

**RYDE
ATHLETICS
CENTRE
INCORPORATED**



**2004/2005 SEASON
ANNUAL REPORT**

RYDE ATHLETICS CENTRE INCORPORATED

ABN: 99 850 553 401

2004/2005 SEASON – ANNUAL REPORT

Ryde Athletics Centre Incorporated - formed in 2000

LIFE MEMBERS

Sharon Aldridge	Nancy Atterton	Bruce Brown
Margaret Chappell	Alain Corne	Diane Corne
Phil Cossell	Lynette Cox (née – Hill)	Bob Crawford
Lorraine Crews (née – Morgan)	Dorothy Cubban	Margaret Davies
Merv Davies	Sharon Dewar (née – Read)	Tony Fernandes
Miriam Fogliani (née – Spitteler)	Ross Forster	Peter Graham
Warren Gray	Kurt Hansen	Andrew Jackson
Rachael Jackson (née – Massey)	Adrienne Kinna (née – Bouffler)	Glen McCarthy
Suzette McFarlane (née – Sames)	Yvonne Melene (née - Godfrey)	John Mills
Roslyn Mitchell (née – Cramp)	Betty Moore	Coral Read (née – Hellyer)
Julie Reynolds	Judy Scott (née – Murray)	Rita Shield
Gaye Shuttler (née – Woolley)	Desleigh Spitteler	Reg Tarte
Mary Thomas	Ian Trimble	Ruth Trimble
Glyn Whalan	Colleen Wilson (née – Hill)	Kay Williams

PATRON

Betty Moore

PUBLIC OFFICER

David Lewis

DIRECTORS

Ross Forster
Ian Trimble

Ann Arnott
Keith Johnson

Phil Cossell

SENIORS REPORT

COMMITTEE MEMBERS – Seniors

PRESIDENT	Ros Mitchell
VICE PRESIDENTS	Bruce Brown
SECRETARY	Ann Arnott
TREASURER	Ross Forster
REGISTRAR	Roma Devjak
RACE SECRETARY	Ross Forster
MALE CAPTAIN	Will Devjak
FEMALE CAPTAIN	Tara Milgate
PUBLICITY	Ross Forster
A.N.S.W. DELEGATES	Ros Mitchell
	Bruce Brown
A.N.S.W. CO-DELEGATES	Janelle Eldridge
	Betty Moore
NORTHERN ZONE DELEGATE	
COACHING CONVENER	Ross Forster
SOCIAL ACTIVITIES	Ros Mitchell
	Roma Devjak

COMMITTEE MEMBERS - JUNIORS

PRESIDENT	Ron Daniel
VICE PRESIDENT	Keith Johnson
SECRETARY	Karen Lowe
TREASURER	Margaret Atkinson, Phil Cossell
REGISTRAR	Ian Trimble, Kate Kelland
CHAMPIONSHIPS	Bernadette McGuire
AGE MANAGERS	Katrina Hausia
PUBLICITY	Colin Dagwell
RESULTS	Mick Ross, Liz Locke, Sally Dillon, Dave Marshall
OFFICIALS	Jack Padovan
TRACK and FIELD	Peter Peters
	(Track) David Lewis
	(Throws) Julie Reynolds, Charlie Parker
	(Jumps) Bernadette McGuire
	(HJ & Throws) Bob Crawford
COACHING	Doug Russell
EQUIPMENT	(vacant)
CANTEEN	Phil Cossell, Margaret Atkinson, Angela Chan
FIRST AID	Girvan Malcolm
DELEGATES	Julie Reynolds
	Glyn Whalan
	Anne Masing
DUNBAR PARK IMPROVEMENTS	Paul Ranjitkumar
SOCIAL ACTIVITIES	Julie Reynolds
UNIFORMS	Karina Tumminello

SENIORS REPORT

AGE MANAGERS AND ASSISTANTS – JUNIORS

TINY TOTS	Pauline Condon		
UNDER 6 BOYS	Christine Steven	Josephine & Lorenzo Casasanta	
UNDER 6 GIRLS	Jennifer Jenkins	Lesley Waters	
UNDER 7 BOYS	Angelo Blasonato		
UNDER 7 GIRLS	Robert & Mira Jukic	Sue Haggarm	
UNDER 8 BOYS	Marcus Ham		
UNDER 8 GIRLS	Patrick McConnell	Paul Mila	
UNDER 9 BOYS	Michael Blasonato	Glenn Gallagher	
UNDER 9 GIRLS	Michael Hill		
UNDER 10 BOYS	Daniel Racine		
UNDER 10 GIRLS	Jenny Rogers	Gail O'Loughlin	Robert Jones
UNDER 11 BOYS	Mark Rosenberg	Sabastian Raco	
UNDER 11 GIRLS	Doug Russell	Sue Vance	
UNDER 12 BOYS	Peter Colsell		
UNDER 12 GIRLS	Karen Oliver		
UNDER 13 BOYS	Robyn Dagwell		
UNDER 13 GIRLS	Andrew Francis		
UNDER 14/15 BOYS	Julian Morris		
UNDER 14/15 GIRLS	Jen Johnson		

CAPTAINS - JUNIORS

BOYS	Antonio Morris
GIRLS	Sally Johnson

SENIORS REPORT

DIRECTOR'S REPORT:

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

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

With our affiliations to Little Athletics NSW and Athletics NSW the Centre has much to offer and we can be proud of our tiny tots to veterans approach. In the reports you will see how athletes under 12 to under 18 can bridge between the two divisions and take advantage of the huge variety of competition that is available. To keep the momentum of our integration going your directors will be working with the committees of both divisions in the forthcoming year to reinforce the benefits of our one centre approach.

The website initiative that has arisen from the Junior division will mean that for the forthcoming season the whole Centre will be able to benefit from the web. This development has the potential to tap significant interest in both our Centre and the sport and promises to be a great facility for us all.

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

Keith Johnson, Phil Cossell, Ross Forster, Ann Arnott, Ian Trimble.
Directors/Commissioners.

SENIORS REPORT

TREASURER (Seniors):

Senior Division accounts for the season 2004/2005

Income

Registrations	\$3,906.50
Uniforms	\$490.00
Bank Interest	\$8.52
Donations	\$1,309.00
Profit on Canberra trip	\$8.95

Expenditure

ANSW Affiliation & Insurance	\$333.00
Registrations	\$2,748.50
Uniforms	\$210.00
Coach's Insurance	\$60.00
Ribbons & Trophies	\$598.16
Training Equipment	\$78.30
Athlete Donations	\$400.00
Competition Fees	\$260.00

Total Income

\$5,803.97

Total Expenditure \$4,687.96
Plus Net Income \$1,116.01
\$5,803.97

Bank Statement Reconciliation:

Bank Statement -31/03/04	\$3,836.85
Less last year's unrepresented cheques	\$85.00
Plus Net Income	\$1,116.01
Plus unrepresented cheques this year	\$260.00
Bank Statement- 31/03/05	\$5,127.86

Uniform Stock:

Uniform stock as at 31/3/2005

2 x 9808 (Ladies' Tops – Sizes 10 & 14)

4 x 9856 (Men's' Singlets – Sizes 12[2], 14 & 18)

Donations to Athletes:

Laura Cornford	\$200.00
Tara Millgate	\$200.00
	\$400.00

Ross Forster
Treasurer (Seniors).

SENIORS REPORT

TREASURERS REPORT (Juniors):

At the outset I would like to thank Phil Cossell for his assistance at the beginning of the year, ensuring smooth sailing for my first year as Treasurer. With the building of the storage shed behind us, the committee felt it deserved a bit of a rest, so we set a conservative budget, with the intention that we would have sufficient funds at the end of the year to get us off to a good start next year. It is therefore a great pleasure to see that we exceeded our expectations.

Having kept registration fees and uniform prices at last year's level, we were fortunate to have an increase in registrations, producing a net \$3,103 over budget. We also received unexpected funds from our participation in the McDonald's TV promotion of Little Athletics and an increase in the number of schools hiring our equipment – a combined net income of \$3,068.

On the other side of the balance sheet, we kept to the budget very well, spending less than expected. It should be noted that expenditure for trophies of approximately \$4,000 will come out of next year's accounts so our total expenditure is expected to be approximately \$2,134 less than budgeted.

With these things combined, this gives us a very healthy start to the 2005/2006 season of about \$25,000. I would like to thank the committee members for assisting in the responsible financial management of the club throughout this year.

Thank you to all the children who gave up their time and to Anne Masing, in particular, for organising them to participate in the filming of the McDonalds promotion. A lot of new families contacted us following the airing of the commercial. Thank you once again to Ryde-Eastwood Leagues Club for their donation towards our trophies and for the provision of our meeting room every month at no charge.

SENIORS REPORT

Junior Division accounts for the season 2004/2005

<u>Income</u>		<u>Expenditure</u>	
Registrations	\$31,728.00	Registrations	\$14,625.00
Uniforms	\$9,440.00	Uniforms	\$8,655.75
Canteen	\$9,643.00	Canteen	\$8,586.35
BBQ	\$9,874.39	BBQ	\$4,742.91
60 Metre Dash Entry fees	\$128.00	Advertising	\$329.12
2nd hand uniform donations	\$65.00	Bus Hire State Relays + Grudge Cup	\$530.00
Credit interest (bank)	\$93.26	Committee Meeting Refreshments + Catering	\$480.77
Donations	\$1,407.59	Committee Socials	\$200.00
Equipment Hire	\$1,660.00	Competition Fees	\$646.00
Ryde Games Registrations	\$627.75	Computer System	\$15.94
		Conference Attendance	\$700.74
		Courses	\$260.00
		Equipment (Capital)	\$3,194.40
		Equipment (Consumables)	\$437.86
		First Aid (cancelled cheque from 2003/4)	-\$116.00
		Hall Hire	\$255.00
		Hire of Dunbar Park	\$1,293.00
		Hiring Deposits	\$500.00
		Postage	\$214.25
		Printing & Stationery	\$2,674.44
		Ribbons & Trophies	\$1,568.40
		Sundry Expenses	\$511.80
		Total Expenditure	\$50,305.73
		Plus net income	\$14,361.26
			\$64,666.99
Total Income	\$64,666.99		

Canteen & BBQ

<u>Event</u>	<u>Canteen</u>	<u>BBQ</u>	<u>Total</u>
Coca Cola Rebate	\$344.30		\$344.30
Ryde Games	\$387.25	\$670.65	\$1,057.90
21 Saturday mornings	\$8,911.45	\$9,203.74	\$18,115.19
Total takings	\$9,643.00	\$9,874.39	\$19,517.39
Less costs	-\$8,586.35	-\$4,742.91	-\$13,329.26
Total profit	\$1,056.65	\$5,131.48	\$6,188.13

SENIORS REPORT

Bank Statement Reconciliation:

Bank statement as at 01/04/04	\$19,192.09
less last year's unrepresented cheques	-\$4,811.75
plus last year's unrepresented deposits	\$688.80
plus net income	\$14,361.26
plus unrepresented cheques this year	\$202.86
less unrepresented deposits this year	-\$370.00
gives bank statement 31/03/05	\$29,263.26

Available funds

Bank statement 01/04/05	\$29,263.26
Less unrepresented cheques	-\$202.86
Plus unrepresented deposits	\$370.00
Gives funds available to start next season	\$29,430.40

Uniform Stock:

Uniform stock as at 31/3/2005	\$3,130.88
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Canteen Stock:

Drinks	\$757.30
Lollies	\$420.84
Total stock on hand	\$1,178.14

Canteen Equipment:

(Replacement value)	\$2,868.78
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Donations Received:

Ryde-Eastwood Leagues Club	\$250.00
McDonalds	\$1,113.64
2nd Hand Uniforms	\$65.00
Abbey Digital	\$13.95
	\$1,442.59

Margaret Atkinson
Treasurer (Juniors)

SENIORS REPORT

22 High Street
Wyee Point NSW 2259

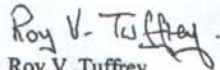
19th April 2005

The Directors & Members
Ryde Athletics Centre

AUDIT CERTIFICATE

I have examined the financial statements of the Ryde Athletics Centre for the period 1st April 2004 to 31st March 2005.

In my opinion the accounts fairly represent a true and fair view of the financial situation of the organization as at 31st March 2005.


Roy V. Tuffrey
Chartered Accountant
B.Comm., MIIAA

SENIORS REPORT

PRESIDENT:

Our 2004/2005 season has been very busy with some excellent results. Ryde senior athletes have once again shown their dedication to their athletics by producing some great performances.

It was pleasing to see many of our Ryde athletes competing in the local competition as well as in the Allcomers and State Championships. This season there were many grounds for the local Saturday competition, being either Homebush, Bankstown, Blacktown or Narrabeen. We had athletes and Officials helping at most of these venues.

Again our athletes have achieved many successes in the State & National Championships, Grand Prix Meets, Relay, ACT, Masters and School Championships (State & National).

Some of our successful athletes are as follows (the full results will be found in Ross Forster's excellent Competition Report):

Amy Winters, our AWD Olympian world record holder, competed in the Paralympics in Athens in 2004, creating a new world record in the 200m AWD event in winning a gold medal, and a gold medal in the 100m AWD event. Congratulations Amy! Amy also competed for the club in the ANSW relays and in the Australian Open Championships and Grand Prix meets.

Jamie Casalang has excelled herself in winning all her events in her School, Zone and Regional Carnivals to qualify for the NSW C.H.S Carnival in 5 events; 100m, 200m, 400m, 4 x 100m, 90m Hurdles. From this, she went on to compete at the NSW All Schools Carnival where she qualified to compete in the 100m, 200m, 4 x100m at the Australian All Schools. At this Carnival she won gold in the 4 x100m relay and silver in the 100m & 200m. Jamie has also represented Australia in the Olympic Youth Festival where she received a gold medal as a member of the 4 x 400m relay and a silver medal in the 4 x 100m relay. She also competed in the 100 & 200m. For further successes see Ross Forster's Competition Report. Congratulations Jamie.

Both Amy and Jamie also were honoured by the TWT local newspaper as receiving Sports Star of the Month awards.

Laura Cornford who is only 16yrs, has competed in many Championships, some against many her senior, and has performed extremely well. Laura won a silver medal in the ANSW Championships in the Open Javelin and then went on to compete at the Australian Championships in the Open Javelin. Laura has competed in the ANSW U18 Championships where she won a gold medal in the Javelin with a personal best throw and has also represented Australia in the C team at the Olympic Youth Festival and winning a silver medal in the Javelin.

Not to be outdone by our younger athletes, our Masters Athlete, Andrew Atkinson-Howatt has won many gold, silver and bronze medals in his events at various Championships. The events are Hammer, Shot Putt, Discus, Javelin and Weight Throw. With his expertise he has also been one of our coaches and passed on his skills to many of our younger athletes. Thank you Andrew.

Other successful athletes have been, Tara Millgate in the 400m Hurdles in Australian University Games, NSW Open Championships & Australian Open Championships, Nick Walker in the 17+ Boys 1500m in the NSW CCC Championships, Bridgett Oakley in the 15yrs 200m NSW All Schools and Rasvinder Gill in the 100m Hurdles Australian University Games.

We have a tradition in our club, that is, that we have supplied Officials to every City to Surf Run since its inception, thanks to the leadership of Bruce Brown. I would like to thank Bruce and all the athletes and family members who have helped the club raise money this way. We have also raised money through helping out at Rugby Union games at Homebush.

The Club always enjoys competing together as a club and a successful time was had by all at the recent ACT Championships where athletes won many medals and had a good time as well. Thank you to Ross Forster for organising this event.

SENIORS REPORT

Another great social event and sporting event on our calendar is the Club Championships held at Dunbar Park on a Sunday where athletes compete to break club records and have a great time. Thank you to all the Junior Club members and their families for all their help with this event.

Last but not least I would like to thank all the coaches for their dedication to our athletes, for without Ross Forster, Andrew Jackson, Guy Cassarcus and Andrew Atkinson-Howatt, our athletes would be lost. Also thank you to our Committee; Ann Arnott - Secretary, Bruce Brown - Vice President, Ross Forster - Treasurer and Race Secretary, Roma Devjak - Registrar and anyone else who has helped the club over the last season.

To all the athletes, keep up the good work, train hard and see if you can better your times by being dedicated to your particular event.

Ros Mitchell
Centre President (Seniors).

REGISTRAR:

This year showed an increase in members from previous years. We rose from a total of 45 last year to 52 this year.

Breakdown of our membership this year is as follows:-

<u>Classification</u>	Male	Female	Total
Athletes	17	20	37
Masters	3	0	3
Officials	<u>5</u>	<u>7</u>	<u>12</u>
Totals	25	27	52

Roma Devjak
Registrar (Seniors).

COACHING:

Once again training during the winter was conducted at both Dunbar Park and at Rotary Park, Chatswood with my self as coach. Although it is often cold during winter the effort of training during this period sets up a substantial base for the summer competition.

Summer training was conducted at Dunbar Park, Marsfield on Monday, Tuesday and Thursday evenings with the additional Sunday morning session with Ross, and again at Parramatta and Homebush with Andrew Jackson in attendance.

Our athletes again performed extremely well at the 'Rams' Club Premiership, All Comers and Invitational meets held at the Sydney Olympic Park Athletics Centre, Homebush. In addition we had athletes compete at the Olympic Youth Festival, the Telstra Grand Prix Meets and various State and Australian Titles.

Ross Forster
Coach (Seniors).

SENIORS REPORT

COMPETITION:

1. Australian Masters Championships

The Australian Masters Championships were held in Melbourne over the Easter weekend from Friday, 9th April to Monday, 12th April, 2004. Our Centre had 1 competitor there.

Andrew Atkinson-Howatt finished 2nd in his Age Group (45 – 49 years) in the Shot Put with a best throw of 8.31 metres. In his Javelin event Andrew won the gold medal with a throw of 42.89 metres. The Hammer Throw saw Andrew finish in 3rd place with his throw of 24.21 metres. The Weight Throw event saw Andrew win the gold medal with his throw of 8.67 metres. In his Discus event Andrew finished 2nd with a throw of 25.95 metres. In the Weight Pentathlon event Andrew finished with the silver medal. Andrew's individual efforts were as follows:

Hammer Throw	25.32 metres	– 350 points
Shot Put	8.55 metres	– 456 points
Discus	25.67 metres	– 405 points
Javelin	41.32 metres	– 600 points
Weight Throw	7.77 metres	– 402 points
		2213 points

Thus Andrew finished with 2 gold, 3 silver and 1 bronze medal.

2. IGSSA Athletics Championships

Laura Cornford was our sole competitor at the I.G.S.S.A. Carnival held on Friday, 18th June. Laura won the Intermediate Age Championship with her score of 28 points. She won both the Discus and Javelin events setting new I.G.S.S.A. records in the process. In the Javelin event Laura had a personal best throw of 44.30 metres, whilst her personal best throw of 36.15 metres in the Discus also broke a 10 year old I.G.S.S.A. Record. In the Intermediate Shot Put Laura finished 2nd with a throw of 10.51 metres.

3. Zone Secondary Schools Carnivals

Jamie Casacang won the 90m hurdles (15.4 secs), 100 metres (12.6 secs), 200 metres (26.7 secs), 400 metres (60.8 secs), 800 metres (2 mins 36.1 secs), the invitation 100 metres (12.6 secs) and the relay (55.0 secs). Jamie won the Age Championship in her age group.

Rhiannon Atkinson-Howatt won the 16 years Girls 100 metres in 13.9 secs, the 200 metres in 28.6 secs and the Javelin with a throw of 23.50 metres. Rhiannon finished 2nd in the Shot Put with her throw of 7.80 metres.

Shannon Arnott won the 17 years Girls 100 metres (12.9 secs), 200 metres (28.1 secs), 400 metres (63.0 secs), shot put (7.80 metres), long jump (4.89 metres), triple jump (9.65 metres) and finished 5th in the Discus with a throw of 18.40 metres. Shannon won the Age Championship in her age group.

Amy Perrett recorded wins in the 15 years 200 metres (28.1 secs), the 400 metres (64.5 secs), the Discus (21.88 metres), the Triple Jump (9.13 metres) and in the Long Jump (4.45 metres). Amy finished 2nd in the 100 metres and in the Javelin event. Amy won the Age Championship in her age group.

SENIORS REPORT

4. Sydney North Regional Secondary Schools Carnival

The Sydney North Regional High Schools Carnival was held at Sydney Olympic Park Athletic Centre over the two days 5th & 6th August, 2004. Our Centre had a total of 5 competitors there.

Shannon Arnott had a very successful carnival in which she qualified for the NSW Combined High Schools Carnival in 5 events. Shannon's win came in the Long Jump (4.73 metres) and she finished 2nd in the Triple Jump (10.02 metres). In the 100 metres Hurdles Shannon came 2nd in a time of 16.5 seconds, the 200 metres saw another 2nd (28.2 seconds) and a further 2nd placing came her way in the 400 metres (62.2 seconds). Shannon also finished in 4th place in the 100 metres (13.7 seconds) and placed 9th in the Shot Put with her throw of 7.72 metres.

Rhiannon Atkinson-Howatt finished 4th in the Javelin with her best throw of 27.42 metres and was 7th in the Discus with a throw of 21.67 metres. In her 200 metres Shannon finished in 8th place in her heat with a time of 29.5 seconds. In the Shot Put Rhiannon finished in 8th place with her throw of 7.59 metres.

Jamie Casaclang had an excellent carnival in which she qualified for the NSW Combined High Schools Carnival in 5 events. Jamie recorded wins in the 15 years Girls 100 metres (12.3 seconds in her heat and 12.5 seconds in the final), the 200 metres (26.1 seconds), the 400 metres (59.9 seconds) and was the final leg runner in the 4 x 100 metres from Cheltenham Girls High in a time of 52.5 seconds. In the 90 metres Hurdles Jamie finished 2nd in a time of 15.1 seconds. In the 800 metres Jamie finished in 8th place with her time of 2 mins 38.9 secs. Jamie was the Age Champion for her age group.

Amy Perrett finished 6th overall in the 15 years girls 100 metres (13.6 seconds), 4th overall in the 200 metres (27.9 seconds), 4th in the 400 metres (63.4 seconds) and 4th in the Long Jump (4.71 metres). In the Discus Amy finished in 7th place with her throw of 19.72 metres and also competed in the Javelin and Triple Jump event in which she finished in 8th place with her jump of 9.00 metres. Amy finished in 2nd place in the Age Championship.

Tania Padovan finished 2nd in the final of the 14 years girls 100 metres (13.2 seconds) to advance to the NSW Combined High Schools Carnival in this event and was the final leg runner in the Forest High Relay team which also qualified for the NSW Combined High Schools Carnival in a time of 53.00 seconds. In the 200 metres Tania finished 3rd overall (28.1 seconds) to just miss qualification for that carnival. In her Long Jump event Tania finished 5th (4.57 metres).

5. City to Surf

The following Club members officiated at the Medal Gates for the City to Surf on Sunday, 8th August, 2004:

Andrew, Braden and Rhiannon Atkinson-Howatt, Ann Arnott, Bronwyn Aspinall, Bruce Brown, Jamie Casaclang, Kelly Debattista, Vic and Will Devjak, Ross Forster, Diane, Christian and Tara Millgate, Amy and Paul Perrett, Ben, Karina and Megan Tumminello.

6. Springwood Winter Throwing Championships

At the Springwood Winter Throws Championships held on Sunday, 22nd August Andrew Atkinson-Howatt achieved the following results:

Weight Pentathlon – 2,242 points. This total was made up of Hammer – 26.26 metres, Shot – 8.42 metres, Discus – 25.59 metres, Javelin 42.05 metres and Weight – 7.88 metres.

In the individual throwing events Andrew's distances were as follows:

Hammer – 26.58 metres, Shot – 8.50 metres, Discus – 25.98 metres, Javelin – 43.17 metres and Weight – 7.88 metres.

SENIORS REPORT

7. C.G.S.S.A. Championships

At the C.G.S.S.A. Carnival held at Homebush on Friday, 3rd September our Centre had 1 competitor.

Alyssa Ross won her heats of the 13 years Girls 100 & 200 metres events in times of 13.48 secs & 27.70 secs respectively. In her 100 metres final Alyssa won again and improved her time in recording a personal best performance of 13.27 seconds. In winning the 200 metres final Alyssa repeated her time in the heat i.e. 27.70 seconds. In the Shot Put Alyssa finished in 4th place with her throw of 7.72 metres. In the Javelin event Alyssa also finished in 4th place. Alyssa now progresses to the NSW Combined Catholic Colleges Championships to be held on Friday, 17th September, 2004 at Homebush.

8. NSW Combined High Schools Championships

At the NSW Combined High Schools our Centre had a total of 6 athletes competing over the three days of this Carnival (9th – 11th September).

Jamie Casacang won her heat of the 15 years Girls 100 metres in a time of 12.77 seconds into a 1 metre headwind. Jamie's relay team proceeded through to the final after finishing 2nd in their heat in a time of 51.85 seconds. In the Relay final Jamie's team won the silver medal in a time of 51.09 seconds. In her heat of the 200 metres Jamie clocked a personal best time of 25.42 seconds (-0.0 wind) to lead the qualifiers into the final. In the 200 metres final Jamie clocked another personal best time of 25.40 seconds (0.6 metres/sec tailwind) to win the gold medal in this event. The 100 metres final saw Jamie claim the bronze medal with her time of 12.69 seconds (headwind of 0.4 metres/sec). Thus Jamie won a complete set of medals at these Championships.

Tania Padovan finished 4th in her heat of the 14 years Girls 100 metres in a time of 13.48 seconds into a headwind of 2.5 metres/sec. Tania's relay team finished 2nd in their heat of the 4 x 100 metres event in a time of 52.41 seconds to proceed to the final. The Relay final saw Tania's team win the silver medal with their time of 51.99 seconds.

Shannon Arnott finished 3rd in her heat of the 17+ years Girls 400 metres event in a time of 61.24 seconds and proceed through to the final. In the 400 metres Hurdles final Shannon won the silver medal with her time of 67.81 seconds. Shannon had a tremendous battle down the home straight to pip the 3rd placegetter by 1/100 sec. In her heat of the 100 metres Hurdles event Shannon qualified for the final with her time of 16.71 seconds, which placed her in 4th position. In the Hurdles final Shannon finished in 6th place in a time of 15.98 seconds (tailwind of 2.6 metres/sec). In the final of the 400 metres Shannon finished in 8th place with her time of 62.74 seconds. The Long Jump saw Shannon finish in 8th place with her best leap of 4.79 metres. In the Triple Jump Shannon's best leap of 9.77 metres was good enough to secure another 8th placing.

9. NSW Combined Catholic Colleges Championships

At the NSW Combined Catholic Colleges Championships held at Homebush on Friday, 17th September we had a total of 6 athletes competing.

Nick Walker, who has only recently joined our group, led the 17+ Boys 1500 metres until the last 200 metres, at which point he was overtaken, but he regained the lead with 80 metres to go and went on to win his first ever gold medal at this Carnival in this event with a time of 4 mins 10.2 secs.

Alyssa Ross won silver medals with her runs in the 13 years Girls 100 metres and 200 metres events. In her 200 metres Alyssa took over a ½ second off her previous best time in this event to win a silver medal in a time of 27.24 seconds (tailwind of 0.4 metres/sec). Alyssa produced a time of 13.46 seconds to again win the silver medal in her 100 metres event (tailwind of 0.6 metres/sec).

Mua Morris won the first of his two bronze medals at this carnival in the 15 years Boys 100 metres Hurdles event in a time of 15.00 seconds. Mua's 2nd bronze medal came in the Discus when he took out 3rd place with his throw of 42.68 metres. In his Shot Put event Mua finished 6th with his best throw of 12.42 metres.

SENIORS REPORT

Brett Jovanovich won his heat of the 16 years Boys 200 metres in a personal best time of 23.94 seconds. Brett's time placed his equal 5th in this event.

Olivia McConnell finished 9th in the 13 years Girls Discus event with her throw of 21.45 metres.

Nikita Marokakis finished in 16th place overall in the 16 years Boys 200 metres event in a time of 24.63 seconds.

10. G.P.S. Combined Athletics Championships

At the GPS Annual Combined Athletics Championships held at Homebush on Saturday, 18th September our Centre had 1 athlete competing there.

Ben Tumminello recorded a personal best time of 2 mins 21.91 secs in finishing in 3rd place in the Division 1 13 years Boys 800 metres event.

11. Paralympics – Athens, 2004

At the Paralympics in Athens on 21st September **Amy Winters** clocked 12.64 seconds (a season's best performance) in her heat of the T46 100 Metres event. On the 22nd September Amy won the final in a time of 12.50 seconds (only 1/100 sec. off her own World Record she had set in Germany some 5 years ago). Thus Amy has successfully defended the title she won in Sydney 4 years before. Amy will be competing in the 200 metres later in the week where she would love to repeat her gold medal performances from Atlanta and Sydney in this particular event. In her heat of the 200 metres Amy broke the World Record of 25.84 seconds when she won the first heat in a time of 25.77 seconds only to see her record go some 3 minutes later when Anna Szymul from Poland recorded 25.69 seconds in winning her heat, thus setting up a tremendous final. In the final both runners again lowered the World Record with the victory going to Amy in a World Record time of 25.54 seconds.

12. NSW Combined Independent Schools Championships

At the Combined Independent Schools Carnival held at Homebush on Thursday, 23rd September we had 1 competitor at these Championships.

Bridget Oakley won the 15 years Girls 200 metres event in a time of 26.12 seconds to break the existing C.I.S. record. She then followed up this victory with another win, this time in the Long Jump, where her best leap of 5.28 metres secured her victory by over a quarter of a metre.

13. Australian University Games

At the Australian University Games in Perth our Centre had two athletes competing there.

Tara Millgate won her heat of the 400 metres event in a time of 56.64 seconds to be the fastest qualifier to the final. In her 400 metres Hurdles heat Tara again won her heat and once again was the fastest qualifier for the final with her time of 62.98 seconds. Unfortunately, the finals will only be 35 minutes apart. Tara won the 400 metres Hurdles final in a personal best time of 60.41 seconds. Tara's time in the 400 metres Hurdles event now sees her as the new Record Holder in this event. In the 400 metres final Tara finished 3rd in a time of 55.90 seconds – a tremendous performance.

Rasvinder Gill won her heat of the 100 metres Hurdles event in a time of 14.87 seconds. In the final Ras won the gold medal in a time of 14.62 seconds (headwind of -0.8 metres/sec). In the 3 relay events (4 x 100m, 4x 400m & Medley Relay) Ras helped A.C.P.E. to 4th place in each of the relays. In the 100 metres heat Ras qualified for the final with her time of 12.77 seconds (headwind of -0.6 metres/sec). In the final Ras finished 6th in a time of 12.73 seconds, whilst in the 200 metres Ras qualified for the final with her heat time of 25.94 seconds (tailwind of 1.4 metres/sec). The final saw Ras finish in 7th place in a time of 26.28 seconds (headwind of -1.9 metres/sec).

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14. Australian Winter Throwing Championships

The Australian Winter Throwing Championships were held in Canberra over the long weekend in October.

At the Australian Winter Throwing Championships held in Canberra over the weekend of 2nd and 3rd October Andrew Atkinson-Howatt returned to Sydney with 2 gold, 1 silver and 3 bronze medals in his age group.

Andrew's 1st gold medal came in the Weight Pentathlon where he achieved a number of personal best performances. His individual performances in this event are as follows:

Hammer	Javelin	Shot Put	Discus	Weight	Points
26.94m	39.60m	8.41m	29.15m	8.17m	
(381)	(568)	(447)	(476)	(429)	2301

In his individual events Andrew won the gold medal in the Javelin event with a best throw of 40.71 metres. In the Discus Andrew threw 29.35 metres to win a silver medal whilst he won bronze medals in the Heavy Weight Pentathlon event (2006.2 points), the Hammer (26.97 metres) and the Weight (8.07 metres).

15. NSW All Schools Championships

The NSW All Schools Championships - Seniors were held over the weekend of 9th & 10th October at Homebush. Our Centre had 3 competitors there.

Laura Cornford, who is recovering a broken bone in her foot, was still able to throw 36.76 metres to win the 16 years Girls Javelin event.

Shannon Arnott finished 5th in the 17 years Girls, 100 metres Hurdles event, in a time of 17.13 seconds (headwind of -1.1 metres/sec).

Brett Jovanovich finished 6th in his heat of the 16 years Boys 110 metres Hurdles event in a time of 17.70 seconds (headwind of -1.5 metres/sec). In his 200 metres heat Brett finished in 6th place in a time of 24.07 seconds (tailwind of 1.8 metres/sec). In his Long Jump event Brett finished in 10th place with his best leap of 5.83 metres assisted by a 0.6 metres/sec tailwind.

The Junior section of the NSW All Schools Championships was held at Homebush over the weekend of 16th & 17th October, 2004. Our Centre had a total of 6 athletes competing there.

Jamie Casaclang won her heat of the 15 years Girls 200 metres event in a time of 25.50 seconds (headwind of -1.8 metres/sec) to be the fastest qualifier for the final. In the final Jamie ran a personal best time of 25.06 seconds (tailwind of 0.3 metres/sec) to win her 1st ever gold medal at these Championships. Jamie has again qualified for the Australian All Schools in this event. On the Sunday Jamie was again the fastest qualifier for the final after winning her heat of the 100 metres in a time of 12.56 seconds (tailwind of 1.3 metres/sec). In the final Jamie took out the double by winning in a time of 12.45 seconds (tailwind of 2.9 metres/sec).

Bridget Oakley won her heat of the 15 years Girls 200 metres event in a time of 26.33 seconds (headwind of -0.7 metres/sec) to be the 4th fastest qualifier for the final. In the final Bridget achieved a personal best time of 25.54 seconds to finish in 2nd place behind Jamie. This run qualified Bridget for the Australian All Schools to be held in Sydney during December. On Sunday Bridget won her heat of the 100 metres in a time of 12.97 seconds (tailwind of 0.4 metres/sec). Bridget finished 4th in the final in a personal best time of 12.63 seconds and again has qualified for the National titles in this event. The Long Jump event saw Bridget win her 1st ever gold medal at these Championships with her best leap of 5.17 metres.

It is very pleasing to report that both Jamie and Bridget have been selected in the NSW 4 x 100 metres and 4 x 200 metres Relay squads for the Australian All Schools Championships.

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Alyssa Ross recorded a time of 27.56 seconds in finishing 5th in her heat of the 13 years Girls 200 metres event. This time ranked Alyssa 12th in this event.

Nathan Smith finished in 6th place in his heat of the 15 years Boys 400 metres in a time of 59.85 seconds. In his 800 metres heat Nathan finished in 6th place with his time of 2 mins 21.14 secs. Nathan chose this Carnival to run his first Steeplechase event and finished in 11th place with his time of 7 mins 25.26 secs.

Emmica Burnell-Jones finished 7th in her heat of the 13 years Girls 80 metres Hurdles event in a time of 15.24 seconds (headwind of -1.8 metres/sec). In her long jump event Emmica finished in 15th place with her best leap of 4.18 metres. The triple jump saw Emmica finish in 14th place with her leap of 9.29 metres.

Olivia McConnell contested a number of events at these Championships. In the 13 years Girls 100 metres Olivia finished 23rd overall with her time of 15.30 seconds. The 200 metres saw Olivia finish in 24th place with her time of 32.84 seconds. In the High Jump Olivia finished equal 13th with her leap of 1.30 metres. In the Shot Put Olivia finished 16th with her best throw of 6.81 metres. Olivia again finished in 16th place in the Discus event with a throw of 19.58 metres. The Javelin event saw Olivia finish 18th with her throw of 23.65 metres.

In summarising these All Schools Championships our Centre gained 4 gold medals and 1 silver medal.

16. Ryde Centre Championships

The Ryde Centre Championships were held at Dunbar Park on Sunday, 7th November and a good time was had by all. A total of 7 records were set on the day. The new records were set by Jamie Casaclang – U/16 Girls 100 metres, Laura Cornford – U/18 Girls Discus, Nicola Jones – U/20 Women Discus, Emmica Burnell-Jones – U/13 Girls 1500 metres, Bridget Oakley – U/16 Girls Long Jump, Alyssa Ross – U/14 Girls Hammer and Damian Petrovic – U/16 Boys 400 metres.

17. NSW Relay Championships

The NSW Relay Championships were held at Homebush on Saturday, 20th November and Sunday, 21st November, 2004. Our Centre entered 8 teams for these Championships.

Our Under 20 4 x 400 metres Relay team comprising Amy Perrett, Jamie Casaclang, Tara Millgate and Tamara Cox won this event in a time of 4 mins 03.73 secs.

Our Under 16 Girls 4 x 100 metres Relay team comprising Emmica Burnell-Jones, Megan Tumminello, Sally Johnson and Olivia McConnell were unfortunately disqualified in their heat.

Our Under 20 Women's 4 x 100 metres Relay team comprising Tania Padovan, Alyssa Ross, Tara Millgate and Jamie Casaclang won the silver medal in a time of 50.37 seconds.

After a very successful 1st day of these Relay Championships the 2nd day brought even more successes.

Our Women's Open Discus Relay saw our team of Nicola Jones, Laura Cornford, Jamie Casaclang and Tara Millgate finish 4th in this event with their combined throws of 115.94 metres.

The Under 20 Women's 4 x 200 metres Relay team of Amy Perrett, Bridget Oakley, Jamie Casaclang and Tara Millgate win the gold medal with their time of 1 min 43.68 secs.

In the first heat of the Under 16 Girl's 4 x 200 metres Relay our team won the heat in a time of 1 min 45.34 secs and were the fastest qualifiers into the final.

The Open Women's 4 x 100 metres heat saw our team comprising Bridget Oakley, Tara Millgate, Jamie Casaclang and Amy Winters finish 2nd in a time of 49.55 seconds.

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In the final of the Open Women's 4 x 100 metres Relay our team improved their time from the heat to record a time of 49.02 seconds to win the bronze medal in this event. A remarkable effort considering that our team consisted of 2 15 year olds, a 19 year old and one Open competitor (albeit a 5 times Paralympian gold medallist).

The final of the Under 16 Girl's 4 x 200 metres Relay was only held some 5 minutes after the Open Women's 100 metres Relay but our girls were still able to improve their time from the heat to win in a time of 1 min 45.32 secs.

In the Under 18 Boys 4 x Long Jump Relay event we were missing one competitor but Tania Padovan jumped a foul so that the team of Brett Jovanovich, Ben Gardiner and Nathan Smith could compete and finish in 8th place with a total of 14.10 metres.

With a total haul of 3 gold, 1 silver and 1 bronze medal and a 4th placing from a total of 8 teams, these Relay Championships were an outstanding success for our Centre.

18. Australian All Schools & Youth Championships

These Championships were held at Homebush from 9th to 12th December and we had 4 athletes competing there.

Jamie Casaclang won her heat of the Under 16 Girls' 200 metres in a time of 24.86 seconds (tailwind of 0.4 metres/sec) on Friday, 10th December. In the evening Jamie was the 2nd runner in the NSW 4 x 100 metres Relay team which secured the silver medal in a time of 48.93 seconds. On the Saturday morning Jamie won her heat of the 100 metres in a time of 12.49 seconds (tailwind of 0.1 metres/sec) to be the 2nd fastest qualifier into the final. Jamie won the silver medal in the final in a time of 12.53 seconds (headwind of 0.6 metres/sec). Later in the evening Jamie joined up with her Ryde team mate, Bridget Oakley, to form half of the NSW 4 x 200 metres Relay which won the gold medal in a time of 1 min 40.88 secs. Jamie was the final leg runner in this team. On the Sunday afternoon, Jamie finished 2nd in the 200 metres final in a time of 24.83 seconds (tailwind of 1.5 metres/sec).

Laura Cornford won the gold medal in the Under 17 years Girls Javelin event with her 4th round throw of 43.92 metres. On the Saturday afternoon Laura competed in the Under 20 years Girls Javelin event and finished in 4th place with her best throw of 44.22 metres.

Bridget Oakley teamed with Jamie and was the 1st runner in the NSW Under 16 Girls 4 x 200 metres Relay team which won the gold medal in a time just a fraction more than a ½ second off the Australian Record for this event. In her 200 metres heat Bridget finished 5th in a time of 25.91 seconds whilst in her 100 metres heat she placed 7th in a time of 12.76 seconds. In both of these events Bridget ranked 10th in Australia. In the Long Jump Bridget's best jump was 4.99 metres and this gave a national ranking of 11th.

Nick Walker finished 11th in the Under 20 Boys 5000 metres event with his time of 16 mins 19.07 secs. This time is Nick's 2nd best time over this distance and was achieved despite his sitting for the Higher School Certificate this year.

The four Australian teams for the Olympic Youth Festival have been announced and both Laura Cornford and Jamie Casaclang have won selection for this prestigious event where the competition will consist of 4 Australian teams and a team from both China and New Zealand.

19. The Zatopek Meet

At the Zatopek Meet held at Box Hill in Melbourne on Saturday night, 4th December our Centre had 1 competitor there.

Laura Cornford finished 4th in the Open Women's Javelin event with her throw of 39.67 metres.

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20. NSW 10,000 Metres Championships

These Championships were held on Saturday, 8th January and we had 1 competitor.

Ray Wareham finished 2nd in the Men's 35-39 years age group in a time of 32 mins 46.88 secs. This was a particularly good run by Ray as his time placed him 8th overall in the Open event.

21. NSW Combined Events Championships

On Saturday and Sunday of 15th & 16th January the NSW/ACT/VIC Combined Events Championships were held in Canberra and we had 1 competitor there.

Andrew Atkinson-Howatt won silver medals in both the 45-49 years Outdoor Pentathlon and Weights Pentathlon events.

On the Saturday, Andrew competed in the Outdoor Pentathlon event with the following results:

Long Jump	Javelin	200 metres	Discus	1500 metres	Points
3.49 m	42.70 m	29.51 secs	27.21 m	6:08.07	
(239)	(625)	(446)	(436)	(369)	2115

The Sunday saw Andrew compete in the Weights Pentathlon event with the following results:

Hammer	Shot Put	Discus	Javelin	Weight	Points
21.43 m	8.61 m	25.53 m	39.25 m	8.03 m	
(277)	(460)	(402)	(562)	(420)	2121

22. Olympic Youth Festival

The Festival started on 19th January with an Opening Ceremony at the Super Dome at Homebush. At this Festival 1400 athletes (from 25 countries) were competing in a total of 15 Olympic sports. The Australian Athletics teams were housed at Riverview College with the International teams being housed at Macquarie University. The Australian Olympic Committee spent a total of 2.5 million dollars over the 5 days of the Festival. The Athletics section of the Australian Olympic Youth Festival was held at Homebush on the afternoons of 20th & 21st January, 2005. There were 4 Australian teams together with teams from China and New Zealand. Our Centre had 2 athletes competing at this prestigious event.

Laura Cornford, representing the Australia "C" Team in the Javelin event, threw 3 personal best throws during the competition to eventually win the silver medal with her best throw of 45.14 metres. Thus Laura led home the Australian competitors in this event, with the winner being from China.

Jamie Casacang represented the Australia "D" team in both the 4 x 100 metres Relay and the 4 x 400 metres Relay events. In the 4 x 100 metres Relay event Jamie was the final leg runner and brought her team home in 2nd place in a time of 48.26 seconds. In the 4 x 400 metres Relay event Jamie was the 3rd leg runner and her team won the gold medal in a time of 3 mins 48.21 secs. Jamie was also added to the fields in both the 100 and 200 metres events in an invitational capacity and finished in 8th place on both occasions in times of 12.60 seconds and 25.71 seconds respectively.

23. New South Wales Open Championships

The NSW Open Championships were held at Homebush from Friday evening, 11th February to Sunday evening 13th February. We had a total of 4 athletes competing at these Championships.

Laura Cornford won the silver medal in the Javelin event with her final throw of 42.25 metres. It should be noted that Laura will turn 17 later this year.

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Tara Millgate won the silver medal in the Women's 400 metres Hurdles event in a time of 61.60 seconds.

Rasvinder Gill finished in 4th position in the 100 metres Hurdles event in a time of 15.27 seconds (headwind of 1.1 metres/sec). In her 100 metres Heat Ras' just missed out on the final with her time of 12.88 seconds (headwind of 0.1 metres/sec).

Nicola Jones finished 6th in the Open Women's Discus event with her personal best throw of 37.30 metres.

24. Telstra A-Series Grand Prix Meets

A number of our athletes competed at the various meets held around Australia. The first of these meets held on the Australian East Coast was the meet held in Canberra on 5th February.

Amy Winters won the Ambulant 100 metres final in a time of 13.08 seconds (tailwind of 1.1 metres/sec).

Rasvinder Gill placed 6th in the 100 metres Hurdles event in a time of 14.56 seconds (tailwind of 1.4 metres/sec).

Tara Millgate finished 6th in the 400 metres Hurdles event in a time of 62.80 seconds.

The Telstra A-Series Grand Prix Meet held in Melbourne on Thursday evening, 17th February featured number of top athletes from around Australia including 1 athlete from our Centre.

Amy Winters won the 200 metres AWD event in a time of 26.99 sec's into a headwind of 1.4 metres/sec.

The Telstra A-Series Grand Prix Meet held in Adelaide two days later on Saturday, 19th February saw 3 of our athletes competing.

Amy Winters produced a time of 27.50 sec's into a headwind of 2.1 metres/sec in the Women's AWD 200 metres event.

Rasvinder Gill finished 4th in the Open Women's 100 metres Hurdles event in a time of 15.11 seconds (headwind of 1.9 metres/sec).

Laura Cornford finished 3rd in her event – the Open Women's Javelin with her throw of 44.74 metres. This is Laura's 2nd best throw in competition.

25. New South Wales Masters Championships

The New South Wales Masters' Championships were held at Homebush from 26th to 27th February, 2005 and we had 1 competitor there.

Andrew Atkinson-Howatt finished 4th in his division of the Weight Throw with his only throw of 7.44 metres. In his Discus event Andrew finished 3rd with a throw of 28.43 metres. Andrew gained a further bronze medal in the Hammer Throw event with his best throw of 27.31 metres. In the Javelin event Andrew won the gold medal with his only throw of 39.68 metres.

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26. NSW Masters Weight Pentathlon Championships

The NSW Masters Weight Pentathlon Championships were held on 6th March, 2005.

Andrew Atkinson-Howatt was our sole competitor at these titles and he finished 5th in his age group.

Hammer	Shot Put	Discus	Javelin	Weight	Points
28.29 m	8.45 m	29.08 m	37.73 m	8.32 m	
(407)	(450)	(475)	(535)	(439)	2306

27. Australian Open Championships

At the Australian Open Championships held at Homebush from Friday, 4th March to Sunday, 6th March our Centre was represented by 4 athletes.

Amy Winters won the Ambulant 100 metres final in a time of 12.63 seconds (headwind of 1.1 metres/sec). In the 200 metres Amy finished 2nd with her time of 26.29 seconds assisted by a tailwind of 1.5 metres/sec.

Tara Millgate qualified for the final of the Women's 400 metres Hurdles event when she finished 4th in Heat 1 in a time of 62.15 seconds. In the final Tara was unfortunately disqualified when she failed to negotiate the fifth hurdle.

Rasvinder Gill finished 4th in the final of the Women's 100 metres Hurdles event in a time of 14.65 seconds assisted by a tailwind of 0.7 metres/sec.

Laura Cornford finished 7th in the Women's Javelin event with her best throw of 43.98 metres. This distance was just outside her personal best throw.

In summarising Ryde's results at these Championships it is pleasing to state that our four girls all made the finals of their respective events and we finished with 1 gold medal, 1 silver medal and a 4th & a 7th placing.

28. Australian Capital Territory Championships

Once again a party of 22 athletes, parents and coaches made our annual trip to Canberra for the A.C.T. Championships.

Tara Millgate placed 6th in the Open Women's 400 metres event in a time of 57.02 seconds.

Amy Perrett finished 4th in the Under 20 Women's 400 metres event in a time of 66.89 seconds. In the Under 18 Women's Shot Put Amy finished in 3rd place with her best throw of 7.25 metres. The Under 18 Women's 200 metres final saw Amy finish in 4th place with her time of 28.86 secs (headwind of 0.8 metres/sec). Amy won the gold medal in the Javelin event with her best throw of 22.81 metres.

Megan Tumminello placed 4th in the Under 18 Women's 1500 metres event in a time of 5 mins 56.70 secs. In her 800 metres event Megan finished 4th with a personal best time of 2 mins 47.14 secs.

Alyssa Ross finished 3rd in her heat of the Under 16 Women's 100 metre event in a time of 13.10 seconds (tailwind of 1.4 metres/sec). In the 100 metres final Alyssa finished in 6th place with her time of 13.22 seconds (tailwind of 0.4 metres/sec). In her Triple Jump event Alyssa finished 5th with her best leap of 9.54 metres. The 200 metres heat saw Alyssa qualify for the final with a personal best time of 26.73 seconds (zero wind reading). Unfortunately Alyssa was disqualified in the final.

Tania Padovan finished in 4th place in her heat of the Under 16 Women's 100 metres event in a time of 13.27 seconds (tailwind of 1.4 metres/sec). In the final Tania finished 7th in a time of 13.41 seconds (tailwind of 0.4 metres/sec). Tania's Long Jump event saw her finish in 5th place with her leap of 4.54 metres.

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Emmica Burnell-Jones finished in 8th place in her heat of the Under 16 Women's 100 metres event in a time of 15.28 seconds (headwind of 0.4 metres/sec). In the final of the 90 metres Hurdles Emmica finished 7th in a time of 17.54 seconds (tailwind of 2.3 metres/sec). Emmica finished 6th in the Triple Jump with her best leap of 9.42 metres. In her 200 metres Hurdles event Emmica finished 5th in a time of 39.12 seconds (tailwind of 2.7 metres/sec). In her High Jump event Emmica won the silver medal with her leap of 1.30 metres. In the Long Jump event Emmica finished 9th with her leap of 4.21 metres.

Sally Johnson qualified for the Under 16 Women's 400 metres final with her personal best time of 66.25 seconds. In the final Sally finished in 6th place with her time of 66.69 seconds. Sally finished 4th in the Triple Jump with yet another personal best effort of 9.99 metres. In her 1st run ever over the Seniors 200 metres Hurdles event Sally finished 4th in a time of 34.34 seconds (tailwind of 2.7 metres/sec). Sally jumped a personal best leap of 4.50 metres to finish 6th in her Long Jump event. In the Javelin Sally finished 5th with her throw of 20.32 metres.

Chelsea Ross finished 7th in the final of the Under 14 Women's 100 metre event in a time of 14.33 seconds (tailwind of 0.7 metres/sec). In her Triple Jump event Chelsea finished in 5th place with her leap of 8.48 metres. Chelsea finished 5th in her heat of the 200 metres event with a personal best time of 29.15 seconds (tailwind of 1.2 metres/sec). Chelsea withdrew from the final to concentrate on the High Jump where she won the gold medal with a personal best leap of 1.40 metres.

Nathan Smith finished in 6th place in the Under 18 Men's 400 metres with his time of 59.30 seconds. In his 1500 metres event Nathan finished in 7th place with his time of 5 mins 17.38 secs. The 800 metres saw Nathan finish in 7th place with his time of 2 mins 28.55 secs. In his 400 metres Hurdles event Nathan won the silver medal with his run of 67.49 seconds. Nathan won the silver medal in the Under 18 Men's 2000 metres Steeplechase event in a time of 9 mins 00.49 secs.

Paul Perrett finished in 7th place in the Under 18 Men's 400 metres with his time of 64.08 seconds. In his 1500 metres event Paul finished 8th with his time of 5 mins 34.87 secs. Paul won the silver medal in the Hammer event with his throw of 15.04 metres. In his 200 metres event Paul returned a personal best time of 27.69 seconds aided by a tailwind of 1.0 metres/sec. Paul finished 8th in the 800 metres event with his time of 2 mins 39.49 secs. Paul won the gold medal in the Javelin event with his throw of 27.64 metres.

Ben Tumminello finished 7th in the Under 16 Men's 400 metres event with his time of 65.96 seconds. In his 1500 metres event Ben finished 6th with his time of 4 mins 56.57 secs. Ben entered the Under 18 Men's 400 metres Hurdles event and won the bronze medal with his time of 75.29 seconds. Ben won the bronze medal in the Under 18 Men's Javelin event with his throw of 4.90 metres. In his 800 metres event Ben finished in 5th place with his time of 2 mins 23.42 secs. The Under 16 Men's Steeplechase event saw Ben finish in 5th place with his time of 8 mins 00.17 secs.

Nick Walker won the silver medal in the Under 20 Men's 1500 metres event in a personal best time of 4 mins 10.76 secs. In his 800 metres final Nick finished 4th in a personal best time of 2 mins 01.92 secs.

Andrew Atkinson-Howatt won the gold medal in his division of the Veteran Men's Javelin with his throw of 41.00 metres. In the Weight event Andrew also struck gold with his throw of 8.75 metres.

29. NSW Under 23, Under 20 and Under 18 Championships

The NSW Under 23, Under 20 & Under 18 Championships were held at Homebush over the weekend of 12th and 13th March.

Nicola Jones threw a distance of 35.99 metres in the Under 23 Women's Discus event to secure the silver medal.

Jamie Casaclang finished 2nd in her heat of the Under 18 Women's 100 metre event in a time of 12.85 seconds (headwind 0.8 metres/sec). In the final Jamie finished 6th (4th from NSW) in a time of 12.52 seconds (tailwind of 2.2 metres/sec). In her 200 metres heat Jamie was the winner in a time of

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24.96 seconds (tailwind of 2.4 metres/sec). The final saw Jamie finish in 4th position (3rd from NSW) in a time of 25.13 seconds (tailwind of 2.6 metres/sec).

Laura Cornford won the gold medal in the Under 18 Women's Javelin event with a personal best throw of 45.52 metres. In the Under 20 Women's Javelin Laura added a second gold medal to her haul for the weekend with her throw of 44.38 metres.

Kari Bergsson won the bronze medal in the Under 23 Men's High Jump with his best leap of 1.85 metres. In the Under 23 Men's Triple Jump Kari won a further bronze medal with his leap of 12.55 metres.

Josh Cupitt contested the Under 16 Men's 100 metres event finishing 8th in his heat in a time of 12.79 seconds (tailwind of 0.1 metres/sec).

Laura Cornford has secured selection in the NSW Under 18 Team to contest the Interstate Match in Brisbane in early April.

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BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

MALE (as at 31/03/05)

100 Metres

<i>Under 12</i>	David Forster	13.5	82/83
<i>Under 13</i>	Gareth Smith	12.9	93/94
<i>Under 14</i>	Matthew Crooks	12.6	97/98
<i>Under 15</i>	Brian Chappell	11.9	94/95
<i>Under 16</i>	Neville Stanton	11.21	99/00
<i>Under 18</i>	Glen McCarthy	10.89	87/88
<i>Under 20</i>	Glen McCarthy	10.81	88/89
<i>Open</i>	Glen McCarthy	10.66	95/96
<i>Vet 30-39</i>	Carl Casacang	11.63	01/02
<i>Vet 40-49</i>	Peter Collins	11.9	95/96

400 Metres

<i>Under 12</i>	David Forster	63.2	82/83
<i>Under 13</i>	David Forster	62.7	83/84
<i>Under 14</i>	Ian Pereira	60.5	84/85
<i>Under 15</i>	David Forster	53.01	85/86
<i>Under 16</i>	Neville Stanton	51.50	99/00
<i>Under 18</i>	Glen McCarthy	49.10	87/88
<i>Under 20</i>	Glen McCarthy	49.30	88/89
<i>Open</i>	Glen McCarthy	47.56	95/96
<i>Vet 30-39</i>	Simon Wood	53.73	95/96
<i>Vet 40-49</i>	Andrew Della-Porta	58.5	91/92

1500 Metres

<i>Under 12</i>	David Forster	4.53.3	82/83
<i>Under 13</i>	David Forster	4.42.4	83/84
<i>Under 14</i>	Kevin Laws	4.28.4	85/86
<i>Under 15</i>	Christopher Mills	4.12.42	87/88
<i>Under 16</i>	Christopher Mills	4.11.4	88/89
<i>Under 18</i>	Will Devjak	3.53.51	00/01
<i>Under 20</i>	Will Devjak	3.55.29	00/01
<i>Open</i>	Will Devjak	3.51.28	03/04
<i>Vet 30-39</i>			
<i>Vet 40-49</i>	Colin Richardson	4.27.0	90/91

5000 Metres

<i>Under 18</i>	Christopher Mills	17.48.0	90/91
<i>Under 20</i>	Christopher Mills	15.47.53	91/92
<i>Open</i>	Christopher Mills	15.11.22	93/94
<i>Vet 30-39</i>	Ray Wareham	15.56.32	04/05
<i>Vet 40-49</i>	John Walton	17.15.7	92/93

3000 Metre Steeplechase

<i>Under 18</i>	Will Devjak	9.23.63	00/01
<i>Under 20</i>	Christopher Mills	9.33.49	92/93
<i>Open</i>	Christopher Mills	9.37.6	93/94

200 Metres

<i>Under 12</i>	David Forster	29.7	82/83
<i>Under 13</i>	Gareth Smith	28.2	93/94
<i>Under 14</i>	Ian Pereira	25.15	84/85
<i>Under 15</i>	Glen McCarthy	24.5	84/85
	Brian Chappell	24.5	94/95
<i>Under 16</i>	Glen McCarthy	22.86	85/86
<i>Under 18</i>	Glen McCarthy	21.74	87/88
<i>Under 20</i>	Glen McCarthy	21.69	88/89
<i>Open</i>	Glen McCarthy	20.96	92/93
<i>Vet 30-39</i>	John Larkin	23.43	93/94
<i>Vet 40-49</i>	Peter Collins	25.18	94/95

800 Metres

<i>Under 12</i>	Will Devjak	2.19.1	94/95
<i>Under 13</i>	Will Devjak	2.18.4	95/96
<i>Under 14</i>	Kevin Laws	2.10.75	85/86
<i>Under 15</i>	David Forster	2.00.23	85/86
<i>Under 16</i>	David Forster	2.04.0	85/86
<i>Under 18</i>	Will Devjak	1.54.5	99/00
<i>Under 20</i>	Will Devjak	1.50.3	02/03
<i>Open</i>	Will Devjak	1.48.56	03/04
<i>Vet 30-39</i>	Simon Wood	2.01.8	95/96
<i>Vet 40-49</i>	Colin Richardson	2.10.7	90/91

3000 Metres

<i>Under 12</i>	Will Devjak	10.35.1	94/95
<i>Under 13</i>	Peter Cotton	10.37.52	86/87
<i>Under 14</i>	Will Devjak	10.06.3	95/96
<i>Under 15</i>	Christopher Mills	9.22.19	87/88
<i>Under 16</i>	Christopher Mills	9.08.15	88/89
<i>Under 18</i>	Will Devjak	8.55.9	99/00
<i>Under 20</i>	Christopher Mills	8.41.2	92/93
<i>Open</i>	Christopher Mills	8.34.8	93/94
<i>Vet 30-39</i>	Richard Sarkies	9.13.6	00/01
<i>Vet 40-49</i>	Colin Richardson	9.43.1	90/91

2000 Metre Steeplechase

<i>Under 13</i>	Peter Cotton	9.17.6	86/87
<i>Under 14</i>	Christopher Mills	8.42.6	86/87
<i>Under 15</i>	Will Devjak	6.40.2	97/98
<i>Under 16</i>	Will Devjak	6.20.1	98/99
<i>Under 18</i>	Will Devjak	5.53.46	00/01
<i>Under 20</i>	Christopher Mills	6.04.4	91/92

SENIORS REPORT

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

MALE (as at 31/03/05)

1500 Metre Walk

<i>Under 12</i>	David Forster	8.51.4	82/83
<i>Under 13</i>	David Forster	9.00.2	83/84
<i>Under 14</i>	Michael Cooper	10.35.1	88/89
<i>Under 15</i>	Matthew Spackman	8.49.9	88/89
<i>Under 16</i>	Adam Page	8.35.2	91/92
<i>Under 18</i>	Adam Page	10.35.7	92/93
<i>Under 20</i>			
<i>Open</i>	Graham Walsh	6.54.0	91/92
<i>Vet 30-39</i>	Graham Walsh	7.41.9	93/94
<i>Vet 40-49</i>	John Barbuto	9.54.4	88/89
<i>Vet 50+</i>			

80 Metre Hurdles

<i>Under 12</i>	Peter Cotton	15.7	85/86
<i>Under 13</i>	Adam Hoey	13.47	91/92

100 Metre Hurdles

<i>Under 14</i>	Grant Mitchell	16.72	86/87
<i>Under 15</i>	Brian Chappell	14.57	94/95
<i>Under 16</i>	Brian Chappell	14.30	95/96
<i>Under 18</i>	Chris Butt	15.7	83/84
<i>Under 20</i>	Warren Gray	15.5	83/84
<i>Vet 30-39</i>	Ken Smith	17.5	91/92
<i>Vet 40-49</i>	Peter Collins	15.2	95/96
<i>Vet 50+</i>	Peter McEneaney	19.47	93/94

200 Metre Hurdles

<i>Under 12</i>	Will Devjak	33.9	94/95
<i>Under 13</i>	Adam Hoey	34.3	91/92
<i>Under 14</i>	Brian Chappell	30.6	93/94
<i>Under 15</i>	Brian Chappell	26.04	94/95
<i>Under 16</i>	Craig Birdsall	27.39	98/99
<i>Under 18</i>	Craig Birdsall	25.4	99/00
<i>Vet 40-49</i>	John Barbuto	57.4	89/90

400 Metre Hurdles

<i>Under 12</i>	Peter Cotton	84.2	85/86
<i>Under 13</i>	Grant Mitchell	86.3	85/86
<i>Under 16</i>	Craig Birdsall	59.3	98/99
<i>Under 18</i>	Craig Birdsall	55.31	00/01
<i>Under 20</i>	Craig Birdsall	55.1	00/01
<i>Open</i>	Brian Chappell	55.12	01/02
<i>Vet 30-39</i>	Ken Smith	67.6	91/92
<i>Vet 40-49</i>	Peter Collins	59.62	92/93
<i>Vet 50+</i>	Peter Collins	64.5	01/02

Pentathlon

<i>Vet 35-39</i>			
<i>Vet 40-44</i>	Andrew Atkinson-Howatt	2512	01/02
<i>Vet 45-49</i>	Andrew Atkinson-Howatt	2195	03/04

3000 Metre Walk

<i>Under 12</i>	Shannon Wolfers	20.28.8	92/93
<i>Under 13</i>	Michael Jones	17.55.1	86/87
<i>Under 14</i>	Michael Jones	16.51.0	87/88
<i>Under 15</i>	Matthew Spackman	16.35.0	88/89
<i>Under 16</i>			
<i>Under 18</i>			
<i>Under 20</i>			
<i>Open</i>	Graham Walsh	14.45.3	91/92
<i>Vet 30-39</i>	Graham Walsh	16.33.5	93/94
<i>Vet 40-49</i>	George Parsons	21.24.0	90/91
<i>Vet 50+</i>			

90 Metre Hurdles

<i>Under 14</i>	Brian Chappell	13.29	93/94
<i>Under 15</i>	Brian Chappell	14.6	94/95
<i>Vet 50+</i>	Peter McEneaney	15.6	93/94

110 Metre Hurdles

<i>Under 17</i>	Brian Chappell	15.15	96/97
<i>Under 18</i>	Craig Birdsall	15.10	98/99
<i>Under 20</i>	Brad Adams	19.4	91/92
<i>Open</i>	Glyn Henman	16.5	92/93
<i>Vet 30-39</i>	Chris Norris	19.4	94/95
<i>Vet 40-49</i>	Peter Collins	16.3	93/94
<i>Vet 50+</i>	Peter Collins	16.7	01/02

300 Metre Hurdles

<i>Under 12</i>	Peter Cotton	54.6	85/86
<i>Under 13</i>	Grant Mitchell	54.8	85/86
<i>Under 14</i>			
<i>Under 15</i>	Kevin Laws	47.5	85/86
<i>Under 16</i>	Brian Chappell	40.45	95/96
<i>Under 18</i>	Brian Chappell	39.16	96/97
<i>Vet 40-49</i>	Peter Collins	43.9	95/96
<i>Vet 50+</i>	Peter McEneaney	49.9	93/94

Multi-Event

<i>Under 16</i>	Brian Chappell	4299	95/96
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Decathlon

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

Weight Pentathlon

<i>Vet 35-39</i>	Jeff Hailey	3175	98/99
<i>Vet 40-44</i>	Jeff Hailey	3416	01/02
<i>Vet 45-49</i>	Mark Johnston	3107	00/01

SENIORS REPORT

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

MALE (as at 31/03/05)

Shot Put

<i>Under 12</i>	Alan Menin	10.52	85/86
<i>Under 13</i>	David Page	9.15	91/92
<i>Under 14</i>	Michael West	11.60	89/90
<i>Under 15</i>	David Forster	12.12	85/86
<i>Under 16</i>	David Forster	11.66	86/87
<i>Under 18</i>	Paul Menin	13.50	85/86
<i>Under 20</i>	Brent Page	11.33	93/94
<i>Open</i>	Darren Wilson	12.08	92/93
<i>Vet 30-39</i>	Jeff Hailey	14.86	98/99
<i>Vet 40-49</i>	Jeff Hailey	14.43	01/02
<i>Vet 50+</i>	Bob Bowker	10.78	01/02

Javelin

<i>Under 12</i>	Peter Cotton	21.16	85/86
<i>Under 13</i>	Will Devjak	26.58	95/96
<i>Under 14</i>	Michael Jones	40.26	87/88
<i>Under 15</i>	Steve Capper	36.86	85/86
<i>Under 16</i>	Bennett Gardiner	41.67	03/04
<i>Under 18</i>	Geoff Davies	48.18	90/91
<i>Under 20</i>	Kim Olmos	39.28	92/93
<i>Open</i>	Darren Wilson	43.64	92/93
<i>Vet 30-39</i>	Jeff Hailey	56.20	99/00
<i>Vet 40-49</i>	Jeff Hailey	55.47	01/02
<i>Vet 50+</i>	Bob Bowker	38.80	01/02

Pole Vault

<i>Under 13</i>	Peter Cotton	1.80	86/87
	Michael Jones	1.80	86/87
<i>Under 14</i>	Michael Jones	2.00	87/88
<i>Under 15</i>	Brian Chappell	2.00	94/95
<i>Under 16</i>	Glyn Henman	2.40	83/84
<i>Under 18</i>	Brian Chappell	2.30	95/96
<i>Under 20</i>	Brendan Mills	3.00	93/94
<i>Open</i>	Brian Chin	2.80	92/93
	Brendan Mills	2.80	94/95
<i>Vet 30-39</i>	Ray Brookes	3.20	96/97

Long Jump

<i>Under 12</i>	Geoff Davies	5.30	85/86
<i>Under 13</i>	David Massey	5.34	89/90
<i>Under 14</i>	Matthew Crooks	5.57	97/98
<i>Under 15</i>	Brian Chappell	5.98	94/95
<i>Under 16</i>	Craig Birdsall	6.16	98/99
<i>Under 18</i>	Geoff Davies	6.95	91/92
<i>Under 20</i>	Geoff Davies	7.33	92/93
<i>Open</i>	Peter Parsons	7.35	00/01
<i>Vet 30-39</i>	Andrew Jackson	5.93	03/04
<i>Vet 40-49</i>	Peter Collins	5.98	90/91
<i>Vet 50+</i>	Peter Collins	3.71	01/02

Discus

<i>Under 12</i>	Alan Menin	27.52	85/86
<i>Under 13</i>	Peter Cotton	25.50	86/87
<i>Under 14</i>	David Forster	31.02	84/85
<i>Under 15</i>	David Forster	37.62	85/86
<i>Under 16</i>	Calum Windsor	42.21	03/04
<i>Under 18</i>	Paul Menin	44.22	85/86
<i>Under 20</i>	Brent Page	33.60	92/93
<i>Open</i>	Darren Wilson	36.82	92/93
<i>Vet 30-39</i>	Jeff Hailey	41.32	98/99
<i>Vet 40-49</i>	Jeff Hailey	39.12	01/02
<i>Vet 50+</i>	Bob Bowker	32.13	01/02

Hammer

<i>Under 12</i>	Brian Chappell	8.94	91/92
<i>Under 13</i>	David Page	17.92	91/92
<i>Under 14</i>	Peter Cotton	24.18	87/88
<i>Under 15</i>	Michael West	22.42	90/91
<i>Under 16</i>	Glyn Henman	32.20	83/84
<i>Under 18</i>	Paul Menin	45.44	85/86
<i>Under 20</i>	Andrew Jackson	27.52	90/91
<i>Open</i>	Andrew Jackson	29.04	94/95
<i>Vet 30-39</i>	Jeff Hailey	41.47	98/99
<i>Vet 40-49</i>	Bob Bowker	40.11	01/02
<i>Vet 50+</i>	Bob Bowker	31.56	01/02

High Jump

<i>Under 12</i>	David Forster	1.38	82/83
<i>Under 13</i>	Andrew Crews	1.67	85/86
<i>Under 14</i>	Andrew Crews	1.63	86/87
<i>Under 15</i>	Michael Dunne	1.73	97/98
<i>Under 16</i>	Brian Chappell	1.73	95/96
<i>Under 18</i>	Michael Dunne	1.85	99/00
<i>Under 20</i>	Kari Bergsson	1.80	04/05
<i>Open</i>	Zoltan Budimcevic	2.00	93/94
<i>Vet 30-39</i>	John Larkin	1.60	95/96
<i>Vet 40-49</i>	Peter Collins	1.65	90/91
<i>Vet 50+</i>	Peter Collins	1.53	01/02

Triple Jump

<i>Under 12</i>	David Massey	9.74	88/89
<i>Under 13</i>	Geoff Davies	10.60	86/87
<i>Under 14</i>	Matthew Williams	11.10	92/93
<i>Under 15</i>	Glen McCarthy	11.67	84/85
	Matthew Williams	11.67	93/94
<i>Under 16</i>	Brent Page	12.89	90/91
<i>Under 18</i>	Taichi Hoshino	13.75	02/03
<i>Under 20</i>	Geoff Davies	14.04	92/93
<i>Open</i>	Greg Wiencke	15.61	00/01
<i>Vet 30-39</i>	Andrew Jackson	11.38	03/04
<i>Vet 40-49</i>	Peter Collins	12.48	90/91

SENIORS REPORT

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

FEMALE (as at 31/03/05)

100 Metres

<i>Under 12</i>	Jamie Casaclang	13.1	00/01
<i>Under 13</i>	Rachael Massey	12.96	88/89
<i>Under 14</i>	Rachael Massey	12.37	89/90
<i>Under 15</i>	Rachael Massey	12.23	90/91
<i>Under 16</i>	Rachael Massey	12.15	91/92
<i>Under 18</i>	Rachael Massey	11.87	93/94
<i>Under 20</i>	Rachael Massey	11.85	95/96
<i>Open</i>	Rachael Massey	11.42	99/00
<i>Vet 28-34</i>			
<i>Vet 35+</i>	Sharon Aldridge	13.1	94/95

400 Metres

<i>Under 12</i>	Jamie Casaclang	62.3	00/01
<i>Under 13</i>	Jamie Casaclang	59.59	01/02
<i>Under 14</i>	Jamie Casaclang	58.51	02/03
<i>Under 15</i>	Jamie Casaclang	58.3	03/04
<i>Under 16</i>	Tara Millgate	57.81	00/01
<i>Under 18</i>	Tara Millgate	55.68	01/02
<i>Under 20</i>	Tara Millgate	55.88	03/04
<i>Open</i>	Vicky Pigginn	53.78	99/00
<i>Vet 28-34</i>			
<i>Vet 35+</i>	Margaret Chappell	65.8	94/95

1500 Metres

<i>Under 12</i>	Larissa West	5.15.2	88/89
<i>Under 13</i>	Elizabeth Cotton	5.03.18	87/88
<i>Under 14</i>	Lucy Starrat	5.00.6	01/02
<i>Under 15</i>	Lucy Polkinghorne	4.49.6	00/01
<i>Under 16</i>	Lucy Polkinghorne	4.47.42	01/02
<i>Under 18</i>	Lucy Polkinghorne	4.47.42	03/04
<i>Under 20</i>	Kate McMaster	5.35.5	00/01
<i>Open</i>	Maxine Poor	4.19.8	83/84
<i>Vet 28-34</i>	Anne Francis	7.23.8	88/89
<i>Vet 35+</i>	Margaret Chappell	6.22.2	91/92

5000 Metres

<i>Under 12</i>			
<i>Under 13</i>			
<i>Under 14</i>			
<i>Under 15</i>			
<i>Under 16</i>			
<i>Under 18</i>			
<i>Under 20</i>	Christine Gosling	23.20.1	92/93
<i>Open</i>	Yvette Cotton	19.10.7	92/93
<i>Vet 28-34</i>			
<i>Vet 35+</i>			

200 Metres

<i>Under 12</i>	Jamie Casaclang	27.2	00/01
<i>Under 13</i>	Jamie Casaclang	26.0	01/02
<i>Under 14</i>	Rachael Massey	25.78	89/90
<i>Under 15</i>	Rachael Massey	25.17	90/91
<i>Under 16</i>	Jamie Casaclang	24.71	04/05
<i>Under 18</i>	Merryn Aldridge	24.65	99/00
<i>Under 20</i>	Vicky Pigginn	24.39	94/95
	Merryn Aldridge	24.39	99/00
<i>Open</i>	Rachael Massey	23.62	96/97
<i>Vet 28-34</i>			
<i>Vet 35+</i>	Sharon Aldridge	27.10	94/95

800 Metres

<i>Under 12</i>	Larissa West	2.30.97	88/89
<i>Under 13</i>	Larissa West	2.26.4	89/90
<i>Under 14</i>	Lucy Starrat	2.26.18	01/02
<i>Under 15</i>	Lucy Polkinghorne	2.20.06	00/01
<i>Under 16</i>	Megan Cotton	2.18.21	90/91
<i>Under 18</i>	Lucy Polkinghorne	2.15.06	03/04
<i>Under 20</i>	Tara Millgate	2.11.3	04/05
<i>Open</i>	Julie Schwass	2.04.87	84/84
<i>Vet 28-34</i>	Anne Francis	3.10.2	88/89
<i>Vet 35+</i>	Margaret Chappell	2.38.08	94/95

3000 Metres

<i>Under 12</i>	Megan Cotton	12.02.7	87/88
<i>Under 13</i>	Lisa Collins	11.27.7	92/93
<i>Under 14</i>	Lisa Collins	11.43.4	93/94
<i>Under 15</i>	Lucy Polkinghorne	10.45.4	00/01
<i>Under 16</i>	Lucy Polkinghorne	10.37.0	00/01
<i>Under 18</i>	Lucy Polkinghorne	11.15.11	03/04
<i>Under 20</i>			
<i>Open</i>	Yvette Cotton	11.33.9	93/94
<i>Vet 28-34</i>			
<i>Vet 35+</i>			

2000 Metre Steeplechase

<i>Under 12</i>	Elizabeth Cotton	9.35.0	86/87
<i>Under 13</i>			
<i>Under 14</i>	Lucy Starrat	8.25.81	01/02
<i>Under 15</i>	Lucy Polkinghorne	7.33.45	00/01
<i>Under 16</i>	Lucy Polkinghorne	7.33.34	01/02
<i>Under 18</i>	Lucy Polkinghorne	7.00.94	02/03
<i>Under 20</i>	Yvette Cotton	8.59.84	90/91
<i>Open</i>			
<i>Vet 28-34</i>			
<i>Vet 35+</i>			

3000 Metre Steeplechase

<i>Under 18</i>	Lucy Polkinghorne	11.48.75	03/04
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SENIORS REPORT

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

FEMALE (as at 31/03/05)

1500 Metre Walk

<i>Under 12</i>	Natalie Cummings	7.38.54	85/86
<i>Under 13</i>	Natalie Cummings	8.21.4	86/87
<i>Under 14</i>	Julie Davis	7.43.0	82/83
<i>Under 15</i>	Carolyn Little	7.56.21	91/92
<i>Under 16</i>	Yvette Cotton	7.38.0	86/87
<i>Under 18</i>	Sharon Cummings	7.19.0	86/87
<i>Under 20</i>	Sharon Cummings	7.33.3	87/88
<i>Open</i>	Yvette Cotton	7.35.2	93/94
<i>Vet 28-34</i>	Anne Francis	10.50.0	88/89
<i>Vet 35+</i>	Sue Curry	10.05.0	91/92

3000 Metre Walk

<i>Under 12</i>	Karen Hoey	16.44.4	91/92
<i>Under 13</i>	Natalie Cummings	18.28.0	86/87
<i>Under 14</i>	Natalie Cummings	17.22.0	87/88
<i>Under 15</i>	Carolyn Little	17.13.4	91/92
<i>Under 16</i>	Carolyn Little	17.54.1	92/93
<i>Under 18</i>	Sharon Cummings	16.20.0	85/86
<i>Under 20</i>	Yvette Cotton	17.09.6	89/90
<i>Open</i>	Yvette Cotton	15.37.6	93/94
<i>Vet 28-34</i>			
<i>Vet 35+</i>	Sue Curry	21.10.3	89/90

5000 Metre Walk

<i>Under 18</i>	Carolyn Little	30.45.0	94/95
<i>Open</i>	Yvette Cotton	27.17.8	93/94

80 Metre Hurdles

<i>Under 12</i>	Kate Harvey	14.83	86/87
<i>Under 13</i>	Jodie Boland	14.1	85/86
<i>Under 14</i>	Rachel Neylan	13.18	95/96
<i>Vet 35+</i>	Sharon Aldridge	14.2	94/95

90 Metre Hurdles

<i>Under 12</i>			
<i>Under 13</i>			
<i>Under 14</i>			
<i>Under 15</i>	Rachel Neylan	13.98	96/97
<i>Under 16</i>	Shannon Arnott	13.63	02/03
<i>Under 18</i>			
<i>Under 20</i>			
<i>Open</i>			
<i>Vet 28-34</i>			
<i>Vet 35+</i>			

100 Metre Hurdles

<i>Under 12</i>			
<i>Under 13</i>			
<i>Under 14</i>			
<i>Under 15</i>			
<i>Under 16</i>	Megan Cotton	16.47	91/92
<i>Under 18</i>	Tara Millgate	15.19	01/02
<i>Under 20</i>	Rasvinder Gill	14.62	04/05
<i>Open</i>	Lyndall Garling	14.12	83/84
<i>Vet 28-34</i>			
<i>Vet 35+</i>			

200 Metre Hurdles

<i>Under 12</i>	Megan Cotton	35.7	87/88
<i>Under 13</i>	Megan Cotton	34.1	88/89
<i>Under 14</i>	Elizabeth Cotton	32.8	89/90
<i>Under 15</i>	Rachel Neylan	29.2	96/97
<i>Under 16</i>	Shannon Arnott	29.72	02/03
<i>Under 18</i>	Jenny Horsfield	35.8	87/88
<i>Under 20</i>	Jenny Horsfield	34.2	88/89
<i>Open</i>			
<i>Vet 28-34</i>			
<i>Vet 35+</i>	Margaret Chappell	37.3	89/90

300 Metre Hurdles

<i>Under 12</i>			
<i>Under 13</i>			
<i>Under 14</i>			
<i>Under 15</i>	Rachel Neylan	45.41	96/97
<i>Under 16</i>	Megan Cotton	44.08	90/91
<i>Under 18</i>			
<i>Under 20</i>			
<i>Open</i>			
<i>Vet 28-34</i>			
<i>Vet 35+</i>	Sharon Aldridge	55.3	94/95

400 Metre Hurdles

<i>Under 12</i>			
<i>Under 13</i>			
<i>Under 14</i>			
<i>Under 15</i>	Gunilla Rupp	70.1	84/85
<i>Under 16</i>	Tara Millgate	65.21	00/01
<i>Under 18</i>	Tara Millgate	60.72	01/02
<i>Under 20</i>	Tara Millgate	60.41	04/05
<i>Open</i>	Lyndall Garling	60.80	83/84
<i>Vet 28-34</i>			
<i>Vet 35+</i>	Sue Curry	89.8	87/88

SENIORS REPORT

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

FEMALE (as at 31/03/05)

Shot Put

<i>Under 12</i>	Megan Cotton	7.92	87/88
<i>Under 13</i>	Megan Cotton	8.97	88/89
<i>Under 14</i>	Suzy Della-Porta	9.74	91/92
<i>Under 15</i>	Elizabeth Cotton	11.23	90/91
<i>Under 16</i>	Laura Cornford	10.05	03/04
<i>Under 18</i>	Laura Cornford	10.51	04/05
<i>Under 20</i>	Yvette Cotton	10.44	89/90
<i>Open</i>	Yvette Cotton	9.06	91/92
<i>Vet 28-34</i>			
<i>Vet 35+</i>	Helen Searle	12.59	93/94

High Jump

<i>Under 12</i>	Megan Cotton	1.35	87/88
<i>Under 13</i>	Megan Cotton	1.40	88/89
<i>Under 14</i>	Alexandra Church	1.72	97/98
<i>Under 15</i>	Alexandra Church	1.74	98/99
<i>Under 16</i>	Alexandra Church	1.74	99/00
<i>Under 18</i>	Alexandra Church	1.82	01/02
<i>Under 20</i>	Megan Cotton	1.49	93/94
<i>Open</i>	Helen Merriman	1.78	82/83
<i>Vet 28-34</i>			
<i>Vet 35+</i>	Margaret Chappell	1.35	90/91

Discus

<i>Under 12</i>	Megan Cotton	21.40	87/88
<i>Under 13</i>	Megan Cotton	22.48	88/89
<i>Under 14</i>	Suzy Della-Porta	30.24	91/92
<i>Under 15</i>	Suzy Della-Porta	29.48	92/93
<i>Under 16</i>	Megan Cotton	30.20	91/92
<i>Under 18</i>	Laura Cornford	36.15	04/05
<i>Under 20</i>	Nicola Jones	33.28	04/05
<i>Open</i>	Nicola Jones	37.30	04/05
<i>Vet 28-34</i>			
<i>Vet 35+</i>	Helen Searle	30.64	94/95

Long Jump

<i>Under 12</i>	Janet Gault	4.69	89/90
<i>Under 13</i>	Janet Gault	4.96	90/91
<i>Under 14</i>	Shannon Arnott	4.73	00/01
<i>Under 15</i>	Megan Cotton	5.44	90/91
<i>Under 16</i>	Megan Cotton	5.66	90/91
<i>Under 18</i>	Vicky Piggin	5.89	92/93
<i>Under 20</i>	Vicky Piggin	6.20	94/95
<i>Open</i>	Vicky Piggin	6.36	97/98
<i>Vet 28-34</i>			
<i>Vet 35+</i>	Margaret Chappell	4.72	90/91

Javelin

<i>Under 12</i>	Margaret Gault	19.50	91/92
<i>Under 13</i>	Elizabeth Cotton	22.03	88/89
<i>Under 14</i>	Elizabeth Cotton	29.40	89/90
<i>Under 15</i>	Elizabeth Cotton	29.66	89/90
<i>Under 16</i>	Laura Cornford	41.21	03/04
<i>Under 18</i>	Laura Cornford	45.52	04/05
<i>Under 20</i>	Elizabeth Cotton	40.32	94/95
<i>Open</i>	Yvette Cotton	27.84	91/92
<i>Vet 28-34</i>			
<i>Vet 35+</i>	Mary Thomas	46.98	82/83

Triple Jump

<i>Under 12</i>	Elizabeth Cotton	8.70	87/88
<i>Under 13</i>	Janet Gault	10.40	90/91
<i>Under 14</i>	Christine Nettle	10.06	89/90
<i>Under 15</i>	Gunilla Rupp	10.82	85/86
<i>Under 16</i>	Megan Cotton	11.12	90/91
<i>Under 18</i>	Kate Harvey	11.30	91/92
<i>Under 20</i>	Christine Gosling	10.68	91/92
<i>Open</i>	Vicky Piggin	10.28	95/96
<i>Vet 28-34</i>			
<i>Vet 35+</i>	Margaret Chappell	10.22	89/90

Hammer

<i>Under 12</i>	Margaret Gault	15.54	91/92
<i>Under 13</i>	Mariko Lawson	10.28	94/95
<i>Under 14</i>	Suzy Della-Porta	13.08	91/92
<i>Under 15</i>	Megan Cotton	20.16	90/91
<i>Under 16</i>			
<i>Under 18</i>	Joanne Capper	33.10	83/84
<i>Under 20</i>	Joanne Capper	34.06	84/85
<i>Open</i>	Joanne Capper	44.54	89/90
<i>Vet 28-34</i>			
<i>Vet 35+</i>	Helen Searle	44.00	96/97

Multi-Events

<i>Under 14</i>	Elizabeth Cotton	3679	89/90
<i>Under 15</i>	Megan Cotton	4265	90/91
<i>Under 16</i>	Megan Cotton	4719	90/91
<i>Under 18</i>	Tara Millgate	4271	01/02
<i>Under 20</i>	Megan Cotton	4239	93/94

Pole Vault

<i>Under 18</i>	Elizabeth Cotton	1.80	93/94
<i>Under 20</i>	Elizabeth Cotton	1.88	94/95

Weight Pentathlon

<i>Vet 60-64</i>	Helen Searle	5117 pts	99/00
<i>Vet 65-69</i>	Helen Searle	5027 pts	01/02

SENIORS REPORT

SENIORS DIVISION - CENTRE RECORDS 2004

FEMALE

100 Metres

<i>Under 12</i>	Lisa Farmer	13.9	1992
<i>Under 13</i>	Rachael Massey	13.4	1988
<i>Under 14</i>	Rachael Massey	13.1	1989
	Jamie Casaclang	13.1	2002
<i>Under 15</i>	Rachael Massey	12.8	1990
<i>Under 16</i>	Jamie Casaclang	12.3	2004
<i>Under 18</i>	Rachael Massey	12.1	1992
<i>Under 20</i>	Vicky Piggin	12.1	1994
<i>Open</i>	Rachael Massey	11.8	1996
<i>Vet</i>	Sharon Aldridge	13.2	1996

200 Metres

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

400 Metres

<i>Under 12</i>	Lisa Farmer	72.9	1992
<i>Under 13</i>	Nicole Barbutto	68.1	1987
<i>Under 14</i>	Jamie Casaclang	63.0	2002
<i>Under 15</i>	Megan Cotton	66.5	1990
<i>Under 16</i>	Tara Millgate	60.4	2000
<i>Under 18</i>	Tara Millgate	59.4	2002
<i>Under 20</i>	Vicky Piggin	62.2	1994
<i>Open</i>	Cheryl Attenborough	63.6	1982
<i>Vet</i>	Margaret Chappell	68.3	1992

800 Metres

<i>Under 12</i>	Megan Cotton	2.33.0	1987
<i>Under 13</i>	Jamie Casaclang	2.35.4	2001
<i>Under 14</i>	Lisa Collins	2.45.6	1993
<i>Under 15</i>	Shannon Arnott	2.32.5	2001
<i>Under 16</i>	Yvette Cotton	2.34.5	1986
<i>Under 18</i>	Tara Millgate	2.20.6	2001
<i>Under 20</i>	Tara Millgate	2.30.5	2003
<i>Open</i>	Kate McMaster	2.23.0	2001
<i>Vet</i>	Sue Curry	3.14.8	1987

MALE

100 Metres

<i>Under 12</i>	Steven Ryan	14.3	1989
<i>Under 13</i>	Gareth Smith	13.2	1993
<i>Under 14</i>	Nikita Marokakis	12.5	2002
<i>Under 15</i>	Brian Chappell	11.9	1994
<i>Under 16</i>	Glen McCarthy	11.8	1985
<i>Under 18</i>	Craig Birdsall	11.3	2000
<i>Under 20</i>	Glen McCarthy	11.1	1988
<i>Open</i>	Brian Chin	11.2	1996
<i>Vet</i>	Carl Casaclang	11.9	2002

200 Metres

<i>Under 12</i>	David Forster	29.7	1982
<i>Under 13</i>	John Pearce	28.4	2003
<i>Under 14</i>	Ian Pereira	26.1	1984
<i>Under 15</i>	Brian Chappell	24.5	1994
<i>Under 16</i>	Sean Brennan	25.1	1983
<i>Under 18</i>	Ian Pereira	23.0	1988
<i>Under 20</i>	Glen McCarthy	22.4	1988
<i>Open</i>	Brian Chin	23.7	1996
<i>Vet</i>	Carl Casaclang	24.6	2001

400 Metres

<i>Under 12</i>	Brian Chappell	71.2	1990
<i>Under 13</i>	David Forster	64.7	1983
<i>Under 14</i>	David Forster	60.9	1984
<i>Under 15</i>	Brian Chappell	55.5	1994
<i>Under 16</i>	Damian Petrovic	55.6	2004
<i>Under 18</i>	Craig Birdsall	53.5	2000
<i>Under 20</i>	Warren Gray	56.7	1983
<i>Open</i>	Brad Adams	54.1	1992
<i>Vet</i>	Andrew Della-Porta	59.6	1991

800 Metres

<i>Under 12</i>	Will Devjak	2.28.2	1994
<i>Under 13</i>	Peter Cotton	2.28.2	1986
<i>Under 14</i>	Michael Jones	2.18.5	1987
<i>Under 15</i>	Kevin Laws	2.11.8	1985
<i>Under 16</i>	Tasman Cassim	2.17.1	1987
<i>Under 18</i>	Scott Collins	2.17.4	1994
<i>Under 20</i>	Craig Birdsall	3.06.2	2001
<i>Open</i>	Will Devjak	2.01.8	2003
<i>Vet</i>	Peter Collins	2.25.6	1994

SENIORS REPORT

SENIORS DIVISION - CENTRE RECORDS 2004

FEMALE

1500 Metres

<i>Under 12</i>	Megan Cotton	5.21.6	1987
<i>Under 13</i>	Emmica Burnell-Jones	6.02.5	2004
<i>Under 14</i>	Larissa West	5.38.6	1990
<i>Under 15</i>	Lucy Polkinghorne	5.17.4	2000
<i>Under 16</i>	Lisa Collins	5.36.9	1986
<i>Under 18</i>	Marisa Ryan	5.37.5	2000
<i>Under 20</i>	Kate McMaster	5.35.5	2000
<i>Open</i>			
<i>Vet</i>	Margaret Chappell	6.22.2	1991

1500m Walk

<i>Under 12</i>	Natalie Cummings	8.14.5	1985
<i>Under 13</i>	Natalie Cummings	8.42.6	1986
<i>Under 14</i>	Jeannie Davis	10.06.0	1982
<i>Under 15</i>	Carolyn Little	8.02.8	1991
<i>Under 16</i>	Yvette Cotton	8.22.0	1986
<i>Under 18</i>	Sharon Cummings	7.32.6	1986
<i>Under 20</i>	Yvette Cotton	8.16.4	1990
<i>Open</i>	Yvette Cotton	8.24.4	1991
<i>Vet</i>	Sue Curry	10.49.0	1989

80m Hurdles

<i>Under 12</i>	Elizabeth Cotton	15.1	1987
<i>Under 13</i>	Elizabeth Cotton	14.5	1988
<i>Under 14</i>	Margaret Hamilton	13.7	1982
<i>Vet</i>	Roslyn Mitchell	15.9	1986

90m Hurdles

<i>Under 15</i>	Jenny Horsfield	15.9	1984
<i>Under 16</i>	Margaret Hamilton	14.8	1984

100m Hurdles

<i>Under 18</i>	Kate Harvey	15.2	1991
<i>Under 20</i>			
<i>Open</i>	Cheryl Attenborough	19.7	1982
	Linda Calder	19.7	1991

MALE

1500 Metres

<i>Under 12</i>	Scott Collins	5.29.5	1990
<i>Under 13</i>	Will Devjak	4.57.0	1993
<i>Under 14</i>	Peter Cotton	4.55.7	1987
<i>Under 15</i>	Chris Mills	4.44.6	1987
<i>Under 16</i>	Tasman Cassim	4.45.9	1987
<i>Under 18</i>	Will Devjak	4.17.4	2000
<i>Under 20</i>	Will Devjak	4.16.7	2002
<i>Open</i>	Brad Adams	4.22.2	1992
<i>Vet</i>	Paul Sampson	4.43.5	2002

1500m Walk

<i>Under 12</i>	Peter Cotton	9.25.0	1985
<i>Under 13</i>	Grant Mitchell	9.26.0	1985
<i>Under 14</i>	Michael Cooper	10.35.1	1988
<i>Under 15</i>	Matthew Spackman	8.49.9	1988
<i>Under 16</i>	Aron Warren	8.34.5	2001
<i>Under 18</i>	Chris Archer	11.31.0	1986
<i>Under 20</i>			
<i>Open</i>	Graham Walsh	6.59.6	1991
<i>Vet</i>	Graham Walsh	7.14.5	1992

80m Hurdles

<i>Under 12</i>	Peter Cotton	16.1	1985
	Brian Chappell	16.1	1991
<i>Under 13</i>	Adam Hoey	13.7	1991

90m Hurdles

<i>Under 14</i>	David Forster	15.4	1984
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100m Hurdles

<i>Under 18</i>	Chris Butt	15.7	1983
<i>Under 20</i>	Warren Gray	15.5	1983

110m Hurdles

<i>Open</i>			
<i>Vet</i>	Ken Smith	19.6	1991

SENIORS REPORT

SENIORS DIVISION - CENTRE RECORDS 2004

FEMALE

Javelin

<i>Under 12</i>	Elizabeth Cotton	18.55	1987
<i>Under 13</i>	Elizabeth Cotton	22.03	1988
<i>Under 14</i>	Elizabeth Cotton	24.31	1989
<i>Under 15</i>	Elizabeth Cotton	27.46	1990
<i>Under 16</i>	Laura Cornford	36.81	2003
<i>Under 18</i>	Elizabeth Cotton	30.18	1992
<i>Under 20</i>	Elizabeth Cotton	32.08	1994
<i>Open</i>	Yvette Cotton	23.88	1991
<i>Vet</i>	Helen Searle	22.38	1991

Discus

<i>Under 12</i>	Megan Cotton	19.15	1987
<i>Under 13</i>	Emmica Burnell-Jones	25.22	2003
<i>Under 14</i>	Yvette Cotton	26.44	1984
<i>Under 15</i>	Megan Cotton	27.74	1990
<i>Under 16</i>	Megan Cotton	30.20	1991
<i>Under 18</i>	Laura Cornford	28.12	2004
<i>Under 20</i>	Nicola Jones	33.28	2004
<i>Open</i>	Yvette Cotton	27.84	1991
<i>Vet</i>	Helen Searle	26.82	1991

Shot Put

<i>Under 12</i>	Megan Cotton	7.83	1987
<i>Under 13</i>	Megan Cotton	8.97	1988
<i>Under 14</i>	Melissa Moscato	9.34	2000
<i>Under 15</i>	Elizabeth Cotton	9.41	1990
<i>Under 16</i>	Tina Brown	9.69	1982
<i>Under 18</i>	Yvette Cotton	8.99	1987
<i>Under 20</i>	Ruth Fyfe	9.70	1984
<i>Open</i>	Yvette Cotton	8.78	1991
<i>Vet</i>	Helen Searle	10.46	1991

Hammer

<i>Under 12</i>	Margaret Gault	15.54	1991
<i>Under 13</i>	Amber Cassar	10.56	2002
<i>Under 14</i>	Alyssa Ross	11.48	2004
<i>Under 15</i>	Juliana de Candia	16.84	1991
<i>Under 16</i>	Rachael Massey	16.96	1991
<i>Under 18</i>	Joan Capper	27.56	1983
<i>Under 20</i>	Joan Capper	31.96	1984
<i>Open</i>	Yvette Cotton	17.90	1991
<i>Vet</i>	Narelle Page	20.64	1991

MALE

Javelin

<i>Under 12</i>	Peter Cotton	21.16	1985
<i>Under 13</i>	Gareth Smith	23.36	1993
<i>Under 14</i>	David Forster	33.06	1984
<i>Under 15</i>	Brian Chappell	34.22	1994
<i>Under 16</i>	Glen McCarthy	32.60	1985
<i>Under 18</i>	Steve Capper	43.13	1984
<i>Under 20</i>	Brent Page	37.36	1992
<i>Open</i>	David Strong	41.30	1986
<i>Vet</i>	Andrew Atkinson-Howatt	43.50	2001

Discus

<i>Under 12</i>	David Massey	21.78	1988
<i>Under 13</i>	Peter Cotton	25.50	1986
<i>Under 14</i>	David Forster	30.84	1984
<i>Under 15</i>	Mua Morris	41.23	2003
<i>Under 16</i>	Sean Brennan	40.56	1983
<i>Under 18</i>	Sean Brennan	29.84	1984
<i>Under 20</i>	Brent Page	33.60	1992
<i>Open</i>	Darren Wilson	36.82	1992
<i>Vet</i>	Peter Collins	32.28	1992

Shot Put

<i>Under 12</i>	David Forster	7.80	1982
<i>Under 13</i>	David Forster	8.83	1983
<i>Under 14</i>	Mua Morris	10.68	2002
<i>Under 15</i>	Craig Sanders	11.73	1984
<i>Under 16</i>	David Forster	11.66	1986
<i>Under 18</i>	Geoff Davies	12.15	1991
<i>Under 20</i>	Brent Page	11.33	1993
<i>Open</i>	Darren Wilson	11.96	1992
<i>Vet</i>	Bob Bowker	10.46	1996

Hammer

<i>Under 12</i>	Brian Chappell	8.94	1991
<i>Under 13</i>	David Page	17.92	1991
<i>Under 14</i>	Mua Morris	23.39	2002
<i>Under 15</i>	Matthew Williams	20.12	1993
<i>Under 16</i>	Steve Capper	28.40	1983
<i>Under 18</i>	Steve Capper	36.78	1984
<i>Under 20</i>	Andrew Jackson	27.52	1990
<i>Open</i>	Andrew Jackson	29.60	2000
<i>Vet</i>	Andrew Jackson	30.40	2002

SENIORS REPORT

SENIORS DIVISION - CENTRE RECORDS 2004

FEMALE

High Jump

<i>Under 12</i>	Margaret Gault	1.25	1991
<i>Under 13</i>	Megan Cotton	1.35	1988
<i>Under 14</i>	Megan Cotton	1.45	1989
<i>Under 15</i>	Christine Nettle	1.55	1990
<i>Under 16</i>	Christine Nettle	1.45	1991
<i>Under 18</i>	Karina Longshaw	1.50	1987
	Sharon McConkey	1.50	1990
<i>Under 20</i>	Christine Gosling	1.47	1992
<i>Open</i>	Cheryl Attenborough	1.42	1982
<i>Vet</i>	Margaret Chappell	1.35	1990

Long Jump

<i>Under 12</i>	Megan Cotton	4.11	1987
<i>Under 13</i>	Janet Gault	4.66	1990
<i>Under 14</i>	Janet Gault	4.65	1991
<i>Under 15</i>	Megan Cotton	5.10	1990
<i>Under 16</i>	Bridget Oakley	5.18	2004
<i>Under 18</i>	Kate Harvey	4.95	1991
<i>Under 20</i>	Vicky Piggin	5.85	1994
<i>Open</i>	Kerry Waite	5.00	1982
<i>Vet</i>	Sharon Aldridge	4.37	1994

Triple Jump

<i>Under 12</i>	Megan Cotton	8.56	1987
<i>Under 13</i>	Janet Gault	10.04	1990
<i>Under 14</i>	Christine Nettle	10.06	1989
<i>Under 15</i>	Shannon Arnott	10.11	2001
<i>Under 16</i>	Megan Cotton	10.21	1991
<i>Under 18</i>	Kate Harvey	10.90	1991
<i>Under 20</i>	Rasvinder Gill	10.66	2003
<i>Open</i>	Yvette Cotton	9.05	1991
<i>Vet</i>	Margaret Chappell	9.91	1990

Pole Vault

<i>Under 12</i>			
<i>Under 13</i>			
<i>Under 14</i>			
<i>Under 15</i>			
<i>Under 16</i>			
<i>Under 18</i>	Elizabeth Cotton	1.85	1993
<i>Under 20</i>	Elizabeth Cotton	1.88	1994
<i>Open</i>			
<i>Vet</i>	Margaret Chappell	1.65	1993

MALE

High Jump

<i>Under 12</i>	David Massey	1.32	1988
<i>Under 13</i>	Peter Cotton	1.47	1986
<i>Under 14</i>	Nikita Marokakis	1.58	2002
<i>Under 15</i>	Brian Chappell	1.50	1994
<i>Under 16</i>	Glyn Henman	1.60	1982
<i>Under 18</i>	Michael Dunne	1.67	2000
	Craig Birdsall	1.67	2000
<i>Under 20</i>	Glen McCarthy	1.67	1989
<i>Open</i>	Andrew Jackson	1.75	1994
<i>Vet</i>	Peter Collins	1.60	1993

Long Jump

<i>Under 12</i>	David Massey	4.74	1988
<i>Under 13</i>	David Massey	4.91	1989
<i>Under 14</i>	Nikita Marokakis	5.26	2002
<i>Under 15</i>	Brian Chappell	5.57	1994
<i>Under 16</i>	Brent Page	5.94	1990
<i>Under 18</i>	Geoff Davies	6.30	1991
<i>Under 20</i>	Brent Page	6.38	1993
<i>Open</i>	Andrew Jackson	6.41	1994
<i>Vet</i>	Peter Collins	5.47	1993

Triple Jump

<i>Under 12</i>	Brian Chappell	9.03	1991
<i>Under 13</i>	Len Pearce	11.14	2003
<i>Under 14</i>	Antonio Morris	10.99	2003
<i>Under 15</i>	Glen McCarthy	11.65	1984
<i>Under 16</i>	Brent Page	12.43	1990
<i>Under 18</i>	Brent Page	12.89	1991
<i>Under 20</i>	Brent Page	13.03	1993
<i>Open</i>	Andrew Jackson	12.70	1994
<i>Vet</i>	Peter Collins	11.78	1993

Pole Vault

<i>Under 12</i>			
<i>Under 13</i>	Gareth Smith	1.30	1993
<i>Under 14</i>	Brian Chappell	1.85	1993
<i>Under 15</i>	Brian Chappell	2.00	1994
<i>Under 16</i>	Brian Chappell	2.14	1995
<i>Under 18</i>	Brian Chappell	2.00	1996
<i>Under 20</i>	Brendan Mills	2.80	1993
<i>Open</i>	Brendan Mills	2.80	1994
<i>Vet</i>	Ray Brookes	2.80	1997

JUNIORS REPORT

PRESIDENT:

We always find that major international events such as Olympics and Commonwealth Games raise the profile of athletics to our benefit in the following season. This year was no exception with our registration numbers benefiting from Australia's outstanding achievements in Athens last year. The Registrar's Report gives a fascinating breakdown of the numbers of boys and girls by age group to which I can add that the rate of children re-registering was very encouraging this year. This is direct evidence that for many of our members, athletics is great fun!

Our program of school hires in the off season coupled with an improved advertising program should see our numbers increase once again for the new season. One exciting announcement I am pleased to make in this report is the publication of our new website at www.ryde-athletics.org.au. Thanks to the efforts of a number of committee members, this site will be the cornerstone of publicity for us in the future with many useful pieces of information for athletes and parents. You will also be able to download many of these items, for example, registration forms, carnival programs and competition rules and our popular Footprint newsletter.

The direct measures of our success as a facility for young athletes always lie in the area of their results and achievements. No season passes without some club records being broken and this was true again this year. They say that records are meant to be broken, but you can see that many marks set by athletes in the past have stood the test of time over many years. It is testimony to our coaches and their programs and the dedication of our young stars that these new achievements are now etched into our record books. Congratulations to all concerned!

What we don't see in the public record is the many hundreds of personal bests achieved by our members over the course of each season. The underlying principle of our competition is the encouragement and recognition of personal bests. It is all we can do as a club and as parents to foster this approach to athletics and hopefully in all other areas of life as well.

Our Championships Officer's report will highlight to you the outstanding performances of Ryde Athletics members in the 2004-2005 season. In particular our teams' performances at State Relays, the only event where athletes are specifically coached to compete in groups, were nothing short of exceptional results for the athletes and their coaches. To win Gold Medals at this large event is understandably very difficult, and a highlight for the club this year.

You will also see from our Treasurer's report that this year has been a very safe year for us on the financial front. We see that income was ahead of budget and expenses were under budget, which is the ideal situation to be in. This has resulted in a healthy bank balance which will allow us to upgrade and supplement some of our equipment and facilities in the off season ready for a bright start to next year. It is the objective of the finances of the club to re-invest back into the participation, enjoyment and development of athletics at Dunbar Park, and we are again well placed to carry out these plans in the future.

I am pleased to announce that during the off-season, some of our hard earned funds will be used with Ryde City Council to replace our ageing tartan long-jump run up strips. We are also hopeful of winning a grant from LAANSW to assist us to provide a high grade surface identical to that which is in use at Barton Park Parramatta and at Mingara Sports Stadium Tumbi Umbi. These two tracks were the venues of our Zone and regional carnival this year. During these competitions, many of our athletes jumped significant personal bests, with three athletes progressing to State Championships in long or triple jump events. With the new surface in place I am sure that many more PB's and records will be under siege!

It is the nature of Junior Athletics that 15 year old athletes leave us at the end of the season. This is often an emotional time for them as it means the "end" of something they have been doing for up to 9 or even more years. For many this could be over half the number of years in their young lives. Fortunately, athletics is something that can be enjoyed for many decades, and we trust that this years "graduates" will carry on their participation with our Seniors Division next year. To each and every one of you, I congratulate you on your achievements whilst at Ryde Juniors and wish you the best of fortunes in your sporting, educational and vocational endeavours. Wherever they may take you, always remember to try and achieve your personal bests!

JUNIORS REPORT

This club exists and operates on the efforts and dedication of many people to share the many tasks and duties required for it to run as smoothly as it does. For these, on behalf of the athletes, I must thank:

Our superb Age Managers. You are the face of our club to many, in particular the younger age groups. Your leadership, initiative, encouragement, support and dare I say entertainment of our children is what brings them back, week after week. You have one of the most onerous tasks on Saturday mornings and to keep up this work for the 18 or so weeks of our season is to be applauded.

Our coaching staff for their dedication and commitment to the development of our athletes. Included in this group once again is Ross Forster, our seniors coach, whose efforts have enabled some of athletes to once again achieve outstanding results.

Angela Chan and Margaret Atkinson for your efforts in the Canteen & BBQ. Your direct efforts contribute many dollars to our clubs finances.

Keith Johnson, Glyn Whalan, Phil Cossell, Ian Trimble and my other fellow committee members, thank you for your support, guidance and assistance in this my first year as President.

Karen Lowe, Peter Peters, and Girvan Malcolm for this their first season as members of the committee. They have picked up the baton from their predecessors and run big personal bests themselves this year. Thank You.

All the parents out there who help out as officials by running events and organizing equipment while hopefully having fun themselves on Saturdays.

Those folks who have accepted nominations for roles on the committee for the coming season. We have a great blend of experience and new input for next year and it promises to be a great year for our athletes.

The local schools for their patronage and support.

Congratulations to all the athletes for the season past and thank you to all for what has been for me a most rewarding experience. I am already looking forward to 2005-2006!

Ron Daniel
President (Juniors).

SECRETARY:

Over the last 12 months there have been many enquiries regarding our Centre.

People making use of the internet have found my contact details through Little Athletics Association of NSW. On average 25 – 40 enquiries a day would have been received either by phone or email on the lead up to registration day. Enquiries to a lesser extent continued on right through the season.

Karen Lowe
Secretary (Juniors).

CANTEEN:

(Position vacant - No report)

JUNIORS REPORT

REGISTRAR:

Registrations this year of 471 were well up on last year's 393 and only 34 short of the 2002/03 record. The figures over the last few years have been:

Season	Girls (%)	Boys (%)	Total
1998/99	162 (47.4)	180 (52.6)	342
1999/00	221 (50.1)	220 (49.9)	441
2000/01	220 (48.3)	236 (51.7)	456
2001/02	218 (48.8)	229 (51.2)	447
2002/03	233 (46.1)	272 (53.9)	505
2003/04	189 (48.1)	204 (51.9)	393
2004/05	248 (52.7)	223 (47.3)	471

This year we did not have the usual fifty percent of athletes re-registering from the previous year. It is interesting to note that although the girls were close with 48.7% re-registrations the boys only achieved 39.2%. The overall figure was 43.8%.

The statistics by age groups were:

	Girls		Boys		Total	
	New	Re-Reg	New	Re-Reg	New	Re-Reg
Tiny Tots	22	2	34	5	56	7
Under 6	15	1	19	5	34	6
Under 7	18	7	19	10	37	17
Under 8	12	6	17	7	29	13
Under 9	23	8	12	9	35	17
Under 10	18	15	13	11	31	26
Under 11	17	16	13	7	30	23
Under 12	12	13	7	5	19	18
Under 13	10	8	5	9	15	17
Under 14	7	7	4	7	11	14
Under 15	2	9	-	5	2	14
Total	156	92	143	80	299	172

Registration day in August was very quiet with only 228 registrations, some 60 below normal, however, the first day at Dunbar saw over 120 registrations instead of the usual 50-60. This led to frustrated parents, athletes and officials. It also delayed the morning competition and was a bad advertisement to the new members. If you are returning next season please try and register on Registration Day, August 21st, at the Scout Hall in Agincourt Road, Marsfield. We will be open from 10.00am until after 2.00pm. This will relieve the pressure on the first day at Dunbar Park, September 3rd.

I would like to thank everyone who helped us on Registration Day, in particular Anne Masing and Doug Russell, and to Kate Kelland and Karen Lowe for their help during the season.

Ian Trimble
Registrar (Juniors).

PUBLICITY:

(no report)

JUNIORS REPORT

RESULTS:

I'd like to thank both Dave Marshall and Sally Dillon for all their time and effort throughout yet another exciting year. After many thousands of results entered and many reams of paper we got through another great year. As many of you may know we faced some challenges, the major one being our IT infrastructure.

With us having a PC hard disk crash at Christmas time after many results had been entered but alas not backed up we had to source and re-enter many weeks worth of results, as our back up strategy was found to be some what lacking.

Thank goodness for Dave who came to the rescue with many weeks of backed up results which significantly reduced the rebuild by many weeks. Thanks Dave.

As always Sally Dillion was on hand to help out in her usual cool and un-flustered way on the Saturday mornings which made life for me much easier through the week.

Thank you to the club President Ron Daniel for sourcing an old (but very fast) PC for the Centre.

Once again we have all learnt much and we have some ideas for next year to make the job easier and more interesting, with a view to get some new blood involved on the Saturdays for the data entry side of things.

To my team thank you, you were as always great to work with and I look forward to next year!

Michael Ross
Officers for Results (Juniors).

COACHING:

The juniors coaching programme ran through the season on Mondays and Wednesdays at Dunbar Park from 4:30pm to 6:00pm.

Many thanks to Julie, Julie-Ann, Patrick and Marcus for assisting throughout the season. Congratulations to Julie-Ann and Patrick for completing the Level 1 coaching course and to Marcus for the Level O course. To anyone interested in coaching and the very rewarding experience that comes from it, in helping our children gain some skills and improve their performance, please contact me as the more coaches we have at training the more attention can be given to each individual. You do not need to have been an athlete in your past life.

Thank you to all our State Relay coaches who braved the early Saturday mornings to assist our athletes to prepare for this big event and to those who helped at the throws and jumps during the Saturday morning competition. Some very pleasing results at the State Relays were obtained with you help.

Finally, to the athletes who attended training. I hope you enjoyed it and gained some benefit for your efforts. Seeing you improve and attain those PB's is what makes it all worthwhile for us Coaches.

Doug Russell
Officer for Coaching (Juniors).

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CHAMPIONSHIPS:

The major championship events of the season were as follows:

Ryde Games

Ryde Games is a centre-based competition held under the umbrella of the Ryde Sports Foundation. It is a pentathlon event with a point score culminating in medals being presented for the first three placegetters in each age group. The Games is open to all Ryde athletes as well as athletes from other centres. This event was held on 18th September 2004.

Grudge Cup

This fun annual event between 5 participating centres was held on Sunday 14th November 2004 and was hosted by the Fairfield Centre. 18 athletes from Ryde competed and had a very enjoyable day.

State Relays

The State Relays is the biggest state-wide carnival on the Little Athletics calendar. Ryde entered 38 teams into the State Relays held on Sun 23rd November. Athletes were selected to represent their age group in various relays in running and field events against the highest quality competition. Some excellent results were achieved by our athletes.

Medallists were:

GOLD

U8 Girls 4 X 100m

Aiona Schram, Casey Cahlin, Lenora Cagica and Rebecca Muir.

U15 Girls 4 X 100m

Sally Johnson, Katarina Kraft, Alyssa Ross and Tania Padovan.

SILVER

U11 Girls Shot / Discus

Tierra Hausia, Kimberley Lowe, Julia Parker and Ellen Russell.

BRONZE

U14 Boys 4 X 100m

Sam Gallagher, Jason Chen, John Pearce and Len Pearce.

U12 Girls 4 X 100m

Chelsea Ross, Sarah Dillon, Sophie Duclos and Narian Noory.

Also eight other Ryde teams were placed in the top 8.

Zone Carnival

The Zone Carnival was held on the weekend of 4th-5th December at Barton Park, Parramatta with some events on Wed evening 8th Dec at Rotary Park, Lane Cove. The Ryde club had 164 athletes compete. Of these athletes 65 (40%) finished in the top 4. It is worth noting that every age group was represented in the top 4 finishers. Congratulations to our U7 athletes who completed their Championships competition at Zone level. Outstanding results from our U7s were:

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Joshua Hart	- Pack start (2 nd), Shot Put (2 nd), Discus (4 th).
James Ramm	- Pack start (1 st), Discus (2 nd), 200m (3 rd).
Sarah Kelland	- Discus (3 rd).
Karleigh Ryan	- Pack start (1 st), 200m (4 th).

Regional Carnival

The regional carnival was held on the weekend of 19th-20th February at Central Coast Athletics Centre. Of the 55 athletes who represented Ryde, 11 qualified for the State Championships and their achievements are listed below:

Ben Cooper	12 B	Triple Jump (1 st)
Michael Todd	13 B	1500m (1 st), 800m (1 st)
Len Pearce	14 B	Triple Jump (1 st)
John Pearce	14 B	90m Hurdles (2 nd), Long Jump (3 rd)
Usha Ranjitkumar	10 G	Discus (2 nd)
Tania Padovan	15 G	100m (2 nd)
Sarah Dillon	12 G	400m (3 rd)
Kavitaa Ranjitkumar	13 G	Discus (3 rd)
Alyssa Ross	14 G	Triple Jump (3 rd), 200m (3 rd), 100m (3 rd)
Daniel Zentner	15 B	1500m (3 rd)
Tara Vance	11 G	800m (3 rd)

Special mention to our U8 athletes who completed their Championships competition at Regional level. Outstanding results from our U8s were:

Edward Penrose	3 rd	Pack Start
Aiona Schram	3 rd	Pack Start

State Multi Event

The State Multi Event was held on the weekend of 5-6 March at Dubbo with Ryde entering 5 athletes.

State Championships

The State Championships were held on the weekend of 19th-20th March at Homebush. Of the 10 athletes who competed, 3 received medals and their outstanding achievements are listed below:

Michael Todd	(13 B)	- 1500m (1 st), 800m (2 nd)
Ben Cooper	(12 B)	- Triple Jump (1 st)
Alyssa Ross	(14 G)	- 100m (3 rd)

Congratulations to Michael, Ben and Alyssa for their terrific performances.

Records

18 records were established, equalled or broken this season across all disciplines (see last page for details):

- Discus (3)
- High Jump (1)
- Long Jump (2)
- Triple Jump (1)
- Hurdles (2)
- Walks (2)
- Middle Distance Runs (7)

Bernadette McGuire
Championships Officers (Juniors).

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OFFICIALS:

Each athletics season is never the same and by any means easier. Little Athletics core operation and capacity to offer the best in variety and diversity lies within parental support and cooperation.

We all need to keep in mind that becoming an official or foundation of the club only refers to that person making him or herself voluntarily obligated as one of the "faces" of Ryde Little Athletics. Unfortunately the year to date did not bring about the total support needed by parents. We can only endeavor to prove to a parent that by assisting will lead to their child improving and receiving the very best Ryde Little Athletics has to offer. Little Athletics can only operate on the old motto of "we work with what we have".

However, on a happier note a big thank you must go to those parents who did contribute their invaluable time and assistance each Saturday morning.

On a sad note, I bid farewell to a club that I have devoted my last nine years. The club and all its members, extending to the seniors, have only ever shown up most support, dedication and above all confidence towards my wife, my 2 children and me. We leave behind a mountain of friends and memories and our gesture to you all is to say a very big thank you and the very best of luck!

A personal note to my straight track time keeping buddies you have passed with flying colours..... but bear in mind I will always remain that one-one-hundredth of a second in front.

Jack Padovan
Officer for Officials (Juniors).

DUNBAR PARK IMPROVEMENTS:

In regards the previously proposed plans for changes to the canteen building we require a think tank session in order to reassess the current needs and long-term objectives with needs. A new business plan will be made available to the committee for scrutiny.

Capital works improvements in 2004 saw Ryde Council complete a New Safety fence for the Junior Discus area.

Efforts are currently under way to have one long jump track replaced and a new surface on another at an estimated cost \$34,738. A grant application has been lodged with LAANSW to supplement funding from our Centre and the Ryde Council.

Other pending works include:

1. Sail Shade structures (3) (require federal government funding).
2. Replace new safety fencing to Discus area#1 (2006).
3. Air rating, top soiling and levelling all of the tracks (as scheduled during the Xmas Break 05).

Paul Ranjit Kumar
Officer for Dunbar Park Improvements (Juniors).

TRACK & FIELD:

I have thoroughly enjoyed my first year as Officer for Track and Field (Juniors) after first joining the Club over 5 years ago.

Overall the ground was in good condition during the year with the exception of some consistent pot holes in the straight track, which no matter how hard we tried to avoid using those lanes and filling them with sand/top soil, always seemed to grow bigger as the next Saturday morning arrived. We were also lucky to receive a new permanent discuss cage early in the season which meant that we

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didn't have to assemble the portable discuss cage any longer. The support of Ryde City Council is very much appreciated.

It is always a challenge ensuring that all track and field events are run smoothly and in programme order, particularly during the first month or so of the season as new parents and officials learn the ropes and we cope with changes in the number of athletes in different age groups. This year was no different, but I take heart in the fact that as the year progressed, with minor changes in the programme we were able to finish most Saturday mornings at a reasonable time and usually well before 12:00pm. Thank you to all the age managers who encouraged and supported me during the year. Without your help and understanding we could not have run such a successful programme this year.

I would also like to thank all the officials and parents who helped out each and every Saturday morning. Without your help, our Saturday mornings would be chaotic. Unfortunately however on a couple of occasions during the year we were almost forced to cancel some events because there were insufficient parent volunteers to help out. Luckily some last minute pleading to parents on the sidelines averted this action being taken. I would strongly encourage all parents to help out in any way they feel comfortable to ensure that we can run all the track and field events smoothly. This will ensure that we give all our athletes the opportunity to be successful in their chosen events. I am positive that once you try helping out in different areas and find one that you like, you will look forward to the 2 – 3 hours you spend on Saturday mornings with all the athletes away from the stress and routine of every day living.

I would like to congratulate all the athletes on their great effort and success throughout the season and special congratulations to those who participated and competed at Regional, State and National levels as individuals and teams.

Finally, I would like to thank everyone who has helped me find my way during this first year (most of you know who you are). Your helpful suggestions were very much appreciated and usually taken on board. I am already looking forward to next season.

Peter Peters
Officer for Track and Field (Juniors).

AGE MANAGERS:

Due to a health problem with a close relative I was only able to attend the first half of the season. I would like to give a huge "THANKYOU" to Kate Kelland for her support over the entire season. Not only did she give me support during the first half of the season, she took over for me in my absence. Likewise, I'd like to thank the age managers for their hard work and dedication to Ryde Athletics. Well done and thankyou.

The first half of the season was a good one, with all age manager positions filling up quite quickly. Age managing is a big responsibility and it can be difficult to find parents willing and able to take this role on. In the time I did attend I found all age managers to be fantastic. We held a meet and greet BBQ in the first two weeks where the new and experienced managers came along to ask questions (and be given praise for taking the role on). It was decided last season we decided on holding the age managers BBQ early in the season rather than later. This worked well and should be an on going occurrence.

Katrina Hausia
Officer for Age Managers (Juniors).

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FIRST AID:

Despite the large number of registered athletes this has been a relatively light season for injuries. In fact very few incidents were directly attributable to athletic events with no serious events recorded as a consequence of athletic activities. It was gratifying to note that there were no incidences of heat stroke despite some of the extremely hot days. This is a tribute to the age managers who continue to ensure the importance of hydration and shade when not competing.

There was the usual scattering of incidents which are common to childhood, blisters, nosebleeds, bull ant bites etc.

Of the musculo-skeletal injuries, sprains and sore ligaments, the majority of these were in fact exacerbations of existing injuries often picked up at other sporting activities.

The two incidents, which I consider most serious, both occurred as a consequence of skylarking between events. It is significant that this is a problem confined to boys' groups, but athletics clubs cannot be expected to change biology. Both of these incidents have been discussed at committee meetings. The first was a hyperextension injury of the knee which may have jeopardised an athlete's chances to compete, but which settled with conservative treatment. The second was an incident in which an 11 year boy sustained a laceration near to his left eye after being caught by a swinging polypropylene cabana cover.

As has been discussed at committee, attempts to prevent recurrence of such events focus on continuing the good efforts of the field officer to organise the efficient progress of events so that athletes are not left on the sidelines for too long, and continuing to encourage parents to participate by either helping at events or acting as age managers or their assistants.

Girvan Malcolm
Officer for First Aid (Juniors).

EQUIPMENT:

The Storage Building requires new shelving and reorganizing into Task Units. There is also a need for more equipment, bins and trolleys. The challenge is how to store equipment logically and efficiently transport it onto the field. Allocating and marking of specific areas for storage of equipment will help in this regard. If the equipment were to be divided into Task Units, Team Leaders could be appointed responsibility for overseeing the correct equipment getting out to the correct location each Saturday morning and returned at the conclusion of events. Suggested Task Units and Team leader allocations are:

- | | |
|---------------------------------|----------------|
| 1. All Tracks including Hurdles | 4 team leaders |
| 2. Throws (2) | 2 team leaders |
| 3. Long Jumps (2) | 2 team leaders |
| 4. High Jumps | 2 team leaders |
| 5. Tiny Tots | 2 team leaders |

We are continuing to improve space usage, however, it is an ongoing process.

Paul Ranjit Kumar

JUNIORS REPORT

JUNIOR RECORDS ESTABLISHED, EQUALLED OR BROKEN **2004/2005 SEASON**

AGE GROUP	NAME	EVENT	PREVIOUS RECORD	NEW RECORD	DATE
08 Girls	Aiona Schram	Pack Start	2-37.0	2-34.4	12/02/05
09 Girls	Paulina Peters	800m Walk	4-41.7	3-18.1	05/03/05
10 Girls	Usha Ranjit Kumar	Discus	24.64M	25.08M	11/12/04
11 Girls	Rachel Perrins	1100m Walk	6-59.4	6-51.5	13/11/04
11 Girls	Beth Chilcott	High Jump	1.31M	1.32M	05/03/05
13 Girls	Kavita Ranjit Kumar	Discus	28.01M	29.24M	11/12/04
13 Girls	Kavita Ranjit Kumar	Discus	29.24M	31.72M	15/01/05
13 Boys	Michael Todd	800M Run	2-21.4	2-20.0	22/01/05
13 Boys	Michael Todd	1500M Run	4-56.8	4-38.7	06/11/04
14 Boys	John Pearce	90M Hurdles	13.7	13.1	27/11/04
14 Boys	John Pearce	Long Jump	5.45M	5.5M	30/10/04
14 Boys	John Pearce	Long Jump	5.5M	5.52M	27/11/04
14 Boys	Len Pearce	Triple Jump	11.85M	11.88M	05/03/05
15 Boys	Daniel Zentner	1500M Run	5-03.4	4-51.1	15/01/05
15 Boys	Daniel Zentner	1500M Run	4-51.1	4-49.8	12/02/05
15 Boys	Daniel Zentner	3000m Run	11-12.8	10-46.7	30/10/04
15 Boys	Daniel Zentner	3000m Run	10-46.7	10-40.6	27/11/04
15 Boys	Antonio Morris	90M Hurdles	15.4	15.3	09/10/04