidman finished in 10th place in the Under 17 Girls 3000 metres event with her time of 12 mins 40.07 secs.

Sierra Collender won the gold medal in the Under 18 Girls 3000 metres event in a time of 10 mins 14.92 secs. This time by Sierra was a personal best time by some 14 seconds. In her 1500 metres event Sierra finished in 6th place in a personal best time of 4 mins 51.09 secs.

Jessica Brown finished in 7th place in the Under 16 Girls Long Jump event with her leap of 4.72 metres. In her Triple Jump event Jessica claimed the bronze medal with her leap of 9.86 metres (headwind of 0.5 metres/sec).

Emma Smith finished in 8th place in the Under 16 Girls Long Jump event with her leap of 4.65 metres. In her 200 metres heat Emma finished in 4th place to qualify for the final with a time of 26.71 seconds. Emma finished in 8th place in the 200 metres final with her time of 27.43 seconds (tailwind of 0.7 metres/sec). In her Triple Jump event Emma finished just out of the medals (by 1 cm) in 4th place with her leap of 9.85 metres (headwind of 1.5 metres/sec). Emma finished in 6th place in her heat of her 100 metres event with a time of 13.61 secs (wind 0.0 metres/sec). In the final Emma finished in 10th place with her time of 13.72 seconds (headwind of 1.3 metres/sec).

Amy Court finished in 9th place in the Under 16 Girls Long Jump event with her leap of 4.42 metres. In her Triple Jump event Amy finished in 5th place with her leap of 9.73 metres (tailwind of 3.3 metres/sec).

Keira Simula finished in 8th place in the Under 15 Girls Long Jump event with her leap of 4.21 metres. In her 100 metres event Keira finished in 5th place in her heat with her time of 13.68 secs (head wind of 1.4 metres/sec). In the final Keira finished in 9th place in the same time of 13.68 secs (tailwind of 2.0 metres/sec).

Sarah Kelland finished in 6th place in the Under 18 Girls Javelin event with her throw of 29.35 metres. In her Shot Put event Sarah finished in 8th place with a throw of 9.05 metres. In her 2000 metres Steeplechase event Sarah won the silver medal with a time of 10 mins 18.36 secs. Sarah finished in 8th place in her Discus event with her throw of 26.58 metres. In her 5000 metres Walk event Sarah claimed the bronze medal with her time of 33 mins 07.88 secs.

Riley Leverett finished in 5th place in the Under 14 Boys Long Jump event with his leap of 4.45 metres. In his 200 metres final Riley finished in 5th spot with his time of 27.71 seconds (headwind of 0.8 metres/sec). Riley claimed the bronze medal in the Under 14 Boys Triple Jump event with his leap of 9.88 metres (tailwind of 0.7 metres/sec).

Sarah Brown placed 4th in the Under 14 Girls Triple Jump event with a leap of 9.06 metres.

Maya Leverett won the bronze medal in the Under 17 Girls Triple Jump event with her leap of 10.67 metres.

Antonio Galati finished in 5th place in his heat of the Under 20 Boys 100 metres event with a time of 11.41 seconds (headwind of 0.3 metres/sec). In his Long Jump event Antonio finished in 8th place with his leap of 5.66 metres (tailwind of 0.9 metres/sec).

Harrison Wade finished in 6th place in the Under 17 Boys 1500 metres event in a time of 4 mins 14.53 secs.

Eliza Harvey won the gold medal in the Under 15 Girls 800 metres event in a personal best time of 2 mins 15.82 secs. In her 1500 metres event Eliza finished in 4th place with her time of 5 mins 05.16 secs.

Hannah Tall claimed 6th place in the final of the Under 15 Girls 800 metres event with a time of 2 mins 33.09 secs.

Georgia Winkcup won the gold medal in the Under 20 Girls 3000 metres Steeplechase event in a time of 10 mins 56.40 secs. Georgie won a silver medal with her performance of 4 mins 34.66 secs in the Under 20 Girls 1500 metres event. In her 400 metres Hurdles final Georgia finished in 6th place with her time of 68.57 seconds. Georgie also qualified for the final of her 800 metres event when she cruised around in 2 mins 20.78 secs but fatigue set in and she did not front for the final.

Logan Wade, in only his 2nd run in the Under 15 Boys 2000 metres Steeplechase event, claimed the bronze medal in a time of 7 mins 19.24 secs.

Elly Gallagher won the silver medal in the Under 17 Girls 2000 metres Steeplechase event with a personal best time of 7 mins 29.38 secs.

Ben Nogajski won the gold medal in the Under 15 Boys High Jump event with his clearance at 1.74 metres.

Cameron Pappas won the gold medal in the Under 20 Boys Long Jump event with his leap of 6.85 metres (tailwind of 1.3 metres/sec).

Chloe Davis finished in 4th place in the Under 16 Girls Javelin event with her throw of 30.53 metres.

Jett Tall claimed the silver medal in the Under 14 Boys Triple Jump event with his leap of 10.07 metres (tailwind of 1.3 metres/sec).

Charlotte Ryan finished in 7th place in the Under 15 Girls 1500 metres event with a time of 5 mins 13.40 secs.

The medal tally our athletes achieved at these Championships amounted to 7 gold, 4 silver and 6 bronze.

44. Canberra Track Classic

The Canberra Track Classic was held in Canberra on 7th February and we had 1 athlete competing there.

Sachi Kayama finished in 6th place in the Open Women's Long Jump event with her leap of 5.97 metres. In fact Sachi was a model of consistency in her jumping with her worst leap being 5.92 metres.

45. N.S.W. 5000 Metres Championships

The NSW 5000 Metres Championships was held at Homebush on Saturday, 14th February and we had 1 athlete competing there.

Georgia Winkcup contested the Women's 5000 metres event and with her time of 18:01.82 (a pb as this was her first ever run over this distance) claimed the NSW Under 20 Championship title.

46. Little A's Region 5 Championships

The Little A's Region 5 Championships were held at Narrabeen over the weekend of 14th & 15th February and we had a total of 60 athletes competing there.

Jack Stone finished in 5th place in the Under 12 Boys High Jump with his clearance at 1.40 metres.

Joshua Arcus finished in 11th place in the Under 12 Boys High Jump event with his clearance at 1.30 metres. Josh finished in 2nd place in the Under 12 Boys Long Jump event with his leap of 4.93 metres. In his 400gm Javelin event Josh finished in 7th place with his throw of 22.91 metres. Josh placed 2nd in his Triple Jump event with his leap of 10.53 metres.

Lara Halmarick leapt a distance of 4.56 metres to claim 3rd place in the Under 13 Girls Long Jump event. In her 100 metres heat Lara ran a time of 14.36 seconds. Lara finished in 2nd place in the Under 13 Girls Triple Jump event with her leap of 9.86 metres. In her heat of the 80 metres Hurdles event Lara finished in 6th place with a time of 15.55 seconds.

Imogen Kenny jumped a distance of 3.97 metres to finish in 12th place in the Under 13 Girls Long Jump event. In her 200 metres Hurdles heat Imogen ran a time of 35.07 seconds. Imogen finished in 9th place in her Triple Jump event with a leap of 8.97 metres.

Justin Sunderland finished in 10th place in the Under 15 Boys Long Jump with his distance of 4.90 metres. In his 200 metres Hurdles final Justin finished in 4th spot with his time of 28.48 seconds. Justin finished in 3rd place in his Triple Jump event with his leap of 12.25 metres. In his High Jump event Justin placed 8th with his clearance at 1.50 metres. Justin placed 5th in his 100 metres Hurdles heat in a time of 16.37 seconds to qualify for the final. In the final Justin filled 8th place with his time of 16.31 seconds.

Kalafi Moala threw the 1.0kg Discus a distance of 35.69 metres to finish in 5th place in the Under 14 Boys event. In his 400 metres heat Kalafi recorded a time of 63.30 seconds. In his 100 metres final Kalafi finished in 5th place with a time of 13.22 seconds. Kalafi finished in 7th place in his 3.0kg Shot Put event with his effort of 11.45 metres. In his Long Jump Kalafi finished 2nd with his leap of 5.13 metres. Kalafi finished 3rd in his heat of the 200 metres event in a time of 27.01 seconds. In his 200 metres final Kalafi finished in 5th place with his time of 27.24 seconds.

Ben Nogajski also contested the Under 14 Boys 1.0kg Discus event and secured 6th place with his throw of 34.33 metres. In his High Jump event Ben was the winner with his leap of 1.75 metres. Ben claimed 2nd place in his 3.0kg Shot Put event with his effort of 13.98 metres.

Haydn Housenloge contested the Under 17 Boys 5.0kg Shot Put event and finished in 6th place with his throw of 12.02 metres. In his Long jump event Haydn finished in 7th place with his leap of 5.51 metres. In his 100 metres final Haydn finished in 4th place with his time of 12.15 seconds

Jessica Brown finished in 4th place in the Under 15 Girls High Jump event with her clearance at 1.45 metres. In her Triple Jump event Jessica finished in 5th place with her leap of 10.05 metres. In her Discus event Jessica finished in 8th place with her throw of 19.97 metres. Jessica placed 6th in her Long Jump event with her leap of 4.55 metres.

Chloe Davis also competed in the Under 15 Girls High Jump event and finished in 6th place with her clearance at 1.45 metres. In her Triple Jump event Chloe finished in 6th place with her leap of 9.87 metres. Chloe finished 7th in her Long Jump event with her leap of 4.45 metres. In her 3.0kg Shot Put event Chloe finished 7th with her throw of 7.72 metres. In her 90 metres Hurdles heat Chloe finished 4th to advance to the final with a time of 15.83 seconds. Chloe claimed 7th place in the final with her time of 16.09 seconds. In her Javelin event Chloe finished in 3rd place with her throw of 33.14 metres.

Cherie Pan was another Ryde competitor in the Under 15 Girls High Jump event and claimed 7th place with her clearance at 1.40 metres. In her Triple Jump event Cherie claimed 3rd place with her leap of 10.15 metres. Cherie finished in 5th place in her 200 metres Hurdles final with a time of 31.87 seconds. In her Long Jump event Cherie finished in 3rd place with her leap of 4.73 metres. Cherie advanced to the final of her 90 metres Hurdles event when she finished in 4th place in her heat with a time of 16.72 seconds. In the final Cherie finished in 8th place with a time of 16.31 seconds.

Marko Prizmic finished in 4th place in the Under 14 Boys Triple Jump event with his leap of 10.29 metres. In his High Jump event Marko claimed equal 6th place with his leap of 1.40 metres. Marko finished in 3rd place in his Long Jump event with his leap of 4.78 metres. In his 600gm Javelin event Marko placed 8th with his throw of 25.66 metres.

Sarah Kelland finished in 4th place in the Under 17 Girls 1.0kg Discus event with her throw of 29.94 metres. In her 500gm Javelin event Sarah claimed 3rd spot with her throw of 30.61 metres. Sarah finished in 10th place in her 3.0kg Shot Put event with her throw of 8.99 metres. In her 1500 metres Walk event Sarah filled 3rd spot with her time of 9 mins 01.14 secs.

Nicola Bowtell claimed 5th place in the Under 17 Girls 1.0kg Discus event with her throw of 29.72 metres. In her heat of the 200 metres Hurdles event Nicola recorded a time of 32.22 seconds to qualify for the final. Nicola finished 3rd in her 200 metres Hurdles final in a time of 30.80 seconds. In her 400 metres final Nic was the winner in a time of 61.26 seconds. Nicola qualified for the final of her 100 metres Hurdles event when she finished 4th in her heat with a time of 18.27 seconds. In the final Nic finished in 7th position with her time of 17.62 seconds. Nicola qualified for the final of her 200 metres event when she finished 2nd in her heat with a time of 27.64 seconds. In her 200 metres final Nicola took out 3rd place with her time of 28.07 seconds. Nicola finished 4th in her 800 metres final with her time of 2 mins 30.09 secs.

Julia Kelland finished in 7th place in the Under 14 Girls 3.0kg Shot Put event with her heave of 8.63 metres. In her Javelin event Julia finished 2nd with her throw of 30.26 metres. Julia claimed 3rd place in her 1.0kg discus event with her throw of 28.75 metres.

Eleanor Plummer placed 6th in the Under 13 Girls High Jump event with her clearance at 1.40 metres. In her 200 metres Hurdles heat Eleanor finished in 3rd place with her time of 32.61 seconds to qualify for the final. Eleanor recorded a time of 72.02 seconds in the Under 13 Girls 400 metres event. In her Triple Jump event Eleanor placed 6th with her leap of 9.38 metres.

Portia Amy-Wilson won the Under 12 Girls Long Jump event with her leap of 4.63 metres. In her 400 metres heat Portia claimed 4th place with her time of 67.39 seconds. Portia finished in 7th place in the final with her time of 69.21 seconds. In her High Jump event Portia cleared 1.35 metres in placing 5th in this event. Portia won her Triple Jump event with her leap of 9.80 metres.

Alyssa Lowe finished in 9th place in the Under 12 girls Long Jump event with her leap of 4.02 metres. In her 60 metres Hurdles heat Alyssa qualified for the final with her time of 10.85 seconds. Alyssa claimed 2nd place in her 60 metres Hurdles final in the faster time of 10.67 seconds. In her Triple Jump event Alyssa finished in 13th spot with her leap of 8.19 metres.

Jana Docdoc placed 10th in the Under 12 Girls Long Jump event with her effort of 3.97 metres. In her 60 metres Hurdles heat Jana returned a time of 12.12 seconds. Jana qualified for the final of her 100 metres event with a time of 14.64 seconds. In the final Jana claimed 7th place with her time of 14.56 seconds.

Jett Tall placed 7th in the Under 12 Boys Long Jump event with his leap of 4.42 metres. In his 3.0kg Shot Put event Jett placed 5th with his throw of 8.79 metres. Jett finished in 3rd place in his Triple Jump event with a leap of 10.20 metres.

Bridget Martin won the Under 17 Girls Triple Jump event with her leap of 10.36 metres. In her Discus event Bridget finished in 9th place with her throw of 25.07 metres. Bridget jumped 4.99 metres to claim 3rd place in the Under 17 Girls Long Jump event. Bridget finished in 2nd place in her High Jump event with her clearance at 1.62 metres.

Dylan Rodgers finished in 8th place in the Under 17 Boys High Jump event with his clearance at 1.65 metres.

Emma Smith won the Under 15 Girls Triple Jump event with her leap of 10.62 metres. In her heat of her 100 metres event Emma finished in 2nd place with her time of 13.72 seconds to qualify for the final. In the final Emma claimed 5th spot with her time of 14.13 seconds. Emma placed 9th in her Long Jump event with a leap of 4.36 metres. In her 200 metres heat Emma qualified for the final by finishing 2nd with her time of 27.66 seconds. Emma filled 4th place in her 200 metres final with her time of 27.53 seconds.

Amy Court finished in 7th place in the Under 15 Girls Triple Jump event with her leap of 9.76 metres. In her 200 metres Hurdles final Amy finished in 4th place with her time of 31.79 seconds. Amy ran a time of 13.95 seconds in her heat of the Under 15 Girls 100 metres to qualify for the final. In the final Amy finished in 8th place with her time of 14.29 seconds. Amy claimed 8th spot in her Long Jump event with a leap of 4.43 metres. In her 200 metres heat Amy finished in 3rd spot with a time of 28.30 seconds. Amy ran 7th in the 200 metres final in a time of 28.39 seconds.

Hannah Tall placed 4th in the Under 14 Girls Javelin event with her throw of 25.96 metres. In her Long Jump event Hannah placed 8th with her leap of 4.29 metres. Hannah took out 8th place in her 1.0kg Discus event with her throw of 22.00 metres. In her heat of the 200 metres event Hannah placed 2nd with a time of 28.22 seconds. Hannah filled 3rd place position in the final with her time of 28.10 seconds. In the final of her 800 metres event Hannah claimed 4th place with her time of 2 mins 27.37 secs.

Kiera Simula finished in 6th place in the Under 14 Girls Long Jump event with her leap of 4.33 metres. In her 100 metres heat Kiera finished in 2nd place with her time of 13.68 seconds to qualify for the final. Kiera claimed 3rd place in her 100 metres final in a time of 13.72 seconds. In her Triple Jump event Kiera finished in 10th spot with her leap of 8.61 metres.

Katrina Lyon placed 7th in the Under 14 Girls Long Jump event with her leap of 4.32 metres. In her 200 metres Hurdles final Katrina finished in 5th place with her time of 32.60 seconds.

Anna Badaoui finished in 11th place in the Under 14 Girls Long Jump event with a leap of 3.99 metres. In her High Jump event Anna finished in 6th place with her clearance at 1.45 metres.

Brooke Matheson finished in 5th place in the Under 15 Girls 1.0kg Discus event with her throw of 24.94 metres. In her 200 metres Hurdles final Brooke claimed 6th place with her time of 32.19 seconds. In her 100 metres heat Brooke recorded a time of 14.18 seconds. Brooke placed 5th in her 3.0kg Shot Put event with her throw of 8.31 metres. In her 90 metres Hurdles heat Brooke finished in 3rd place to advance to the final with a time of 15.69 seconds. Brooke finished 5th in her Hurdles final in a time of 14.98 seconds.

Sophie Boland finished in 7th place in the Under 12 Girls 1500 metres event with her time of 5 mins 50.11 secs.

Alex Doherty finished in 9th place in the Under 12 Boys 1500 metres event in a time of 5 mins 38.00 secs.

Lauren Hilder produced a time of 36.96 seconds in her heat of the Under 13 Girls 200 metres Hurdles event.

Tara Kissick won her heat of the Under 17 Girls 200 metres Hurdles event with her time of 31.18 seconds to qualify for the final. In the final Tara finished 2nd in a time of 30.39 seconds. Tara placed 2nd in her heat of the Under 17 Girls 100 metres Hurdles event with a time of 16.45 seconds to advance through to the final. In the final Tara filled 3rd place with her time of 15.85 seconds. Tara qualified for the final of her 200 metres event by running a time of 29.00 seconds in her heat. In her 200 metres final Tara finished in 6th position with her time of 28.64 seconds.

Eliza Harvey won the Under 14 girls 1500 metres event with her time of 4 mins 55.29 secs. In her 800 metres final Eliza was again a convincing winner with her time of 2 mins 18.41 secs.

Logan Wade finished in 7th place in the Under 14 Boys 1500 metres event with his time of 4 mins 54.15 secs. In his 3000 metres event Logan finished in 6th place with his time of 10 mins 55.27 secs. Logan finished in 7th place in his 800 metres final with his time of 2 mins 24.90 secs.

Oliver Arcus finished in 9th place in the Under 14 Boys 1500 metres event with a time of 4 mins 58.68 secs. In his 800 metres final Ollie claimed 5th place with his time of 2 min 23.13 secs.

Harrison Wade won the Under 15 Boys 1500 metres event in a time of 4 mins 14.76 secs. In his 3000 metres event Harry was again the winner in a time of 9 mins 21.41 secs. Harrison placed 3rd in his 800 metres final with his time of 2 mins 07.19 secs.

Elly Gallagher won the Under 17 Girls 1500 metres event with her time of 4 mins 51.34 secs. In her 3000 metres event Elly was again the winner in a time of 10 mins 34.47 secs. To complete the hat-trick of wins Elly took out her 800 metres final in a time of 2 mins 20.51 secs.

Sam Galati qualified for the final of the Under 12 Boys 60 metres Hurdles event with his time of 10.55 seconds. In the final Sam finished in 4th spot with his time of 10.38 seconds. Sam finished 3rd in his 400gm Javelin event with his throw of 25.09 metres. In his Triple Jump event Sam placed 9th with a leap of 8.54 metres.

Alex Galati finished 6th in the final of the Under 15 Boys 200 metres Hurdles final in a time of 30.21 seconds. In his Triple Jump event Alex finished in 12th place with his leap of 10.08 metres. Alex recorded a time of 17.28 seconds in his 100 metres Hurdles heat.

Kelsey Cooper-Phillis finished 3rd in her heat of the Under 15 Girls 100 metres event with a time of 13.63 seconds to qualify for the final. In the final of the 100 metres Kelsey finished in 4th place with her time of 13.91 seconds. Kelsey qualified for the final in her heat of the 400 metres event by recording a time of 63.26 seconds. In the final Kelsey finished 7th with a time of 65.17 seconds. In her heat of the 200 metres event Kelsey qualified for the final with her time of 28.35 seconds. Kelsey placed 6th in her 200 metres final with a time of 28.22 seconds.

Eleanor Partridge qualified for the final of the Under 12 Girls 100 metres event by returning a time of 14.85 seconds. In her 100 metres final Eleanor finished in 6th place with her time of 14.50 seconds. Eleanor returned a time of 69.73 seconds in her 400 metres heat. The final saw Eleanor finish in 8th place with her time of 72.52 seconds. In her 1500 metres Walk event Eleanor placed 4th with her time of 8 mins 43.62 secs. Eleanor qualified for the final of her 200 metres event when she recorded a time of 29.91 seconds in her heat. In the final Eleanor filled 7th spot with her time of 29.97 seconds.

Jordan Metcalfe qualified fastest from the heats of the Under 12 Boys 100 metres event with his time of 13.68 seconds. In the final Jordan was the winner with his time of 13.38 seconds. Jordan won his heat of his 200 metres event with his time of 27.70 seconds. In the final Jordan was too good winning with a time of 27.55 seconds. In his High Jump event Jordan finished in 13th place with a clearance at 1.25 metres.

Connor Latham finished 3rd in his heat of the Under 13 Boys 400 metres event in a time of 62.94 seconds to qualify for the final. In the final Connor finished in 5th place with his time of 63.07 seconds. Connor finished in 6th place in his High Jump event with his clearance at 1.45 metres. In his 800 metres final Connor placed 8th with his time of 2 mins 34.52 secs.

Sophie Hunter won her heat of the Under 14 Girls 400 metres event in a time of 63.35 seconds to qualify for the final. In the final Sophie finished in 2nd placing with her time of 63.19 seconds.

Claire Higginson finished in 8th place in the final of the Under 15 girls 400 metres event with her time of 73.81 seconds.

Nicholas Purcell finished in 3rd place in his heat of the Under 17 Boys 400 metres event with his time of 55.87 seconds to qualify for the final. In the final Nick finished in 6th place with a time of 55.68 seconds. In his 800 metres final Nick filled 6th place with a time of 2 mins 13.71 secs.

Maya Leverett won the Under 17 Girls Long Jump event with her leap of 5.10 metres.

Junyi Fang finished in 5th place in the Under 14 Girls Triple Jump event with her leap of 8.99 metres. In her 1.0kg Discus event Junyi placed 10th with her throw of 17.41 metres. Junyi finished in 5th place in her heat of the 80 metres Hurdles event in a time of 14.33 seconds.

Annalise Haldane finished 10th in the Under 13 Girls 750gm Discus event with her throw of 20.38 metres.

Adam Jubb placed 13th in the 3.0kg Shot Put event with his throw of 5.54 metres. In his 400gm Javelin event Adam claimed 13th place with a throw of 16.66 metres. Adam placed 9th in his 1500 metres Walk event in a time of 10 mins 56.67 secs.

Emily Ralph finished in 5th place in the Under 13 Girls 400gm Javelin event with her throw of 23.03 metres.

Zoe Madigan placed 13th in the Under 13 Girls 400gm Javelin event with her throw of 11.55 metres.

Riley Leverett finished in 4th place in the Under 13 Boys Triple Jump event with his leap of 9.54 metres. In his Long Jump event Riley finished 6th in his Long Jump event with his leap of 4.52 metres. Riley threw 14.49 metres in his Javelin event to finish in 13th place.

Sarah Brown placed 5th in the Under 12 Girls Triple Jump event with her leap of 9.33 metres.

Mikaela Bruntsch finished in 8th place in the Under 12 Girls Triple Jump event with a leap of 8.82 metres.

George Davis placed 12th in the Under 12 Boys 400gm Javelin event with a throw of 16.76 metres. In his Triple Jump event George finished in 10th place with his leap of 8.54 metres. George finished 6th in his 1500 metres Walk event in a time of 8 mins 51.44 secs.

Samuel Plummer finished in 10th place in the Under 14 Boys 600gm Javelin event with a throw of 23.39 metres. In his 1500 metres Walk event Sam finished in 3rd place with his time of 10 mins 29.30 secs. Sam finished in 5th place in his heat of the 200 metres event with his time of 27.63 seconds.

Daniel Bowtell placed 5th in his heat of the 90 metres Hurdles event in a time of 16.91 seconds.

Louis Purcell won his heat of the Under 15 Boys 200 metres event with his time of 24.33 seconds. In the final Louis was again the winner with his time of 24.29 seconds.

As a result of their performances at these Regional Championships the following athletes have won the right to compete at the NSW Little A's Championships next month:-

Portia Amy-Wilson, Josh Arcus, Oliver Arcus, Anna Badaoui, Nicola Bowtell, Jessica Brown, Sarah Brown, Amy Court, Chloe Davis, George Davis, Sam Galati, Elly Gallagher, Lara Halmarick, Eliza Harvey, Haydn Housenloge, Sophie Hunter, Adam Jubb, Julia Kelland, Sarah Kelland, Tara Kissick, Connor Latham, Maya Leverett, Alyssa Lowe, Katrina Lyon, Bridget Martin, Brooke Matheson, Jordan Metcalfe, Kalafi Moala, Ben Nogajski, Cherie Pan, Eleanor Partridge, Eleanor Plummer, Samuel Plummer, Louis Purcell, Emma Smith, Jack Stone, Justin Sunderland, Hannah Tall, Jett Tall, Harrison Wade.

47. N.S.W. Masters Championships

The NSW Masters Championships were held at Homebush over the weekend of 21st to 22nd February and we had a total of 5 athletes participating.

Sue Gore won the 50-54 years 800 metres event in a time of 2 mins 36.03 secs. In winning this race Sue's winning margin was approximately 3 metres.

Robert Hanbury-Brown won a silver medal in the 55-59 years 100 metres Hurdles event in a time of 23.43 seconds. In his High Jump event Robert was the winner with his clearance at 1.30 metres. Robert also won the gold medal in his 6kg Shot Put event with a throw of 10.46 metres. In his 1.5kg discus event Robert took out a further gold medal with his effort of some 34.27 metres. Robert added a further silver medal to his tally for these Championships when he threw 32.26 metres in his 6kg Hammer event. In his 700gm Javelin event Robert added a bronze medal to his tally with a throw of 36.32 metres. Robert won a further silver medal in his 11.340kg Weight Throw event with a throw of 12.89 metres.

Lajos Joni won a silver medal in the 55-59 years 6kg Shot Put event with his throw of 10.21 metres. In his 1.5kg discus event Lajos was rewarded with a bronze medal courtesy of his throw of 30.27 metres. Lajos struck gold in his 6kg Hammer event with his big throw of 40.75 metres. In his 11.340kg Weight Throw event Lajos won a further gold medal with his throw of 13.03 metres.

Andrew Atkinson-Howatt took out the silver medal in the 55-59 years 1.5kg discus event with his throw of 32.11 metres. In his 700gm Javelin became the state champion with a throw of 39.44 metres.

Ron Wills won the 75-79 years 400 metres event with his time of 1 min 25.79 secs. In his 800 metres event Ron took out the silver medal with his time of 3 mins 30.80 secs.

Our 5 athletes listed above won medals in every event they contested!

48. Adelaide Track Classic

The Adelaide Track Classic was held on 21st February and we had 1 athlete competing there.

Ben Cox won the Open Men's Triple Jump event with his leap of 14.64 metres.

49. N.S.W. Open & Under 23 Championships

The NSW Open & Under 23 Championships were held over the weekend of 27th February to 1st March at Homebush and we were represented by 6 athletes.

Sachi Kayama competed in the Open Women's 100 metres event and finished 4th in her heat with a time of 12.54 seconds (tailwind of 0.3 metres/sec) to advance to the semi-finals of this event. In her semi-final Sachi finished in 7th place with her time of 12.44 seconds (tailwind of 1.5 metres/sec). Sachi won the bronze medal in the Open Women's Long Jump event with her leap of 5.67 metres.

Sierra Collender placed 7th in her heat of the Open Women's 1500 metres event in a personal best time of 4 mins 44.06 secs. Unfortunately Sierra missed out by only 1 spot to compete in the final. Over the last few weeks Sierra has recorded personal best times in this event every time she has stepped out on the track – dropping her time by some 7 seconds in her last three races.

Nicola Bowtell finished 4th in her heat of the Open Women's 400 metres Hurdles event in a time just outside her best – 66.09 seconds. Like Sierra she just missed out on the final by 1 spot.

Georgia Winkcup won the bronze medal in the Open Women's 3000 metres Steeplechase event with her time of 11 mins 02.65 secs. Georgia led early but sore calf muscles interfered with her run.

Johanna Volos won the silver medal in the Open Women's Pole Vault event with her third effort at 3.10 metres.

Ben Cox won the bronze medal in the Open Men's Triple Jump event with his leap of 14.70 metres. This leap by Ben won him the gold medal in the Under 23 Division.

50. Australian Junior Championships

The Australian Junior Championships were held at Homebush from 11th to 15th March and we had a total of 21 athletes competing.

Chloe Davis finished in 12th place in the Under 16 Girls Javelin Throw with her throw of 31.43 metres.

Maya Leverett placed 10th in the Under 17 Girls Long Jump event with her leap of 4.97 metres. In her Triple Jump event Maya claimed 13th place with her leap of 10.66 metres.

Charlotte Ryan produced a huge personal best time in the Under 15 Girls 3000 metres event when she finished in 9th place with her time of 10 mins 30.71 secs. This time was 23 seconds faster than she had ever previously run.

Elly Gallagher finished in 5th place in the Under 17 Girls 2000 metres Steeplechase event with her personal best time of 7 mins 14.99 secs. This time beat her previous time by 15 seconds. In her 3000 metres event on the Thursday evening Elly finished in 6th place with her time of 10 mins 29.20 secs.

Georgia Winkcup placed 6th in the Under 20 Girls 5000 metres event. Georgie also produced a personal best time of 17 mins 59.46 secs. In her 3000 metres Steeplechase event Georgia won the bronze medal in a time just outside her best – 10 mins 42.12 secs.

Sarah Kelland finished in 7th place in the Under 18 Girls 5000 metres Walk event with a time of 33 mins 43.09 secs.

Riley Leverett just missed out on the medals in the Under 14 Boys Triple Jump event when he finished in 4th place with his personal best jump of 10.55 metres.

Jett Tall finished in 8th place in the Under 14 Boys Triple Jump event with his leap of 9.78 metres.

Ben Nogajski finished in 4th place in the Under 15 Boys High Jump event with his clearance at 1.72 metres.

Johanna Volos placed 5th in the Under 17 Girls Pole Vault event with her clearance at 3.05 metres.

Cameron Pappas finished in 9th place in the Under 20 Boys Long Jump event with his leap of 6.65 metres. In his Triple Jump event Cameron placed 6th with his leap of 14.17 metres. This event was one of the highlights of the Carnival.

Antonio Galati placed 13th in the Under 20 Boys Long Jump event with his leap of 6.03 metres.

Sachi Kayama finished in 9th place in the Under 20 Girls Long Jump event. After 2 big fouls Sachi opted for a safety jump in the hope of qualifying for the last 8 to earn a further 3 attempts. Unfortunately her safety jump was not quite long enough to achieve this. Her jump measured 5.42 metres. In her 100 metres heat Sachi finished in 6th place with a time of 12.54 seconds.

Sierra Collender finished in 8th place in the Under 18 Girls 3000 metres event with her time of 10 mins 27.84 secs. In her 1500 metres event Sierra took out 8th place in a personal best time of 4:43.89 secs.

Harrison Wade placed 15th in the Under 17 Boys 3000 metres event with his time of 9 mins 36.98 secs. In his 1500 metres heat Harrison was the fastest qualifier for the final when he recorded a time of 4 mins 11.18 secs. In the final Harrison finished in 10th place in a time of 4 mins 16.17 secs.

Lachlan Burrows finished in 13th place in the Under 20 Boys Shot Put event with his throw of 12.21 metres. In his Under 18 boys Shot Put event Lachlan claimed 10th place with his throw of 13.81 metres.

Nicola Bowtell finished in 4th place in her heat of the Under 17 Girls 400 metres Hurdles event with her time of 68.51 seconds to just miss the final by finishing in 9th place overall.

Eliza Harvey finished 2nd in her heat of the Under 15 girls with a time of 2 mins 16.63 secs to qualify for the final on the Sunday. In her final Eliza, who was placed 7th at the 200 metre mark, flashed home to take out the bronze medal in a personal best time of 2 mins 14.69 secs.

Hannah Tall placed 5th in her heat of the Under 15 Girls 800 metres event in a time of 2 mins 20.16 secs. Unfortunately Hannah's time meant she finished in 9th place overall and just missed out on competing in the final.

Julia Kelland finished in 12th place in the Under 15 Girls Javelin event with her throw of 28.99 metres.

Logan Wade finished in 12th place in the Under 15 Boys 2000 metres Steeplechase event with his time of 7 mins 27.67 secs.

51. N.S.W. Little Athletics Championships

The N.S.W. Little A's Championships were held at Homebush from 20th to 22nd March and we had a total of 38 athletes competing.

Sophie Hunter finished in 3rd place in her heat of the Under 14 Girls 400 metres event in a time of 63.9 seconds. Sophie's overall placing in this event was 10th.

Connor Latham finished in 4th place in his heat of the Under 14 Boys 400 metres event with his personal best time of 62.21 seconds. In his High Jump event Connor finished in 20th place with his clearance at 1.35 metres.

Jemma Gallagher claimed the bronze medal in the Under 14 Girls 3000 metres event in a personal best time of 10 mins 46.91 secs. Jemma's last 500 metres secured the bronze medal for her. In her 800 metres heat Jemma qualified for the final by placing 2nd in her heat in a time of 2 mins 27.80 secs. Jemma filled 7th place in her 1500 metres event in a time of 5 mins 05.33 secs. In her 800 metres final Jemma filled 5th place with her time of 2 mins 26.99 secs.

Harrison Wade finished in 2nd place in the Under 15 Boys 3000 metres event with his time of 9 mins 18.48 secs. In this race Harrison led until the last lap when the Manly boy kicked past him to take out the gold medal. Harrison won the bronze medal in his 1500 metres event with his time of 4 mins 14.56 secs.

Elly Gallagher took out the bronze medal in the Under 17 Girls 3000 metres event in a personal best time (by 14 seconds) of 10 mins 15.11 secs. Elly was always in contention in this event and finished 3rd by quite a considerable margin. In her heat of the Under 17 Girls 800 metres event Elly placed 2nd to qualify for the final with her time of 2 mins 25.11 secs. Elly won the silver medal in her 1500 metres event in a personal best time of 4 mins 45.24 secs. Yet another silver medal came Elly's way in her 800 metres final with her time of 2 mins 18.25 secs.

Portia Amy-Wilson finished in 19th place in the Under 12 Girls High Jump event with her clearance at 1.35 metres. In her Long Jump event Portia placed 11th with her leap of 4.40 metres. Portia placed 5th in her Triple Jump event with her leap of 9.62 metres.

Jack Stone placed in equal 14th position in the Under 12 Boys High Jump event with his clearance at 1.40 metres.

Lara Halmarick finished in 7th place in the Under 13 girls Long Jump event with a personal best leap of 4.87 metres. Lara was denied 6th place with a fellow competitor having a better second best jump. In her Triple Jump event Lara secured 6th place with her personal best leap of 10.06 metres. This rounded out an outstanding carnival for Lara.

Cherie Pan took out 8th place in the Under 15 Girls Triple Jump event with her leap of 10.22 metres. In her Long Jump event Cherie placed 15th with her leap of 4.53 metres.

Emma Smith finished in 11th place in the Under 15 Girls Triple Jump event with her leap of 10.11 metres.

Jessica Brown placed 16th in the Under 15 Girls Triple Jump event with her leap of 9.92 metres. In her High Jump event Jessica placed equal 12th with her clearance at 1.45 metres.

Chloe Davis finished in 20th place in the Under 15 Girls Triple Jump with her leap of 9.73 metres. In her High Jump event Chloe placed 17th with her clearance at 1.40 metres. Chloe claimed 6th place in her Javelin event with her throw of 32.92 metres. In her 90 metres Hurdles heat Chloe finished in 6th place with her personal best time of 15.42 seconds.

Maya Leverett finished just out of the medals in 4th place in the Under 17 Girls Long Jump event with her effort of 5.33 metres.

Bridget Martin took out 8th place in the Under 17 Girls Long Jump event with her leap of 5.12 metres.

Justin Sunderland finished 9th in the Under 15 Boys Triple Jump with his effort of 11.67 metres.

Nicola Bowtell won her heat of the Under 17 Girls 400 metres event with her time of 62.20 seconds. In her 400 metres final Nicole claimed the bronze medal with her time of 60.69 seconds. Nicola finished in 3rd place in her heat of her 200 metres Hurdles event with a time of 30.97 seconds. In the final Nicola filled 7th place with a personal best time of 30.78 seconds.

Hannah Tall finished in 6th place in her heat of the Under 14 Girls 800 metres event with her time of 2 mins 36.10 secs. In her Javelin event Hannah finished in 24th position with her throw of 18.60 metres. Hannah placed 9th in her 800 metres final in a time of 2 mins 30.45 secs. In her 200 metres heat Hannah filled 4th place with her time of 27.31 seconds.

Eliza Harvey finished in 2nd place in her heat of the Under 14 Girls 800 metres event in a time of 2 mins 29.87 secs. In her 1500 metres event Eliza won the silver medal in a personal best time of 4 mins 45.88 secs. Eliza won her 800 metres final with a dominant display of front running in a time of 2 mins 15.71 secs.

Oliver Arcus finished in 6th place in his heat of the Under 15 Boys 800 metres event with a time of 2 mins 27.21 secs.

Kalafi Moala placed 15th in the Under 14 Boys Discus event with his throw of 33.39 metres. In his Long Jump event Kalafi finished in 12 place with his leap of 5.09 metres.

Sam Galati finished in 14th place in the Under 12 Boys Javelin event with his effort of 23.80 metres. In his heat of the 60 metres Hurdles event Sam claimed 5th spot with his time of 10.66 seconds.

Josh Arcus finished in 10th place in the Under 12 Boys Long Jump event with his leap of 4.50 metres. In his Triple Jump event Josh filled 11th spot with his leap of 9.96 metres.

Sarah Kelland claimed 6th place in the Under 17 Girls Javelin event with a personal best throw of 34.92 metres. In her 1500 metres Walk event Sarah placed 11th with a time of 8 mins 31.15 secs.

Julia Kelland placed 8th in the Under 14 Girls Javelin event with her throw of 29.04 metres. In her discus event Julia filled 20th spot with her throw of 21.73 metres.

Eleanor Plummer finished in equal 15th position in the Under 13 Girls High Jump event with her clearance at 1.40 metres.

Katrina Lyon claimed 7th place in her heat of the Under 14 Girls 200 metres Hurdles event with a time of 33.02 seconds.

Amy Court finished in 6th place in the Under 15 Girls 200 metres Hurdles event with her time of 31.19 seconds.

Tara Kissick placed 2nd in her heat of the Under 17 Girls 200 metres Hurdles event with her time of 30.75 seconds. In the final Tara placed 6th with her personal best time of 29.91 seconds. Tara placed 2nd in her heat of her 100 metres Hurdles event in a time of 16.13 seconds to advance to the final.

Alyssa Lowe finished in 5th place in her heat of the Under 12 girls 60 metres Hurdles event in her time of 10.79 seconds.

Jordan Metcalfe placed 2nd in his heat of the Under 12 Boys 100 metres event to qualify for the final with a time of 13.55 seconds. In the final of his 100 metres event Jordan finished in 6th place with his time of 13.28 seconds. Jordan placed 2nd in his heat of the 200 metres event in a time of 26.75 seconds. In his 200 metres final Jordan placed 7th with his time of 26.52 seconds.

Eleanor Partridge finished in 18th place in the Under 12 Girls 1500 metres Walk event with her time of 9 mins 27.32 secs.

George Davis placed 6th in the Under 12 Boys 1500 metres Walk event with his season's best time of 8 mins 46.19 secs.

Adam Jubb finished in 13th place in the Under 12 Boys 1500 metres Walk event with a personal best time of 10 mins 05.45 secs.

Sam Plummer finished in 17th place in the Under 14 Boys 1500 metres Walk event in a personal best time of 9 mins 27.14 secs.

Jett Tall placed 17th in the Under 12 Boys Shot Put event with his throw of 8.43 metres.

Anna Badaoui placed 14th in the Under 14 Girls High Jump event with her clearance at 1.40 metres.

Brooke Matheson placed 3rd in her heat of the 90 metres Hurdles event in a time of 15.14 seconds.

Louis Purcell finished in 5th place in his heat of the Under 15 Boys 200 metres event in a time of 24.20 seconds.

52. Melbourne World Challenge

The Melbourne World Challenge was held on 21st March and we had 1 competitor there.

Georgia Winkcup came 5th in the 3000 metres Steeplechase event in a season's best time of 10 mins 41.16 secs.

53. Australian Open & Under 23 Championships

At the Australian Open & Under 23 Athletics Championships held in Brisbane from 26th to 29th March we were represented by 2 athletes.

Ben Cox competed in the Open Men's Triple Jump event and finished in 11th place with his leap of 14.91 metres (tailwind of 1.9 metres/sec.)

Chloe Davis competed in the Under 16 Heptathlon event and finished in 13th position with a personal best score.

90m Hurdles	High Jump	Shot Put	200 Metres	Long Jump	Javelin Throw	800 metres	Total
15.75 secs	1.41m	8.29m	29.24 secs	4.59m	29.19m	2:49.26	
745	523	418	537	451	461	471	3606

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

MEN (as at 31/03/15)

<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	8:56.60	14/15
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+	Voitek Klimiuk	28.16	01/12	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	Adrian Wade	57.8h	14/15				
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	Harrison Wade	6:26.98	14/15
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	Adrian Wade	2:07.84	14/15				
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 31/03/15)

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	3299pts	11/12

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	3369 pts	13/14

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

MEN (as at 31/03/15)

Shot Put

11 years	Alan Menin	10.52m	85/86
12 years	Ben Nogajski	11.28m	13/14
13 years	Haydn Houssenloge	11.64m	11/12
14 years 4kg	David Forster	12.12m	85/86
14 years 3kg	Haydn Houssenloge	12.79m	11/12
15 years	Nicholas Kelland	12.83m	11/12
Under 18	Anthony Overton	14.07m	13/14
Under 20	James Bergfield	12.04m	12/13
Open	Jeff Hailey	14.86m	98/99
Vet 30-39	Jeff Hailey	14.86m	98/99
Vet 40-49	Jeff Hailey	14.43m	01/02
Vet 50+	Robert Hanbury-Brown	11.31m	10/11

Pole Vault

12 years	Peter Cotton	1.80m	86/87
	Michael Jones	1.80m	86/87
13 years	Michael Jones	2.00m	87/88
14 years	Brian Chappell	2.00m	94/95
15 years	Glyn Henman	2.40m	83/84
Under 18	Brian Chappell	2.30m	95/96
Under 20	Brendan Mills	3.00m	93/94
Open	Ray Brookes	3.20m	96/97
Vet 30-39	Ray Brookes	3.20m	96/97
Vet 50-54	Robert Hanbury-Brown	3.00m	12/13

Discus

11 years	Alan Menin	27.52m	85/86
12 years	Noah Hain	29.06m	13/14
13 years	David Forster	31.02m	84/85
14 years	Mua Morris	41.23m	03/04
15 years	Calum Winsor	45.98m	03/04
Under 18	Lloyd Parker	43.17m	06/07
Under 20	Lloyd Parker	38.45m	09/10
Open	Jeff Hailey	41.32m	98/99
Vet 30-39	Jeff Hailey	41.32m	98/99
Vet 40-49	Jeff Hailey	39.12m	01/02
Vet 50+	Voitek Klimiuk	42.19m	10/11

High Jump

11 years	David Forster	1.38m	82/83
12 years	Andrew Crews	1.67m	85/86
13 years	Ben Nogajski	1.78m	14/15
14 years	Cameron Pappas	1.84m	10/11
15 years	Rory Tarnow-Mordi	1.77m	06/07
Under 18	Michael Dunne	1.85m	99/00
	Cameron Pappas	1.85m	12/13
Under 20	Michael Dunne	1.85m	99/00
Open	Zoltan Budimcevic	2.00m	93/94
Vet 30-39	John Larkin	1.60m	95/96
Vet 40-49	Peter Collins	1.65m	90/91
Vet 50+	Peter Collins	1.53m	01/02

Javelin

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

Long Jump

11 years	Geoff Davies	5.30m	85/86
12 years	David Massey	5.34m	89/90
13 years	Sam Hain	5.73m	13/14
14 years	Cameron Pappas	6.35m	10/11
15 years	Len Pearce	6.61m	06/07
Under 18	Ben Cox	7.14m	11/12
Under 20	Geoff Davies	7.33m	92/93
Open	Peter Parsons	7.35m	00/01
Vet 30-39	Andrew Jackson	5.93m	03/04
Vet 40-49	Peter Collins	5.98m	90/91
Vet 50+	Simon Butler-White	4.85m	12/13

Hammer

11 years	Patrick Kelland	16.27m	06/07
12 years	David Page	17.92m	91/92
13 years	Peter Cotton	24.18m	87/88
14 years	Nicholas Kelland	32.36m	10/11
15 years	Glyn Henman	35.20m	83/84
Under 18	Paul Menin	45.44m	85/86
Under 20	Andrew Jackson	27.52m	90/91
Open	Jeff Hailey	41.47m	98/99
Vet 30-39	Jeff Hailey	41.47m	98/99
Vet 40-49	Bob Bowker	40.11m	01/02
Vet 50+	Lajos Joni	46.37m	11/12

Triple Jump

11 years	David Massey	9.74m	88/89
12 years	Sam Hain	10.97m	11/12
13 years	Cameron Pappas	12.42m	09/10
14 years	Cameron Pappas	13.80m	10/11
15 years	Len Pearce	14.12m	06/07
Under 18	Ben Cox	15.25m	11/12
Under 20	Ben Cox	15.47m	13/14
Open	Greg Wiencke	15.61m	00/01
Vet 30-39	Andrew Jackson	11.38m	03/04
Vet 40-49	Peter Collins	12.48m	90/91
Vet 50+			

Weight

Vet 50+	Lajos Joni	14.53m	12/13
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BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

WOMEN (as at 31/03/15)

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	2:17.69	14/15
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	4:52.36	14/15
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	Charlotte Ryan	10:30.71	14/15
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	Georgia Winkcup	6:43.31	14/15
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 31/03/15)

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

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

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

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 31/03/15)

<u>Shot Put</u>				<u>High Jump</u>			
11 years	Maddy Bergfield	8.99m	07/08	11 years	Megan Cotton	1.35m	87/88
12 years	Maddy Bergfield	9.87m	07/08	12 years	Nina Osada-Phornsiri	1.56m	10/11
13 years	Maddy Bergfield	10.87m	09/10	13 years	Alexandra Church	1.72m	97/98
14 years	Maddy Bergfield	12.08m	10/11	14 years	Alexandra Church	1.74m	98/99
15 years	Maddy Bergfield	12.59m	11/12	15 years	Alexandra Church	1.74m	99/00
Under 18	Maddy Bergfield	13.10m	13/14	Under 18	Alexandra Church	1.82m	01/02
Under 20	Maddy Bergfield	12.04m	14/15	Under 20	Alexandra Church	1.82m	01/02
Open	Maddy Bergfield	12.04m	14/15	Open	Alexandra Church	1.82m	01/02
Vet 28-34				Vet 28-34			
Vet 35+	Helen Searle	12.59m	93/94	Vet 35+	Margaret Chappell	1.35m	90/91

<u>Discus</u>				<u>Long Jump</u>			
11 years	Maddy Bergfield	25.68m	07/08	11 years	Janet Gault	4.69m	89/90
12 years	Kimberley Lowe	31.46m	06/07	12 years	Janet Gault	4.96m	90/91
13 years	Cassie Hewitt	39.59m	06/07	13 years	Nina Osada-Phornsiri	4.86m	11/12
14 years	Cassie Hewitt	35.53m	07/08	14 years	Megan Cotton	5.44m	90/91
15 years	Maddy Bergfield	37.23m	11/12	15 years	Megan Cotton	5.66m	90/91
Under 18	Maddy Bergfield	41.75m	12/13	Under 18	Sachi Kayama	6.00m	13/14
Under 20	Maddy Bergfield	41.75m	12/13	Under 20	Vicky Piggin	6.20m	94/95
Open	Maddy Bergfield	41.75m	12/13	Open	Vicky Piggin	6.36m	97/98
Vet 28-34				Vet 28-34			
Vet 35+	Helen Searle	30.64m	94/95	Vet 35+	Margaret Chappell	4.72m	90/91

<u>Javelin</u>				<u>Triple Jump</u>			
11 years	Julia Kelland	23.92m	12/13	11 years	Katrina Lyon	9.26m	12/13
12 years	Julia Kelland	30.84m	13/14	12 years	Janet Gault	10.40m	90/91
13 years	Chloe Davis	35.33m	13/14	13 years	Christine Nettle	10.06m	89/90
14 years	Chloe Davis	34.77m	14/15	14 years	Maya Leverett	11.15m	13/14
15 years	Maddy Bergfield	32.82m	11/12	15 years	Megan Cotton	11.12m	90/91
Under 18	Maddy Bergfield	34.66m	13/14	Under 18	Kate Harvey	11.30m	91/92
Under 20	Laura Cornford	45.52m	04/05	Under 20	Kate Harvey	11.30m	91/92
Open	Mary Thomas	46.98m	82/83	Open	Kate Harvey	11.30m	91/92
Vet 28-34				Vet 28-34			
Vet 35+	Mary Thomas	46.98m	82/83	Vet 35+	Margaret Chappell	10.22m	89/90

<u>Hammer</u>				<u>Multi-Events</u>			
11 years	Margaret Gault	15.54m	91/92	13 years	Elizabeth Cotton	3679 pts	89/90
12 years	Julia Kelland	20.43m	13/14	14 years	Megan Cotton	4265 pts	90/91
13 years	Crystal Overton	21.87m	12/13	15 years	Megan Cotton	4719 pts	90/91
14 years	Sarah Kelland	19.84m	12/13	Under 18	Tara Millgate	4271 pts	01/02
15 years	Maddy Bergfield	41.51m	11/12	Under 20	Megan Cotton	4239 pts	93/94
Under 18	Maddy Bergfield	41.59m	12/13	Vet 35+	Sue Gore	1873 pts	07/08
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				

<u>Weight Pentathlon</u>				<u>Pole Vault</u>			
Vet 60-64	Helen Searle	5117 pts	99/00	13 years	Johanna Volos	2.90m	12/13
Vet 65-69	Helen Searle	5027 pts	01/02	14 years	Johanna Volos	3.10m	13/14
				15 years	Johanna Volos	3.30m	14/15
				Under 18	Johanna Volos	3.10m	13/14
				Under 20	Elizabeth Cotton	1.88m	94/95

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 2014 – 2015

GIRLS

100 Metres

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

200 Metres

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

400 Metres

Under 12	Portia Amy-Wilson	71.6	2014
Under 13	Tara Vance	64.5	2006
Under 14	Nicola Bowtell	62.2	2012
Under 15	Tara Vance	61.5	2008
Under 16	Tara Millgate	60.4	2000
Under 18	Tara Millgate	59.4	2002
Under 20	Vicky Piggin	62.2	1994
Open	Tara Millgate	62.8	2006
Vet 30+	Margaret Chappell	68.3	1992
Vet 40+			
Vet 50+	Sue Gore	72.3	2012

800 Metres

Under 12	Megan Cotton	2:33.0	1987
Under 13	Jamie Casaclang	2:35.4	2001
Under 14	Tara Vance	2:34.4	2007
Under 15	Kate Spencer	2:27.8	2009
Under 16	Georgia Winkcup	2:32.5	2013
Under 18	Kate Spencer	2:16.2	2013
Under 20	Tara Millgate	2:30.5	2003
Open	Tara Millgate	2:21.2	2007
Vet 30+	Sue Gore	2:52.9	1992
Vet 40+	Sue Gore	2:40.6	2009
Vet 50+			

BOYS

100 Metres

Under 12	Daniel Bowtell	13.7	2012
Under 13	Gareth Smith	13.2	1993
Under 14	Sam Hain	12.2	2012
Under 15	Brian Chappell	11.9	1994
Under 16	John Pearce	11.4	2006
Under 18	John Pearce	11.0	2008
Under 20	Glen McCarthy	11.1	1988
Open	Brett Jovanovich	11.1	2012
Vet 30+	Carl Casaclang	11.9	2002
Vet 40+	Adrian Wade	14.8	2013
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	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	57.8	2014
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 2014 - 2015

GIRLS

1500 Metres

Under 12	Megan Cotton	5:21.6	1987
Under 13	Emmica Burnell-Jones	6:02.5	2004
Under 14	Charlotte Ryan	5:14.5	2014
Under 15	Lucy Polkinghorne	5:17.4	2000
Under 16	Elly Gallagher	4:55.4	2014
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	Harrison Wade	4:27.3	2014
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	4:32.8	2014
Vet 50+			

1500m Walk

Under 12	Peter Cotton	9:25.0	1985
Under 13	Grant Mitchell	9:26.0	1985
Under 14	Logan Wade	9:12.17	2015
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 2014 - 2015

GIRLS

Javelin

Under 12	Julia Kelland	22.13m	2013
Under 13	Chloe Davis	29.68m	2013
Under 14	Julia Kelland	30.62m	2015
Under 15	Sarah Kelland	27.84m	2013
Under 16	Maddy Bergfield	31.26m	2011
Under 18	Maddy Bergfield	34.18m	2014
Under 20			
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	Nicola Bowtell	31.94m	2014
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 (2kg)	Portia Amy-Wilson	18.78m	2014
Under 13	Kimberley Lowe	20.39m	2006
Under 14	Julia Kelland	22.52m	2014
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
Under 20	Patrick Kelland		
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	Jett Tall	26.16m	2014
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	Nick Kelland	37.10m	2014
Open	Darren Wilson	36.82m	1992
Vet			
Vet 40+	Adrian Wade	29.29m	2014
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	Nick Kelland	33.62m	2014
Open	Andrew Atkinson-Howatt	32.31m	2008
Vet			
Vet 40+	Adrian Wade	15.13m	2014
Vet 50+	Lajos Joni	38.83m	2014

RYDE ATHLETICS CENTRE – SENIORS DIVISION

CENTRE RECORDS 2014 - 2015

GIRLS

High Jump

Under 12	Portia Amy-Wilson	1.30m	2014
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	Portia Amy-Wilson	4.51m	2014
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 Piggan	5.85m	1994
Open	Kerry Waite	5.00m	1982
Vet	Sharon Aldridge	4.37m	1994
Vet 40+			
Vet 50+			

Triple Jump

Under 12	Portia Amy-Wilson	9.36m	2015
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 2014 - 2015

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