

**RYDE ATHLETICS CENTRE
INCORPORATED**



**ANNUAL REPORT
2015 / 2016 SEASON**

ABN: 99 850 553 401

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LIFE MEMBERS

Sharon Aldridge
Margaret Atkinson
Andrew Atkinson-Howatt
Nancy Atterton
Louise Bergfield
Simon Bergfield
Bruce Brown
Graeme Cameron
Carl Casclang
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)
Dave Sunderland
Desleigh Spitteler
Reg Tarte
Mary Thomas
Ian Trimble
Ruth Trimble
Glyn Whalan
Kay Williams
Colleen Wilson (née Hill)

PATRON

Betty Moore

PUBLIC OFFICER

Ivana Hilder

DIRECTORS

Ann Arnott (Resigned September 2015)
Simon Bergfield (Appointed September 2015)
Ross Forster
Keith Johnson
Stephen Latham (Resigned April 2016)
Stephen Plummer
Nick Byrne (Appointed May 2016)

**RYDE ATHLETICS CENTRE INCORPORATED
2015/2016 SEASON – ANNUAL REPORT**

DIRECTORS' REPORT

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

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

Our athletes have achieved some exceptional results and they have been assisted by many volunteer helpers who made competition possible.

During the year Ann Arnott resigned as a Director and was replaced by Simon Bergfield. In April, Stephen Latham resigned as Director and was replaced by Nick Byrne.

**Simon Bergfield
Ross Forster
Keith Johnson
Stephen Plummer
Nick Byrne**

Directors

***RYDE ATHLETICS CENTRE INCORPORATED
2015/2016 SEASON – ANNUAL REPORT***

JUNIORS REPORT

COMMITTEE MEMBERS - JUNIORS

PRESIDENT	Ron Daniel
VICE PRESIDENT	Dave Sunderland
SECRETARY	Ivana Hilder
ASSISTANT SECRETARY	Andrew Wilson
TREASURER	Paul Simula
ASSISTANT TREASURER	Jane Partridge
REGISTRAR	Kate Kelland
CHAMPIONSHIPS	Mark Lillis
AGE MANAGERS	Janine Bowtell
PUBLICITY	Peter Davis
RESULTS	
ASSISTANT RESULTS	Jessica Lowe
OFFICIALS	Vacant
TRACK and FIELD	Dave Sunderland
ASSISTANT TRACK & FIELD	
(Chief Track)	Dave Sunderland
(Chief Throws)	Simon Bergfield, Julie Reynolds & Graeme Cameron
(Chief High Jumps)	Tristan Tall & Lynda Calder
(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 - AM) Jenny Thompson
(6B - AM) Melissa Chandler
(7G - AM) Mehernaz Mistry
(7B - AM) Chris Whitty
(8G - AM) Marilisa Carezza
(8B - AM) Kathryn Della Vedova
(9G - AM) Steven Barlow - co AM
(9G - AM) Dave Johnston - co AM
(9B - AM) Gareth Chandler
(10G - AM) Darren Fairhall
(10B - AM) Brianna Casey
(11G - AM) Peter Hartmann
(11B - AM) Jon Baker
(12G - AM) Glyn Henman - co AM
(12G - AM) Katrina Arcus - co AM
(12B - AM) Daniel Bruntsch
(13G - AM) Andrew Wilson
(13B - AM) Helen Galati
(14G - AM) Ivana Hilder
(14B - AM) Janet Parker-Smith
(15G - AM) Bruce Lyon
(15B - AM) Janine Bowtell
(16G-17G - AM) Craig Matheson
(16B-17B - AM) Teresa Galati - co AM
(16B-17B - AM) Jenny Rodgers - co AM

BOYS CAPTAIN	Dylan Rodgers
GIRLS CAPTAIN	Nicola Bowtell

PRESIDENT

Little Athletics at Ryde has in 2015-2016 season has continued its established and proven growth trends, expanded and further developed its coaching program to yield increased success at competitions, and worked further to adopt wider usage of available technologies into its operations. Although challenged at times, the Division has enjoyed another successful season.

Our program of events and rewards systems are second to no other centres offerings in Little Athletics in NSW. We provide 6 or more events for all age groups every Saturday morning with all core competition for 21 age groups completing in under 3.5 hours. This is quite unique in our sport and as many parents frequently vouch, is down to the efficient and smooth way our club is run.

A brief summary of the raw statistics of our season shows that at Ryde Little Athletics in 2016, there were:

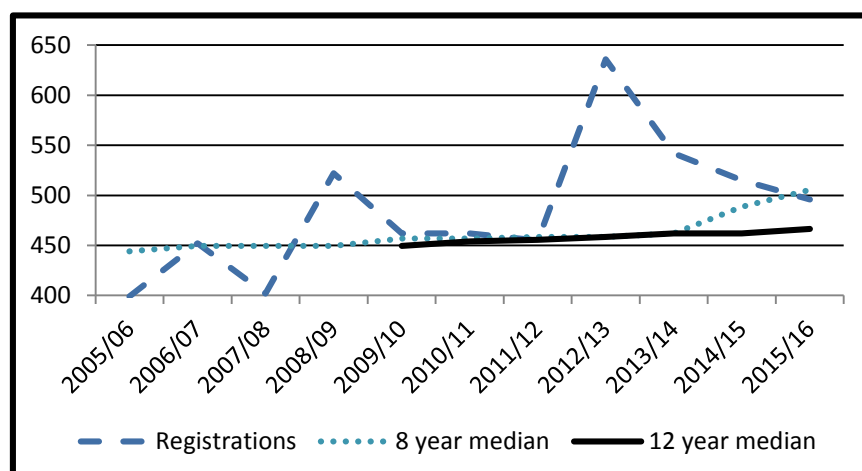
- 20 weeks of competition with no lost weekends due to rain;
- 8 athletes attended every week, 3 of whom participated in every event open to them
- 53 Athletes qualified through to the pinnacle of our season, the State Championships at Homebush in March which was an increase of 5 from last season.
- 19 athletes received blue patches for high achievement in overall performance, with one athlete to receive the Trent Whalan Medal for outstanding performance in 15 events.
- Our members set a combined 6,411 new or equal personal bests

Building on the outstanding success of the first year of our new coaching program, this season has seen increased patronage and dedication to improvement by many athletes. Their results and their qualification to higher level carnivals evidence the outcomes of this dedication. Andrew Wilson's report of the coaching program provides further details our athletes take up of this program. The results on the board as reported from our Championships Officer are the direct measure of the athletes' success in zone, region, and state level competitions.

Looking deeper into the registrars report, there is clear evidence of the success of Ryde Little Athletics. Superficially, when compared to previous seasons, this season's registration numbers appear to follow the usual pattern of being lowest in a four year cycle following Olympics of three years prior. This year we had 496 registrations, however, this is still the 6th largest registration count in the last 18 years.

Using long term measures, we can see that on an overall 12 year median basis, year on year, Ryde's membership continues to grow. This 12 year median method smooths out the bumps of the 4 year pattern and reveals a better measure of overall trends. The 12 year median in 2009 was 449 athletes and this has grown to be now 466. Like a sound long term financial investment, the overall trend is one of continuing and repeated growth. The conclusion to easily draw is that the club is on the up and what we do at Ryde Little Athletics continues to attract new customers and participants.

Ryde Little Athletics Registration Trends 2006 to 2016



We were privileged this season to have the gracious and generous services of Harry and Jo Housenloge returning to continue the operation of what we feel is the best sports barbecue in the district, even though their son Haydn no longer qualifies as a Junior Athlete. Many weekends with special items on sale added spice and variety to the any combination you like of usual barbecued sausages,

eggs, bacon and onion rolls or sandwiches. Fiona and her team in the canteen had continuous strong custom for their coffees, soft drinks, iced fruit poles, and various snacks on sale.

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, this role that I have been so privileged to carry for 12 seasons has been an absolute joy because of our special members, leaders and volunteers. On behalf of you all, I offer the club's gratitude and indebtedness to the following people for a further successful season at Dunbar. We all thank our:

- Fantastic Directors and Committee for their unfailing effort, support and commitment through the whole season.
- Always dependable Age managers, especially those newcomers to this vital mentoring and encouragement role
- Willing parent who volunteer their help out on the field or in the canteen on Saturday mornings.
- Club captains
- Local and some not so local schools for their increased patronage and support of the more than 20 local schools who support us by hiring equipment for their carnivals,

Reports from our Officer Bearers throughout this report bear testament to the various aspects of our operations, including financial affairs, registrations, and competition achievement. I encourage everyone to take some time in the coming weeks to read this account of our operations as you will undoubtedly gain a deeper appreciation of our centre and the achievements of its people.

At Ryde, we have an enviable structure and connection between Junior and Senior athletics. We have forged strong connections and pathways for youngsters transitioning to a longer, although perhaps more specialised involvement and participation in Senior athletics. This could not more be better illustrated than by the commitment of one athlete in particular. That Harrison Wade competes in Junior Athletics, and Senior Athletics, then sets a superlative example to many by then volunteering as a coach to junior distance running athletes is a paramount example of the connection and unity of our centre.

Each year, it is with mixed emotions that Ryde Little Athletics bids farewell to our Under 17's athletes. We are delighted for them and excited for them as they carry on with life's journey, and happy in the knowledge that by being involved with Little Athletics a positive influence will remain with them for many years. On the final day of competition this season, this was somewhat reversed when we inevitably bade farewell to Christian Ridey. Through the years, there are many of us who have been influenced by Christian and his Father Marc's participation and commitment to our sport and the example they have set for us all. It was a special moment in our season when we were able to acknowledge that we have all become slightly better people because we know Christian and Marc Ridey.

Now after a lengthy delay in arriving, winter weather has finally arrived to sync up with the calendar and the winter sports season is well underway. I trust all of our members excel in their enjoyment and achievements in all areas during the next few months and trust they return with new vigour following the build-up and excitement of the Brazil Olympics in what promises to be a bumper year at Dunbar for Ryde Athletics

It is well known that the future of Little Athletics will always depend upon parents of members continuing to step forward and assist in the running of Saturday operations and the wider affairs of the centre at other times. It is pleasing to observe that familiar faces are beginning to take the next step and courageously step forward for higher duties next season as others stand down and hand over the responsibilities and duties of office bearers for Ryde Little Athletics. The future development and expansion of the club will rest in their capable hands.

Ron Daniel
President – Juniors

SECRETARY

Memo dated 12 March 2016 to the members of RLAC on the status of operations of the timing gates by Juniors committee;

As some of you are aware the club has been experiencing some inconsistencies in results recorded this season in some track events. This advice is to update you on the progress that the committee has made in tracking, investigating and resolving these issues.

In late October we were made aware of a number of issues concerning results. It became apparent that the underlying causes fell into two broad categories being a. Timing issues e.g. where the gates might record an incorrect time and b. Operational (human error) issues such as the wrong registration number being entered or the wrong lane being assigned to an athlete.

To address these issues the committee took the following actions:

1. Implemented an issues register to document every instance where a concern was raised
2. Appointed a dedicated team to log, investigate and resolve those issues
3. Created new track officiators positions and backup timekeepers to ensure that the correct results are captured and recorded
4. Documented procedures for each track officiators position
5. Cross-trained sufficient people to be able to cover each position in the event of absences
6. Conducted independent testing of the timing gates in order to validate their operational suitability

Key outcomes from the above actions.

Recently the committee conducted a series of tests on the timing equipment with view to validating the results recorded over a number of differing race scenarios.

From this test instances of false triggers were noted as a result of the poles not being aligned correctly. The pleasing outcome from this test was that once the posts were re-aligned the instances of false triggers were reduced.

We consider that this mis-alignment of the poles has been the key contributing factor to the timing issues that we have experienced. We now ensure that alignment is maintained throughout each set of events. We have also conducted some levelling of the straight track to stabilise the poles.

Additionally we have looked at all of the data from the poles and we have also had Timing Solutions (the pole suppliers) look at all of the data from the system for the season to help us identify possible instances of false triggers. We have worked closely with the suppliers to ensure that our software and hardware queries have been resolved as quickly as possible.

Ivana Hilder
Secretary - Juniors

TREASURER

Junior Division Accounts for the Season 2015-2016

Income	2015/2016	2014/2015	Expenditure	2015/2016	2014/2015
Registration Income Total	\$33,066.00	\$34,535.00	Registration Expense Total	\$ (7,274.00)	\$ (6,953.20)
- Cheque & Cash	\$8,451.00	\$8,972.00	- Cheque to LAA	\$ (5,066.00)	\$ (4,896.00)
- Credit Card	\$24,615.00	\$23,063.00	- IMG fees	\$ (1,168.00)	\$ (1,172.20)
- Rebates		\$2,500.00	- Seniors' allocation	\$ (1,035.00)	\$ (765.00)
			- Other	\$ (5.00)	\$ (120.00)
Uniforms	\$9,495.00	\$12,585.00	Uniforms	\$ (15,065.90)	\$ (12,058.60)
2nd hand uniform sales	\$120.00	\$45.00			
Canteen income	\$9,387.25	\$11,502.20	Canteen expense	\$ (5,571.45)	\$ (7,916.79)
BBQ income	\$15,148.60	\$11,557.40	BBQ expense	\$ (12,161.65)	\$ (9,906.03)
			Advertising	\$ -	\$ (220.00)
Donations / Grants	\$0.00	\$0.00	Event days		
Bank Interest	\$570.83	\$1,033.45	- Fun Day	\$ (1,395.58)	\$ (1,774.55)
School Equipment Hires	\$3,860.00	\$3,320.00	- Presentation Day	\$ (1,400.00)	\$ (530.00)
Sponsorship	\$300.00	\$300.00	Cash Floats	\$ -	\$ -
			Competition Fees	\$ (1,447.00)	\$ (1,630.00)
			Committee Social	\$ (540.00)	\$ -
			Conference Attendance	\$ (692.80)	\$ (1,155.62)
			Catering	\$ -	\$ (412.24)
			Donations	\$ (500.00)	\$ -
			Equipment (Capital)	\$ (16,196.27)	\$ (15,867.27)
			Equipment (Consumables)	\$ (867.10)	\$ (572.10)
			Insurance	\$ -	\$ -
			Grounds upgrade	\$ -	\$ -
			Government and Bank Charges	\$ (68.00)	\$ (66.00)
			Hire of Dunbar Park (Council)	\$ (5,910.00)	\$ (5,680.00)
			Printing & Stationery	\$ (1,395.64)	\$ (1,066.24)
			Repairs & Maintenance	\$ (547.79)	\$ (833.80)
			Trophies	\$ (7,448.10)	\$ (7,651.94)
			Sundry Expenses	\$ (1,271.74)	\$ (234.36)
			Survey Cost	\$ -	\$ (4,180.00)
			Training Expenses	\$ -	\$ -
			Volunteer Gifts	\$ -	\$ (453.00)
			Website cost (hosting)	\$ (1,929.26)	\$ (1,929.26)
			Computer - hardware	\$ (990.56)	\$ (661.43)
			Computer - Software		\$ -
			Total Expenditure	\$ (82,672.84)	\$ (81,752.43)
			Plus net income(exp)	\$ (10,725.16)	\$ (6,874.38)
Total income	\$71,947.68	\$74,878.05	Total Expense	\$ (71,947.68)	\$ (74,878.05)

Bank Statement Reconciliation as at 31 March 2016

	Current (2015/16)	Previous (2014/15)
Bank statement as at 01/4/15	\$44,862.66	\$55,420.89
less last year's unrepresented cheques	\$0.00	-\$5,211.70
plus last year's unrepresented deposits	\$0.00	\$1,527.85
plus net income	-\$10,725.16	-\$6,874.38
plus undeducted payments this year	\$0.00	\$0.00
less unrepresented deposits this year	\$0.00	\$0.00
gives bank statement 31/03/16	\$34,137.50	\$44,862.66
cash book 31/3/16	\$34,137.50	\$44,862.66
variance	\$0.00	\$0.00
less undeducted payments/accruals this year	\$0.00	\$0.00
plus unrepresented deposits/acruals this year	\$0.00	\$0.00
Net Variance	\$0.00	\$0.00
Funds available to start next season	\$34,137.50	\$44,862.66
Uniform Stock:		
Uniform stock as at 31/3/2016 (at current price)	\$11,235.00	\$10,735.00
Canteen Stock:		
drinks		
lollies	\$0.00	\$0.00
Total stock on hand	\$0.00	\$0.00
Canteen Equipment: (replacement value)	\$4,750.00	\$4,750.00

At the end of the 2016 season the Ryde Athletics Juniors financials were in a healthy position. Our registration numbers were once again strong which enabled us to make some additional equipment purchases. Overall net expenses exceeded income by \$10,725.

Uniform sales started strongly but then plateaued due to some supply constraints. The canteen and BBQ once again performed well. The canteen made a net gain of approx. \$3,700 helped by strong sales of freshly brewed coffee. The BBQ made a net gain of approx. \$3,000 assisted by the constantly changing menu choices offered by Harry and Jo. All canteen stock was sold at the end of the season.

On the field the club purchased another set of timing gates and a new wireless P.A. system at a combined cost of approximately \$16,000. Bank interest contributed \$570 to our income this year.

We will bring forward a bank balance of approximately \$34,000 into next season. I would like to thank the committee members for assisting in the responsible financial management of the club throughout the year.

Paul Simula
Treasurer – Juniors

Auditors Report

Unit 5/124 Burns Bay Road Lane Cove

The Committee Members
Ryde Athletics Centre - Junior Division
PO Box 3658
Marsfield NSW 2122

I have examined the accounts of the Ryde Athletics Centre, Junior Division, in accordance with the General Accepted Auditing Standards for the financial period 1st April 2015 through 31st March 2016 inclusive.

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

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

Sharon Adams CPA



Date 27 April 2016

REGISTRAR REPORT

Our 43rd season saw 496 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
2015/16	287 (57.9)	209 (42.1)	496

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	10	10	0	3	3	13	0	13	13
U5Tots	3	13	16	4	4	8	24	7	17	24
U6	11	20	31	4	9	13	44	15	29	44
U7	14	16	30	12	10	22	52	26	26	52
U8	22	11	33	26	9	35	68	48	20	68
U9	14	13	27	19	9	28	55	33	22	55
U10	20	12	32	18	1	19	51	38	13	51
U11	24	8	32	16	2	18	50	40	10	50
U12	15	5	20	13	2	15	35	28	7	35
U13	12	3	15	16	1	17	32	28	4	32
U14	9	3	12	8	3	11	23	17	6	23
U15	14	0	14	7	0	7	21	21	0	21
U16	9	1	10	7	0	7	17	16	1	17
U17	5	0	5	6	0	6	11	11	0	11
Total	172	115	287	156	53	209	496	328	168	496

Thanks to the committee members for their help on Registration Day and throughout the season. Online Registrations for 2016-17 will open at the start of August, so please check our website and your email inbox for more information then.

Kate Kelland –
Registrar - Juniors

COACHING

Coaching was provided for our junior athletes throughout the season by a magnificent and committed group of coaches who volunteer their time to help our children gain their best. As a club we set a new record for the number of athletes who qualified for the State Championships which is due to the effort and skill of our coaches.

Our regular coaches are:

Daniela Zepeda – junior sprints
Darren Fairhall – junior long jump
Dave Sunderland - sprints
Harrison Wade – middle distance
Julie Reynolds - shot put
Lynda Calder – high jump and hurdles
Melissa Chandler – walk
Simon Bergfield - discus and javelin
Thomas Jubb – junior sprints
Tristan Tall – long and triple jump

We continued the format developed last season with the athletes having to nominate which coaching session they wished to attend. This enables the coaches to tailor their coaching sessions for those who attended and restrict the numbers to ensure the best and safest coaching sessions are conducted. The athletes enjoyed the training and it was great seeing the friendships develop across the age groups.

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

We held a very successful walks workshop during the school holidays where technique and style were taught. Next season we are planning on group coaching of athletes who gain entry into the Regional and other carnivals.

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. At Ryde we will assist with coach education and mentoring so you are not left high and dry and you are made to feel part of the team.

Andrew Wilson

Officer for Coaching - Juniors

AGE MANAGER

This season the very committed Age Managers and their Assistants provided encouragement, leadership and support to their age groups. Many thanks goes to those returning as Age Managers or Assistants this season and to the enthusiastic, new Age Managers and Assistants who bravely took on the role, effectively managing and motivating their group while learning new skills themselves.

I would like to thank the Age Managers and their Assistants for regularly attending each week and for those younger groups, coordinating with each other to make sure the athletes were supervised. All age groups are dependent upon your support and commitment for the smooth running of events each Saturday as well as your time and effort involved in calculating Merit Awards and the selection for State Relays and Zone Championships.

This season some of the Age Managers and Assistants developed their multi-tasking skills by not only organising and supervising their athletes but also, at times, helping out at events. It is much appreciated that you have been

willing to take on these roles and become knowledgeable with recording, marking, measuring and raking as well!
(Also, thanks to those dedicated parents/helpers who have volunteered at the events.)

Thanks to the Age Managers and Assistants for their continued support and encouragement; witnessing athletes develop friendships, achievements and athletics skills. Ryde athletes performed well producing many fantastic results in all competitions this year. If you are interested in being involved as an Age Manager or Assistant and the opportunity to support our athletes and club, please let me know.

Janine Bowtell
Officer for Age Managers - 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 21nd November 2015 (juniors) and 22nd November 2015 (seniors) at Campbelltown.

This year due to the event being held at Campbelltown we went through a robust process to confirm entries and confirm with all parents their child's involvement. As a result over 98% of the teams entered competed over the two days.

Thanks to all who volunteered for the weekend.

Ryde entered a total of 53 teams comprised of 26 Junior and 27 Senior teams.

A number of our teams won medals over the weekend:

- Girls U 17 4 x 100 - Bronze
- Girls U 13 Long / High - Gold
- Girls U 14 Long / High - Gold
- Girls U 8 4 x Long Jump – Gold
- Girls U 9 4 x Long Jump - Bronze
- Boys U 13 4 x 100 - Bronze
- Boys U 10 Long / High - Bronze
- Boys U 10 Shot / Discus Bronze

ZONE CARNIVAL

The Zone Carnival was held on the 12th and 13th December at Barton Park, Parramatta.

In total we competed in 688 individual events (up 58 from previous year) with 199 athletes (up 17 from previous year). Athletes age 7 -12 can compete in up to four events and athlete's age over 13 can compete in 6 events.

Ryde entered a male and female junior relay teams for ages 8-12 and male and female senior relay teams for ages 13-17.

Ryde athletes achieved two new zone records:

- Harrison Wade : U17B 1500m record 4.12.93
- Chiara Lillis: U 12 G Shot Put 13.18m

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

Tasmai Singh	3 rd Girls U 7 50 metre sprint 2 nd Girls U 7 70 metre sprint 2 nd Girls U 7 100 metre sprint
Emmanuella Omage	1 st Girls U 7 70 metre sprint
Juliette Cooley	2 nd Girls U 7 200 metre sprint
James Woods	3 rd Boys U 7 50 metre sprint 3 rd Boys U 7 100 metre sprint 3 rd Boys U 7 200 metre sprint
Oliver Hengren	3 rd Boys U 7 Shot Put 1 st Boys U 7 Discus

TRANS TASMAN CHALLENGE

The Trans Tasman Challenge was held at the Mount Smart Stadium on the 17th January and Chiara Lillis was a member of the Little Athletics NSW Trans Tasman Team.

Chaira's results were 4th in shot put, 5th in discus, equal 10th in high jump,

RYDE GAMES

Ryde Games was held on the 23rd January 2016 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 13th and 14th February at Narrabeen.

Ryde was represented by 133 athletes with a total of 375 individual entries.

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

Lara Boccabella	2 nd Girls U 8 60 metre hurdles
Christopher Moala	2 nd Boys U 8 70 metre sprint 3 rd Boys U 8 Long Jump
Lachlan Stitt	1 st Boys U 8 Shot Put

53 Athletes from Ryde qualified for state in 95 individual events.

STATE MULTI-EVENT

The State Multi Event carnival was held at Dubbo in Central West NSW on the 7th and 8th of March 2015.

Darren Fairhall and Nick Byrne were the Ryde team managers for both days.

The daily temperatures exceeded 35 degrees on both days and our athletes did us proud.

Not only did Ryde have athletes competing but we also had Mr Thomas Jubb fulfilling duties as a Discus Judge throughout the heat.

- Georgia Phillips achieved a silver medal in the U8 Girls
- Chloe Davis won a bronze medal in the U17 Girls
- Jay Butler won a bronze medal in the U17 Boys

Ryde had 16 athletes competing as listed below:

Under 10 Boys	Joshua	Lillis
Under 10 Girls	Sophie	Byrne
Under 10 Girls	Natasha	Fairhall
Under 11 Boys	Luke	Jubb
Under 11 Boys	Andrew	Phillips
Under 12 Girls	Chiara	Lillis
Under 13 Boys	George	Davis
Under 13 Girls	Rachel	Fairhall
Under 14 Boys	Riley	Leverett
Under 17 Boys	Jay	Butler
Under 17 Boys	Justin	Sunderland
Under 17 Girls	Chloe	Davis
Under 9 Boys	Jeremy	Jubb
Under 9 Boys	Andrew	Kalos
Under 9 Boys	Jope	Rauqe
Under 9 Girls	Georgia	Phillips

NSW LITTLE ATHLETICS STATE TRACK AND FIELD CHAMPIONSHIPS

The State Championships were held on the weekend of the 21st to 23rd March at Sydney Olympic Park, Homebush.

53 athletes competed in 95 events.

The athletes who represented Ryde are listed below in alphabetical order:

<ul style="list-style-type: none"> • Portia Amy-Wilson Female - Age: U13 • Georgia Arcus - Female - Age: U12 • Daniel Bowtell - Male - Age: U15 • Nicola Bowtell - Female - Age: U17 • Jessica Brown - Female - Age: U17 • Sarah Brown - Female - Age: U13 • Adam Bruntsch - Male - Age: U12 • Holly Calder-Pirie - Female - Age: U11 • Krishani Coffin - Female - Age: U10 • Kelsey Cooper-Phillis - Female - Age: U17 • Amy Court - Female - Age: U17 • Gabrielle Damm - Female - Age: U15 • Chloe Davis - Female - Age: U17 • George Davis - Male - Age: U13 • Owen Douglas - Male - Age: U10 • Natasha Fairhall - Female - Age: U10 • Samuel Galati - Male - Age: U13 • Noah Hain - Male - Age: U14 • Lara Halmarick - Female - Age: U14 • April Howison - Female - Age: U9 • Jessica Johnston - Female - Age: U9 • Adam Jubb - Male - Age: U13 • Luke Jubb - Male - Age: U11 • Andrew Kalos - Male - Age: U9 • Julia Kelland - Female - Age: U15 • Anastasia Lakic - Female - Age: U12 • Connor Latham - Male - Age: U14 	<ul style="list-style-type: none"> • Riley Leverett - Male - Age: U14 • Chiara Lillis - Female - Age: U12 • Alyssa Lowe - Female - Age: U13 • Katrina Lyon - Female - Age: U15 • Michael Matheson - Male - Age: U15 • Max Merifield - Male - Age: U10 • Jordan Metcalfe - Male - Age: U13 • Kalafi Moala - Male - Age: U15 • Abigail Oimage - Female - Age: U10 • Abraham Oimage - Male - Age: U12 • Eleanor Partridge - Female - Age: U13 • Georgia Phillips - Female - Age: U9 • Eleanor Plummer - Female - Age: U14 • Jeremy Plummer - Male - Age: U11 • Samuel Plummer - Male - Age: U15 • Ivan Prizmic - Male - Age: U10 • Marko Prizmic - Male - Age: U15 • Emily Ralph - Female - Age: U14 • Jope Rauqe - Male - Age: U9 • Emma Smith - Female - Age: U17 • William Stacey - Male - Age: U14 • Tom Stone - Male - Age: U12 • Justin Sunderland - Male - Age: U17 • Hannah Tall - Female - Age: U15 • Jett Tall - Male - Age: U13 • Harrison Wade - Male - Age: U17
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Athletes who received a gold, silver or bronze medal as listed below:

- Adam Bruntsch 1st Under 12 Boys 1500m
- Ivan Prizmic 1st Boys Under 10 Boys High Jump
- Jope Rauqe (JK) 1st Under 9 Boys High Jump
- Jeremy Plummer 2nd Under 11 Boys High Jump
- Samuel Galati 2nd Under 13 Boys 80 Metre hurdles
- Chiara Lillis 2nd Under 12 Girls Shot Put
- Portia Amy-Wilson 3rd Under 13 Girls Long Jump
- Lara Halmarick 3rd Under 15 Girls Triple Jump
- Abigail Omage 3rd Under 10 Girls 10 Long Jump

Outstanding State Achievement

- **Harrison Wade 1st Under 17 Boys 1500 metre with a new state record of 4:02:95**

Mark Lillis

Championships Officer - Juniors

JUNIOR RECORDS 2015/2016 SEASON

NEW RECORDS - 2015-2016

	Date	Age	Event	New Record	No	New Record Holder	Old Record	Old Record Holder	Date
1	19-09-15	10 G	Discus	25.17	266	Natasha Fairhall	25.08	U Ranjitkumar	11-12-04
2	26-09-15	12 G	Shot Put	11.43	8	Chiara Lillis	10.46	N Corne	08-02-86
3	10-10-15	17 G	100H	17.5	97	Brooke Matheson	17.6	Sachi Kayama	08-10-11
4	17-10-15	14 G	TJ	10.74	278	Lara Halmarick	10.55	Sachi Kayama	20-02-10
5	17-10-15	12 G	Javelin	25.57	8	Chiara Lillis	23.12	Julia Kelland	17-11-12
6	24-10-15	17 G	200H	31.0	11	Nicola Bowtell	31.1	Nicola Bowtell	21-02-15
7	05-12-15	13 G	LJ	4.96	4	Portia Amy-Wilson	4.9	L Barry	10-12-83
8	19-12-15	17 G	200H	30.9	11	Nicola Bowtell	31.0	Nicola Bowtell	24-10-15
9	30-01-16	12 G	Discus	32.0	8	Chiara Lillis	29.76	A Sironen	01-12-79
10	06-02-16	9 B	HJ	1.24	203	Joep Rauqe	1.22	G Duddle	26-01-80
11	20-02-16	10 B	HJ	1.35	351	Ivan Prizmic	1.34	Noah Hain / Ben Nogajski (12/3/11)	15-10-11
12	20-02-16	10 G	Discus	26.41	266	Natasha Fairhall	25.17	Natasha Fairhall	19-09-15
13	27-02-16	13 G	200H	31.2	37	Alyssa Lowe	31.4	S Arnott	05-02-00
14	27-02-16	13 B	80H	12.6	115	Sam Galati	12.6	J Pearce	15-11-03
15	19-09-15	11 B	Javelin	20.93	66	Jeremy Plummer			
16	14-11-15	11 G	Javelin	13.26	74	Breanna Hartmann			

SENIORS REPORT

COMMITTEE MEMBERS – SENIORS

PRESIDENT	Simon Bergfield
VICE PRESIDENT	Andrew Atkinson-Howatt
SECRETARY	Adrian Wade
TREASURER	Ross Forster
REGISTRAR	Ross Forster
RACE SECRETARY	Ross Forster
MALE CAPTAIN	Andrew Atkinson-Howatt
FEMALE CAPTAIN	Georgia Winkcup
PUBLICITY	Louise Bergfield
A.N.S.W. DELEGATES	Simon Bergfield & Andrew Atkinson-Howatt
A.N.S.W. CO-DELEGATES	Betty Moore
NORTHERN ZONE DELEGATE	Andrew Atkinson-Howatt
COACHING CONVENER	Ross Forster/Andrew Atkinson-Howatt
COMMITTEE MEMBERS	Katrina Arcus, Cathy Tall, & Kern Wyman

PRESIDENT - Seniors

In my first season as President I have been pleased to see so many great results from our members. On my count our athletes have won at National level this season, 3 gold, 9 silver and 6 bronze medals and at State level 32 gold medals, 21 silver and 17 bronze medals. Truly remarkable results. A few highlights worth mentioning include;

Ryde's outstanding results at the Athletics NSW State Relays last November where we came home with eight gold, two silver, one bronze and a new State record from just 14 teams. Ryde finished 6th overall on the medal table and was only beaten by clubs that had entered up to six times as many teams as us.

Maya Leverett's wonderful results at the Australian Junior Championships in Perth. If any junior athlete wants to see how hard work and lots of training can pay off they should read through Ross Forster's race report and see all the events Maya entered over the domestic season and how her personal bests just got better and better resulting in a gold, silver and two bronze medals at nationals. Maya is our most successful junior at a single national meet in some time.

Georgia Winkcup's selection in the Australian team for the upcoming World U20 Championships in Poland after posting two World junior qualifying marks in the 3000m Steeplechase. As sometimes happens with our elite athletes, Georgia has now been lured away to a university club but we have nothing but good wishes for her as she continues her career.

George Davis winning Ryde's first national walking medal, a bronze in the U14 3000m Walk and the Australian Juniors, in as long as any of us can remember.

Ross Forster, Barry Pecar and Maya Leverett being recognised by Athletics New South Wales at their annual awards night held last month. This is a real honour for Ross, Barry, Maya and for the Ryde club. Ross won Club/Community Coach of the Year, Barry won Official of the Year and Maya the Nick Winter Memorial Trophy for Aspiring Triple Jumper of the Year.

I would like to thank the Ryde Little Athletics Committee for this past season having agreed to assist in the funding that we provide to our athletes who represent NSW interstate or Australia overseas. It is very much appreciated and the fact that this generous gesture was approved unanimously by their committee certainly showed the true Ryde spirit in all its glory.

I have been grateful to have been able to work with a great committee this year. First I'd like to thank our new members, Katrina Arcus, Cathy Tall and Kern Wyman who stepped up to ensure that we would always have a quorum. To our hardest working member, Ross Forster our Treasurer, Registrar, Race Secretary, Coach and the heart of our club my great thanks for keeping everything bubbling along. Adrian Wade our Secretary keeps on top of all our paperwork and committee requirements. Andrew Atkinson Howatt our Vice President and chief organiser of our Master athletes does a great job. Louise Bergfield fills the role of Publicity Officer and fundraiser coordinator. We certainly have had a lot of local paper coverage this season and have settled into having our own Senior Footprint being sent out on a regular basis. In Betty Moore we are lucky to have a wonderful club Patron and I thank her for her ongoing interest in the club and our athletes and her great assistance at our Annual Awards day.

From our volunteering at various Sydney Fun Runs we raised \$2,306 towards assisting our National qualifiers. Thank you to all the parents and friends for all their help at the City to Surf, Run 4 Fun, and the Blackmore's Marathon and to our ex-officials and athletes who has also donated this year.

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.

Simon Bergfield
President – Seniors

TREASURER

Seniors Division Accounts for the Season 2015 – 2016

Statement of Income and Expenditure for the Period 1st April, 2015 to 31st March, 2016

Income		Expenditure		
Registrations	\$4855	Trophies		\$914.30
Bank Interest	\$2.74	Gift-Flowers		\$70.00
Donations -	\$3,795.00	ANSW – Affiliation Fee		\$762.30
		Athlete Donations		\$3,400.00
		ANSW – Regn Fee		\$2595.00
		ANSW – Relay Entry Fee		\$494.00
		Ryde Juniors -Uniforms		\$55.00
			Total Expenditure	\$8,290.60
			Plus Net Income	-\$362.14
Total Income	\$8,652.74			\$8,652.74

Bank Reconciliation Statement

Bank Statement - 1/04/15	\$9,538.75
<u>Less</u> last year's unrepresented cheques	
<u>Plus</u> Net Income/(loss)	362.14
<u>Plus</u> unrepresented cheques this year	
Bank Statement - 31/03/16	\$9,900.89

Donations Received From:

<u>Donations received from</u>	<u>Ryde Juniors</u>	<u>Blackmores Marathon</u>	<u>City to Surf</u>	<u>General</u>	<u>Run4Fun</u>	<u>Entertainment Publications</u>	<u>Total</u>
Ross Forster		50.00	36.00				\$86.00
Jan Pretorius			36.00				\$36.00
Helen Pretorius			36.00				\$36.00
Kate Kelland		50.00	36.00				\$86.00
Sarah Kelland		50.00	36.00				\$86.00
Julia Kelland		50.00	36.00				\$86.00
Adrian Wade					33.00	139.00	\$172.00
Logan Wade		50.00			33.00		\$53.00
Jacque Wade			36.00				\$36.00
Simon Bergfield					33.00		\$33.00
Louise Bergfield			36.00		33.00		\$69.00
Maddy Bergfield			36.00		33.00		\$69.00
Annika Lyon			36.00				\$36.00
Bruce Lyon			36.00				\$36.00
Katrina Lyon			36.00				\$36.00
Karin Lyon			36.00				\$36.00
Neil Winkcup			36.00		33.00		\$69.00
Kylie Winkcup			36.00		33.00		\$69.00
Georgia Winkcup			36.00		33.00		\$69.00
Janine Bowtell		50.00	36.00				\$86.00
Nicola Bowtell			36.00				\$36.00
Daniel Bowtell		50.00	36.00				\$86.00
Tristan Tall					33.00		\$33.00
Kath Tall			36.00				\$36.00
Hannah Tall			36.00		33.00		\$69.00
Jett Tall			36.00		33.00		\$69.00
David Sunderland		\$50.00	36.00				\$86.00
Georgia Arcus			36.00				\$36.00
Ivana Hilder			36.00				\$36.00
Lauren Hilder			36.00				\$36.00
Anthony Ryan			36.00		33.00		\$69.00
Charlotte Ryan			36.00		33.00		\$69.00
Wendy Ryan					33.00		\$33.00
Christine Nogajski			36.00				\$36.00
Ben Nogajski			36.00				\$36.00
Ann Harvey		50.00			33.00		\$83.00
Eliza Harvey		50.00					\$50.00
Billy Harvey					33.00		\$33.00
John Harvey					33.00		\$33.00
Jodi Gallagher					33.00		\$33.00
Elly Gallagher					33.00		\$33.00
Jemma Gallagher					33.00		\$33.00
Tonia Amy-Wilson					33.00		\$33.00
Portia Amy Wilson					33.00		\$33.00
Coral Read				250.00			\$250.00
Ros Mitchell				100.00			\$100.00
Ryde Juniors	1000.00						\$1,000.00
	\$1,000.00	\$500.00	1080.00	\$350.00	\$726.00	\$139.00	\$3,795.00

Donations to Athletes

<u>Donations to Athletes</u>	
N. Bowtell to Cairns for Oceania Championships	250.00
C. Ryan to Melbourne for Austn XC Championships	200.00
H. Wade to Melbourne for Austn XC Championships	200.00
N. Bowtell to Melbourne for Austn All Schools Championships	200.00
E. Harvey to Melbourne for Austn All Schools Championships	200.00
H. Wade to Melbourne for Austn All Schools Championships	200.00
B. Nogajski to Melbourne for Austn All Schools Championships	200.00
S. Kelland to Melbourne for Austn All Schools Championships	200.00
D. Bowtell to Perth for Austn Junior Championships	350.00
N. Bowtell to Perth for Austn Junior Championships	350.00
H. Wade to Perth for Austn Junior Championships	350.00
E. Harvey to Perth for Austn Junior Championships	350.00
P. Amy-Wilson to Perth for Austn Junior Championships	350.00
	<hr/>
	\$3400.00
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Ross Forster
Treasurer – Seniors

REGISTRAR

This year showed an increase in members from the previous year. Our numbers have increased to 171 this year. Breakdown of our membership this year is as follows:-
Our registration numbers as at 31st March, 2016 are as follows:-

Officials	8
Open & Masters	15
Under 20	4
Under 18	0
Under 16	0
Under 14	0
Dual Registrations	<u>144</u>
	<u>171</u>

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

Male Officials	3	Female Officials	5
Male Open & Masters	13	Female Open & Masters	2
Male Under 20	1	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>77</u>	Female Dual Registrations	<u>67</u>
	<u>94</u>		<u>77</u>

Ross Forster **Registrar – Seniors**

COACHING

Once again training during the year 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 throughout the year.

Summer training was conducted at Dunbar Park, Marsfield on Monday, Tuesday and Thursday evenings with the additional Sunday morning session with Ross.

This year one of our athletes represented Australia at the Oceania Athletics Championships which were held at Cairns in North Queensland.

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 9 athletes who competed at the Australian All Schools Carnival in Melbourne and to the 12 athletes who competed at the Australian Junior Championships in Perth.

Our medals from the above Australian Championships totalled 1 silver and 1 bronze medal from Melbourne and 1 gold, 2 silver and 3 bronze medals from Perth.

It was very pleasing to see a total of 9 competitors from our Centre representing NSW for the very first time at these Australian Titles.

Ross Forster
Coaching Convenor - Seniors

PUBLICITY

I didn't think we could have a better season than our last one but we have and so I've always had plenty to write about in both our Senior Footprint newsletter as well as in the local papers. 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 Chris's passion for promoting local sports is always apparent.

Our Seniors have featured in the local papers many times over the current season in recognition of their outstanding performances around Australia and abroad. This year we decided to issue our own stand alone Senior Footprints and have issued seven this season. A big thank you to Ross Forster for his help in collating results. Georgia Winkcup was recognised as a Club Six/TWT Ryde Sports Foundation Sports Star of the Month and won the Club Six Encouragement Award at their recent Gala presentation night. Alyssa Lowe and Adam Bruntsch have both been nomination as Northern District Times Junior Sport Stars for their outstanding debuts at ANSW events. Thank you to all our contributors who have sent photos, results etc.

Louise Bergfield
Publicity Officer - Seniors

COMPETITION

1. Australian Masters Athletics Championships

The Australian Masters Athletics Championships were held at Bankstown from 3rd April to 6th April and we were represented by 4 athletes.

Robert Hanbury-Brown placed 4th in the 55-59 years CoC Discus event with his throw of 49.02 metres. In his Shot Put event Robert claimed the silver medal with his throw of 10.86 metres. Robert won the gold medal in his Discus event with his throw of 35.18 metres. In his Hammer throw event Robert finished 4th with a throw of 34.64 metres. Robert again took out 4th spot in his Javelin event with his throw of 37.68 metres. A further 4th placing ensued in his Weight Throw event as a consequence of his 12.22 metre throw. In his Outdoor Pentathlon event Robert won a silver medal. Robert also contested the Weight Pentathlon event and won the silver medal as shown in the accompanying table:-

Event	Points	Event	Points	Event	Points	Event	Points	Event	Points	Total
Hammer Throw		Shot Put		Discus		Javelin		Weight Throw		
31.66m	539	10.21m	665	35.45m	652	38.50m	611	13.02m	713	3180

Lajos Joni won a silver medal in the 55-59 years Age Group Weight Throw event with his heave of 35.95 metres. In his Weight throw event Lajos secured a further silver medal with his throw of 12.96 metres.

Andrew Atkinson-Howatt won the silver medal in his Age Group 55-59 years Javelin event with his throw of 38.81 metres.

Ron Wills finished in 6th place in the 75-79 years Age Group 800 metres event with his time of 3 mins 30.95 secs.

2. Sydney 10 Road Run

At the Sydney 10 Road Run held at Homebush our Centre was represented by 1 competitor.

Harrison Wade finished in 18th place in the Open 5000 metres event with his time of 17 mins 23 secs.

3. G.P.S. Carnival

At the G.P.S. Carnival held at Homebush on Saturday, 9th May our Centre was represented by 4 athletes.

Lachlan Burrows finished in 2nd place in the Under 17 Boys Shot Put Championship event with his throw of 14.90 metres.

Connor Latham placed 2nd in the Under 13 Boys High Jump event with his personal best clearance at 1.55 metres, only losing on a count back. In his Division 800 metres event Connor finished in 7th place with his time of 2 mins 33.13 secs. Connor finished in 8th place in the Under 13 Boys Championship 400 metres event with his time of 62.57 seconds.

Josh Arcus finished in 8th place in the Under 13 Boys High Jump event with his clearance at 1.40 metres. In his Long jump event Josh just missed out on the medals when he finished in 4th place with his leap of 4.81 metres.

Oliver Arcus placed 3rd in his Division 800 metres event in a personal best time of 2 mins 15.72 secs.

4. NSW Cross Country Relay Championships

At the NSW Cross Country Relay Championships held at Miranda on Saturday afternoon, 30th May we were represented by 2 teams.

Our Under 20 Girls team won the gold medal in their event in a time of 50 mins 49 secs. Our team in running order comprised Georgia Winkcup, Elly Gallagher, Scarlett Kidman and Sierra Collender – their splits are listed below:-

Georgia Winkcup	11 mins 25 secs
Elly Gallagher	12 mins 23 secs
Scarlett Kidman	14 mins 03 secs
Sierra Collender	12 mins 58 secs

Our Under 16 Girls team won the bronze medal in their event in a time of 51 mins 18 secs. Our team in running order comprised Charlotte Ryan, Eliza Harvey, Georgia Arcus and Jemma Gallagher – their splits are listed below:-

Charlotte Ryan	12 mins 25 secs
Eliza Harvey	12 mins 48 secs
Georgia Arcus	13 mins 13 secs
Jemma Gallagher	12 mins 52 secs

5. The Balmoral Burn

The Balmoral Burn was held on Sunday, 31st May and we had 1 competitor there.

James Bergfield won the Humpty's Run section in a time of 1 min 38 secs.

6. NSW C.I.S. Championships

At the NSW Combined Independent Schools Cross Country Championships held at Eastern Creek on 11th June we had 6 athletes competing.

Sierra Collender qualified for the NSW All Schools Cross Country Championships when she placed 8th in the 17 years Girls 4000 metres event with her time of 16 mins 49 secs.

Sarah Playford qualified for the NSW All Schools Cross Country Championships when she placed 10th in the 15 years Girls 4000 metres event with her time of 16 mins 30 secs.

Charlotte Ryan qualified for the NSW All Schools Cross Country Championships when she placed 6th in the 14 years Girls 4000 metres event with her time of 16 mins 03 secs.

Eliza Harvey finished in 11th place in the 14 years Girls 4000 metres event with her time of 16 mins 45 secs.

Madeline Playford qualified for the NSW All Schools Cross Country Championships when she placed 9th in the 13 years Girls 3000 metres event with her time of 13 mins 06 secs.

Ben Playford qualified for the NSW All Schools Cross Country Championships when he finished in 14th place in the 17 years Boys 6000 metres event with his time of 22 mins 21 secs and was a member of the Barker team which won this event.

7. Sydney North Regional Cross Country Championships

At the Sydney North Regional Cross Country Championships held at Gosford Race Course on 11th June we had 14 athletes competing.

Amy Portia-Wilson finished 2nd in the 12 years Girls 3000 metres event.

Sarah Brown finished in 27th place in the 12 years Girls 3000 metres event.

George Davis placed 12th in the 12 years Boys 3000 metres event.

Riley Leverett finished in 13th place in the 13 years Boys 3000 metres event.

Alex Doherty finished 19th in the 13 years Boys 3000 metres event.

Charlie Workman finished 30th in the 13 years Boys 3000 metres event.

Sam Galati finished in 41st place in the 13 years Boys 3000 metres event.

Hannah Tall placed 22nd in the 14 Years Girls 4000 metres event.

Inika Gholkar finished in 34th place in the 14 years Girls 4000 metres event.

Logan Wade placed 44th in the 14 years Boys 4000 metres event.

Kelsey Cooper-Phillis finished 20th in the 15 years Girls 4000 metres event.

Jack Talty finished in 13th place in the 15 years Boys 4000 metres event.

Maya Leverett placed 18th in the 16 years Girls 4000 metres event.

Harrison Wade won the 16 years Boys 6000 metres event.

8. NSW C.C.C. Cross Country Championships

At the NSW Combined Catholic Colleges Cross Country Championships held at Eastern Creek we had 2 competitors there.

Elly Gallagher finished in 3rd place in the 16 years Girls 4000 metres event in a time of 15 mins 14 secs.

Jemma Gallagher placed 7th in the 14 years Girls 4000 metres event in a time of 16 mins 22 secs.

9. MacKillop Primary Schools Cross Country Championships

The MacKillop and Polding Primary Schools Cross Country Championships were also held at Eastern Creek and we had 2 competitors there.

Georgia Arcus won the 11 years Girls 3000 metres Mackillop event in a time of 12 mins 45 secs.

Sophie Boland finished in 13th place in the 12 years Girls 3000 metres Mackillop event in a time of 14 mins 04 secs.

10. NSW Cross Country Championships

The NSW Cross Country championships were held at Brownsville (West Dapto) on Saturday, 20th June, 2015 and we had 8 competitors there.

Georgia Arcus ran in the Under 12 Girls 2km event and finished in 5th place in a time of 7 mins 58 secs.

Ashton Hanna ran in the Under 12 Boys 2 km event and finished in 19th place in a time of exactly 8 mins.

Madeline Playford competed in the Under 14 Girls 3 km event and finished in 14th place with her time of 12 mins 15 secs.

Harrison Wade competed in the Under 18 Boys 6 km event and finished in 25th place with his time of 22 mins 23 secs.

Ben Playford also competed in the Under 18 Boys 6 km event and finished in 33rd place with his time of 22 mins 56 secs.

Charlotte Ryan competed in the Under 16 Girls 4 km event and finished in 6th place with her time of 16 mins 06 secs.

Sarah Playford also competed in the Under 16 Girls 4 km event and finished in 19th place with her time of 16 mins 57 secs.

Sierra Collender finished in 17th place in the Under 18 Girls 4 km event with her time of 17 mins 14 secs.

11. NSW Little A's Cross country & Road Walks Championships

The NSW Little Athletics Cross Country and Road Walks Championships were held on Sunday, 5th July at Scheyville National Park, Scheyville and we were represented by 7 athletes.

Harrison Wade won the Under 15 Boys 3km run.

Elly Gallagher won the bronze medal in the Under 17 Girls 4km event.

Jemma Gallagher finished in 4th place in the Under 14 Girls 3km event.

Charlotte Ryan finished in 4th place in the Under 13 Girls 3km event.

George Davis won the Under 12 Boys 1500 metres Walk event and also finished in 13th place in the Under 12 Boys 2km Cross Country event.

Ashton Hanna finished in 18th place in the Under 11 Boys 2km event.

Georgia Arcus finished in 5th place in the Under 11 Girls 2km event.

12. NSW Road Relay Championships

At the Road Relay Championships held at Ourimbah on Saturday, 11 July 2015 we were represented by 2 teams.

Our Under 16 Team won the silver medal in their 4 x 2km event with their time of 29 mins 08 secs.

Eliza Harvey	7 mins 12 secs
Madeline Playford	7 mins 09 secs
Georgia Arcus	7 mins 47 secs
Charlotte Ryan	7 mins 00 secs

Our Under 20 Team won the gold medal in their 4x4km event with their time of 61 mins 35 secs.

Sierra Collender	15 mins 34 secs
Sarah Playford	14 mins 49 secs
Jemma Gallagher	16 mins 03 secs
Elly Gallagher	15 mins 09 secs

13. The I.S.F. World Schools Championships

At the I.S.F. World Schools Championships held at Wuhan in China we had 1 girl competing for Pymble Ladies College and she achieved the following results.

Nicola Bowtell ran her heat of the 400 metres event in a time of 59.24 seconds. She was also a member of the Relay team and Nicola ran the 300 metre leg of that relay event. In her Discus event Nicola threw 30.75 metres. Her School finished in equal 8th place of the 27 teams that competed.

14. The NSW Primary Schools & All Schools Cross Country Championships

The NSW Primary Schools & All Schools Cross Country Championships were held at Eastern Creek Raceway on Friday, 17th July, 2015. The weather was extremely wet and cold for the athletes. We had a total of 13 athletes competing there.

Georgia Arcus improved on her 11th placing from last year by finishing 6th in the 11 years Girls 3km event with her time of 13 mins 48 secs.

Adam Bruntsch improved on his ninth placing from last year and finished in 7th place in the 11 years Boys 3km event with his time of 12 mins 51 secs.

Ashton Hanna, who had not previously qualified to run in this event, placed 9th in the 11 years Boys 3km event in a time of 12 mins 53 secs.

Portia Amy-Wilson finished in 42nd place in the 12 years Girls 3km event with a time of 16 mins 04 secs.

George Davis finished in 34th place in the 12 years Boys 3km event in a time of 14 mins 17 secs.

Madeline Playford finished in 11th place in the 13 years Girls 3km event with a time of 13 mins 26 secs.

Charlotte Ryan, despite falling during the run, finished in 10th place in the 14 years Girls 4km event with her time of 16 mins 20 secs.

Jemma Gallagher finished in 27th place in the 14 years Girls 4km event with her time of 17 mins 42 secs.

Sarah Playford finished in 19th place in the 15 years Girls 4km event with her time of 17 mins 33 secs.

Elly Gallagher finished in 9th place in the 16 years Girls 4km event with her time of 16 mins 42 secs.

Harrison Wade won the C.H.S. Cross Country 6km event in a time of 21 mins 47 secs. In the combined 16-17 years All Schools results Harrison was 8th overall. Harry's run has won for him the right to contest the Australian All School Cross Country Championships at Moonee Valley Racecourse in September.

Sierra Collender finished in 16th place in the 17 years Girls 4km event with her time of 17 mins 45 secs.

Ben Playford competed for Barker College in the I.S.F. 6km event. Ben's team won this event and as he was the 4th Barker Boy to cross the finish line he will join his other 3 team mates to contest this event at the Australian All Schools Cross Country Championships to be held in Melbourne. The time Ben recorded in this event for the 6km run was 22 mins 56 secs.

15. Sydney North Regional Athletics Championships

The Sydney North Regional Athletics Championships were held at Homebush on Monday, 20th & Tuesday, 21st July, 2015 and we had a total of 24 athletes competing there.

Eleanor Partridge finished in 4th place in the 12 years Girls 100 metres event in a time of 14.09 seconds. In her 200 metres event Eleanor again claimed 4th place with her time of 29.41 seconds. Eleanor was a member of the Cheltenham Girls Relay team which finished 2nd in a time of 57.60 seconds.

Portia Amy-Wilson placed 5th in the 12 years Girls 100 metres event with her time of 14.11 seconds. In her 200 metres event Portia finished in 5th place in a time of 30.58 seconds. Portia finished 8th in her 800 metres event in a time of 2 mins 58.02 secs. In her 80 metres Hurdles event Portia finished in 2nd spot with a time of 15.99 seconds. Portia finished in 2nd place in her High Jump event with her clearance at 1.35 metres. In her Long Jump event Portia again finished in 2nd position with her leap of 4.55 metres. Portia finished 6th in her Discus event with her throw of 17.46 metres. With the above results Portia was crowned Age Champion.

Hannah Tall won the 14 years Girls 800 metres event with her time of 2 mins 27.72 secs. In her Discus event Hannah finished 6th with her throw of 23.66 metres. In the 14 years & Under 400 metres Hannah finished in 2nd spot with her time of 61.13 seconds.

Katrina Lyon won the 14 years Girls 90 metres Hurdles event in a time of 15.59 seconds. In her High Jump event Katrina finished in 8th place with her clearance at 1.35 metres. Katrina placed 4th in her Long Jump event with her leap of 4.65 metres.

Kelsey Cooper-Phillis finished in 3rd place in the 15 years girls 100 metres event with her time of 13.24 seconds. In her 200 metres event Kelsey again had to settle for 3rd place in a time of 26.96 seconds. Kelsey again finished in 3rd place in her 400 metres event with her time of 62.26 seconds. In her 800 metres event Kelsey finished 7th with a time of 2 mins 47.81 secs.

Cherie Pan placed 10th in the 15 years Girls 100 metres event in a time of 14.07 seconds. In her 90 metres Hurdles event Cherie claimed 6th place in a time of 15.39 seconds. Cherie claimed 3rd place in her Long jump event with her leap of 4.86 metres. In her Triple Jump event Cherie placed 6th with her leap of 9.68 metres.

Amy Court finished in 6th place in the 15 years Girls 200 metres event with her time of 28.26 seconds. In her 400 metres event Amy claimed 5th spot with a time of 65.53 seconds. Amy finished 7th in her Triple Jump event with her leap of 9.64 metres.

Chloe Davis finished in 7th place in the 15 years Girls 90 metres Hurdles event in a time of 15.70 seconds. In her Javelin event Chloe claimed 2nd placing with her throw of 29.77 metres.

Jessica Brown placed 5th in the 15 Years Girls High Jump event with her clearance at 1.40 metres. In her Long Jump event Jessica finished in 2nd place with her leap of 4.89 metres.

Maya Leverett finished in 5th place in the 16 years Girls 100 metres event in a time of 13.55 seconds. In the 200 metres event Maya claimed 7th place with her time of 27.52 seconds. Maya won her Long Jump event with her leap of 5.26 metres. In her Triple Jump event Maya took out 3rd place with her leap of 10.97 metres.

Jordan Metcalfe finished in 3rd place in the 13 years Boys 90 metre Hurdles event with a time of 14.53 seconds.

Jett Tall finished in 7th place in the 13 years Boys Discus event with his throw of 24.77 metres.

Logan Wade placed 10th in the 14 years Boys 800 metres event in a time of 2 mins 34.92 secs. In his 1500 metres event Logan finished in 5th place with his time of 4 mins 55.23 secs. Logan also contested the 15 years & Under 3000 metres event finishing in 8th place with his time of 11 mins 00.48 secs.

Michael Matheson finished in 6th place in the 14 years Boys 100 metres Hurdles event in a time of 18.38 seconds. In his Discus event Michael again claimed 6th place with his throw of 29.00 metres.

Marko Prizmic finished in 5th place in the 14 years Boys Long Jump event with his leap of 5.14 metres.

Louis Purcell won the 15 years Boys 200 metres event with his time of 23.49 seconds. In his 400 metres event Louis was again the winner in a time of 54.62 seconds. In his 200 metres Hurdles event Louis claimed 3rd place in a time of 30.95 seconds.

Alex Galati finished in 7th position in the 15 years Boys 100 metres Hurdles event in a time of 17.57 seconds. In his 200 metres Hurdles event Alex claimed 4th spot in a time of 31.39 seconds.

Nathan Harrison won the 15 years Boys Javelin event with his throw of 34.97 metres.

Harrison Wade finished in 3rd place in the 16 years Boys 800 metres event in a time of 2 mins 06.87 secs. In his 1500 metres event Harrison won this event in the Record time of 4 mins 11.30 secs. Harrison add to his medal tally in the 17 years & Under 3000 metres event in a time of 9 mins 00.41 secs.

Justin Sunderland finished in 4th place in the 16 years Boys 100 metres Hurdles event in a time of 18.54 seconds.

Jay Butler placed 9th in the 16 years Boys Long Jump event with his leap of 5.24 metres. In his Javelin event Jay finished in 10th place with his throw of 27.60 metres.

Nicholas Purcell finished in 2nd place in the 17+ Boys 110 metres Hurdles event in a time of 17.74 seconds. In his High Jump event Nicholas finished 9th with his clearance at 1.70 metres. Nicholas finished 7th in his Triple Jump event with his leap of 11.39 metres.

Haydn Houssenloge finished in 4th position in the 17+ Boys Shot Put event with his throw of 11.54 metres. In his Javelin event Haydn again claimed 4th place with his throw of 38.12 metres.

Sam Galati finished in 8th place in the 13 years Javelin event with his throw of 17.00 metres.

16. NSW Short Course Cross Country Championships

At the NSW Short Course Cross Country Championships held at Upjohn Park, Rydalmere we were represented by 7 athletes.

Georgia Arcus won the silver medal in the Under 12 Girls 1500 metres event in a time of 5 mins 29 secs.

Ashton Hanna finished in 5th place in the Under 12 boys 1500 metres event with his time of 5 mins 27 secs.

Arabella Price finished in 11th place in the Under 12 Girls 1500 metres event in a time of 6 mins 01 secs. It should be noted that Arabella is only 11 years old.

Madeline Playford finished in 11th place in the Under 14 Girls 2500 metres event in a time of 9 mins 45 secs.

Sarah Playford finished in 20th place in the combined Under 16 & Under 18 Girls 2500 metres event (11th in Under 16) with her time of 9 mins 37 secs.

Harrison Wade finished in 8th place in the combined Under 18 & Under 20 Male 5000 metres event (4th in Under 18) with his time of 16 mins 39 secs.

Ben Playford finished in 24th place in the combined Under 18 & Under 20 Male 5000 metres event (11th in Under 18) with his time of 17 mins 46 secs.

17. World Masters Track & Field Championships

The World Masters Track & Field Championships were held in Lyon, France from 4th August and we had 2 competitors there.

Robert Hanbury-Brown finished in 11th place in the Men's 55+ Weight Throw event with his heave of 13.80 metres. In his Javelin event Robert captured 13th place with a throw of 39.48 metres, just missing out on qualifying for the final of this event. Robert finished in 19th place in his Hammer Throw event with his effort of 34.40 metres. In his Throws Pentathlon event Robert finished in 9th place with the following efforts:-

Event	Points	Event	Points	Event	Points	Event	Points	Total
Hammer Throw		Shot Put		Discus		Javelin		
36.14m	635	9.97m	647	32.79m	592	39.40m	629	2503

Andrew Atkinson-Howatt finished in 18th place in the Men's 55+ Javelin event with his throw of 38.43 metres. In his Throws Pentathlon event Andrew finished in 12th place with the following efforts:-

Event	Points	Event	Points	Event	Points	Event	Points	Total
Hammer Throw		Shot Put		Discus		Javelin		
29.94m	502	9.25m	591	33.45m	606	40.29m	647	2346

18. City to Surf

The City to Surf Run was held on Sunday, 9th August and, as usual, we manned the medal gates for this run. Our volunteers at the gates consisted of Louise Bergfield, Maddy Bergfield, Jacqui Wade, Ross Forster, Bruce Lyon, Karin Lyon, Annika Lyon, Katrina Lyon, Neil Winkcup, Kylie Winkcup, Georgia Winkcup, Jan Pretorius, Helen Pretorius, Kath Tall, Hannah Tall, Jett Tall, Janine Bowtell, Nicola Bowtell, Daniel Bowtell, Ivana Hilder, Lauren Hilder, Anthony Ryan, Charlotte Ryan, Kate Kelland, Sarah Kelland, Julia Kelland, Christine Nogajski, Ben Nogajski, David Sunderland and Georgia Arcus. Also a few of our members competed in this event.

Harrison Wade finished in 46th place overall and was 1st in his age group with his time of 47 mins 23 secs.

Adrian Wade finished in 438th place overall and was 85th in his age group with his time of 54 mins 37 secs.

Logan Wade finished in 2,187th place overall and was 37th in his age group with his time of 61 mins 39 secs.

In the Family Category the "Wade Brigade" finished in 2nd place just 25 seconds off 1st place!!!

Adam Bruntsch finished in 1,217th place overall and was 4th in his age group with his time of 59 mins 00 secs.

Mikaela Bruntsch finished in 35,149th place overall and was 117th in her age group with her time of 101 mins 48 secs.

Ashton Hanna finished in 14,213rd place overall and was 66th in his age group with his time of 77 mins 28 secs.

Niamh Simula finished in 17,205th place overall and was 111th in her age group with her time of 80 mins 36 secs.

Kiera Simula finished in 25,319th place overall and was 136th in her age group with her time of 88 mins 44 secs.

Madeline Studdert finished in 13,063 place and was 12th place in her age group with her time of 77 mins 05 secs.

19. Broken Bay Athletics Carnival

At the Broken Bay Athletics Carnival held at Homebush on Tuesday, 11th August we were represented by 3 athletes.

Elly Gallagher won the 16 years Girls 1500 metres event in a time of 4 mins 57.00 secs. In her 200 metres event Elly was again the winner in a time of 27.85 seconds. Elly added yet another gold medal to her collection when she not only won her 800 metres event but also set a new record of 2 mins 24.43 secs. In her 100 metres event Elly finished in 8th place with her time of 14.29 seconds. A further gold medal was added to her tally when she convincingly won her 400 metres event in a time of 62.27 seconds. Needless to say that Elly was the 16 years Girl Age Champion.

Jemma Gallagher won the 14 years 1500 metres event in a time of 5 mins 11.96 secs. In her 800 metres event Jemma was again a convincing winner with her time of 2 mins 25.54 secs. In her 400 metres event Jemma won the silver medal in a time of 66.19 seconds.

Jana Docdoc finished 2nd in the 12 years Girls 200 metres event in a time of 29.71 seconds. In her 100 metres event Jana proved to be too good for her opposition by winning in a time of 13.97 seconds. With a leap of 3.73 metres Jana placed 3rd in this event.

20. IGSSA Athletics Carnival

At the IGSSA Carnival held at Homebush on Thursday evening and Friday, 13th and 14th August we were represented by 11 athletes.

Emma Smith, representing Monte Sant Angelo, placed 2nd in her heat of the 15 years Girls 200 metres event in a time of 26.94 seconds to qualify for the final. In the final Emma finished in 4th place with her time of 27.21 seconds. Emma

also qualified for the final of her 100 metres event when she finished in 3rd place in her heat in a time of 13.26 seconds. In the final Emma placed 8th with her time of 13.52 seconds. Emma was a member of her Intermediate Relay team which claimed 3rd place in the heat to qualify for the final with their time of 51.74 seconds. In the final their team won the bronze medal with their time of 51.69 seconds. Emma claimed a further bronze medal in her Long Jump event with her effort of 4.79 metres.

Lara Halmarick, representing Monte Sant Angelo, finished in 9th place in the 13 years Girls Long Jump event with her leap of 4.41 metres. In her 80 metres Hurdles heat Lara finished in 6th place with her time of 14.41 seconds to qualify for the final of this event. In the final Lara placed 8th in a time of 14.44 seconds. Lara also qualified for her 100 metres final by running a time of 13.82 seconds in finishing 3rd in her heat. In the final Lara placed 6th with her time of 13.75 seconds. In their heat of the Relay event Lara's team finished in 2nd place in qualifying for the final in a time of 53.69 seconds. Lara's team won the bronze medal in the final with their time of 53.31 seconds.

Nicola Bowtell, representing Pymble Ladies' College, won her heat of the 17 years Girls 200 metres event in a time of 26.60 seconds. In the final Nicola won the gold medal with her time of 26.09 seconds. In her heat of her 400 metres event Nic finished in 2nd place to qualify for the final with her time of 60.51 seconds. In the final Nicola won the silver medal with her time of 60.28 seconds.

Eliza Harvey, representing Loreto Normanhurst, placed 2nd in her heat of the 14 years Girls 800 metres event in a time of 2 mins 25.68 secs. In the final Eliza claimed the silver medal with her time of 2 mins 20.06 secs. In her heat of her 400 metres event Eliza recorded a time of 59.88 seconds to qualify for the final. Eliza added a further silver medal to her collection in the final when she recorded the time of 60.43 seconds.

Sarah Playford, representing Loreto Normanhurst, qualified for the final of the 15 years Girls 800 metres event by placing 4th in her heat with a time of 2 mins 30.34 secs. In the final Sarah won the bronze medal with her time of 2 mins 20.83 secs. Sarah also competed in the Intermediate 1500 metres event finishing in 5th place with her time of 4 mins 56.29 secs.

Madeline Playford, representing Loreto Normanhurst, qualified for the final of the 13 years Girls 800 metres event by placing 4th in her heat of the 13 years Girls 800 metres event with her time of 2 mins 27.66 secs. In the final Maddie finished in 6th place with her time of 2 mins 27.98 secs.

Charlotte Ryan, representing Loreto Normanhurst, finished in 5th place in the Junior Girls 1500 metres event with her time of 4 mins 56.96 secs.

Sierra Collender, representing Loreto Normanhurst, finished in 4th place in her heat of the 17 years Girls 800 metres event in a time of 2 mins 32.42 secs to qualify for the final. In the final Sierra finished in 5th place with her time of 2 mins 28.46 secs. Sierra finished in 8th place in the Senior Girls 1500 metres event in a time of 5 mins 14.66 secs. Sierra was also a member of her Relay team which finished in 5th place in their heat of the Senior Girls Relay event in as time of 53.56 seconds to qualify for the final. In the final Sierra's team finished in 7th place with their time of 53.49 seconds.

Sarah Kelland, representing Abbotsleigh, finished in 4th place in the Senior Girls Javelin event with her throw of 27.29 metres.

Julia Kelland, representing Abbotsleigh, won the silver medal in the Junior Girls Javelin event with her throw of exactly 30.00 metres.

Helen Pretorius, representing Abbotsleigh, finished in 4th place in her heat of the 18-19 years Girls 100 metres event in a time of 13.53 seconds to qualify for the final. In the final Helen secured 7th place with her time of 13.69 seconds. Helen was a member of the Abbotsleigh Senior Relay team which finished 2nd in their heat of the Senior Girls Relay event in a time of 52.90 seconds. In the final Helen's team finished in 5th place with their time of 53.11 seconds.

21. NSW Schools Knock Out

At the NSW Schools Knock Out event held at Homebush on Thursday evening, 20th August 10 of our athletes competed representing their Schools.

Eliza Harvey, representing Loreto Normanhurst, was a member of their Junior Team which finished in 3rd place thus securing for their team a trip to Melbourne in December to compete at the Australian Schools Knock-Out Competition.

Julia Kelland, representing Abbotsleigh, was a member of their Junior Team which finished in 2nd place so she too will be competing in Melbourne.

Sarah Kelland, representing Abbotsleigh, has also earned herself a trip to Melbourne.

Nicola Bowtell, representing Pymble Ladies' College, has also won a trip to Melbourne.

Elly Gallagher, representing St Benedict's, has won for herself a trip to Melbourne.

Jemma Gallagher, representing St Benedict's, has also won a trip to Melbourne.

Sarah Playford represented Loreto Normanhurst.

Madeline Playford was also a representative of Loreto Normanhurst.

Charlotte Ryan represented Loreto Normanhurst.

Ben Nogajski, representing Barker College, has also won a trip to Melbourne.

22. NSW Schools Relay Championships

The Schools Relays competition was held at Homebush on Wednesday, 27th August. A number of our athletes represented their Schools at this competition. Eliza Harvey was a representative for Loreto Normanhurst, whilst, Hannah Tall, Chloe Davis, Jessica Brown and Portia Amy-Wilson all represented Riverside Girls High and it is pleasing to report that all of the above girls won medals at this competition.

23. Australian All Schools Cross Country Championships

The Australian All Schools Cross Country Championships were held at Moonee Valley Racecourse on Saturday, 29th August and we were represented by 5 athletes.

Madeline Playford finished in 36th place overall in the Under 14 Girls 3km event in a time of 10 mins 55.08 secs. Maddy was the 8th NSW Girl to finish.

Charlotte Ryan finished in 28th place overall in the Under 16 Girls 4km event in a time of 16 mins 57 secs. Charlotte was the 5th NSW Girl to finish and won the bronze medal awarded to the NSW team comprising their top 6 finishers.

Sarah Playford finished in 55th place overall in the Under 16 Girls 4km event in a time of 17 mins 50 secs. Sarah was the 10th NSW Girl to finish.

Harrison Wade finished in 37th place overall in the Under 18 Boys 6km event in a time of 19 mins 27 secs. Harrison was the 10th NSW Boy to finish.

Ben Playford finished in 55th place overall in the Under 18 Boys 6km event in a time of 19 mins 50 secs. Ben was the 15th NSW Boy to finish. The Barker team of 4 boys (including Ben) won the I.S.F. Teams Challenge event beating the School teams from the other states. This entitles the Barker team to contest the World Schools Cross Country Teams event next year in Budapest, Hungary.

24. NSW Combined High Schools Championships

The NSW Combined High Schools Championships were held at Homebush over the three days from Thursday to Saturday, 3rd to 5th September and we were represented by 13 athletes.

Eleanor Partridge was a member of Cheltenham Girls 12 years 4x100m Relay team which qualified for the final by finishing 3rd in their heat with a time of 57.95 seconds. In the final they placed 6th with their time of 57.53 seconds.

Portia Amy-Wilson finished in equal 3rd place in the 12 years Girls High Jump event with her clearance at 1.43 metres. In her Long jump event Portia claimed the silver medal with her leap of 4.57 metres. Portia recorded a time of 16.57 seconds in her heat of the 80 metres Hurdles event.

Hannah Tall recorded a time of 64.04 seconds in her heat of the 14 years Girls 400 metres event to just miss out on qualifying for the final.

Katrina Lyon won her heat of the 14 years Girls 90 metres Hurdles event in a time of 15.17 seconds (headwind of 3.5 metres/sec). In the final Katrina won the bronze medal with her time of 14.59 seconds (tailwind of 0.8 metres/sec).

Kelsey Cooper-Phillis finished in 2nd place in her heat of the 15 years Girls 100 metres event in a time of 13.26 seconds (NWI). In the final Kelsey claimed 5th spot with her time of 13.17 seconds (headwind of 0.8 metres/sec). Kelsey again claimed 2nd place in her heat of the 200 metres event with a time of 26.78 seconds (headwind of 0.6 metres/sec). As was the case in her 100 metres final Kelsey again finished in 5th place in her 200 metres final with her time of 26.64 seconds (NWI). Kelsey won her heat of her 400 metres event in a time of 61.95 seconds. In the final Kelsey finished just out of the medals in 4th place with her time of 60.75 seconds.

Jessica Brown also finished just out of the medals when she finished in 4th place in the 15 years Girls Long Jump event with her leap of 4.98 metres.

Chloe Davis finished in 7th place in the 15 years Girls Javelin event with her throw of 27.51 metres.

Maya Leverett won the gold medal in the 16 years Girls Long Jump event with her leap of 5.51 metres. In her Triple Jump event Maya won the bronze medal with her leap of 11.49 metres.

Jordan Metcalfe finished in 2nd place in his heat of the 13 years Boys 90 metres Hurdles event in a time of 14.30 seconds (headwind of 0.8 metres/sec). In his final Jordan finished in 6th place with his time of 14.50 seconds (tailwind of 1.5 metres/sec).

Louis Purcell finished in 2nd place in his heat of the 15 years Boys 200 metres event in a time of 23.57 seconds (headwind of 0.2 metres/sec). In the final Louis finished just out of the medals in 4th place with his time of 23.52 seconds (NWI). Louis Purcell won his heat of the 400 metres event in a time of 55.37 seconds. Unfortunately Louis did not take his place in the final.

Harrison Wade won the Open Boys 3000 metres event with his time of 8 mins 54.02 secs. Harry also won the gold medal in the 16 years Boys 1500 metres event in a time of 4 mins 07.91 secs. In both events Harrison was a clear winner after starting his kick from 500 metres out.

Riley Leverett and Jett Tall were members of the Epping Boys 13 years 4 x 100m Relay team which won the silver medal in a time of 50.11 seconds.

25. NSW Combined Associated Schools Athletics Championships

The NSW Combined Associated Schools Carnival was held at Homebush on Thursday evening, 10th September and we had 2 athletes competing there, both representing Barker College.

Ben Nogajski claimed the silver medal in the 14 years Boys High Jump event with his clearance at 1.80 metres. In his 100 metres Hurdles Championship event Ben was the winner with his time of 14.99 seconds. Ben was again the winner in his Division 200 metres event in a time of 23.82 seconds (NWI). In his Long Jump championship event Ben finished in 3rd place with his leap of 5.26 metres. Ben also won his Championship Shot put event with his throw of 13.38 metres. In his Championship Discus event Ben was again the winner with his throw of 46.66 metres. Ben also competed for Barker in the 15 years Boys Championship High Jump event and finished 2nd on a countback with his clearance at 1.75 metres. In the 14 years Boys Division 100 metres event Ben took out 3rd place with his time of 12.25 seconds.

Ben Playford finished in 8th place in the Open 3000 metres Championship event with his time of 9 mins 35.19 secs.

26. NSW Combined Catholic Colleges Athletics Championships

The NSW Combined Catholic Colleges Athletics Championships were held at Homebush on Friday, 11th September and we were represented by 6 athletes.

Jemma Gallagher produced a personal best time (first time under 5 minutes) in the 14 years Girls 1500 metres event when she won the bronze medal in the time of 4 mins 58.88 secs. In her 800 metres event Jemma again recorded another personal best time of 2 mins 22.06 secs.

Emma Smith won the silver medal in the 15 years Girls 200 metres event with her time of 26.49 seconds. In her 100 metres event Emma finished in 5th place with her time of 13.18 seconds. Emma finished in 6th place in her Long Jump event when she leapt a distance of 4.65 metres.

Lara Halmarick won the bronze medal in the 13 years Girls 100 metres event in a time of 13.10 seconds. In the Open Triple Jump event Lara placed 11th with her leap of 9.93 metres.

Jana Docdoc finished in 5th place in the 12 years Girls 100 metres event with her time of 13.90 seconds. In her 200 metres event Jana placed 8th in a time of 29.75 seconds.

Noah Hain won the silver medal in the 13 years Boys High Jump event with his clearance at 1.61 metres. In his Long jump event Noah finished in 4th place with his leap of exactly 5.00 metres. Noah finished in 7th place in his 200 metres event in a time of 25.57 seconds. In his 100 metres event Noah placed 13th in a time of 12.98 seconds.

Sam Hain finished in 10th place overall in the 16 years Boys 200 metres event in a time of 24.03 seconds. In his 100 metres event Sam placed 10th overall with his time of 11.74 seconds.

27. NSW Catholic Primary Schools Athletics Championships

The NSW Catholic Primary Schools Championships were held at Homebush on Monday, 14th September and we were represented by 3 athletes.

Georgia Arcus, competing in the Mackillop carnival, qualified for the NSW PSSA Championships by finishing 2nd in the 11 years Girls 800 metres event in a big personal best time of 2 mins 35.13 secs.

Sophie Boland, competing in the Mackillop carnival, finished in 12th place in the 12-13 years Girls 800 metres event in a time of 2 mins 47.49 secs.

Arabella Price, competing in the Polding carnival, qualified for the NSW PSSA Championships by finishing 3rd in the 11 years Girls 800 metres event in a time of 2 mins 45.50 secs.

28. NSW Combined Independent Secondary Schools Athletics Championships

The NSW Combined Independent Secondary Schools Athletics Carnival was held at Homebush on Wednesday, 16th September and we were represented by 8 athletes there.

Nicola Bowtell won the 16 years Girls 400 metres event in a time of 58.86 seconds. Her 4x100 metres Relay team also won the gold medal with their time of 50.89 seconds.

Eliza Harvey won the 14 years Girls 800 metres event in a time of 2 mins 14.97 secs. In her 400 metres event Eliza captured the silver medal in a personal best time of 58.55 seconds.

Sierra Collender won the gold medal in the 17 years Girls 1500 metres event in a time of 5 mins 07.74 secs. In her 3000 metres event Sierra won the silver medal with her time of 11 mins 23.78 secs.

Julia Kelland won the gold medal in the 14 years Javelin event with a personal best throw of 32.80 metres.

Sarah Playford won the silver medal in the 15 years Girls 800 metres event with her time of 2 mins 22.93 secs. In her 1500 metres event Sarah claimed the bronze medal in a time of 5 mins 03.95 secs.

Sarah Kelland won the bronze medal in the 17 years Girls Discus event with her throw of 29.15 metres. In her 500gm Javelin event Sarah finished in 4th place with her throw of 25.48 metres.

Madeline Playford finished just out of the medals in 4th place in the 15 years Girls 1500 metres event in a personal best time of 5 mins 08.79 secs.

Brooke Matheson also finished just out of the medals in 4th place in the 16 years Girls 100 metres Hurdles event in a time of 16.94 seconds.

29. Blackmores Sydney Running Festival

The Blackmores Sydney Running Festival was run on Sunday, 20th September and in the Bridge Run of 9 kilometres we were represented by 3 athletes.

Harrison Wade finished in 18th place overall with his time of 31 mins 37 secs.

Adrian Wade finished in 42nd place overall in a time of 34 mins 31 secs.

Ben Playford finished in 38th place overall with his time of 34 mins 22 secs.

In the Family run of 3.5 kilometres we were represented by 2 athletes.

Madeline Playford finished in 8th place overall in a time of 12 mins 52 secs.

Sarah Playford finished in 9th place overall with her time of 12 mins 55 secs.

30. NSW All Schools Multi-Event Championships

The NSW All Schools Multi-Event Championships were held at Homebush on Saturday and Sunday, 26th & 27th September and we were represented by 2 athletes.

Portia Amy-Wilson won the bronze medal in the Under 14 Girls Pentathlon Event – her scores are listed below:-

Event	Points	Event	Points	Event	Points	Event	Points	Event	Points	Total
Long Jump		Shot Put		200 metres		Javelin		800 metres		
4.46m	418	7.11m	342	29.06	550	15.11m	199	2:47.54	489	1998

Chloe Davis contested the Under 16 Girls Heptathlon event held over the 2 days and finished in 8th place as detailed below:-

90m Hurdles	High Jump	Shot Put	200 Metres	Long Jump	Javelin Throw	800 metres	Total
15.75 secs	1.40m	8.45m	29.77 secs	4.54m	29.38m	2:45.70	
745	512	428	498	438	465	509	3595

31. Australian University Games

The Australian University Games were held on the Gold Coast from Monday, 28th September to Thursday, 1st October and we were represented by 1 athlete.

Georgia Winkcup contested the Open Women's 400 metres Hurdles event and squeaked into the final by running 68.99 seconds in her heat which was held on Tuesday, 29th September. Also on this day Georgia was a member of the Uni. of NSW team which won the bronze medal in the Women's 1600 metres Medley Relay event. In the final of the Open Women's 1500 metres event held on the Wednesday Georgie was victorious in a time of 4 mins 38.44 secs. Georgia led from the start to record an all the way win.

32. NSW All Schools Championships

The NSW All Schools Championships were held at Homebush from 8th to 11th October inclusive and we were represented by 32 athletes.

Noah Hain got this meet off to a tremendous start when he won the gold medal in the 13 years Boys Triple Jump event with his best leap of 11.91 metres. Noah's jump was 55 cms further than the second placegetter's best jump.

In his Discus event Noah placed 18th with his throw of 24.04 metres. Noah placed 6th in his High Jump event with his clearance at 1.60 metres. In his Long Jump event Noah was lying in 5th place until, on his final jump, he burst to the front with his leap of 5.58 metres (headwind of 0.4 metres/sec). Noah finished in 7th place in his heat of the 100 metres event in a time of 12.42 seconds (tailwind of 1.8 metres/sec). Noah will represent NSW in Melbourne and Perth.

Riley Leverett also jumped well in the 13 years Boys Triple Jump event when he finished in 4th place with his leap of 10.70 metres. In his Long Jump event Riley placed 8th with his leap of 4.83 metres (headwind of 1.3 metres/sec). Riley finished in 8th place in his heat of the 100 metres event in a time of 12.87 seconds (tailwind of 1.8 metres/sec).

Julia Kelland finished in 7th place in the 14 years Girls 500gm Javelin event with her throw of 30.21 metres. In her 3kg Hammer Throw event Julia placed 6th with her throw of 22.14 metres. Julia finished in 13th place in her 1kg Discus event with her throw of 23.55 metres. In her 3kg Shot Put event Julia placed 13th with her effort of 9.48 metres.

Breanna Ivankovic placed 8th in the 14 years Girls 1500 metres event with her time of 5 mins 07.56 secs. In her 2000 metres Steeplechase event Breanna claimed the silver medal in a time of 8 mins 00.98 secs. Breanna has won the right to represent NSW at the Australian Junior Championships in Perth next March.

Gabrielle Damm finished in 11th place in the 14 years Girls 1500 metres event in a time of 5 mins 25.75 secs. In her 800 metres event Gabby just missed the final when she finished in 5th place in her heat with a time of 2 mins 33.83 secs.

Lara Halmarick placed 8th in the 13 years Girls Triple Jump event with her leap of 10.07 metres. In her Long jump event Lara finished in 6th place with her leap of 4.71 metres (tailwind of 0.1 metres/sec). Lara qualified for her 100 metres final when she finished 3rd in her heat with a time of 13.10 seconds (tailwind of 1.1 metres/sec). In her 100 metres final Lara filled 10th place with her time of 13.33 seconds (tailwind of 1.1 metres/sec). Lara finished in 9th place in her heat of the 13 years Girls 80 metres Hurdles event in a time of 14.72 seconds.

Sarah Playford won a bronze medal in the 15 years Girls 1500 metres event with her time of 4 mins 53.93 secs. In her heat of her 800 metres event Sarah placed 4th to qualify for the final with her time of 2 mins 25.67 secs. Sarah finished in 4th place in the final and with her time of 2 mins 18.48 secs has won the right to contest the Australian Junior championships in Perth in March in both events.

Harrison Wade won the silver medal in the 16 years Boys 1500 metres in a personal best time of 4 mins 00.52 secs. This time was some 7 seconds better than he had previously recorded. Harrison won the 17 years Boys 3000 metres event in a personal best (and Club Record) time of 8 mins 51.90 secs. Thus Harrison has won the right to compete in both Melbourne and Perth in the coming months.

Marko Prizmic finished in 9th place in the 14 years Boys Triple Jump with his effort of 10.80 metres.

George Davis finished just out of the medals when he finished in 4th place in the 13 years Boys 3000 metres Walk event in a time of 18 mins 22.91 secs.

Portia Amy-Wilson placed 7th in the 12 years Girls High Jump event with her clearance at 1.35 metres. In her Long Jump event Portia finished in 4th place with her leap of 4.53 metres (tailwind of 1.0 metres/sec). Portia finished in 7th place in her heat of the 200 metres event in a time of 29.20 seconds (tailwind of 1.4 metres/sec).

Katrina Lyon qualified for the final of the 14 Years Girls 90 metres Hurdles event by finishing 4th in her heat with a time of 15.31 seconds (headwind of 0.7 metres/sec). In her final Katrina finished in 8th place with her time of 15.06 seconds (tailwind of 0.7 metres/sec).

Ben Nogajski won the gold medal in the 14 years Boys High Jump event with a leap of 1.80 metres. In his Shot Put event Ben claimed the silver medal with his throw of 14.21 metres. Ben finished in 12th place in his Discus event with his throw of 35.86 metres. Ben can contest the High Jump in Melbourne and both the High Jump and Shot Put in Perth.

Madeline Playford finished in 5th place of her 13 years Girls 800 metres heat in a time of 2 mins 27.41 secs. In her 1500 metres event Maddy won the silver medal and her time of 4 mins 59.22 secs not only gives her the right to represent her state in Melbourne but she also has the right to represent at the Australian Juniors in March of next year.

Eliza Harvey finished in 2nd place in her heat of the 14 years Girls 800 metres event with a time of 2 mins 23.21 secs to qualify her for the final. In the final Eliza proved to be too strong for her opposition, winning the gold medal in a personal best and Club Record time of 2 mins 13.52 secs. In her 400 metres heat Eliza was a comfortable winner in a time of 60.46 seconds. Eliza produced a huge personal best time (and Ryde Record time) of 57.16 seconds to claim

the silver medal. Thus Eliza can represent in Melbourne for her 800 metres event whilst she can add the 400 metres event to her 800 metres for Perth in March.

Jemma Gallagher won her heat of the 14 years Girls 800 metres event in a personal best time of 2 mins 22.28 secs to also qualify for the final. In her final Jemma finished in 4th place in a personal best time (and Australian Qualifying time) of 2 mins 21.05 secs.

Logan Wade also finished just outside of the medals when he placed 4th in the 14 years Boys 2000 metres Steeplechase event in a personal best time of 7 mins 05.78 secs. This time was some 13 seconds faster than he had ever previously run. Logan produced another personal best time of 10 mins 32.39 secs in finishing in 11th place in his 14 years 3000 metres event.

Sarah Brown finished in 13th place in the 12 years Girls Long Jump event with her leap of 4.15 metres (tailwind of 3.2 metres/sec).

Brooke Matheson finished in 6th place in her heat of the 15 years Girls 90 metres Hurdles event with her time of 17.11 seconds (tailwind of 1.4 metres/sec).

Jordan Metcalfe finished in 5th place in his heat of the 13 years Boys 200 metres event with his time of 26.75 seconds (headwind of 0.3 metres/sec). In his heat of the 400 metres event Jordan finished in 6th place in his heat with his time of 64.23 seconds. Jordan placed 9th in his heat of the 100 metres event in a time of 13.50 seconds (tailwind of 1.0 metres/sec).

Eleanor Partridge placed 5th in her heat of the 12 years Girls 200 metres event with her time of 29.09 seconds (headwind of 0.8 metres/sec). In her heat of the 100 metres event Eleanor claimed 6th place with her time of 13.94 seconds (headwind of 0.2 metres/sec).

Sierra Collender finished in 4th place in the 17 years girls 3000 metres event in a time of 11 mins 25.39 secs.

Johanna Volos won the 16 years Girls Pole Vault event with her successful clearance at 2.90 metres. This effort by Johanna qualifies her to compete at the National Titles in both Melbourne and Perth.

Raymond Ahsan placed 7th in the 17 years Boys Triple Jump event with his leap of 11.74 metres. In his Long Jump Raymond claimed 7th place with his leap of 5.97 metres.

Helen Pretorius finished in 5th place in her heat of the 16 years Girls 200 metres event in a time of 27.18 seconds (tailwind of 1.2 metres/sec). In her 100 metres heat Helen filled 7th place in a time of 13.40 seconds (0.0 wind reading).

Amy Court finished in 7th place in her heat of the 15 years Girls 200 metres event with her time of 27.67 seconds (tailwind of 0.5 metres/sec). In her Long Jump event Amy finished in 14th place with her leap of 4.48 metres. Amy placed 10th in her Triple Jump event with her leap of 9.84 metres.

Maya Leverett won a bronze medal in the 16 years Girls Triple Jump event with her leap of 11.29 metres. In her Long Jump event Maya added a further bronze medal to her collection when she leapt a distance of 5.44 metres. Maya has also qualified in both events for Perth in March.

Emma Smith finished in 8th place in the 14 years Girls Triple Jump event with her leap of 10.12 metres. In her 200 metres heat Emma finished in 3rd place in a time of 26.89 seconds (tailwind of 0.4 metres/sec).

Sarah Kelland won a silver medal in the 17 years Girls 2000 metres Steeplechase event in a time of 10 mins 23.85 secs. In her Discus event Sarah finished with 7th place in the event with her throw of 23.62 metres. In her 5000 metres Walk event Sarah won the silver medal with her time of 34 mins 55.60 secs. Sarah placed 8th in her Shot Put event with her throw of 8.86 metres.

Jessica Brown finished in 10th place in the 15 years Girls Long Jump event with her leap of 4.73 metres. In her High Jump event Jessica claimed 15th place with her clearance at 1.40 metres.

Chloe Davis placed 12th in the 15 years Girls Long Jump event with her leap of 4.55 metres. In her Javelin Event Chloe claimed 10th place with her throw of 29.82 metres.

Sam Hain finished in 5th place in his heat of the 16 years Boys 100 metres event in a time of 11.41 seconds (tailwind of 1.9 metres/sec) to qualify for the final. In his 100 metres final Sam finished in 7th place in a time of 11.35 seconds (tailwind of 2.0 metres/sec).

The total number of medals our athletes won at this carnival was 6 gold, 7 silver and 3 bronze.

33. NSW Primary Schools Sports Association Athletics Championships

The NSW PSSA Championships were held over the two days of 14th & 15th October and we were represented by 3 athletes.

Chiara Lillis won the 11 years Girls Shot Put event with her throw of 12.70 metres. In her Discus event Chiara finished in 5th place with her throw of 31.07 metres. Chiara placed 12th in her Long Jump event with her leap of 4.10 metres. In her High Jump event Chiara finished in 8th place with her clearance at 1.40 metres. Chiara also contested her 100 metres event and finished in equal 3rd place in her heat with a time of 13.98 seconds to advance to the semi-finals. In her semi-final Chiara placed 6th with a time of 14.26 seconds.

Georgia Arcus finished in 3rd place in her heat of the 11 years Girls 800 metres event in a time of 2 mins 40.83 secs.

Arabella Price finished in 5th place in her heat of the 11 years Girls 800 metres event in a time of 2 mins 46.32 secs.

34. NSW Open 3000 metres Championships

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

Harrison Wade finished in 5th place in the "C" Grade event in a personal best time of 8 mins 50.01 secs. Harry settled in 3rd place early in the 1st lap and gradually worked his way to the front and led for most of the race before being overtaken in the last lap to eventually finish 5th.

35. NSW Relay Championships

The NSW Relay Championships were held at Blacktown over the weekend of 14th & 15th November and we were represented by 14 teams.

Our first team up at these titles was our Masters' Javelin team consisting of **Kern Wyman, Simon Bergfield, Robert Hanbury-Brown and Andrew Atkinson-Howatt** and they got our teams off to a great start when they won this event with a combined throws total of 131.41 metres. They won this event by a margin of over 16 metres. We believe that this is the first time that this event has been held at these Championships and, as a consequence, our "boys" are claiming a State Record!

They then contested the Open Men's Discus Relay and finished in 4th place with a combined total of 107.70 metres. **Lajos Joni replaced Simon Bergfield** in this event.

Our Under 20 4 x 400 metres Relay team convincingly defeated U.T.S. Norths in their event by some 6 seconds. The team consisted of **Eliza Harvey, Kelsey Cooper-Phillis, Elly Gallagher and Sarah Playford**. Their gold medal winning time was 4 mins 01.33 secs.

The Under 18 Girls 4 x 200 metres Relay team won a silver medal in this event. The team comprised **Brooke Matheson, Emma Smith, Kelsey Cooper-Phillis and Maya Leverett**. Our girls' time was 1 min 45.40 secs and they finished only 17/100 sec. behind the winning team.

Our Girls' Under 18 Long Jump team took out the gold medal in this event. This was an extremely close contest with a margin of only 6 cms between our girls and the second placed team. Our team comprised **Jessica Brown, Amy Court, Chloe Davis and Maya Leverett**.

Our Under 16 Girls 4 x 100 metres Relay team won their heat in a time of 50.09 seconds to advance to the final with the second fastest time. The team featured **Jessica Brown, Emma Smith, Amy Court and Kelsey Cooper-Phillis**. In the final they won the silver medal in the faster time of 49.90 seconds.

In the Open Men's Javelin throw our team of **Simon Bergfield, Kern Wyman, Robert Hanbury-Brown and Andrew Atkinson-Howatt** finished in 6th place with their total of 119.75 metres.

In the Under 20 Girls' 4 x 1500 metres event our team of **Georgia Winkcup, Elly Gallagher, Madeline Playford and Sarah Playford** took out the gold medal with their time of 19 mins 43.39 secs.

The second day of these Championships started in the same fashion as the first day with a winning team. Our Under 16 Girls 4 x 200 metres Relay team comprising **Jessica Brown, Emma Smith, Amy Court and Kelsey Cooper-**

Phillis proved to be too good for their opposition with their win in a time of 1 min 46.68 seconds. Their lead at the finish line was 2 seconds.

Our Under 14 Boys' Long Jump team proved too good for their opposition with their total leap of 20.68 metres. This team comprised **Noah Hain, Riley Leverett, Jett Tall and Josh Arcus**. Their winning margin was 1.33 metres over the second placed team.

Next up was our Under 16 Girls' 4 x 800 metres team which was unfortunately disqualified after crossing the line in the bronze medal position. This time consisted of **Jemma Gallagher, Breanna Ivankovic, Madeline Playford and Charlotte Ryan**.

However our Under 20 team struck gold in their 4 x 800 metres event. The team comprised **Eliza Harvey, Elly Gallagher, Sarah Playford and Georgia Winkcup**. Their time was 9 mins 13.53 secs and they finished 18 seconds in front of the second placed team.

Our Under 18 Girls' 4 x 100 metres team won the gold medal in their event. Their winning time was 50.44 seconds. This time consisted of **Brooke Matheson, Emma Smith, Helen Pretorius and Maya Leverett**.

Sue Gore also competed at these Championships in the NSW Masters Team in the following events:-

In the 200+ Masters 4 x 400 metres Relay event Sue won a bronze medal – in the 160+ 4 x 200 metres Relay event Sue's team finished in 4th place and in the 200+ 4 x 100 metres event her team again claimed 4th place.

Our very last team to compete at these titles was our Masters' Shot Put team, comprising **Simon Bergfield, Kern Wyman, Lajos Joni and Andrew Atkinson-Howatt**. In totalling 36.27 metres they took out the bronze medal in this event.

Our total tally for the 14 teams we entered in these Championships comprised 8 gold medals, 2 silver medals and 1 bronze medal. This is by far our best efforts at these Championships since we became a combined club back in the eighties!

36. Central Coast Half Marathon Championships

On Sunday, 29th November we had 1 competitor in the Central coast Half-Marathon event and 1 in the 10km event.

Adrian Wade, who was competing in his first half marathon, placed 17th overall with his time of 1hr 23mins 34secs. In his Age Group Adrian placed equal 3rd.

Logan Wade, also competing in his first 10km event, placed 38th overall with his time of 42 mins 52 secs. In his Age Group Logan finished in 3rd place.

37. Australian All Schools Athletics Championships

The Australian All Schools Championships were held in Melbourne this year and ran from 4th to 6th December. At these Championships we were represented by 9 athletes.

Harrison Wade finished in 4th place in the Under 18 Boys 3000 metres event in a personal best time (and Club Record) of 8 mins 49.20 secs. I believe that the race was run rather slowly over the first 2kms but the last km proved to be very fast.

Noah Hain, in his very first Australian Championships, won the bronze medal in the Under 14 Boys Long Jump event. The jump that earned the medal for Noah was 5.80 metres (headwind of 0.2 metres/sec). This leap by Noah broke the previous Club Record which had been set by Noah's brother, Sam. In his Triple Jump event Noah again produced a big effort on his last jump to leap up 3 places and take out the silver medal with his leap of 11.62 metres.

Ben Nogajski finished in 8th place in the Under 16 Boys High Jump event with his clearance at 1.80 metres.

Sarah Playford finished in 9th place in the Under 16 Girls 1500 metres event in a personal best time of 4 mins 48.45 secs.

Eliza Harvey finished in 6th place overall in the Under 16 Girls 800 metres event in a personal best time (and Club Record time) of 2 mins 11.70 secs. Eliza led out from the start and went through the first lap in a time of 62.20 seconds.

Madeline Playford placed 10th in the Under 14 Girls 1500 metres event in a time just outside her personal best. Maddy's time was 5 mins 00.93 secs.

Johanna Volos finished in 8th place in the Under 18 Girls Pole Vault event with her successful clearance at 2.90 metres.

Nicola Bowtell finished in 5th place overall in the Under 18 Girls 400 metres Hurdles event with her time of 65.22 seconds.

Sarah Kelland unfortunately was unable to finish in the Under 18 Girls 2000 metres Steeplechase event when she suffered a fall during the event.

38. Australian All Schools Knock Out Championships

The Australian Schools Knock Out Championships were held in Melbourne the day following the All Schools Championships and we were represented by Sarah & Julia Kelland (Abbotsleigh), Breanna Ivankovic and Eliza Harvey (Loreto Normanhurst), Ben Nogajski (Barker), Stephanie Volos and Nicola Bowtell (Pymble Ladies College) Elly and Jemma Gallagher (St Benedict's).

Sarah placed 7th in the Senior Javelin with a throw of 29.71m. Sarah's team Abbotsleigh finished 4th overall. Julia competed for the Abbotsleigh Junior team in the javelin where she threw 28.58m to finish 8th and 9.16m in the shot put to again place 8th. Julia's Abbotsleigh team finished 6th overall.

Club and school mates Breanna Ivankovic and Eliza Harvey represented Loreto College Normanhurst in the Junior division where the team finished 9th overall. Eliza won the junior women's 800m in a time of 2m 13.95s and placed 11th overall in the Junior 100m. Breanna placed 24th in the 800m in a time of 2m 34.66s and 15th in 90m Hurdles in 16.42s. The girls' 4x200m relay team placed 8th in a time of 1m 51.97s.

Ben Nogajski put in a very strong performance for his school, Barker College in the Junior Boys who placed 13th overall. Ben finished with top points in the shot put with a throw of 13.50m and 6th in the 100m Hurdles in 16.25s. Barker's relay team placed 10th in 1m 41.76.

Nicola Bowtell also finished amongst the medal when her school, Pymble Ladies College finished 3rd in the Senior Girls competition. Nicola finished 6th in the 400m in a time of 59.87s and 9th in the 100m in 12.94s. Nicola's medley relay team won in 4m 10.60s.

Stephanie Volos picked up a silver medal as a member of the Pymble Ladies College intermediate team. Stephanie threw the javelin 23.29m to finish 11th.

Sisters Elly & Jemma Gallagher competed for the Mount Saint Benedict team in the intermediate division where their school finished 11th overall. Elly ran 13th in the 200m in a time of 27.03s and 18th in the 100m in 13.27s. Jemma finished 14th in the 800m in a time of 2m 25.02s. The relay team placed 9th in 2m 25.44s.

39. Dubbo New Year Carnival

We had one competitor who competed at the Dubbo New Year Carnival over the period 1st to 3rd January, 2016.

Andrew Atkinson-Howatt claimed 4 gold medals in the 4 events he contested:-

Men's 55-59 years	Shot Put	8.99 metres
	Hammer	26.94 metres
	Discus	34.03 metres
	Javelin	39.92 metres

40. NSW Youth & Junior Championships

The NSW Youth & Junior Championships were held at the Warm Up Track at Homebush from 5th to 7th February and we had a total of 31 entrants from the Centre competing in 56 events. Our athletes achievements from these championships are detailed below:-

Ben Nogajski got Ryde's efforts off to a good start when he won the bronze medal in the Under 16 Boys Shot Put event with his throw of 13.82 metres. In his High Jump event Ben again won a bronze medal with his clearance at 1.75 metres.

Johanna Volos won the Under 17 Girls Pole Vault event with her clearance at 2.70 metres,

Eliza Harvey placed 2nd in her heat of the Under 16 Girls 400 metres event in a time of 60.58 seconds to advance to the final to be held on the Sunday. In the final of her 400 metres event Eliza won the silver medal with her time of 57.54 seconds. Eliza won the final of the Under 16 Girls 800 metres event with an all the way win in a time of 2 mins 15.01 secs.

Eleanor Partridge contested the Under 14 Girls 3000 metres Walk event and finished in 11th place with her time of 19 mins 24.91 secs. This was Eleanor's first crack at this distance. In her 100 metres heat Eleanor finished in 6th place in a time of 14.33 seconds (headwind of 1.2 metres/sec).

George Davis placed 5th in the Under 14 Boys 3000 metres Walk event in a personal best time of 17 mins 03.91 secs. This time by George was some 26 seconds inside the standard set by Athletics Australia for this event. Thus George is entitled to travel to Perth to represent his state in this event at the Australian Junior Championships.

Harrison Wade won the Under 18 Boys 3000 metres event in a time less than 1 second off his previous best time. Harrison's time was 8 mins 50.55 secs. In the first 2kms of the race Harrison was content to sit in 2nd place but with 1km to go he took off to eventually win by some 12 seconds.

Katrina Lyon finished in 7th place in the final of the Under 16 Girls 90 metres Hurdles event with her time of 15.41 seconds (headwind of 0.8 metres/sec). In her Long Jump event Katrina placed 8th with her leap of 4.51 metres.

Alyssa Lowe won the silver medal in her final of the Under 14 Girls 80 metres Hurdles event in a time of 13.76 seconds (headwind of 0.5 metres/sec). By finishing in a place in the final Alyssa has won the right to represent NSW at the Australian Junior Championships in Perth in March. Alyssa added to her medal tally when she secured a bronze medal in the Under 14 Girls Long Jump event with her leap of 4.59 metres (tailwind of 0.4 metres/sec). In her first ever run over the Under 14 Girls 200 metres Hurdles event Alyssa became the State Champion with her time of 32.75 seconds (headwind of 1.4 metres/sec).

Adam Bruntsch placed 3rd in his heat of the Under 14 Boys 800 metres event in a time of 2 mins 29.34 secs to advance to the final. In the final Adam placed 4th in a personal best time of 2 mins 26.57 secs. Adam won the silver medal in his 1500 metres event in a huge personal best time of 4 mins 51.16 secs to qualify for the National Junior Championships in Perth next month.

Ashton Hanna recorded a personal best time of 2 mins 35.54 secs to finish in 7th place in his heat of the Under 14 Boys 800 metres event. In his 1500 metres event Ashton recorded a personal best time of 5 mins 13.18 secs to finish in 11th place.

Georgia Arcus finished in 6th place in her heat of the Under 14 Girls 800 metres event in a time of 2 mins 41.90 secs. In her 1500 metres event Georgia placed 11th in a personal best time of 5 mins 21.84 secs.

Maya Leverett finished in 2nd place in her heat of the Under 18 Girls 100 metres with her time of 12.48 seconds (tailwind of 0.5 metres/sec). In her 100 metres final Maya won the silver medal in a time of 12.61 seconds (headwind of 1.1 metres/sec). Maya took out the gold medal in her Triple Jump event with her leap of 11.99 metres (tailwind of 1.0 metres/sec). In this event Maya won by almost a half metre. Maya won a further gold medal in her Long Jump event with her leap of 5.66 metres (tailwind of 0.8 metres/sec). In her 200 metres heat Maya claimed 2nd place in a time of 26.34 seconds (tailwind of 1.1 metres/sec). The 200 metres final saw Maya win the bronze medal in a time of 25.51 seconds (headwind of 0.5 metres/sec).

Chloe Davis claimed 4th place in the Under 17 Girls Javelin event with her throw of 32.45 metres.

Amy Court claimed 9th place in the final of the Under 17 Girls 100 metres event with her time of 13.66 seconds (headwind of 0.9 metres/sec). In her Triple Jump event Amy finished in 6th place with her leap of 9.83 metres (tailwind of 0.9 metres/sec). Amy finished in 6th place in her heat of the 200 metres event in a time of 28.29 seconds (tailwind of 0.9 metres/sec).

Portia Amy-Wilson got her campaign off to a great start when she won the Under 14 Girls Triple Jump event with a personal best leap of 10.30 metres (tailwind of 0.4 metres/sec). Actually Portia's worst jump would have still have won

her the title. In her Long Jump event Portia won the gold medal with her leap of 4.70 metres (tailwind of 0.4 metres/sec). Portia won the bronze medal in her High Jump event when she cleared the height of 1.45 metres.

Sarah Brown finished in 6th place in the Under 14 Girls Triple Jump event with her leap of 9.41 metres (tailwind of 0.4 metres/sec). In her Long Jump event Sarah finished in 9th place with her leap of 4.29 metres (tailwind of 0.4 metres/sec).

Jessica Brown finished 5th in the Under 17 Girls Triple Jump event with her leap of 10.66 metres (tailwind of 2.2 metres/sec). In her Long Jump event Jessica placed 7th with her leap of 4.90 metres (tailwind of 0.8 metres/sec).

Ben Playford placed 5th in the Under 20 Boys 2000 metres Steeplechase event in a personal best time of 10 mins 40.25 secs.

Georgia Winkcup won the silver medal in the Under 20 Girls 3000 metres Steeplechase event with her time of 10 mins 56.70 secs. In her 800 metres final Georgia claimed 6th place in a time of 2 mins 14.74 secs.

Noah Hain took out the gold medal in the Under 15 Boys Triple Jump event with his leap of 11.72 metres (tailwind of 0.3 metres/sec). Just as Maya had won her Triple Jump event by almost half a metre so did Noah in this event. In his Long Jump event Noah won the silver medal with his leap of 5.48 metres (tailwind of 0.2 metres/sec). Noah placed 2nd in his heat of the 100 metres event in a time of 12.70 seconds (headwind of 1.1 metres/sec). In the 100 metre final Noah placed 5th in a time of 12.68 seconds (headwind of 1.0 metres/sec).

Riley Leverett finished just out of the places in the Under 15 Boys Triple Jump event when he placed 4th with his leap of 11.04 metres (tailwind of 0.6 metres/sec). Unfortunately Riley again finished in 4th place in his Long Jump event with a leap of 5.11 metres (tailwind of 0.3 metres/sec). Riley finished 5th in his 100 metres heat in a time of 13.38 seconds (headwind of 1.1 metres/sec) to qualify for the final. In his 200 metres heat Riley qualified for the final with his time of 25.70 seconds (tailwind of 0.6 metres/sec). Riley finished in 8th place in the final in a time of 26.48 seconds (tailwind of 0.2 metres/sec).

Breanna Ivankovic won the bronze medal in the Under 16 Girls 2000 metres Steeplechase event in a time of 8 mins 15.10 secs.

Julia Kelland finished 7th in the Under 16 Girls shot Put event with her effort of 9.36 metres. In her Javelin event Julia finished in 4th spot with her throw of 27.02 metres.

Sarah Kelland placed 5th in the Under 20 Girls 5000 metres Walk event in a time of 34 mins 42.50 secs. In her Shot Put event Sarah again placed 5th with her throw of 7.92 metres.

Madeline Playford finished in 6th place in her heat of the Under 17 Girls 800 metres event in a personal best time of 2 mins 25.72 secs.

Sarah Playford won her heat of the Under 17 Girls 800 metres event in a time of 2 mins 22.63 secs. In her 800 metres final Sarah finished in 8th place in a time of 2 mins 28.04 secs.

Gabrielle Damm finished in 10th place in the Under 16 Girls 1500 metres event with her time of 5 mins 22.74 secs.

Charlotte Ryan placed 5th in the Under 16 Girls 1500 metres event with her time of 5 mins 01.48 secs.

Daniel Bowtell finished in 7th place in the Under 16 Boys 200 metres Hurdles final in a time of 29.85 seconds (tailwind of 0.2 metres/sec).

Eleanor Plummer finished in 7th place in the Under 15 Girls Triple Jump event with her leap of 9.56 metres (headwind of 1.7 metres).

Mikaela Bruntsch placed 9th in the Under 15 Girls Triple Jump event with a leap of 8.98 metres (headwind of 1.6 metres/sec).

41. Treloar Shield Highlights

It is pleasing to report that Georgia Winkcup has twice run World Junior Qualifying Times for the 3000 metres Steeplechase event at 2 of the above Meets.

Ben Cox leapt a distance of 15.63 metres in the Open Triple Jump event – this leap by Ben is the furthest leap in the last 5 years.

42. NSW Open 5000 Metres Championships

The NSW 5000 Metres Championships were held at Homebush on Saturday, 13th February and we were represented by 1 competitor.

Adrian Wade finished in 3rd place in the “D” Grade event in a time of 17 mins 09.43 secs. A perusal of the 4 grades revealed that Adrian was the fastest 40 year old at these Championships. Needless to say that Adrian broke our Best Ever Performance in this event.

43. NSW Masters Athletics Championships

The NSW Masters Athletics Championships were held at Homebush over the weekend of 20th & 21st February and we were represented by 6 competitors.

Sue Gore won the 50-54 years 800 metres event in a time of 2 mins 40.29 secs.

Adrian Wade won the 40-44 years 5000 metres event in a personal best time of 16 mins 42.09 secs. In actual fact Adrian ran quicker than any other Master in this event. As he had done in the 5000 metres event Adrian was the fastest of all the masters competing in the 10000 metres event winning a further gold medal with a personal best time of 35 mins 25.19 secs

Kern Wyman won the bronze medal in the 40-44 years Hammer event with his throw of 24.62 metres. In his 15.88kg Weight Throw event Kern added a further bronze medal when he threw the implement a distance of 8.77 metres. Kern threw the 2kg Discus 28.74 metres to earn for himself a silver medal. When he threw the 800gm Javelin 33.88 metres Kern earned for himself a silver medal.

Lajos Joni took out the gold medal in the 60-64 years Hammer event with his throw of 43.72 metres. In his 9.08kg Weight Throw event Lajos added a further gold medal with his throw of 15.66 metres. Lajos threw the 1kg Discus 33.99 metres to earn for himself a silver medal. When he threw the 5kg Shot a distance of 11.70 metres Lajos added yet another gold medal to his collection.

Robert Hanbury-Brown won the gold medal in the 55-59 years Hammer event with his throw of 30.40 metres. In his 11.34 kg Weight Throw event Robert added a silver medal to his haul when he threw the Weight a distance of 12.72 metres. Robert threw the 1.5kg Discus 33.82 metres to win a silver medal. In throwing the 6kg Shot a distance of 10.39 metres Robert added a bronze medal to his haul. Robert finished in 4th place in the 700gm Javelin event with his throw of 30.49 metres.

Andrew Atkinson-Howatt threw the 700gm Javelin a distance of 36.96 metres to take out the bronze medal in this event.

44. NSW Open & Under 23 Championships

At the NSW Open & Under 23 Championships we were represented by 3 athletes.

Maya Leverett placed 24th overall in the heats of the Open Women’s 100 metres event with her time of 12.80 seconds (headwind of 0.8 metres/sec). In her Semi-Final Maya placed 18th overall with her time of 12.66 seconds (headwind of 0.7 metres/sec). In her 200 metres heat Maya placed 2nd with her time of 25.52 seconds (headwind of 0.6 metres/sec). Maya finished 7th in the final in a time of 25.46 seconds (headwind of 0.5 metres/sec). With her leap of 5.59 metres Maya filled 8th place in the Open Women’s Long Jump event. Maya leapt 11.98 metres to win the bronze medal in the Open Women’s Triple Jump event.

Ben Cox won the bronze medal in his Open Men’s Triple Jump event with his leap of 15.15 metres. This distance also meant that Ben won the gold medal in the Under 23 Championship event.

Cameron Pappas won the bronze medal in the Under 23 Triple Jump event with his leap of 14.17 metres.

45. Australian Junior Championships

The Australian Junior Championships were held in Perth over the period from 8th to 13th March and we were represented by 12 athletes. Strong winds and searing heat were a feature throughout the Championships.

Harrison Wade got these championships top a great start when he won the silver medal in the Under 18 Boys 3000 metres Championships with a personal best time (and Ryde Best Performance record) of 8 mins 42.78 secs.

Maya Leverett recorded a time of 25.15 seconds in the Under 18 Girls 200 Metres heat and become an automatic qualifier for the final. In her 200 metres final Maya finished in 4th place with her time of 24.96 seconds. As the winner of the event was from New Zealand Maya was awarded a bronze medal. Maya won the gold medal in the Under 18 Girls Triple Jump event with her leap of 12.33 metres. This was a very close contest as the girl who finished 2nd also jumped the same distance. In her Long Jump event Maya claimed the silver medal with her leap of 5.89 metres and the same thing happened again as it had in her Triple Jump event where Maya finished in front of the girl who achieved the same jump. Maya qualified for the final of the Under 18 Girls 100 Metres event with her heat time of 12.76 seconds. In the final Maya placed 7th in a time of 12.63 seconds.

Daniel Bowtell finished in 10th place overall in the Under 16 Boys 200 metres Hurdles event in a time of 29.45 seconds.

Portia Amy-Wilson placed 6th in the Under 14 Girls Triple Jump event with a personal best leap of 10.30 metres. In her Long Jump event Portia finished in 5th place with her best ever leap of 4.81 metres. Portia finished in 9th place in her High Jump event with her successful clearance of 1.40 metres.

Eliza Harvey finished in 3rd place in her heat of the Under 16 Girls 400 metres event in a time of 57.26 seconds to automatically qualify for the final. In the final Eliza finished in 6th place in a time of 57.49 seconds. Eliza next contested the Under 16 Girls 800 metres event and finished in 15th place overall with her time of 2 mins 18.05 secs. As the lead runner in the NSW Under 18 4 x 400 metres Relay Team Eliza got the team away to a good start and the team won the bronze medal in a time of 3 mins 52.99 secs.

George Davis won the bronze medal in the Under 14 Boys 3000 metres Walk with his time of 17 mins 38.84 secs.

Alyssa Lowe finished in 11th place overall in the Under 14 Girls 80 metres Hurdles event in a time of 13.82 seconds. In her Long jump event Alyssa finished 10th with her leap of 4.35 metres.

Noah Hain just missed out on the medals in the Under 15 Boys Long Jump with his best leap of 5.94 metres giving him 4th place in the event. In his Triple Jump event Noah placed 7th with a leap of 11.55 metres.

Nicola Bowtell began her campaign at these titles when she placed 16th overall in the Under 18 Girls 400 metres event with her time of 60.18 seconds. In the Under 20 Girls 200 metres event Nicola finished in 17th place overall with her time of 26.69 seconds. Nicola finished in 13th place overall in the Under 18 Girls 100 Metres event with her time of 13.14 seconds.

Madeline Playford finished in 12th place overall in the Under 15 Girls 1500 metres event with her personal best time of 4 mins 53.16 secs.

Sarah Playford finished in 16th place overall in the Under 17 Girls 1500 metres event in a time of 4 mins 55.62 secs.

Adam Bruntsch finished in 9th place in the Under 14 Boys 1500 metres event with his time of 4 mins 54.61 secs.

46. NSW Little A's Championships

The NSW Little A's Championships were held at Homebush over the weekend from 18th March to 20th March and we were represented by 43 athletes.

Portia Amy-Wilson won the bronze medal in the Under 13 Girls Long Jump event with her leap of 4.87 metres. In her Triple Jump event Portia finished in 8th place with her leap of 10.07 metres.

Alyssa Lowe finished 4th in the Under 13 Girls Long Jump event with a personal best leap of 4.81 metres. In her 200 metres Hurdles heat Alyssa qualified for the final by winning her heat in a time of 30.86 seconds. Alyssa finished 4th

in the final in the faster time of 29.98 seconds. Alyssa placed 3rd in her heat of the 80 metres Hurdles event in a time of 13.89 seconds.

Sarah Brown finished in 13th place in the Under 13 Girls Long Jump event with her leap of 4.44 metres.

Riley Leverett placed 9th in the Under 14 Boys Triple Jump event with a personal best leap of 11.19 metres.

Maya Leverett won the gold medal in the Under 17 Girls Long Jump event with her leap of 5.82 metres. In her Triple Jump event Maya snared the silver medal with her leap of 11.78 metres. Maya won her 200 metres heat in a time of 25.21 seconds. In the final Maya secured the silver medal with her time of 25.25 seconds. Maya placed 2nd in her 100 metres heat in a time of 12.82 seconds to qualify for the final. In the final Maya secured the bronze medal with her time of 12.65 seconds.

Lara Halmarick won the bronze medal in the Under 14 Girls Triple Jump event with her leap of 10.56 metres.

Eleanor Plummer finished in 15th place in the Under 14 Triple Jump event with her leap of 9.75 metres.

Kalafi Moala placed 9th in the Under 15 Boys Triple Jump event with his leap of 11.24 metres.

Marko Prizmic finished in 12th place in the Under 15 Boys Triple Jump with his leap of 11.13 metres.

Eliza Harvey won her heat of the Under 15 Girls 400 metres event in a time of 59.81 seconds. In her 400 metres final Eliza won the silver medal with her time of 57.62 seconds. Eliza won the bronze medal in her 800 metres event in a time of 2 mins 19.68 secs.

Breanna Ivankovic finished in 7th place in her heat of the Under 15 Girls 400 metres event in a time of 65.01 seconds. In her 1500 metres event Breanna placed 9th with her time of 5 mins 04.26 secs.

Connor Latham finished in 7th place in his heat of the Under 14 Boys 400 metres event in a time of 58.61 seconds. In his High Jump event Connor placed 12th with his clearance at 1.55 metres.

Sam Plummer finished in 6th place in his heat of the Under 15 Boys 400 metres event in a time of 57.05 seconds. In his 1500 metres Walk event Sam recorded a personal best time of 8 mins 50.03 secs in finishing in 8th place. Sam finished in 21st place in his Javelin event with his throw of 26.64 metres.

Daniel Bowtell placed 5th in his heat of the Under 15 Boys 400 metres event with a time of 58.73 seconds. In his 200 metres Hurdles heat Daniel finished in 4th place with his time of 28.15 seconds.

Stephanie Volos finished in 15th place in the Under 14 Girls Long Jump event with her leap of 4.45 metres. In her Javelin event Stephanie placed 20th with her throw of 24.70 metres,

Elly Gallagher won her heat of the Under 17 Girls 400 metres event to qualify for the final with her time of 58.46 seconds. In the final Elly filled 7th spot with her time of 59.98 seconds. Elly claimed the silver medal in her 1500 metres event in a time of 4 mins 50.72 secs. In her 800 metres event Elly won the bronze medal in a time of 2 mins 19.47 secs.

George Davis finished in 21st place in the Under 13 Boys 3000 metres event in a huge personal best time of 11 mins 25.70 secs.

Charlotte Ryan produced a big personal best time of 10 mins 14.30 secs to win the silver medal in the Under 14 Girls 3000 metres event. In her 1500 metres event Charlotte won a further silver medal with her personal best time of 4 mins 50.70 secs.

Gabrielle Damm finished just out of the medals in 4th place in the Under 15 Girls 3000 metres event with a personal best time of 11 mins 06.95 secs. In her 1500 metres event Gaby again filled 4th place in yet another personal best time of 4 mins 54.17 secs.

Chiara Lillis placed 13th in the Under 12 Girls Javelin event with her throw of 19.89 metres. In her Discus event Chiara finished in 10th place with a throw of 27.68 metres. Chiara won the silver medal in her Shot Put event with a throw of 13.04 metres.

Chloe Davis finished in 10th place in the Under 17 Girls Javelin event with a throw of 30.28 metres.

Jessica Brown placed 15th in the Under 17 Girls Triple Jump event with her leap of 10.33 metres. In her High Jump Jessica placed 21st with her clearance at 1.40 metres. Jessica finished in 11th place in her Long Jump event with her leap of 4.97 metres.

Julia Kelland finished in 22nd place in the Under 15 Girls Discus event with her throw of 24.90 metres. In her Javelin event Julia placed 12th with her throw of 27.06 metres.

Hannah Tall filled 19th place in the Under 15 Girls Javelin event with her throw of 22.05 metres.

Emily Ralph filled 21st place in the Under 14 Girls Javelin event with her throw of 24.05 metres.

Michael Matheson placed 5th in his heat of the Under 15 Boys 200 metres Hurdles heat in a time of 28.74 seconds. In his 100 metres Hurdles event Michael placed 6th in his heat in a time of 16.13 seconds.

Nicola Bowtell finished in 6th place in her heat of the Under 17 Girls 200 metres Hurdles event in a time of 30.57 seconds. In her 100 metres Hurdles event Nicola finished in 4th place in her heat in a time of 16.88 seconds.

Amy Court also placed 6th in her heat of the Under 17 Girls 200 metres Hurdles event with her time of 31.10 seconds.

Jemma Gallagher finished in 11th place in the Under 15 Girls 1500 metres event in a time of 5 mins 10.53 secs. In her 800 metres event Jemma placed 10th with her time of 2 mins 28.90 secs.

Georgia Arcus finished in 6th place in the Under 12 Girls 1500 metres event in a personal best time of 5 mins 10.66 secs. This time was some 11 seconds faster than she had previously run. In her 800 metres event Georgia finished in 10th place in a time of 2 mins 39.13 secs.

Charlotte Curran claimed 13th place in the Under 12 Girls 1500 metres event in a personal best time of 5 mins 30.94 secs. In her 800 metres event Charlotte placed 11th with her time of 2 mins 39.87 secs.

Anastasia Lakic finished in 19th place in the Under 12 Girls 1500 metres event with her time of 5 mins 46.86 secs.

Adam Bruntsch, who alternated between 3rd and 7th place during the run, produced a wondrous finish from the 200 metre mark to go from 4th place to pass the leader with 30 metres to go and win the gold medal in the Under 12 Boys 1500 metres event in a big personal best time of 4 mins 46.04 secs. In his 800 metres event Adam recorded another personal best time of 2 mins 23.91 secs in finishing in 6th place.

William Stacey finished in 9th place in the Under 14 Boys 1500 metres event in a time of 4 mins 42.84 secs.

Harrison Wade, after leading for most of the race in his 1500 metres event, kicked away with 400 metres to go and established a lead of some 7 metres to take out the gold medal in State Record Time of 4 mins 02.95 secs.

Noah Hain finished in 8th place in the Under 14 Boys Long Jump event with a leap of 5.29 metres. In his Triple Jump event Noah just missed out on the medals when he filled 4th place with his leap of 12.06 metres.

Jett Tall placed 19th in the Under 13 Boys Shot Put event with his throw of 9.36 metres.

Abraham Omage finished in 12th place in the Under 12 Boys Triple Jump with his leap of 9.85 metres.

Sam Galati was the fastest qualifier into the final of the Under 13 Boys 80 metres Hurdles when he recorded the time of 12.49 seconds in his heat. In the final Sam claimed the silver medal with an even faster time of 12.42 seconds.

Jordan Metcalfe finished in 5th place in his heat of the Under 13 Boys 200 metres event in a time of 26.81 seconds.

Emma Smith finished in 6th place in her heat of the Under 17 Girls 200 metres event with her time of 26.65 seconds.

Adam Jubb finished in 12th place in the Under 13 Boys 1500 metres Walk event in a personal best time of 9 mins 59.43 secs.

Eleanor Partridge finished in 15th place in the Under 12 Girls 1500 metres Walk event in a personal best time of 9 mins 04.55 secs.

47. Australian Open Championships

The Australian Open Championships were held at Homebush from 1st to 3rd April and we were represented by 5 athletes.

Maya Leverett missed out on qualifying for the final in the Open Women's Triple Jump event by just 1 centimetre. Maya's best jump was 11.99 metres and the girl who jumped 12.00 metres made the final in this event. In her 200 metres heat Maya claimed 7th place in her heat (36th overall) in a time of 25.28 seconds (headwind of 1.9 metres/sec).

Ben Cox finished in 12th place overall in the Open Men's Triple Jump event with his leap of 14.97 metres.

Cameron Pappas placed 16th in the Open Men's Triple Jump event with his leap of 14.17 metres.

Chloe Davis finished in 17th place in the Under 17 Girls Heptathlon event and , despite face planting in her very first event, went on to achieve the score listed below which is good enough to qualify her for the Australian Championships next year.

100m Hurdles	High Jump	Shot Put	200 Metres	Long Jump	Javelin Throw	800 metres	Total
19.18 secs	1.37m	10.10m	29.27 secs	4.74m	33.48m	2:46.87	
374	481	536	534	490	533	497	3455

Amy Court unfortunately was unable to participate on the second day of these Championships, but her scores for the first day are listed below:-

100m Hurdles	High Jump	Shot Put	200 Metres	Long Jump	Total
17.62 secs	1.34m	8.07m	28.85 secs	DNS	
528	449	404	565		1946

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

MEN (as at 31/03/16)

<u>100 metres</u>				<u>1500 metres</u>			
11 years	David Forster	13.5h	82/83	11 years	Adam Bruntsch	4:46.04	15/16
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	Harrison Wade	9:00.41	14/15
Under 18	Glen McCarthy	21.74	87/88	Under 18	Harrison Wade	8:42.78	15/16
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	Adrian Wade	16:42.09	15/16
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>10000 metres</u>			
11 years	Will Devjak	2:19.1h	94/95	Vet 40-49	Adrian Wade	35:25.19	15/16
12 years	Will Devjak	2:18.4h	95/96				
13 years	Harrison Wade	2:08.98	13/14				
14 years	David Forster	2:00.23	85/86				
15 years	Michael Todd	1:55.99	07/08				
Under 18	Michael Todd	1:53.42	08/09				
Under 20	Will Devjak	1:50.3h	02/03				
Open	Will Devjak	1:48.56	03/04				
Vet 30-39	Greg Boyce	1:58.48	05/06				
Vet 40-49	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>2000 metres Steeplechase</u>				<u>3000 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	Under 18	Will Devjak	9:23.63	00/01
Vet 40-49	Adrian Wade	2:07.84	14/15	Under 20	Will Devjak	9:23.63	00/01
Vet 50+	Voitek Klimiuk	2:35.04	10/11	Open	Will Devjak	9:23.63	00/01
Vet 70+	Ron Wills	2:56.15	11/12	Vet 50+			

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

MEN (as at 31/03/16)

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	3299 pts	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 31/03/16)

				<u>Pole Vault</u>			
11 years	Alan Menin	10.52m	85/86	12 years	Peter Cotton	1.80m	86/87
12 years	Ben Nogajski	11.28m	13/14		Michael Jones	1.80m	86/87
13 years	Haydn Houssenloge	11.64m	11/12	13 years	Michael Jones	2.00m	87/88
14 years 4kg	Ben Nogajski	14.21m	15/16	14 years	Brian Chappell	2.00m	94/95
14 years 3kg	Haydn Houssenloge	12.79m	11/12				
15 years	Nicholas Kelland	12.83m	11/12	15 years	Glyn Henman	2.40m	83/84
Under 18	Anthony Overton	14.07m	13/14	Under 18	Brian Chappell	2.30m	95/96
Under 20	James Bergfield	12.04m	12/13	Under 20	Brendan Mills	3.00m	93/94
Open	Jeff Hailey	14.86m	98/99	Open	Ray Brookes	3.20m	96/97
Vet 30-39	Jeff Hailey	14.86m	98/99	Vet 30-39	Ray Brookes	3.20m	96/97
Vet 40-49	Jeff Hailey	14.43m	01/02	Vet 50-54	Robert Hanbury-Brown	3.00m	12/13
Vet 50+	Robert Hanbury-Brown	11.31m	10/11				
Vet 60+	Lajos Joni	11.70m	15/16				
				<u>High Jump</u>			
11 years	Alan Menin	27.52m	85/86	11 years	David Forster	1.38m	82/83
12 years	Noah Hain	29.06m	13/14	12 years	Andrew Crews	1.67m	85/86
13 years	David Forster	31.02m	84/85	13 years	Ben Nogajski	1.78m	14/15
14 years	Ben Nogajski	46.66m	15/16	14 years	Cameron Pappas	1.84m	10/11
15 years	Calum Winsor	45.98m	03/04	15 years	Rory Tarnow-Mordi	1.77m	06/07
Under 18	Lloyd Parker	43.17m	06/07	Under 18	Michael Dunne	1.85m	99/00
					Cameron Pappas	1.85m	12/13
Under 20	Lloyd Parker	38.45m	09/10	Under 20	Michael Dunne	1.85m	99/00
Open	Jeff Hailey	41.32m	98/99	Open	Zoltan Budimcevic	2.00m	93/94
Vet 30-39	Jeff Hailey	41.32m	98/99	Vet 30-39	John Larkin	1.60m	95/96
Vet 40-49	Jeff Hailey	39.12m	01/02	Vet 40-49	Peter Collins	1.65m	90/91
Vet 50+	Voitek Klimiuk	42.19m	10/11	Vet 50+	Peter Collins	1.53m	01/02
Vet 60+	Lajos Joni	33.99m	15/16				
				<u>Long Jump</u>			
11 years	Peter Cotton	21.16m	85/86	11 years	Geoff Davies	5.30m	85/86
12 years	Nick Kelland	28.72m	08/09	12 years	David Massey	5.34m	89/90
13 years	Michael Jones	40.26m	87/88	13 years	Noah Hain	5.80m	15/16
14 years	Patrick Kelland	37.84m	08/09	14 years	Cameron Pappas	6.35m	10/11
15 years	Lloyd Parker	50.85m	07/08	15 years	Len Pearce	6.61m	06/07
Under 18	Lloyd Parker	55.19m	08/09	Under 18	Ben Cox	7.14m	11/12
Under 20	Lloyd Parker	51.48m	09/10	Under 20	Geoff Davies	7.33m	92/93
Open	Jeff Hailey	56.20m	99/00	Open	Peter Parsons	7.35m	00/01
Vet 30-39	Jeff Hailey	56.20m	99/00	Vet 30-39	Andrew Jackson	5.93m	03/04
Vet 40-49	Jeff Hailey	55.47m	01/02	Vet 40-49	Peter Collins	5.98m	90/91
Vet 50+	Andrew Atkinson-Howatt	47.73m	07/08	Vet 50+	Simon Butler-White	4.85m	12/13
Vet 60+	Lajos Joni	33.99m	15/16				
				<u>Triple Jump</u>			
11 years	Patrick Kelland	16.27m	06/07	11 years	David Massey	9.74m	88/89
12 years	David Page	17.92m	91/92	12 years	Sam Hain	10.97m	11/12
13 years	Peter Cotton	24.18m	87/88	13 years	Cameron Pappas	12.42m	09/10
14 years	Nicholas Kelland	32.36m	10/11	14 years	Cameron Pappas	13.80m	10/11
15 years	Glyn Henman	35.20m	83/84	15 years	Len Pearce	14.12m	06/07
Under 18	Paul Menin	45.44m	85/86	Under 18	Ben Cox	15.25m	11/12
Under 20	Andrew Jackson	27.52m	90/91	Under 20	Ben Cox	15.47m	13/14
Open	Jeff Hailey	41.47m	98/99	Open	Ben Cox	15.63m	15/16
Vet 30-39	Jeff Hailey	41.47m	98/99	Vet 30-39	Andrew Jackson	11.38m	03/04
Vet 40-49	Bob Bowker	40.11m	01/02	Vet 40-49	Peter Collins	12.48m	90/91
Vet 50+	Lajos Joni	46.37m	11/12	Vet 50+			
Vet 60+	Lajos Joni	43.72m	15/16				
				<u>Weight (9.08kg)</u>			
Vet 50+	Lajos Joni	14.53m	12/13	Vet 60+	Lajos Joni	15.66m	15/16

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

WOMEN (as at 31/03/16)

<u>100 Metres</u>				<u>1500 Metres</u>			
11 years	Jamie Casaclang	13.1h	00/01	11 years	Larissa West	5:15.2h	88/89
12 years	Rachael Massey	12.96	88/89	12 years	Elizabeth Cotton	5:03.18	87/88
13 years	Annaliese Gardiner	12.36	05/06	13 years	Eliza Harvey	4:52.36	14/15
14 years	Rachael Massey	12.23	90/91	14 years	Kate Spencer	4:33.28	09/10
15 years	Rachael Massey	12.15	91/92	15 years	Kate Spencer	4:30.59	10/11
Under 18	Rachael Massey	11.87	93/94	Under 18	Kate Spencer	4:28.41	12/13
Under 20	Rachael Massey	11.85	95/96	Under 20	Kate Spencer	4:20.86	13/14
Open	Rachael Massey	11.42	99/00	Open	Maxine Poor	4:19.8h	83/84
Vet 28-34	Rachael Jackson	11.96	08/09	Vet 28-34	Anne Francis	7:23.8h	88/89
Vet 35+	Rachael Jackson	12.14	11/12	Vet 35+	Suzanne Gore	5:19.51	08/09
				Vet 50+	Suzanne Gore	5:38.36	13/14
<u>200 Metres</u>				<u>3000 Metres</u>			
11 years	Jamie Casaclang	27.2h	00/01	11 years	Megan Cotton	12:02.7h	87/88
12 years	Jamie Casaclang	26.0h	01/02	12 years	Lisa Collins	11:27.7h	92/93
13 years	Rachael Massey	25.78	89/90	13 years	Charlotte Ryan	10:30.71	14/15
14 years	Rachael Massey	25.17	90/91	14 years	Kate Spencer	10:01.98	09/10
15 years	Jamie Casaclang	24.71	04/05	15 years	Kate Spencer	9:48.90	10/11
Under 18	Merryn Aldridge	24.65	99/00	Under 18	Kate Spencer	9:34.63	11/12
Under 20	Vicky Piggini	24.39	94/95	Under 20	Kate Spencer	9:16.49	13/14
	Merryn Aldridge	24.39	99/00	Open	Kate Spencer	9:16.49	13/14
Open	Rachael Massey	23.62	96/97	Vet 28-34			
Vet 28-34	Rachael Jackson	24.71	07/08	Vet 35+	Suzanne Gore	13:36.9h	08/09
Vet 35+	Rachael Jackson	25.48	11/12				
<u>400 Metres</u>				<u>5000 Metres</u>			
11 years	Jamie Casaclang	62.3h	00/01	Under 18	Kate Spencer	16:56.66	12/13
12 years	Jamie Casaclang	59.59	01/02	Under 20	Kate Spencer	15:32.29	13/14
13 years	Jamie Casaclang	58.51	02/03	Open	Kate Spencer	15:32.29	13/14
14 years	Eliza Harvey	57.16	15/16				
15 years	Eliza Harvey	57.54	15/16				
Under 18	Tara Millgate	55.68	01/02				
Under 20	Tara Millgate	55.88	03/04				
Open	Vicky Piggini	53.78	99/00				
Vet 28-34							
Vet 35+	Margaret Chappell	65.8h	94/95				
<u>800 Metres</u>				<u>2000 Metres Steeplechase</u>			
11 years	Larissa West	2:30.97	88/89	11 years	Elizabeth Cotton	9:35.0h	86/87
12 years	Tara Vance	2:22.58	06/07	12 years	Tara Vance	7:54.29	07/08
13 years	Eliza Harvey	2:17.69	14/15	13 years	Tara Vance	7:38.8h	07/08
14 years	Eliza Harvey	2:11.70	15/16	14 years	Lucy Polkinghorne	7:33.45	00/01
15 years	Eliza Harvey	2:15.01	15/16	15 years	Kate Spencer	6:40.92	10/11
Under 18	Kate Spencer	2:11.15	11/12	Under 18	Georgia Winkcup	6:43.31	14/15
Under 20	Kate Spencer	2:11.15	11/12	Under 20	Kate Spencer	6:36.69	13/14
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				
				<u>3000 Metres Steeplechase</u>			
				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 31/03/16)

1500 Metres Walk

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

100 Metres Hurdles

11 years			
12 years			
13 years			
14 years			
15 years	Megan Cotton	16.47	91/92
Under 18	Tara Millgate	15.19	01/02
Under 20	Rasvinder Gill	14.62	04/05
Open	Lyndall Garling	14.12	83/84
Vet 28-34			
Vet 35+			

3000 Metres Walk

11 years	Karen Hoey	16:44.4h	91/92
12 years	Natalie Cummings	18:28.0h	86/87
13 years	Natalie Cummings	17:22.0h	87/88
14 years	Carolyn Little	17:13.4h	91/92
15 years	Sarah Kelland	17:26.72	12/13
Under 18	Sharon Cummings	16:20.0h	85/86
Under 20	Sharon Cummings	16:20.0h	85/86
Open	Yvette Cotton	15:37.6h	93/94
Vet 28-34			
Vet 35+	Sue Curry	21:10.3h	89/90

200 Metres Hurdles

11 years	Megan Cotton	35.7h	87/88
12 years	Megan Cotton	34.1h	88/89
13 years	Annaliese Gardiner	32.15	05/06
14 years	Rachel Neylan	29.2h	96/97
15 years	Shannon Arnott	29.72	02/03
Under 18	Jenny Horsfield	35.8h	87/88
Under 20	Jenny Horsfield	34.2h	88/89
Open			
Vet 28-34			
Vet 35+	Margaret Chappell	37.3h	89/90

5000 Metres Walk

Under 18	Carolyn Little	30:45.0h	94/95
Open	Yvette Cotton	27:17.8h	93/94

300 Metres Hurdles

11 years			
12 years			
13 years			
14 years	Rachel Neylan	45.41	96/97
15 years	Megan Cotton	44.08	90/91
Under 18			
Under 20			
Open			
Vet 28-34			
Vet 35+	Sharon Aldridge	55.3h	94/95

80 Metres Hurdles

11 years	Kate Harvey	14.83	86/87
12 years	Alyssa Lowe	13.76	15/16
13 years	Annaliese Gardiner	12.59	05/06
Vet 35+	Sharon Aldridge	14.2h	94/95

90 Metres Hurdles

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

400 Metres Hurdles

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

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

WOMEN (as at 31/03/16)

<u>Shot Put</u>				<u>High Jump</u>			
11 years	Maddy Bergfield	8.99m	07/08	11 years	Megan Cotton	1.35m	87/88
					Portia Amy-Wilson	1.35m	14/15
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	Portia Amy-Wilson	9.44m	14/15
12 years	Julia Kelland	30.84m	13/14	12 years	Janet Gault	10.40m	90/91
13 years	Chloe Davis(400g)	35.33m	13/14	13 years	Lara Halmarick	10.07m	15/16
14 years	Chloe Davis(500g)	34.77m	14/15	14 years	Maya Leverett	11.15m	13/14
15 years	Maddy Bergfield	32.82m	11/12	15 years	Maya Leverett	11.49m	14/15
Under 18	Maddy Bergfield	34.66m	13/14	Under 18	Maya Leverett	12.25m	15/16
Under 20	Laura Cornford	45.52m	04/05	Under 20	Maya Leverett	12.25m	15/16
Open	Mary Thomas	46.98m	82/83	Open	Maya Leverett	12.25m	15/16
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	Julia Kelland (3kg)	22.14m	15/16	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 2015 – 2016

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	Eliza Harvey	2:28.6	2016
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	Adam Bruntsch	67.2	2015
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 2015 - 2016

GIRLS

BOYS

1500 Metres

Under 12	Georgia Arcus	5:20.7	2015
Under 13	Emmica Burnell-Jones	6:02.5	2004
Under 14	Charlotte Ryan	5:14.5	2014
Under 15	Charlotte Ryan	5:11.1	2015
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

1500 Metres

Under 12	Adam Bruntsch	5:00.9	2015
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	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+			

1500m Walk

Under 12	Peter Cotton	9:25.0	1985
Under 13	Grant Mitchell	9:26.0	1985
Under 14	George Davis	9:07.1	2016
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	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

80m Hurdles

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

90m Hurdles

Under 15	Jenny Horsfield	15.9	1984
Under 16	Margaret Hamilton	14.8	1984

90m Hurdles

Under 14	David Forster	15.4	1984
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100m Hurdles

Under 18	Kate Harvey	15.2	1991
Under 20			
Open	Cheryl Attenborough	19.7	1982
Vet	Linda Calder	19.7	1991

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 2015 - 2016

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	Julia Kelland	29.07m	2016
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	Chiara Lillis	23.45m	2015
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	Julia Kelland	9.49m	2016
Under 16	Maddy Bergfield	12.03m	2011
Under 18	Maddy Bergfield	13.10m	2014
Under 20	Maddy Bergfield	10.74m	2014
Open	Yvette Cotton	8.78m	1991
Vet	Helen Searle	10.46m	1991
Vet 40+	Sue Gore	6.37m	2011
Vet 50+			
Vet 60+			

Hammer

Under 12	Margaret Gault	15.54m	1991
Under 13	Kimberley Lowe	20.39m	2006
Under 14	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	Jett Tall	26.75m	2015
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+	Kern Wyman	31.22m	2015
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+	Kern Wyman	10.93m	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	Jett Tall	22.90m	2015
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+	Kern Wyman	26.84m	2015
Vet 50+	Lajos Joni	38.83m	2014

RYDE ATHLETICS CENTRE – SENIORS DIVISION

CENTRE RECORDS 2015- 2016

GIRLS

High Jump

Under 12	Portia Amy-Wilson Chiara Lillis 2015	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 Sharon McConkey	1.50m 1.50m	1987 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 Ben Cox	1.75m 1.75m	2008 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	Noah Hain	11.81m	2016
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 2015 - 2016

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