

**RYDE ATHLETICS CENTRE
INCORPORATED**



ANNUAL REPORT

2009 / 2010 SEASON

ABN: 99 850 553 401

LIFE MEMBERS

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

Sharon Dewar (née Read)
Will Devjak
Tony Fernandes
Ross Forster
Miriam Fogliani (née Spitteler)
Peter Graham
Warren Gray

Kurt Hansen
Andrew Jackson
Rachael Jackson (née Massey)
Keith Johnson
Adrienne Kinna (née Bouffler)
Anne Masing
Glen McCarthy
Suzette McFarlane (née Sames)
Yvonne Melene (née Godfrey)

John Mills
Roslyn Mitchell (née Cramp)
Betty Moore
Coral Read (née Hellyer)
Julie Reynolds
Judy Scott (née Murray)
Rita Shield

Gaye Shuttler (née Woolley)
Desleigh Spitteler
Reg Tarte
Mary Thomas
Ian Trimble
Ruth Trimble
Glyn Whalan
Colleen Wilson (née Hill)
Kay Williams

PATRON

Betty Moore

PUBLIC OFFICER

David Lewis

DIRECTORS

Ross Forster
Ian Trimble
David Lewis

Ann Arnott
Keith Johnson

**RYDE ATHLETICS CENTRE INCORPORATED
2009/2010 SEASON – ANNUAL REPORT**

DIRECTOR'S REPORT

This year marked our 10 years as a combined Juniors/Seniors athletics club. Our affiliation with Little Athletics NSW and Athletics NSW means we have again been able to offer athletics to all ages from Tiny Tots to Veterans, an approach that was rare when we combined.

Now, the inter-action and co-operation that we have between Juniors and Seniors is the natural outcome of our overriding interest in the sport. The increased opportunities and the support each has given the other demonstrate the success that comes from our approach.

Our 10 year dinner was a great night with many former athletes and officials attending. That great spirit flowed through to our combined Ryde City Games Pentathlon and 60m Dash and also the trivia night.

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. We look forward to the next decade.

**Ann Arnott, Ross Forster, Keith Johnson, David Lewis and Ian Trimble.
Directors**

RYDE ATHLETICS CENTRE INCORPORATED
2009/2010 SEASON – ANNUAL REPORT

JUNIORS REPORT

COMMITTEE MEMBERS - JUNIORS

PRESIDENT:	Ron Daniel
VICE PRESIDENT:	Dave Sunderland
SECRETARY:	Stephen Latham
TREASURER:	Ely Osada
REGISTRAR:	Kate Kelland and Ian Trimble
CHAMPIONSHIPS:	Jim Tzakos
AGE MANAGERS:	Keith Grimes
PUBLICITY:	Adriana Mestousis
RESULTS:	Linda Talty
OFFICIALS:	Tristan Tall
TRACK and FIELD:	Peter Peters
(Track)	David Lewis
(Throws)	Vacant
(Jumps)	Vacant
OFFICIALS DEVELOPMENT:	David Sunderland
COACHING:	Doug Russell and Craig Matheson
EQUIPMENT:	Simon Bergfield
CANTEEN AND BBQ:	Linda Hanlon and Jo Houssenloge
FIRST AID:	Girvan Malcolm
DELEGATES:	Vacant
UNIFORMS:	Louise Badaoui and Annette Hughes

AGE MANAGERS – JUNIORS

TINY TOTS	Sharon Harrison
6 Boys:	Daniel Bruntsch
6 Girls:	Mark Lillis
7 Boys:	Helen Galati
7 Girls:	Petrina Felix-Tolhurst
8 Boys:	Jason Workman
8 Girls:	Mike Hilder
9 Boys:	Janine Bowtell
9 Girls:	Keith Grimes
10 Boys:	Patrick Rice
10 Girls:	Con and Adriana Mestousis
11 Boys:	Marc Ridey
11 Girls:	Josephine Zajic
12 Boys:	Andrew Boydell
12 Girls:	Mira Jukic
13 Boys:	Norman Cai
13 Girls:	Patrick McConnell
14 Boys:	Yvette Vignando and Louise Laz
14 Girls:	Louise Bergfield
15 Boys:	Jonathan Spinks
15 Girls:	Jenny Rodgers
BOYS CAPTAIN	Patrick Kelland
GIRLS CAPTAIN	Samantha Rodgers

TREASURER

It was with great pleasure that I became Treasurer of the club this year. First of all, I would like to thank the Committee members, especially Kate Kelland, who assisted me with the banking tasks when I was away. I also would like to thank Robert Jukic who assisted me and guided me through the Treasurer's tasks this year.

This year, Canteen Revenue was \$3,896.75 over budget. This year the canteen trialled a barista coffee service by Coffee 2 U and the revenue for this was \$650.

In BBQ, the quality of the bacon was improved during the season, resulting in an increase in costs for the BBQ, however, even with the increased cost; the revenue was \$740.45 more than the budget. The canteen team also managed to negotiate to purchase BBQ bread and rolls from Bakers Delight with the same cost as the previous supplier, so the quality of the bread improved keeping costs the same. Well done Canteen and BBQ Team!

We also exceeded the budget for \$800 for Equipment Hire. This is from schools that used Dunbar Park to have their athletics carnivals.

Overall, we exceeded our budget income by \$3,486.

Our expenditure this year was under budget for \$24,798.80. This was mainly due to budget item "Grounds upgrade" not taken up this year. Also, the fact that the number of online registration increased, the registration expenditure was \$5,444 less than the budget.

With all of these items combined, we will have \$43,860.50 in the bank for a healthy start to season 2010/2011.

Lastly, thank you to Ryde-East Leagues Club for providing a meeting room for our monthly meetings at no charge.

Ely Osada
Treasurer (Juniors)

Junior Division accounts for the season 2009/2010

Income	2009/2010	2008/2009	Expenditure	2009/2010	2008/2009
Registrations	35,053.80	\$ 38,194.35	Registrations	9,556.00	\$ 13,580.50
Uniforms	9,910.00	\$ 18,512.00	- Dual Registration Seniors	584.00	\$ 440.00
Canteen	9,896.75	\$ 8,187.85	Uniforms	18,593.50	\$ 20,638.25
BBQ	9,740.45	\$ 12,462.54	Canteen	6,977.09	\$ 6,879.49
Zone Canteen & BBQ	0.00	\$ 11,138.00	BBQ	8,464.25	\$ 7,174.24
2nd hand uniform donations	240.00	\$ 15.00	Zone Canteen & BBQ	0.00	\$ 9,308.16
					\$ -
Donations / Grants	0.00	\$ -	Advertising	140.80	\$ 140.80
Bank interest	0.00	\$ 178.19			\$ -
Equipment Hire	2,600.00	\$ 2,330.00	Catering	180.00	\$ 265.45
Ryde Games Entry Fees	135.00	\$ 140.00	Competition Fees	1,017.00	\$ 1,601.50
			Committee Social	110.00	\$ -
			Conference Attendance	0.00	\$ 1,449.56
			Donations	0.00	\$ 100.00
			Equipment (Capital)	5,270.80	\$ 2,961.06
			Equipment (Consumables)	283.12	\$ 689.21
			Hiring Deposits (should be zero)		\$ -
			Government Charges	45.00	\$ 44.00
			Hall Hire	150.00	\$ 150.00
			Hire of Dunbar Park	4,410.00	\$ 4,410.00
			Internet	249.00	\$ -
			Postage	22.00	\$ 136.00
			Printing & Stationery	2,823.72	\$ 3,444.97
			Repairs & Maintenance	0.00	\$ -
			Ribbons & Trophies	4,053.49	\$ 5,000.00
			Sundry Expenses	1,070.90	\$ 607.26
			Training Expenses	1,396.53	\$ 1,454.69
			Zone Equipment	0.00	\$ 459.61
			Total Expenditure	\$ 65,397.20	\$ 80,934.75
			Plus net income	\$ 2,178.80	\$ 10,223.18
Total income	\$ 67,576.00	\$ 91,157.93		\$ 67,576.00	\$ 91,157.93

Canteen & BBQ

Event	Canteen	BBQ	Total
Coca Cola Rebate	\$0.00		
ryde games	\$661.85	\$752.60	\$1,414.45
24 Saturday mornings	\$8,276.40	\$8,316.15	\$16,592.55
Total takings	\$8,938.25	\$9,068.75	\$18,007.00
Less costs	\$6,977.09	\$8,464.25	\$15,441.34
Total profit	\$1,961.16	\$604.50	\$2,565.66
Stock on Hand			
drinks	\$ 212.43		
lollies + misc	\$ 222.32		
Total stock on hand	\$ 434.75		
Canteen Equipment	\$ 4,750.00	(replacement value)	

Bank Statement Reconciliation

	<u>Current</u>	<u>Previous</u>
Bank statement as at 01/04/09	\$ 42,528.55	\$ 37,013.18
less last year's unrepresented cheques	-\$ 4,091.55	-\$ 9,150.00
plus last year's unrepresented deposits	0.00	\$ 350.64
plus net income	\$ 2,178.80	\$ 10,223.18
plus unrepresented cheques this year	\$ 3,109.55	\$ 4,091.55
less unrepresented deposits this year	\$ -	\$ -
gives bank statement 31/03/10	\$ 43,860.50	\$ 42,528.55
book balance	\$ 40,750.95	\$ 38,437.00
variance	\$ 3,109.55	\$ 4,091.55
less unrepresented cheques this year	-\$ 3,109.55	-\$ 4,091.55
plus unrepresented deposits this year	\$ -	\$ -
	\$ 0.00	\$ 0.00
Available Funds	Current	Previous
Bank statement as at 01/04/10	\$ 43,860.50	\$ 42,528.55
less unrepresented cheques	-\$ 3,109.55	-\$ 4,091.55
plus unrepresented deposits	\$ -	\$ -
Gives funds available to start next season	\$ 40,750.95	\$ 38,437.00
Uniform Stock:		
Uniform stock as at 31/3/2010 (at current price)	\$15,850.00	\$ 19,665.00
Canteen Stock:		
drinks	\$ 212.43	\$ 313.00
lollies	\$ 222.32	\$ 536.72
Total stock on hand	\$ 434.75	\$ 849.72
Canteen Equipment: (replacement value)	\$ 4,750.00	\$ 4,517.75

Ely Osada
Treasurer (Juniors)

22 High Street
Wyee Point
NSW 2259

The Board of Directors
Ryde Athletics Centre – Juniors Division
P.O. Box 3658
Marsfield NSW 2122

I have examined the accounts of Ryde Athletics Centre, Juniors Division, in accordance with Australian Generally Accepted Auditing Standards for the financial period 1st April 2009 through 31st March 2010 inclusive.

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

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

Roy V. Tuffrey

03-MAY-2010.

Roy Tuffrey
Chartered Accountant

PRESIDENT

It is my privilege again to write about the season past for Ryde Athletics Centre, Junior's Division, or as we more informally say, Ryde Little Athletics.

Although membership numbers were slightly lower than our last bumper season, our membership was strong in number with 462 registrations. Our 462 members put us at 11th largest out of 190 clubs and 37,400 total state-wide members and this year we had an even split of 231 boys and 231 girls. More members registered on-line this season than ever before, and this coupled with good numbers at our pre-season registration day enabled the Committee to kick-start the season smoothly on our opening weekend and get competition under way easily in the following weeks.

More and more of us are acutely aware of the incredible job done by our Registrar, Kate Kelland, not only at the start of the season when registrations are flowing thick and fast, but right through the season, in many areas. I offer a huge vote of thanks to Kate for her help this season, particularly the checking of our members achievement patches and the confirmation of 36 recipients of our much sought after blue patch. This award, for all around performance, was received by 36 athletes this season, which is only 1 less than last year, despite the reduced total number of members. Kate's usual comprehensive report with all the numbers of all of our age groups is once again a feature of this annual report.

We always take great delight in the frequent forays of our Tiny Tots group on the big track and in the long jump pit. We saw this many times again this year with our 33 children on the circular and straight track, and the long jump pit, and we look forward to many "graduates" coming into the Under 6's next season. I would like to take this opportunity to thank the parents of our tiny tots for their assistance and organisation this past season, especially as we extended their season by two weeks.

In another change to operations this season, we decided to add the Ryde 60m Dash to the end of our Ryde Games Pentathlon. In a measure designed to keep groups active while results for the Ryde Games were collated, the 60m dash was a big success with many athletes taking the extra opportunity for competition and the chance for another medal. We are however yet to find the smoothest presentation process for Ryde Games, yet I can assure you that we are resolved to trying new things for the ultimate enjoyment of all.

With one rain-out and two weekends when competition was affected by dust storms, a number of records were again set by our athletes this year. Our annual report details these and we congratulate our new record holders for this season and all those athletes who received achievement patches, especially those 36 who received their blue patches.

I must single out Patrick Kelland, our Club Captain. Not only did Patrick receive his 8th consecutive blue patch this season, he also achieved blue level performance in all 15 events the club has to offer. No one in the history of our club has ever achieved this before! Patrick also came within fractions of a second in setting club records in the process. Records in the older age groups are usually the domain of specialist athletes who have concentrated their efforts into one type of event. Patrick's efforts are truly remarkable indeed.

We are already starting to see the benefits to our members of more adults volunteering their time to help in coaching our young stars. This is a direct result of the initiative that was implemented last season to provide incentives to our existing and new coaches. A number of Ryde athletes distinguished our club and themselves in a number of representative carnivals this season in junior, senior and school arenas. The truly outstanding state and national performances in these arenas that were achieved are the athletes' rewards and direct results of great coaching and commitment and dedication from the athlete over many years of training and competition.

The Championships Report from Jim Tzakos, our Championships Officer, details our member's achievements at Zone, Region and State Carnivals. Have a look at Jim's report to see more details of our members' fabulous achievements wearing the red white and blue of Ryde. The highlight as a club for this season was undoubtedly the performances once again of our 14 athletes who represented our club at the LAANSW State Championships. Special note must also be made of Ryde Athletes Ben Cox, Tara Vance, Kate Spencer, Cameron Pappas, James Bergfield, Maddy Bergfield, Patrick Kelland, Tanisha Hardy, Shannon Burrows and Nina Osada Phornsiri who also competed at National School age championships with Shannon, Nina, Cameron, Kate, and Ben winning medals in their respective events.

In a massive change of procedure, we ended the season with a combined Trophy and Fun Day. While this presented some challenges in organisation, from all reports, we even outdid the fun from our Fun Day from last year. After celebrating the achievements of our state representatives, we started the day with a chaotic competition for the groups to turn their managers into mummies by wrapping them in many rolls of toilet paper. It was a great laugh to start a great day. Two and half hours of organised mayhem ensued and ended with one of the longest egg throwing competitions we, if not the world, has ever seen. To see our season come to a close on a morning packed full of fun, trophies, water events, novelty races, tug-of-war, and 2000 flying tiny Easter eggs in the frequent scramble madness was very pleasing to all. It was wonderful to be also able to incorporate our Tiny Tots into the mayhem and celebration of their season with their trophies presented on the same day as every other member. Next season's end promises to be bigger and better as we saw a number of opportunities for improvement to the flow of things on the day.

I have frequently put forward my views on the important job that our Age Managers carry out. With the responsibilities of leading, directing, encouraging and sometimes even comforting our athletes, the Age Manager role is vital to the enjoyment and potentially continued participation of our athletes. The reward of witnessing the achievements and development of their athletes is the only payment we have to offer, so we, athletes and officials of Ryde, are hugely grateful to all our Age Managers for their efforts this season.

Our first ever survey of our members, which by the way is still open for participation on our web site, has provided us with great feedback on the way our club and sport is run and the enjoyment of our athletes and parents. We will be acting on this information wherever we can directly develop our sport for the better. I encourage all parents to not only participate in this survey, but to also be as involved with our sport as much as they can. We have a number of new parents who have taken the step to become official officials and we look forward to their development too over the coming seasons.

Before closing, I would like to thank the following people for our successful season:

- The whole committee for their ongoing effort, support and commitment to their roles. We are lucky to have these people dip into their already busy lives and find more time to ensure our club is run as efficiently as it is.
- Our new committee members Ely Osada Phornsiri (Treasurer), Keith Grimes (Age Managers), Craig Matheson (Coaching and Equipment), Tristan Tall (Officials), and Louise Badaoui and Annette Hughes (Uniforms), all of whom have excelled in their first year in these roles.
- Jenny Rodgers, our Age Manager of the Under 15 Girls. A huge thank you goes to Jenny for this and the other 9 consecutive years managing and moulding these young athletes. As they move on from Little A's, it is fair to say that Jenny's influence is plainly evident in the character of each of these young ladies.
- All parents who volunteered to help on Saturday mornings. Again, for the future of the club, it is encouraging that even when the region carnival is on, we are still able to efficiently run our regular morning of competition, with many regular experts away for the day.
- Our club captains, Samantha Rodgers and Patrick Kelland. The displays this season by Samantha and Patrick with their commitment and personal efforts have been models for many others, athletes and parents alike to follow.
- The local schools for their patronage and support.

It is with a tinge of sadness, but high pride that on behalf of the club, I bid a formal farewell from our Juniors Division to our Under 15's. These fine young adults now have many options in Athletics before them and we hope to see as many as possible carry on to represent our club in Senior and Junior competitions in the coming seasons.

Congratulations to all of our members on your achievements this season. Your achievements on the track and those of the club off the track have made for a successful and fun 2009-2010. We look forward to a bigger and improved season in a few months from now.

Ron Daniel
President – Juniors

SECRETARY

I have enjoyed my second year on the Juniors Committee in the role of Secretary and I will be nominating again for the 2010-2011 Season. I recommend involvement in your club to ensure that you have a say in the way it is run and operated. The work is not that hard yet the rewards are huge. I hope to work with you all over the coming season and if you have any thoughts or suggestions please approach either me or anyone else on the Committee.

Stephen Latham
Secretary - Juniors

CANTEEN AND BBQ MANAGERS REPORT

Another year has past, so much faster than the last,
The BBQ and the canteen, as usual, were a blast!

No Zone Carnival this season, oh what a relief,
Exhausting memories of last year, oh boy, did that cause some grief!

The Ryde Games were a success, the competition really full on,
The prizes were hotly contested, our most senior champion being Ron.

Rolls and bread from Baker's Delight, proved to be a winner,
Less fatty bacon from McDonagh's Meats should surely make us thinner.

Snags, eggs, steak and bacon, Harry has them in the makin',
But getting' some willin' volunteers, certainly took some shakin'.

Ken joined the Barbie almost every week, ready at the till,
So that reduced our need to seek, one less position to fill.

And then there was Kevin, Harry's right hand man, willing to help wherever he can,
When he wasn't required to handle the slack, he'd deliver tea and coffee out to the track.

Lisa and Connie in the Canteen, eager to help out,
Lisa always bright and early, Connie forever late, without a doubt.

Welcome to Ely our new Treasurer, a smiling breath of fresh air,
Always a treasure(r), everything a pleasure, handling accounts with a capable flare.

A new addition was the coffee man, seasonally arriving in his van,
He'd espress the most delightful brew, more sophisticated than Nescafe from the can.

Our BBQ was once again a success, for athletes, families and neighbours abreast,
The scintillating aroma from "Harry's de Grill" continues to be the best.

Let's not forget the athletes, our kids, the reason that we are all there,
They continue to amaze, give us pride for old age, but bring us to the point of despair.

Don't forget your athletics gear, as we intend to see you all next year.

Linda Hanlon, Jo and Harry Houssenloge
Canteen and BBQ - Juniors

PUBLICITY

The season was fruitful with many PBs across all Age Groups – that was great to see.
Successful carnivals from Zone to State for the Club. Great articles in the local newspaper
about the outstanding achievements for our Athletes. Well done Ryde!

Adriana Mestousis
Publicity - Juniors

TRACK AND FIELD

As always it has been a pleasure to be the Officer for Track and Field (Juniors) this season. While the program struggled to cope with some events during the first few weeks of competition, with some minor changes, most Saturday mornings were completed at a reasonable time. I would like to thank all the parents and athletes who continued to arrive on time allowing us to start most Saturday mornings with warm up and stretches at 8:15 am, followed by the normal program of events commencing at 8:30am (excluding the 1,500m in Week 1 and the 3,000m in Week 2 which are run at 8:15am and 8:00am respectively).

I would like to thank all those parents who were there every Saturday morning helping out. Without your help we would not be able to run the track and field events so smoothly and give our athletes the opportunity to be successful in their chosen events. Congratulations to all athletes on their great efforts throughout the season, especially to those that competed at Zone, Regional and State Championships.

While this will be my last report as Officer for Track and Field (Juniors) I look forward to next season when I will assist in transitioning this role.

Peter Peters
Officer for Track and Field - Juniors

Registrar's Report

462 athletes registered with us this season, which includes 19 senior athletes who were dual registered as Ryde under 17 Little Athletes. We introduced the trialing athlete system in October 2009, allowing trial athletes and unregistered visitors to compete for \$10 per visit, refundable upon joining the Centre as a full member. This proved to be a popular initiative with most trialing athletes converting their trial membership to full registration. We plan to continue this offer in future seasons.

Just under 56% of our athletes registered online and the majority of these also used the system to pay for their registration online by credit card. With the popularity of the online system, only one athlete registered by mail, so we will not be offering registrations by mail in the future.

Once again, I was most fortunate to have had the help of fellow Committee members on Registration Day and throughout the season. Special thanks to Ian Trimble, Ron Daniel, Petrina Edgar, Mary Cox and Linda Talty.

Comparison with past seasons' figures:

Season	Girls (%)	Boys (%)	Total
1998/99	162 (47.4)	180 (52.6)	342
1999/00	221 (50.1)	220 (49.9)	441
2000/01	220 (48.3)	236 (51.7)	456
2001/02	218 (48.8)	229 (51.2)	447
2002/03	233 (46.1)	272 (53.9)	505
2003/04	189 (48.1)	204 (51.9)	393
2004/05	248 (52.7)	223 (47.3)	471
2005/06	202 (50.6)	197 (49.4)	399
2006/07	251 (55.5)	201 (44.5)	452
2007/08	206 (51.2)	196 (48.8)	402
2008/09	254 (48.7)	268 (51.3)	522
2009/10	231 (50.0)	231 (50.0)	462

The breakup of these registrations is:

	Girls			Boys			Age	All		
	Re-Reg	New	Total	Re-Reg	New	Total	Total	Re-Reg'n	New	Total
Tots	1	12	13	3	17	20	33	4	29	33
U6	10	13	23	7	19	26	49	17	32	49
U7	15	13	28	15	16	31	59	30	29	59
U8	10	12	22	12	12	24	46	22	24	46
U9	18	10	28	17	11	28	56	35	21	56
U10	23	10	33	14	8	22	55	37	18	55
U11	12	6	18	14	5	19	37	26	11	37
U12	7	9	16	13	5	18	34	20	14	34
U13	8	2	10	11	5	16	26	19	7	26
U14	12	2	14	7	4	11	25	19	6	25
U15	12	4	16	6	1	7	23	18	5	23
U17	10	0	10	8	1	9	19	18	1	19
Total	138	93	231	127	104	231	462	265	197	462

Registration for Next Season

Online registration will be available again next season and is the preferred method of registration. It allows you to register and pay by credit card. Alternatively, you can register online but pay by cash or cheque in person. Completed registrations can be collected on Registration Day or at the track once the season commences. Please note, although the system is online, we do not always have internet access at the track so please register before 5pm on the day prior to collecting your registration pack – then we will know to expect you and we can have your books and numbers ready for you!

At the start of August, we will update the website, www.ryde-athletics.org.au with general registration information and send a reminder email to all athletes with logons, passwords and instructions to access the online registration system. The email address we use will be the one you provided at registration this year so, if this has changed, please update your details now!

If you would prefer to complete **paper registration** forms, these will only be available on **Registration Day**, which will be held on **Sunday 22nd August 2010**, from 10am to 2pm. The scout hall in Agincourt Rd. is no longer available for hire, so please check the new venue details in your registration email and on our website at the start of August.

Whether registering online or in person, please register before the start of the season to make the process easier for you and also to resolve the congestion which occurs on those first Saturdays of the season when we try to conduct events and register athletes concurrently.

I hope to see you all again next season.

Kate Kelland
Registrar (Juniors)

COACHING

Training was conducted throughout the season on Monday and Wednesday afternoons. Many of our regular attendees improved over the season, with some good results at the representative carnivals and a sprinkling of PBs at our local competition. Many thanks to our devoted coaches who gave up their time to help our athletes:

- Julie-Ann
- Mike
- David
- Craig
- Tristan
- Kate
- Kristina
- Simon, and
- All those who helped out for state relays.

As always, some of our coaches' children are approaching their senior years at Little A's, so new coaches are always welcome. You don't need to have been an athlete yourself; just a desire to help your children, or grandchildren (you're never too old to learn) and other athletes achieve their best. Coaching has been one of the most rewarding experiences for me and the other coaches, as it's such a great feeling when, as happened to me towards the end of the season, a young athlete approached me on a Saturday morning with a result sheet and a huge smile to show me his PB. So if you are keen to coach contact myself, or any other committee member and we can put you through the appropriate training courses, then our more experienced coaches can mentor you through the season.

Doug Russell
Officer for Coaching - Juniors

AGE MANAGERS

This year in addition to managing the U9 girls I took up the role as Officer for Age Managers which has been a great experience. It's been an excellent opportunity to get more involved with the club and find out what's going on "behind the scenes".

In addition to the "old hands" returning from previous seasons we had some new age managers joining us this year. I'd like to thank all of the age managers, and their assistants, for their hard work and continuing encouragement and support of the athletes through-out the season. I'd also like to congratulate all of the athletes on their fantastic efforts this season and their superb results at the Zone, Regional and State Championships.

If you're keen to help out either as an age manager or assistant age manager next season, then please contact either myself or any of the other committee members. It's a very rewarding role and provides a great opportunity for you to support our athletes and club.

Keith Grimes
Officer for Age Managers - Juniors

EQUIPMENT

This season there has been a reasonable outlay on the purchase of new equipment.

A number of equipment items were purchased during the season, i.e.

- Infrastructure
 - Two additional sun shelters (one for the field, one for the BBQ)
- Competition equipment
 - New hurdles
 - Miscellaneous – various discus and javelins, various measuring tapes
- Training equipment
 - Knocken balls (Javelin training)

Items of equipment that require replacement or repair are:

- Both discus cages
- Hurdle set-up rope (with markings) and reel
- High jump mat cover (repair seams)
- One of the large folding sun shelters (tears in canopy)

To provide additional storage space, two shelves were installed in the equipment shed.

In order to free-up space in the equipment shed, the club also donated one set of the old high jump mats to a local school.

Simon Bergfield
Officer for Equipment - Juniors

CHAMPIONSHIPS

For the 2009/2010 season the position for Championship Officer was carried out by Jim Tzakos. There were a number of championship carnivals in which our athletes competed in and achieved excellent results across all events both in track and field.

RYDE GAMES

Ryde Games was held on the 24th of October 2009. This carnival is a centre-based competition held under the umbrella of the Ryde Sports Foundation. It is a pentathlon event with a point score culminating in medals being presented for the first three places in each age group. The Games are open to Ryde athletes as well as athletes from other centres. In addition to the Ryde Games, the 60 metre dash was also held on the same day.

STATE RELAYS

The State Relays are the biggest state-wide carnival on the Little Athletics calendar. It provides the opportunity for our athletes to compete against the best from other centres in a relay format. Ryde entered a total of 33 teams in the State Relays which was held on the weekend of 21st to 22nd November 2009 at Olympic Park.

Overall, the Ryde Centre achieved excellent results across the weekend.

U8 Boys 4 x 100m, Gold Medal – Christian Cirinon, Ronald Ryan, James Bragg, Harry Stevenson

U10 Girls 4 x 100m, Silver Medal – Mikayla Mestousis, Zoe Latham, Amy Court, Brooke Matheson

U10 Girls 4 x 400m mixed, Silver Medal – Justin Sunderland, Thomas Maclean, Zoe Latham, Mikayla Mestousis

U13 Boys 4 x 100m, Gold Medal – Jack Rodgers, Osborn Cai, Antonio Galati, Edward Penrose

U14 Boys Shot / Discus, Silver Medal – Cameron Pappas, Christian Macatangay, Nicholas Kelland, Joseph Morris

U14 Boys Long / High, Bronze medal – Joseph Morris, Henry Gallagher, Cameron Pappas, Luca Vignando.

Trans Tasman Challenge

This season's Trans Tasman was held at Trusts Stadium, Waitakere New Zealand in January 2010, Nina Osada-Phornsiri competed at these games.

Nina Osada-Phornsiri achievements at the challenge are listed below.

Long Jump	2 nd in age group with a distance of 4.60m
High Jump	1 st in age group with a height of 1.52m
100m sprint	5 th in final with a time of 14.20sec
200m sprint	6 th in final with a time of 29.81sec

ZONE CARNIVAL

The Zone Carnival was held on the weekend of 12th and 13th of December 2009 at Barton Park, Parramatta. The Ryde club had 176 athletes competing. Of these athletes 70 athletes finished in the top 4. Congratulations to our U7 athletes who completed their Championship competition at Zone level.

REGIONAL CARNIVAL

The regional carnival was held on the weekend of 27th and 28th February 2008 at Sydney Academy of Sports, Narrabeen. Of the 70 athletes who represented Ryde, we achieved 77 top 8 placing. Congratulations to our U8 athletes who completed their Championship competition at Regional level. Outstanding results from our U8s were:

Stephanie Volos	4 th in 70m final, 12.2 sec; 4 th in 100m final, 17.2 sec; 6 th in 200m final, 35.9 sec; Gold Medal in 60m Hurdles final, 12.0 sec
Harry Stevenson	Gold Medal in Pack Start, 2:23.5sec, Bronze Medal in 400m final, 1:15.8sec
Christian Cirion	5 th in Pack start, 2:28.3 sec 7 th in 60m Hurdle final, 11.7 sec 8 th in 200m final, 34.8 sec
James Bragg	= 5 th in 70m final, 11.5 sec
Ronald Ryan	13 th in Shot Put, 5.19m

Congratulations to the 14 athletes that qualified through to the State Championships, who are listed below:

Cameron Pappas, Patrick Kelland, James Bergfield, Ben Cox, Nina Osada-Phornsiri, Sachi Kayama, Zoe Latham, Tara Vance, Tanisha Hardy, Paulina Peters, Kate Spencer, Sophie Collyer, Anna Badaoui and Mikayla Mestousis.

STATE MULTI EVENT

The State Multi Event was held on the weekend of 6th and 7th March 2009 at Nowra with 4 athletes representing the Ryde club. Congratulations to our club representatives;

Stephanie Volos	8G	Bronze Medal	4896pts
Jett Tall	7B	Silver Medal	4843pts
Chris Maguire	9B	9 th Place	4238pts
Justin Sunderland	10B	6 th Place	4338pts

STATE CHAMPIONSHIPS

The State Championships were held on the weekend of 19th, 20th and 21st March 2009 at Homebush. Of the 16 athletes who competed, Cameron Pappas, Ben Cox, Patrick Kelland, Mikayla Mestousis, Tanisha Hardy, Zoe Latham and Kate Spencer received medals.

Cameron Pappas	Bronze Medal in Triple Jump, 12.23m 5 th in High Jump, 1.69m
Patrick Kelland	Silver Medal in Javelin, 44.63m Bronze Medal in 800m final, 2:07.05
James Bergfield	6 th in 3000m, 9:45.88sec
Ben Cox	Silver Medal in Triple Jump, 13.88m
Anna Badaoui	Qualified =8 th for final during heat with 11.10s but knock out from the final in a runoff.
Zoe Latham	Silver Medal in High Jump, 1.31m, 4 th in 400m Final, 1:07.44s
Sophie Collyer	10 th in 100m final, 15.38s
Mikayla Mestousis	Silver Medal in 70m final 10.27s
Tanisha Hardy	Bronze Medal in Shot Put, 10.08m
Nina Osada-Phornsiri	5 th in High Jump, 1.50m, 9 th in Long Jump, 4.41m
Sachi Kayama	5 th in Triple Jump, 10.36m, 11 th in Long Jump, 4.62m
Paulina Peters	7 th in 1500m 5:25.65
Kate Spencer	Gold Medal in 800m, 2:17.44, Gold Medal in 1500m, 4:39.70, Gold Medal in 3000m, 10:14.34
Tara Vance	8 th in 400m final, 1:01.62

At the same carnival, both Shannon Burrows and Samantha Burrows competed in the AWD (athletes with disabilities) category and achieved excellent results at state level.

Shannon's results;

2nd Place in the 100m sprint with a time of 19.20;

4th Place in Long Jump with a jump of 1.87m;

1st Place in Shot Put with a throw of 2.15m.

Samantha's results

1st Place in Long Jump with a jump of 1.58m;

1st Place in Shot Put with a throw of 3.70m.

Australian All Schools and Youth Championships

During 4th to 7th December 2009, the 2009 UTAS Australian All Schools and Youth Championships were hosted at the Domain Athletics Centre in Hobart, which a number of athletes from the Ryde Athletics Club competed at a national level representing their state.

James Bergfield,	18 th Place in 2000 Metres Steeplechase with a time of 6:44.25.
Patrick Kelland,	21 st Place in 2000 Metres Steeplechase with a time of 6:48.14.
Cameron Pappas,	Bronze Medal in Triple Jump with a distance of 12.13m.
Kate Spencer,	5 th Place in 800 Metres final with a time of 2:17.94.
	6 th Place in 1500 Metres with a time of 4:45.92.
	Bronze Medal in 3000 Metres with a time of 10:08.24.
Tara Vance,	5 th in heat for 400 Metres with a time of 59.95s.
Maddy Bergfield,	9 th Place in Discus with a throw of 26.26m.
Ben Cox,	Bronze Medal in Triple Jump with a jump of 13.46m,

Jim Tzakos
Championships Officer (Juniors)

OFFICIALS

No report.

David Sunderland
Officials – Juniors

FIRST AID

Another good year at Dunbar Park with very few injuries of any import. Those musculo-skeletal injuries which caused athletes to miss representative competition were usually exacerbations of prior injuries sustained in other sports. Congratulations to Peter Peters, Dave Sunderland and all the volunteer officials who keep the track and field program running smoothly with so many young athletes.

Possibly the most serious injury was the severe brain sprain suffered by the regular timekeepers and recorders at the circular track when posed the question "What is the probability of getting three times exactly the same to one hundredth of a second just by chance?" The answer is about one in a thousand. If anyone is interested this answer is obtained by treating the watch as an n-sided dice (e 10 digits 0-9). The probability is $1/s^n$ where s is 10 and n (the number of watches) is 3.

For more see <http://en.wikipedia.org/wiki/Dice>.

Girvan Malcolm
Officer for First Aid - Juniors

JUNIOR RECORDS 2009/2010 SEASON

Date	Age	Sex	Event	New Record	New Record Holder	Old Record	Old Record Holder	Date
13/3/10	7	B	Pack	1-45.80	Jett Tall	1-48.40	Justin Sunderland	17/2/07
20/3/10	8	B	Pack	2-19.90	Harry Stevenson	2.21.30	Harry Stevenson	6/3/10
6/3/10	8	B	Pack	2-21.30	Harry Stevenson	2-24.60	Justin Sunderland	12/1/08
20/3/10	9	B	70m	10.60	Benjamin Nogajski	10.7	John Pearce	20/1/00
7/11/09	14	B	HJ	1.65	Cameron Pappas	1.64	Brendon Carrig	1/12/01
09/1/10	14	B	HJ	1.70	Cameron Pappas	1.65	Cameron Pappas	7/11/09
20/2/10	14	B	HJ	1.72	Cameron Pappas	1.70	Cameron Pappas	9/1/10
19/12/09	14	B	TJ	12.48	Cameron Pappas	11.89	Chris Spinks	6/12/08
9/1/10	10	G	HJ	1.30	Zoe Latham	1.27	M Goulder	2/3/85
7/11/9	11	G	SP	9.53	Tanisha Hardy	9.44	Maddy Bergfield	28/10/06
21/11/09	11	G	SP	10.21	Tanisha Hardy	9.53	Tanisha Hardy	7/11/09
20/2/10	11	G	SP	10.91	Tanisha Hardy	10.21	Tanisha Hardy	21/11/09
5/12/09	12	G	HJ	1.46	Nina Osada-Phornsiri	1.45	Karina Longshaw	17/12/83
13/2/10	12	G	HJ	1.47	Nina Osada-Phornsiri	1.46	Nina Osada-Phornsiri	5/12/09
13/3/10	14	G	3000m	11-56.20	Zara Nicholas	12-29.70	Savanna Jones	20/9/08
12/9/09	14	G	Discus	31.05	Maddy Bergfield	28.77	Kavita Ranjtkumar	11/3/06
31/10/09	14	G	Discus	32.04	Maddy Bergfield	31.05	Maddy Bergfield	12/9/09
19/9/09	14	G	HJ	1.55	Sachi Kayama	1.52	E Gray	21/3/98
19/12/09	14	G	Javelin	27.00	Maddy Bergfield	25.7	Rhiannon Atkinson-Howatt	5/10/02
6/2/10	14	G	SP	11.48	Maddy Bergfield	11.06	Gillian Brunton	8/11/97
19/12/09	14	G	TJ	10.54	Sachi Kayama	10.48	E Gray	7/1/95
20/2/10	14	G	TJ	10.55	Sachi Kayama	10.54	Sachi Kayama	19/12/09
21/11/09	15	G	1500m	5-05.70	Kate Spencer	5-16.00	Rebekah Cormack	10/2/07
12/9/09	15	G	3000m	11-27.90	Kate Spencer	12-03.10	Kate Spencer	9/12/06
10/10/09	15	G	3000m	10-50.00	Kate Spencer	11-27.90	Kate Spencer	12/9/09
31/10/09	15	G	3000m	10-49.20	Kate Spencer	10-50.00	Kate Spencer	10/10/09

SENIORS REPORT

COMMITTEE MEMBERS – SENIORS

PRESIDENT:	Ros Mitchell
VICE PRESIDENT:	Bruce Brown
SECRETARY:	Karen Lowe
TREASURER:	Ross Forster
REGISTRAR:	Ross Forster
RACE SECRETARY:	Ross Forster
MALE CAPTAIN:	Brett Jovanovich
FEMALE CAPTAIN:	Kimberley Lowe
PUBLICITY:	Sue Vance
A.N.S.W. DELEGATES:	Ros Mitchell and Bruce Brown
A.N.S.W. CO-DELEGATES:	Betty Moore and Andrew Atkinson-Howatt
NORTHERN ZONE DELEGATE:	Andrew Atkinson-Howatt
COACHING CONVENER:	Ross Forster
SOCIAL ACTIVITIES:	Ann Arnott

TREASURER

Seniors Division Accounts for the Season 2009 - 2010

Income		Expenditure		
Registrations	\$4,966.50	ANSW Affiliation and Insurance		\$630.00
Bank Interest	\$14.98	Registrations		\$3,292.00
Donations	\$2,940.00	Ribbons and Trophies		\$846.80
Uniform Sales	\$75.00	Athlete Donations		\$2,100.00
Trivia Night Proceeds	\$846.00	Competition Fees		\$224.00
		Freight, Stationary etc.		\$41.90
			Total Expenditure	\$7,134.70
			Plus Net Income	\$1,707.78
Total Income	\$8,842.48			\$8,842.48

Bank Reconciliation Statement

Bank Statement - 31/3/09		\$6,394.84
Less last years un-presented cheques		
Plus Net Income	\$1,707.78	
Plus un-presented cheques this year		
Bank Statement – 31/3/10		\$8,102.62

Donations to Athletes

7 athletes to Hobart – P Kelland, J Bergfield, M Bergfield, B Cox, C Pappas, T Vance and K Spencer	\$2,100
	\$2,100.00

Donations Received

From	General	City-to-Surf	Sydney Marathon	Total
Bruce Brown		\$40.00	\$40.00	\$80.00
Ross Forster	\$10.00	\$40.00	\$40.00	\$90.00
Sue Vance		\$40.00	\$40.00	\$80.00
Tara Vance		\$40.00	\$40.00	\$80.00
Kate Kelland		\$40.00	\$40.00	\$80.00
Patrick Kelland		\$40.00	\$40.00	\$80.00
Nick Kelland		\$40.00	\$40.00	\$80.00
Sarah Kelland		\$40.00	\$40.00	\$80.00
Andrew Atkinson-Howatt		\$40.00	\$40.00	\$80.00
Braden Atkinson-Howatt		\$40.00	\$40.00	\$80.00
Lynette Smith		\$40.00	\$40.00	\$80.00
Greg Boyce		\$40.00		\$40.00
Ann Arnott		\$40.00		\$40.00
Clinton McEwan		\$40.00		\$40.00
Patrick Kong		\$40.00		\$40.00
Karen Lowe		\$40.00	\$40.00	\$80.00
Kimberley Lowe		\$40.00	\$40.00	\$80.00
Simon Bergfield		\$40.00	\$40.00	\$80.00
Louise Bergfield		\$40.00	\$40.00	\$80.00
James Bergfield		\$40.00	\$40.00	\$80.00
Maddy Bergfield		\$40.00	\$40.00	\$80.00
Nick Walker		\$40.00		\$40.00
Geoff Avery		\$40.00	\$40.00	\$80.00
Jason Chen		\$40.00	\$40.00	\$80.00
Oliver Wenderski		\$40.00		\$40.00
Madeline Campbell		\$40.00		\$40.00
Wei Liang		\$40.00		\$40.00
Ben Cox			\$40.00	\$40.00
Mary Cox			\$40.00	\$40.00
David Sunderland			\$40.00	\$40.00
Justin Sunderland			\$40.00	\$40.00
Roslyn Mitchell	\$500.00			\$500.00
NSW Masters	\$430.00*			\$430.00
	\$940.00	\$1,080.00	\$920.00	\$2,940.00

* Includes \$155.00 Weight Pentathlon

Ross Forster
Treasurer - Seniors

PRESIDENT

It is with pleasure that I present the 2009/2010 Annual Report of the Senior Division.

Another athletic season has finished and the Seniors have had many younger and Masters athletes perform extremely well in both State and National Championships.

It is through the efforts of our dedicated coaches that our athletes have been able to perform P.B.s and win medals. Thank you to Ross Forster and Andrew Atkinson-Howatt for giving of their time to help our athletes improve their performances.

We have been able to raise funds with the help of our families officiating at City to Surf and Marathon events as well as holding a very successful trivia night. Thanks go to Andrew Atkinson-Howatt for his challenging questions and all the families for attending, as well as all our sponsors who gave generously. These funds are used to help subsidise the fares of our athletes who travel all over Australia to compete in National championships.

Many thanks go to all our Senior Executive who regularly attended monthly meetings- Karen Lowe - Secretary, Bruce Brown - Vice President and organiser of the city to Surf team, Ross Forster - Treasurer, Registrar, Race secretary, Coach and main organiser of the athletes, Andrew Atkinson-Howatt - Coach, Outer Ground and Masters coordinator, Sue Vance and Ann Arnott. Without these dedicated people the Seniors could not function.

Another successful Ryde Centre Championships was held in November, where 13 records were broken. It is great to see the enthusiasm of our athletes competing to break records, as many have remained for over 30yrs. Thank you to all the Mums and dads who helped to officiate on the day. A great day was had by all.

Some of our outstanding athletes performances are as follows:

KATE SPENCER is a most deserving recipient of our Most Outstanding Female Athlete, Middle Distance and U16 Track Athlete trophies. Kate competed in the NSW All Schools and qualified to go on to the Australian all Schools in the 800m, 1500m and 3000m events. She did a PB in the U15 3000m winning a Bronze medal and reached the final of the 800m. In the NSW Youth Championships Kate won Gold in a PB in the U16 3000m, a PB to win Silver in the 800m and a Bronze in the 1500m. This qualified her to compete in the Australian Youth Championships where Kate secured her first Australian Gold medal in winning the 3000m title, and a Bronze in the 1500m. As Kate competes in the Little A's competition as well, she won gold in all three events, U15 800m, 1500m and 3000m in the NSW Little A's Championships. Congratulations Kate.

BEN COX , our Most Outstanding Male Athlete, Open Field Athlete and U18 Field Athlete performed extremely well in triple jump. In the NSW All Schools he won Gold in the U15 Triple jump, which qualified him to compete at the Australian All Schools U16 Triple jump where he won a Bronze medal. In the NSW Youth Championships he won a Gold medal in the U18 Triple Jump, and Silver in the U18 Long Jump. This qualified him to compete in the Australian Youth Championships where he became the Australian champion with a Gold medal in the U17 Triple Jump and 4th in the U17 Long Jump. Ben also competed in the NSW Little A's Championships and won Silver in the U17 triple Jump. Congratulations Ben.

Our Master athletes have performed well again this season:

ANDREW ATKINSON-HOWATT regularly competes in the field events. In his best event the Javelin he won Gold, Gold in the 50-55 yrs pentathlon and was the Champion on Champions at the Australian Masters Championships in Adelaide. He won Bronze in Javelin at the World Masters Games in Sydney, Oct. 2009.

RACHAEL JACKSON our female masters athlete continues to compete regularly at SOPAC in the Open 100m. Rachael competed at the World Masters Games in 30-35yrs age group and won Gold in the 100m and 200m beating everyone else easily. She was also in the winning 4 x 100m(199yrs) relay team.

SUE GORE another masters athlete competing in the 40-45 age group, won Silver in the outdoor pentathlon, and Bronze medals in the 800m, 1500m 4 x 400m at the Australian Masters in Adelaide. Sue won Bronze in 400m, Silver in the 4 x 100m, and 4 x 400m relays at the World Masters Games in Sydney.

CAMERON PAPPAS - an up and coming High Jump and Triple jump athlete regularly competes for the Junior athletic competition. He did extremely well in the NSW Youth Championships by winning Silver in the U16 Triple Jump and Bronze in the U16 High Jump. This qualified him to compete at the Australian Youth Championships where he won Bronze in the U15 High Jump and Bronze in the U15 Triple Jump. He also competed in the Australian All Schools Championships in Hobart, where he won Bronze in U14 Triple Jump. As Cameron is a Little A's athlete at Ryde he won Bronze in U14 Triple Jump at the NSW Little A's Championships in March 2010.

My thanks go to everyone who has helped make our Centre a successful one.

Ros Mitchell
President - Seniors

REGISTRAR

This year showed an increase in members from the previous year. We moved from a total of 69 last year to 77 this year.

Breakdown of our membership this year is as follows:-

Our registration numbers as at 31st March, 2010 are as follows:-

Officials	8
Open & Masters	15
Under 20	7
Under 18	17
Junior	0
Dual Registrations	<u>30</u>
	<u>77</u>

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

Male Officials	4	Female Officials	4
Male Open & Masters	12	Female Open & Masters	3
Male Under 20	5	Female Under 20	2
Male Under 18	8	Female Under 18	9
Male Junior	0	Female Junior	0
Male Dual Registrations	<u>11</u>	Female Dual Registrations	<u>19</u>
	<u>40</u>		<u>37</u>

* Please note that Dual Registrations comprise 30 athletes from Ryde Juniors Division.

Ross Forster
Registrar - Seniors

COACHING

Once again training during the winter was conducted at both Dunbar Park and at Rotary Field, Chatswood with Ross Forster and Carl Casaclang as coaches. Although it is often very cold during winter the effort of training during this period sets up a substantial base for the summer competition. In order to alleviate the cold of winter a number of training sessions were held during the school holiday periods in April and July.

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

Although we did not have a large number of athletes at the various carnivals held by Athletics NSW on the Saturday afternoons it was very gratifying to see the larger numbers at the NSW All Schools and Youth Carnivals held this year. Congratulations must go to the 7 athletes who competed at the Australian All Schools Carnival in Hobart and at the Australian Youth Championships in Sydney.

Ross Forster
Coaching Convenor - Seniors

PUBLICITY

During the current season a number of reports were submitted to the "Footprint". We also had a couple of articles in "The Weekly Times".

Kate Spencer's achievements during this season were submitted to the Ryde Sports Foundation for consideration as "Athlete of the Month". It is very pleasing to report that Kate has been recognised for her efforts and, as a consequence, will receive \$1,000.00 for her efforts during the season.

Sue Vance
Publicity Officer - Seniors

COMPETITION:

Australian Masters Championships

At the Australian Masters Championships held at Santos Stadium, Adelaide over the Easter weekend we were represented by 3 competitors – all of whom won medals.

Sue Gore won a bronze medal in her Age Group 800 metres event in a personal best time of 2 mins 35.17 secs. In her 1500 metres event Sue also gained the bronze medal in a time of 5 mins 23.24 secs. Sue finished 4th in her 400 metres event in a time of 67.28 seconds. In the 4 x 400m Relay event Sue gained a further bronze medal. Sue won the silver medal in the Outdoor Pentathlon event – full details appear below.

Name	100m	Shot Put	Long Jump	Javelin	800m	Total
Suzanne Gore	15.16	6.50m	3.38m	12.16m	2:35.70	
Points	655	436	299	199	759	2348

Neil Holmes won a bronze medal in his 60 metres event in a time of 7.96 seconds (headwind of 0.8 metres/sec). In his 100 metres event Neil claimed the silver medal in a time of 12.39 seconds (tailwind of 0.4 metres/sec).

Andrew Atkinson-Howatt finished 5th in his Men's Shot Put event with his throw of 10.56 metres. In his Hammer event Andrew gained 4th place with his throw of 33.55 metres. Andrew won a bronze medal in his Discus event with his heave of 36.89 metres. In his Javelin event Andrew won the gold medal with his successful throw of 44.74 metres. Andrew finished 4th in his Weight Throw event with his throw of 12.58 metres. In his Weight Pentathlon event Andrew gained a bronze medal with his total of 3014 points – details of his throws are shown below:-

Name	Hammer	Shot Put	Discus	Javelin	Weight	Total
Andrew Atkinson-Howatt	32.38m	10.32m	38.02m	45.02m	11.64m	
Points	475	596	624	701	618	3014

Andrew won the gold medal in his Pentathlon event – details of his efforts are shown below:-

Name	Long Jump	Javelin	200m	Discus	1500m	Total
Andrew Atkinson-Howatt	3.75m	45.86m	29.77	36.06m	6:40.40	
Points	326	718	551	585	341	2521

Andrew also won the Champion of Champions trophy in the Men's Javelin event. The total number of medals won by our competitors at this National Carnival was 3 Gold, 2 Silver and 6 Bronze.

NSW Road Championships

At the NSW Road Championships held at Sydney Olympic Park on 2nd May, our Centre was represented by 4 athletes.

Michael Todd finished 11th in the 5km Race in a time of 16 mins 55 secs.

Jessie O'Brien finished in 16th place in the Women's 5km Race in a time of 19 mins 48 secs.

Alex Tooth finished in 33rd place in the Women's 5km Race in a time of 20 mins 48 secs.

Julian Moore finished 5th in the Under 12 Men's 2.5km Race in a time of 9 mins 46 secs.

NSW Novice Cross Country Championships

At the NSW Novice Cross Country Championships held at Ramsgate on Saturday, 9th May we were represented by 1 athlete.

Daisuke Hirano finished 36th in the Open Men's 10km event in a time of 36 mins 48 secs.

IGSSA Cross Country Championships

At the IGSSA Cross Country Championships held at Frensham School, Mittagong on Friday, 15th May our Centre was represented by 6 athletes.

Zara Nicholas finished 25th in the 13 year Girls 3km event in a time of 12 mins 10.63 secs.

Tara Vance finished 11th in the 15 year Girls 4km event in a time of 15 mins 40.89 secs.

Madeline Campbell finished 13th in the 15 year Girls 4km event in a time of 15 mins 46.34 secs.

Lottie Ferrier finished 3rd in the 17 year Girls 4km event in a time of 15 mins 08.97 secs.

Ally Bretherton finished 2nd in the 18 year Girls 6km event in a time of 21 mins 21.98 secs.

Alex Tooth finished in 6th place in the 18 year Girls 6km event in a time of 22 mins 27.96 secs.

GPS Athletics Championships

At the GPS Athletics Championships held on Saturday, 16th May our centre was represented by 4 competitors.

James Bergfield finished 3rd in the Under 15 Boys 1500 metres Championships in a time of 4 mins 37.7 secs. In his Division 800 metres event James finished in 4th spot with his time of 2 mins 12.9 secs.

Patrick Kelland finished 5th in the Under 15 Boys 800 metres Championship event in a time of 2 mins 10.8 secs. Patrick was also a member of the Sydney Grammar Junior 4 x 400 metres team which finished 7th in a time of 3 mins 54.2 secs.

Nick Kelland finished 7th in the Under 13 Boys Shot Put event with his throw of 9.50 metres.

Michael Todd won the Under 17 Boys 1500 metres event in a time of 4 mins 08.7 secs. In the Open Boys 800 metres event Michael finished 3rd with a time of 2 mins 01.2 secs.

NSW Combined Independent Schools Cross Country Championships

At the NSW Combined Independent Schools Cross Country Championships held at Eastern Creek on Thursday, 28th May we were represented by 7 competitors.

Madeline Campbell finished 19th in her 4km event in a time of 15 mins 48.13 secs.

Tara Vance finished 33rd in her 4km event in a time of 16 mins 46.84 secs.

Lottie Ferrier finished 4th in the 17 year Girls 4km event in a time of 14 mins 53.94 secs.

Ally Bretherton finished 2nd in her 6km event in a time of 22 mins 07.35 secs.

Alex Tooth finished 3rd in her 6km event in a time of 22 mins 22.62 secs.

Actually Ally and Alex headed up the Abbotsleigh team which won the team's medal in the 18 year Girls event with both girls proceeding through to the NSW All Schools Cross Country Championships along with Lottie Ferrier to be held in July.

James Bergfield finished in 5th place in the 15 year Boys 4km event in a time of 12 mins 46.66 secs to qualify for the NSW All Schools Cross Country Championships in July.

Patrick Kelland finished in 15th place in the 15 year Boys 4km event in a time of 13 mins 28.97 secs.

James and Patrick anchored the Sydney Grammar team to a win in the team's event and James will be competing at the NSW All Schools Cross Country Championships in July.

NSW Combined Catholic Colleges Cross Country Championships

At the NSW Combined Catholic Colleges Cross Country Championships we were represented by 2 competitors.

Jessie O'Brien won the 18 years Girls 6000 metres event in a time of 22 mins 47.48 secs.

Zara Nicholas finished 32nd in the 13 years Girls 3000 metres event.

NSW Short Course Cross Country Championships

At the NSW Short Course Cross Country Championships our Centre was represented by 6 athletes.

Julian Moore finished 4th in the Under 12 Boys 1500 metres event in a time of 5 mins 27 secs.

Harrison Moore finished 32nd in the Under 14 Boys 2000 metres event in a time of 12 mins 10 secs.

James Bergfield finished 12th in the Under 16 Boys 2500 metres event in a time of 8 mins 18 secs.

Patrick Kelland finished 19th in the Under 16 Boys 2500 metres event in a time of 8 mins 33 secs.

Jessie O'Brien finished 5th in the Under 20 Women's 5000 metres event in a time of 21 mins 04 secs.

Michael Todd convincingly won the Under 18 Boys 5000 metres event in a time of 15 mins 57 secs.

NSW All Schools Cross Country Championships

The NSW All Schools Cross Country Championships were held at Eastern Creek on Friday, 31st July and our Centre achieved the following results.

Jessie O'Brien finished 2nd in the 18+ Girls 6000 metres event in a time of 23 mins 35 secs.

Michael Todd finished 2nd in the 17 Boys 6000 metres event in a time of 19 mins 18 secs.

Ally Bretherton finished 4th in the 18+ Girls 6000 metres event in a time of 24 mins 20 secs.

Alex Tooth finished 23rd in the 18+ Girls 6000 metres event.

Lottie Ferrier finished 11th in the 17 Girls 4000 metres event in a time of 15 mins 19 secs.

Malcolm Ramsey finished 24th in the 17 Boys 6000 metres event.

James Bergfield finished 13th in the 15 Boys 4000 metres event in a time of 13 mins 05 secs.

Julian Moore finished 10th in the 10 Boys 2000 metres event.

Australian All Schools Cross Country Championships

At the Australian All Schools Cross Country Championships we were represented by 3 competitors.

Michael Todd finished in 4th place in the Under 18 Boys 6km event in a time of 19 mins 05 secs.

Jessie O'Brien finished in 19th place in the Under 20 Girls 6km event in a time of 25 mins 04 secs.

Allie Bretherton finished in 21st place in the Under 20 Girls 6km event in a time of 25 mins 21 secs.

IGSSA Athletics Championships

At the IGSSA Athletics Championships held on 24th & 25th August our Centre was represented by 4 athletes.

Tara Vance, representing Tara School, placed 4th in her heat of the Intermediate 800 metres event on the Monday evening in a time of 2 mins 26.97 secs to qualify for the final on the following day. In the 800m final Tara finished in 4th place in a time of 2 mins 25.10 secs. Tara finished 2nd in her heat of the Intermediate 400 metres event in a time of 61.54 seconds. In the 400 metres final Tara claimed 2nd place with her time of 60.48 seconds.

Allie Bretherton, representing Abbotsleigh School, finished 2nd in her heat of the Senior 800 metres event in a time of 2 mins 24.76 secs. In the final Allie again claimed 2nd place in a time of 2 mins 24.28 secs. In her 400 metres heat Allie finished in 3rd place in a time of 63.06 seconds. Allie claimed 2nd place in the final in a time of 61.12 seconds.

Alex Tooth, representing Abbotsleigh School, finished in 3rd place in the Senior 1500 metres event in a time of 5 mins 01.83 secs.

Madeline Campbell, representing Loreto Normanhurst School, finished in 6th place in the Intermediate 1500 metres event in a time of 5 mins 12.78 secs.

NSW GPS Cross Country Championships

Michael Todd won the Open event.

James Bergfield finished 3rd in the Under 16 event and together with **Patrick Kelland** they secured the Under 16 title for Sydney Grammar.

NSW Combined High Schools Athletics Championships

At the NSW Combined High Schools Athletics Championships we were represented by 5 athletes.

Teresa Galati finished 17th overall in the 15 and Under Girls 200 metres Hurdles event in a time of 37.11 seconds.

Clinton McEwan finished 9th overall in the 17+ Boys 110 metres Hurdles in a time of 15.93 seconds. In his Long Jump event Clinton finished in 8th place with his leap of 6.08 metres.

Christopher Spinks finished 8th overall in the 14 Boys 100 metres Hurdles event in a time of 17.63 seconds.

Malcolm Ramsay finished in 12th place in the 17+ Boys 1500 metres event in a time of 4 mins 31.21 secs.

Kate Spencer contested 3 events at this carnival and did very well in all 3. In her 800 metre heat Kate finished 4th in a time of 2 mins 21.95 secs. to qualify for the final. In the final Kate claimed the silver medal with her personal best time of 2 mins 19.10 secs. In the 3000 metres event Kate won the bronze medal in a personal best time of 10 mins 35.38 secs. Kate finished 4th in her 1500 metres event in a personal best time of 4 mins 59.13 secs to cap off a superb carnival for her.

NSW Combined Catholic Colleges Athletics Championships

At the NSW Combined Catholic Colleges Championships held on Friday, 18th September we were represented by 9 athletes.

Jessie O'Brien finished 10th overall in the 17+ Girls 400 metres event in a time of 67.20 seconds. In her 800 metres event Jessie finished 6th in a time of 2 mins 33.07 secs. Jessie won the bronze medal in her 1500 metres event in a time of 5 mins 08.57 secs.

Niamh Simula finished in 10th place in the 12 girls 1500 metres event in a time of 6 mins 14.89 secs.

Sachi Kayama finished equal 2nd in the 13 Girls High Jump event with her leap of 1.50 metres. In her Long Jump event Sachi finished 3rd with her leap of 4.75 metres.

Maddy Bergfield finished 6th in the 13 Girls Shot Put event with her throw of 9.84 metres. In her Discus event Maddy finished 5th with her throw of 27.37 metres. Maddy threw the Javelin a distance of 22.63 metres to finish 5th in this event.

Olivia McConnell finished 6th in the 17+ Girls Discus event with her throw of 28.05 metres.

Ellen Thompson finished 6th in the 15 Girls High Jump event with her leap of 1.45 metres.

Patrick Kong finished 10th in the 16 Boys 100 metres event in a time of 12.11 seconds (headwind of 1.3 metres/sec). In his 200 metres event Patrick finished 11th overall with his time of 24.43 seconds (headwind of 0.3 metres/sec).

Ben Cox won the Open Triple Jump event with his personal best leap of 13.28 metres.

Lloyd Parker finished 2nd in the 17+ Boys Discus event with his throw of 38.45 metres. In his Javelin event Lloyd again finished in 2nd place with his throw of 51.48 metres.

NSW Combined Independent Schools Athletics Championships

At the NSW Combined Independent Schools Championships we were represented by 4 athletes.

Tara Vance won the 15 Girls 800 metres event in a time of 2 mins 23.55 secs. In her 400 metres event Tara won the silver medal in a time of 60.70 seconds.

Ally Bretherton gained a silver medal in the 18+ Girls 400 metres event in a time of 61.52 seconds. In her 800 metres event Ally added a further silver medal with her time of 2 mins 23.55 secs.

Alex Tooth also gained a silver medal in the 18+ Girls 1500 metres event with her time of 5 mins 05.22 secs.

Madeline Campbell finished in 9th place in the 15-16 years 3000 metres event in a time of approx. 11 mins 50 secs.

Australian University Games

At the Australian University Games held on the Gold Coast at Griffith University we were represented by 2 athletes.

Geoff Avery qualified for the Open Men's 200 metres semi-final with his time of 23.78 seconds (headwind 2.2 metres/sec). In his semi-final Geoff recorded a personal best time of 23.37 seconds (headwind of 1.4 metres/sec). Geoff recorded a time of 52.99 seconds in his heat of the 400 metres event to qualify for the semi-finals. In his semi-final Geoff's time was 53.85 seconds. Geoff also contested the heats of the 4 x 400 metres Relay event where his team finished 5th in their heat in a time of 3 mins 33.89 secs. In the Medley Relay event Geoff ran the 800 metre leg in a time of 2 mins 7 secs and his team finished 8th with a time of 3 mins 49.70 secs.

Jason Chen recorded a time of 25.56 seconds in his 200 metres heat. In his heat of the 400 metres event Jason's time was 57.29 seconds.

World Masters Games

At the World Masters Games 2009 held in Sydney from Sunday, 11th October to Sunday, 18th October we were represented by 5 competitors.

Rachael Jackson was a class above her opposition in easily winning the 30-34 years 100 metres event in a time equal to her last season's best time of 12.02 seconds (tailwind of 0.8 metres/sec). In this event Rachael got away to her usual blistering start to win by a margin of some 10 metres. In her 200 metres final Rachael again burst from the blocks to set up yet another convincing win in 25.20 seconds. Rachael's winning margin was 1.4 seconds. Rachael was the second runner in the 160 years to 199 years women's 4 x 100 metres relay (known as the "Kangaroos Paws") which went on to win the gold medal in a time of 48.65 seconds. This time was some 7 ½ seconds faster than the team in 2nd place. Thus Rachael enjoyed a fantastic carnival winning gold in all 3 events she entered.

Sue Gore finished 8th in the final of the 45-49 years 100 metres event in a time of 14.89 seconds. In her heat of this event Sue had qualified for the final by running 14.94 seconds. In her 400 metres final Sue won a bronze medal in a personal best time of 68.83 seconds. Sue finished in 8th place in her 1500 metres event in a time of 5 mins 49.21 secs. In her 800 metre heat Sue qualified for the final in a time of 2 mins 39.04 secs. Sue finished in 8th place in the final in a time of 2 mins 37.53 secs. Sue was the 3rd leg runner in the 160-199 years women's 4 x 100 metres relay which won the silver medal in this event. A further silver medal was added when Sue was the 2nd leg runner in the 160-199 years women's 4 x 400 metres for the "Red Spider" team.

Neil Holmes qualified for the semi-final of the 45-49 years 100 metres event with a personal best time of 12.49 seconds (tailwind of 0.8 metres/sec) in his heat. In his semi-final Neil recorded a time of 12.78 seconds (tailwind of 0.2 metres/sec). Neil contested the heats of his 200 metres event where he again reached the semi-finals with his heat time of 26.35 seconds. In his semi-final Neil recorded the faster time of 26.18 seconds but did not progress to the final.

Andrew Atkinson-Howatt finished 16th in the 51-54 years Hammer Throw event with a throw of 29.93 metres. In the qualifying rounds of the Javelin event Andrew was the 3rd leading qualifier with his throw of 43.42 metres. Andrew improved in the final to win the bronze medal with his throw of 45.72 metres. The Shot Put event saw Andrew throw distance of 10.30 metres. In his Weight Throw event Andrew finished in 19th place overall in the qualifying rounds with his heave of 11.28 metres. Andrew finished 7th overall in the Men's Outdoor Pentathlon event with a total of 2495 points.

Event	Points	Event	Points	Event	Points	Event	Points	Event	Points	Total
Long Jump		Javelin		200 metres		Discus		1500 metres		
3.74m	324	46.37m	727	29.65 secs	560	37.52m	614	6:59.62	270	2495

In the preliminary rounds of his Discus event Andrew was the 5th best qualifier with his throw of 38.30 metres. Andrew improved his throw in the final to a distance of 39.71 metres to finish 4th in this event. In his Weight Pentathlon event Andrew recorded the following results:

Event	Points	Event	Points	Event	Points	Event	Points	Event	Points	Total
Hammer		Shot Put		Discus		Javelin		Weight		
30.82m	446	10.52m	610	38.69m	638	43.23m	667	11.24m	593	2495

Andrew Della-Porta threw a distance of 28.27 metres in the Men's Discus event for 60-64 years.

Sydney Adventist Hospital Fun Run

At the Sydney Adventist Hospital Fun Run we were represented by 7 athletes who produced some outstanding results.

Kate Spencer was the first female home in the 5km run in a time of 19 mins 44 secs.

James Bergfield finished 3rd overall in the 5km run in a time of 17 mins 59 secs.

Madeline Campbell was the 11th Female home and finished 6th in her age group in a time of 23 mins 07 secs. Actually Maddie was representing the Loreto Normanhurst team which won the Schools Championship Cup.

Patrick Kelland finished 2nd in his age group event in a time of 19 mins 43 secs.

Maddy Bergfield finished 36th in her age group in a time of 29 mins 31 secs.

In the 5km Walk event 2 of our athletes competed.

Sarah Kelland reproduced her effort of last year by again winning this event outright, defeating all the other male and female entrants in a time of 35 mins 46 secs.

Nick Kelland was the overall winner in the Men's event in a time of 35 mins 53 secs.

Ryde Athletics Centre Championships

At the Seniors' Division of the Ryde Centre Athletics Championships held at Dunbar Park on Sunday, 1 November 2009 there were 13 records established. Our Record breakers were:-

Kate Spencer, Tara Vance, Maddy Bergfield, Katie Roser, Sue Gore, Antonio Galati, Andrew Atkinson-Howatt, Dave Sunderland, Ron Daniel, Andrew Della-Porta, James Bergfield, Brett Jovanovich and Patrick Kong.

NSW All Schools Athletics Championships

Nick Kelland finished in 19th place in the 13 Boys Discus event with his throw of 27.48 metres. In his Shot Put event Nick finished in 12th place with his best effort of 9.98 metres. In his Javelin event Nick threw a PB of 30.33 metres to finish in 10th place.

Patrick Kelland won a bronze medal in the 16 Boys 2000 metres Steeplechase event in a time of 7 mins 00.81 secs. Patrick had entered the older event in the hope that he could qualify for the Australian Youth Championships to be held in March next year. He missed the national qualifier by less than 1 second. In his 800 metres event Patrick finished 11th overall in a PB of 2 mins 07.51 secs.

Madeline Campbell produced a personal best time of 8 mins 04.33 secs in finishing 5th in the 15 Girls 2000 metres Steeplechase event. In her 1500 metres Maddie finished 13th in a time of 5 mins 12.79 secs.

James Bergfield produced a personal best time of 6 mins 34.12 secs in finishing in 5th place in the 15 Boys 2000 metres Steeplechase event. This time was some 14 seconds inside the national qualifying time and so James will be travelling down to Hobart for the National All Schools Championships in December. In his 3000 metres event James also produced a further PB of 9 mins 35.55 secs in claiming 7th place in this event. James next contested the 1500 metres event in which he finished in 8th place in yet another PB of 4 mins 25.16 secs. Just to round off the weekend properly Jim produced yet another PB in his 800 metres event with his time of 2 mins 08.18 secs.

Clinton McEwan finished 5th in the final of the 19 Boys 110 metre Hurdles event in a time of 16.02 secs. In his Long Jump event Clinton just missed the medals in finishing in 4th place with his leap of 6.17 metres.

Maddy Bergfield finished just out of the medals in 4th place in the 13 Girls Shot Put event with her throw of 10.21 metres. In her Discus event Maddy again claimed 4th place and waited till her very last throw to throw 32.53 metres which is a national qualifier. Thus Maddy becomes the seventh Ryde athlete to become eligible to compete in Hobart in December at the Australian All Schools Championships.

Sachi Kayama finished in 7th place in the 13 Girls High Jump event with her leap of 1.50 metres. In her Long Jump event Sachi repeated her 7th placing with her leap of 4.73 metres. Sachi recorded a time of 13.68 seconds in her 100 metres event.

Ellen Thompson finished in 14th place in the 14 Girls High Jump event with her leap of 1.45 metres.

Kate Spencer produced a staggering PB of 23 seconds to win the 14 Girls 1500 metre event in a personal best time of 4 mins 36.42 secs. This means that Kate has now qualified for the Australian All Schools Championships in the 800, 1500 and 3000 metre events. In her 800 metres heat Kate finished in 2nd place in a PB of 2 mins 17.83 secs to qualify for the final. Kate finished 4th in the final in a time of 2 mins 20.39 secs. In her 3000 metres event Kate worked her way to the front in the first lap and eventually won the gold medal in a personal best time of 10 mins 14.38 secs.

Paulina Peters finished in 15th place in the 13 Girls 1500 metre event in a time of 5 mins 54.68 secs.

Patrick Kong competed in the 16 Boys 100 metres event and ran a time of 12.04 seconds. In his 200 metres event Patrick recorded a PB with his time of 23.78 seconds.

Tara Vance competed in the 15 Girls Triple Jump event and finished in 6th place with her leap of 10.79 metres.

Ben Cox continued from his efforts of last season by winning the 15 Boys Triple Jump event with his leap of 13.17 metres.

Natasha McConnell competed in the 13 Girls 100 metres event in which she recorded a time of 14.74 seconds. In her 200 metres event Natasha finished in a time of 30.63 seconds. Natasha finished 13th in her Discus event with her throw of 16.83 metres.

Olivia McConnell won a silver medal in the 19 Girls 400 metres Hurdles event in a time of 87.05 seconds. In her 100 metres Hurdles event Olivia finished 5th with her time of 18.10 seconds. Olivia finished 4th in her High Jump event with her clearance of 1.45 metres. In her Long Jump event Olivia finished 9th with her leap of 4.12 metres. Olivia finished in 7th place in both the Discus and Javelin events with her throws of 27.10 metres and 25.05 metres respectively.

Lloyd Parker won the bronze medal in the 19 Boys Javelin event with his throw of 51.39 metres.

Samantha Rodgers produced a time of 14.03 seconds in the 14 Girls 100 metres heats. In her Long Jump event Sam leapt 4.16 metres to finish in 15th place. Sam finished 11th in the Shot Put event with her throw of 7.10 metres.

NSW Relay Championships

At the State Relay Championships held at Blacktown from 21st to 22nd November we were represented by 7 teams.

Our Under 14 Girls Long Jump Relay team won the bronze medal in this event – Sachi Kayama 4.87 metres, Nicole Noga 4.58 metres, Paulina Peters 3.97 metres and Zara Nicholas 3.82 metres.

In the Under 14 Girls Shot Put Relay event our girls won silver medals – Maddy Bergfield 9.55 metres, Carrie Edgar 7.83 metres, Maddison Ustunoglu 7.58 metres and Jessica Du 6.30 metres.

Our Under 14 Girls repeated their silver medal efforts in the Shot Put event but this time in the Discus event – Maddy Bergfield 29.39 metres, Danielle Jenkins 22.57 metres, Carrie Edgar 20.53 metres and Jessica Du 16.65 metres.

In the Under 14 Girls 4 x 200 metres Relay event our girls finished in 4th place. The Girls were Sachi Kayama, Nicole Noga, Paulina Peters and Zara Nicholas.

Our Under 16 Boys 4 x 100 metres Relay team won the bronze medal in this event. The boys were Mackenzie Latimer Hill, Josh Speed, Ben Cox and Ed Tepper. Their time was 47.64 seconds.

In the Under 20 Men's 4 x 100 metres event our boys finished 2nd in their heat in a time of 42.88 seconds to qualify 2nd fastest for the final. In the final the boys again finished 2nd in a time of 42.70 seconds only 5/100 second behind the winners. The team comprised Len Pearce, John Pearce, Clinton McEwan and Jason Chen.

In the Blue Riband event, the Open Men's 4 x 100 metres Relay our boys finished 2nd in their heat in a time of 42.06 seconds to be 3rd fastest qualifiers for the final. In the final the boys ran even faster to snatch the silver medal in a time of 41.63 seconds. This team comprised Len Pearce, John Pearce, Brett Jovanovich and Geoff Avery.

Thus our total haul from the State Relays were 4 silver medals and 2 bronze medals with a 4th placing from the 7 teams.

Australian All Schools Athletics Championships

At the Australian All Schools Championships held in Hobart from 4th to 7th December our Centre was represented by 7 athletes.

Cameron Pappas set the ball rolling with a bronze medal in the Under 14 Boys Triple Jump event. On his 5th jump Cameron produced a huge personal best performance of 12.13 metres to take out 3rd place in this event. This jump was some 66 centimetres further than he had jumped before.

Maddy Bergfield finished in 9th place in the Under 14 Girls Discus event with her throw of 26.26 metres.

Tara Vance finished 5th in her heat of the Under 16 Girls 400 metres event in a season best time of 59.95 seconds to just miss qualifying for the final of this event.

James Bergfield finished 18th in the Under 16 Boys 2000 metres Steeplechase event in a time of 6 mins 44.25 secs.

Patrick Kelland finished 21st in the Under 16 Boys 2000 metres Steeplechase event in a time of 6 mins 48.14 secs.

Kate Spencer sliced another 6 seconds off her personal best time for the Under 15 Girls 3000 metres event in winning a bronze medal in the time of 10 mins 08.24 secs. In her 1500 metres event Kate finished in 6th position in a time of 4 mins 45.92 secs. Kate qualified for the final of her 800 metres event when she finished 3rd in her heat in a time of 2 mins 17.96 secs. In the final Kate finished in 5th place with a near identical time of 2 mins 17.94 secs.

Ben Cox produced a personal best performance in the Under 16 Boys Triple Jump event to win a bronze medal with his leap of 13.46 metres. This was an improvement of 18 centimetres on Ben's previous best effort.

Skins Meet

In the Skins Meet held at the Warm-up Track at Homebush on 19th December we were represented by 3 competitors.

Brett Jovanovich repeated his efforts of last year by again winning the 60 metre event in a time of 6.95 seconds.

John Pearce finished in 4th place with his time of 7.14 seconds.

James Bergfield finished 4th in the Under 18 Boys 800 metres event in a time of 2 mins 11.84 secs.

NSW Under Age Steeplechase Championships

At the State Under-Age Steeplechase titles held at the Warm-up Track at Homebush we were represented by 1 competitor.

James Bergfield finished 5th in the NSW Under 18 Men's 2000 metres Steeplechase event in a personal best time of 6 mins 58.84 secs. This is a qualifying time for the Australian Youth Championships to be held in Sydney in mid March.

NSW Junior and Youth Athletics Championships

At the NSW Youth Championships held at Homebush over the weekend of 12th to 14th February our Centre was represented by 10 competitors. From the Friday evening to the Sunday the weather was unkind to say the least. We saw plenty of rain throughout the weekend.

James Bergfield competed in 2 events. On the Friday evening James contested the Under 18 3000 metres event and finished in 8th place in a time of 9 mins 48.17 secs. On the Sunday James competed in his 800 metres event and placed 20th overall in a time of 2 mins 09.05 secs. James will be contesting the 2000 metres Steeplechase event at the Australian Youth Championships to be held in Sydney next month.

Maddy Bergfield contested 3 throwing events. In the Under 16 Discus event Maddy finished in 8th place with her throw of 31.07 metres. Maddy threw the Shot a distance of 7.83 metres in her Shot Put event. In the Javelin event Maddy finished in 6th place with a personal best throw of 29.07 metres. Maddy will be a contestant in both the Discus and Javelin events at the Australian Youth Championships.

Jason Chen qualified for the final of the Under 20 Men's 400 metres event with his time of 52.47 seconds in his heat. In the final Jason finished in 8th place in a time of 53.98 seconds.

Ben Cox produced a huge personal best leap of 6.55 metres to finish in 2nd place in the Under 18 Boys Long Jump event. In his Triple Jump event Ben again proved he is the best Triple Jumper for his age in winning the title with his leap of 13.29 metres. Ben has qualified for the Australian Youth Championships in both the Long Jump and Triple Jump events.

Patrick Kelland produced a personal best time in finishing in 18th place in the Under 18 Boys 800 metres event with his time of 2 mins 06.77 secs. At the Australian Youth Championships Patrick will be contesting the Under 18 Boys 2000 metres Steeplechase event.

Lloyd Parker finished 4th in the Under 20 Javelin event with his throw of 50.53 metres and has qualified for the Australian Youth Championships in this event.

Cameron Pappas finished 2nd in the Under 16 Boys Triple Jump event with his personal best leap of 12.29 metres. In his High Jump event Cameron finished in 3rd place with a personal best leap of 1.74 metres. Cameron has qualified to contest both of these events at the Australian Youth Championships.

Kate Spencer won the Under 16 Girls 3000 metres event in a personal best time of 10 mins 01.98 secs. In her 800 metres heat Kate finished in 3rd position in a time of 2 mins 17.63 secs to qualify for the final. Kate produced yet another personal best performance in the final to secure 2nd place in a time of 2 mins 14.56 secs. In her 1500 metres event Kate produced a time of 4 mins 36.68 secs to finish 3rd in this event. At the Australian Youth Championships Kate has qualified in all 3 events listed above.

Ellen Thompson finished in 14th place in the Under 16 Girls High Jump event with her successful leap of 1.45 metres.

Tara Vance finished in 9th place overall in the Under 18 Girls 400 metres event with her time of 60.16 seconds. Tara too has qualified to contest this event at the Australian Youth Championships next month.

Little A's Regional Carnival

At the Little A's Regional Carnival our Centre was represented by 22 athletes. This Carnival was held on 27th and 28th February at Narrabeen Fitness Centre.

Jack Rodgers placed 8th in the Under 13 Boys High Jump event with his successful clearance at 1.45 metres.

Christian Macatangay placed 4th in the Under 14 Boys 100 metres final in a time of 13.0 seconds. In his 200 metres final Christian claimed 4th place in the time of 25.6 seconds.

Cameron Pappas won the Under 14 Boys High Jump with his leap of 1.69 metres. In his Triple Jump event Cameron was again the winner with a leap of 12.11 metres. Cameron finished 10th in his Discus event with his throw of 22.23 metres.

Nick Kelland finished 5th in the Under 14 Boys Javelin event with his personal best throw of 32.20 metres.

Patrick Kelland finished in 5th place in the Under 15 Boys 400 metres event with his time of 57.3 seconds. In his 800 metres event Pat finished in 2nd place in a time of 2 mins 11.0 secs. Pat won his Javelin event with a personal best throw of 44.79 metres. In his Discus event Pat finished 12th with his throw of 26.19 metres.

James Bergfield finished 6th in the Under 17 Boys 800 metres event in a time of 2 mins 08.5 secs. In his 3000 metres event Jim finished 2nd in a time of 9 mins 46.8 secs. Jim placed 9th in his Discus event with his throw of 28.17 metres.

Ben Cox won the Under 17 Boys Triple Jump event with his leap of 13.27 metres.

Sarah Kelland finished 5th in the Under 12 Girls 1500 metre Walk event in a personal best time of 9 mins 20.8 secs. In her Discus event Sarah finished in 11th place with her throw of 17.88 metres.

Sachi Kayama finished 4th in the Under 14 Girls 100 metres event in a time of 13.9 seconds. In her 200 metres event Sachi finished in 6th place with a time of 28.4 seconds. Sachi won her Long Jump event with the distance of 4.74 metres. In her Triple Jump event Sachi was again the winner with her leap of 10.37 metres. In her High Jump event Sachi finished in 5th place with her leap of 1.45 metres.

Nicole Noga finished in 4th place in the Under 14 Girls 400 metres event in a time of 64.1 seconds. In her Long Jump event Nicole finished in 6th place with her leap of 4.35 metres.

Paulina Peters produced a personal best time of 2 mins 33.8 secs in finishing in 4th place in the Under 14 Girls 800 metres event. In her 1500 metres Paulina produced another personal best of 5 mins 12.8 secs in finishing in 2nd position.

Kirsten Parker finished 12th in the Under 14 Girls 800 metres event in a time of 3 mins 05.6 secs.

Zara Nicholas finished 5th in the Under 14 Girls 1500 metres event in a personal best time of 5 mins 29.5 secs. In her 3000 metres event Zara produced another personal best time of 12 mins 04.8 secs in finishing in 4th position.

Maddison Ustunoglu finished in 5th place in the Under 14 Girls 1500 metres Walk in a time of 9 mins 57.5 secs. In her Javelin event Maddy finished 9th with her throw of 18.24 metres.

Maddy Bergfield placed 5th in the Under 14 Girls Shot Put event with her throw of 10.46 metres. In her Discus event Maddy finished in 4th position with her throw of 32.47 metres. Maddy finished in 5th position in her Javelin event with her throw of 26.11 metres.

Danielle Jenkins finished in 8th place in the Under 14 Girls Discus event with her throw of 22.60 metres.

Samantha Rodgers finished 6th in the Under 15 Girls 400 metres event in a time of 67.6 seconds.

Kate Spencer finished 2nd in the Under 15 Girls 800 metres event in a time of 2 mins 19.3 secs. In her 1500 metres event Kate was a clear winner in a time of 4 mins 48.9 secs. Kate also won her 3000 metres event in the time of 10 mins 31.7 secs.

Tara Vance placed 3rd in the Under 17 Girls 400 metres event in a time of 60.9 seconds. In her 800 metres event Tara finished 5th in a time of 2 mins 34.3 secs.

Teresa Galati finished 5th in the Under 17 Girls 100 metres Hurdles event in a time of 18.1 seconds. In her 200 metres Hurdles event Teresa again placed 5th with her time of 34.0 seconds.

Ellen Russell finished in 9th place in the Under 17 Girls Shot Put event with her throw of 6.05 metres. In her Discus event Ellen finished in 7th place with her throw of 23.74 metres.

Kimberley Lowe finished in 5th place in the Under 17 Girls Discus event with her throw of 25.85 metres.

NSW Masters and Under 23 Championships

At the NSW Masters and Under 23 Championships held at Campbelltown over the weekend of 6th to 7th March our Centre was represented by 5 athletes.

Rachael Jackson won her 100 metres final in a time of 12.12 seconds (0.0 wind reading). In her 200 metres final Rachael was again the winner in the smart time of 24.87 seconds (tailwind of 2.7 metres/sec).

Peter Lang finished in 5th place in the 50-54 Men's Weight Throw event with his throw of 10.98 metres. In his Shot Put event Pete finished in 5th place with his best throw of 9.54 metres. Peter finished 6th in his Discus event with his throw of 28.89 metres. In his Hammer event Pete again finished in 6th place with his throw of 32.31 metres. Pete finished in 5th place in his Javelin event with his throw of 36.77 metres.

Neil Holmes placed 6th in the final of the 45-49 Men's 100 metres event with his time of 12.99 seconds (tailwind of 0.2 metres/sec). In his 200 metres event Neil finished in 5th place with his time of 25.46 seconds (tailwind of 3.5 metres/sec).

Andrew Atkinson-Howatt won a bronze medal in the 50-54 Men's Discus event with his throw of 34.76 metres. In his Javelin event Andrew was a clear winner with his throw of 43.93 metres.

Geoff Avery produced 2 personal best performances in the Under 23 NSW Championships. In his 400 metres final Geoff finished in 5th place with his time of 51.19 seconds. Geoff finished 9th overall in his 200 metres event with his time of 22.75 seconds (tailwind of 0.5 metres/sec).

Australian Junior and Youth Athletics Championships

The Australian Junior & Youth Championships were held at Homebush from 11th to 14th March inclusive and our Centre was represented by 8 athletes.

Ben Cox got our representatives away to a tremendous start on the Thursday. In his Under 17 Boys Long Jump event Ben finished equal 3rd but was relegated to 4th position on a count-back with a personal best leap of 6.80 metres. In his Triple Jump event Ben became the Australian champion with a personal best leap of 13.90 metres.

Kate Spencer got her campaign away to a great start on the Friday when she finished 3rd in her heat of the Under 16 Girls 800 metres event in a time of 2 mins 16.68 secs to qualify for the final. Later in the day Kate secured her first ever Australian gold medal when she won the 3000 metres title with a run-away win in a time of 10 mins 04.35 secs. On the Saturday Kate contested the 1500 metres event and won a bronze medal in a personal best time of 4 mins 33.28 secs. In her 800 metres final Kate unfortunately suffered severe interference after about 330 metres and fell to the track but got up again and finished the run in a time of 2 mins 21.40 secs.

Tara Vance finished in 6th place in her heat of the Under 17 Girls 400 metres event in a season's best time of exactly 60.00 seconds.

Maddy Bergfield claimed 7th place in the Under 15 Girls Discus event with her throw of 30.88 metres. In her Javelin event Maddy finished in 8th place with her throw of 27.51 metres.

Patrick Kelland finished in 11th place in the Under 17 Boys 2000 metres Steeplechase event in a personal best time of 6 mins 48.03 secs.

James Bergfield finished in 12th place in the Under 17 Boys 2000 metres Steeplechase event in a personal best time of 6 mins 48.07 secs.

Cameron Pappas claimed a bronze medal in the Under 15 Boys High Jump event with a personal best leap of 1.75 metres. In his Triple Jump event Cameron claimed a second bronze medal with his personal best leap of 12.42 metres.

Lloyd Parker produced a personal best throw of 51.69 metres to finish in 10th place in the Under 20 Boys Javelin event.

Australian Capital Territory Championships

A small party of athletes travelled to Canberra for the A.C.T. Championships held over the weekend of 20th and 21st March.

Jason Chen ran a personal best time of 11.64 seconds in his heat of the Open Men's 100 metres event aided by a tailwind of 4.0 metres/sec. In his 400 metres heat Jason produced another personal best time of 52.17 seconds. In his Discus event Jason won a bronze medal with his throw of 25.55 metres. Jason also contested the Long Jump event and leapt a distance of 5.47 metres assisted by a tailwind of 0.8 metres/sec.

Patrick Kong recorded a time of 11.89 seconds in his heat of the Open Men's 100 metres event aided by a tailwind of 2.4 metres/sec. In his 200 metres heat Patrick recorded a time of 24.37 seconds aided by a tailwind of 3.6 metres/sec.

Len Pearce finished 4th in the Open Men's Triple Jump event with his leap of 13.79 metres. In his Long Jump event Len won a bronze medal with his leap of 6.71 metres (tailwind of 1.7 metres/sec).

Andrew Atkinson-Howatt finished 2nd in the 50-54 years Discus event with his throw of 37.35 metres. In his Javelin event Andrew was the winner with his throw of 40.61 metres. Andrew finished 2nd in his Hammer event with his throw of 30.91 metres. In his Shot Put event Andrew finished with a silver medal with his throw of 9.96 metres. A further silver medal came Andrew's way when he threw 11.39 metres in his Weight Throw event.

NSW Little Athletics Championships

At the NSW Little Athletics Championships held at SOPAC from 19th to 21st March inclusive our Centre achieved the following results.

Cameron Pappas won a bronze medal in the Under 14 Boys Triple Jump event with his leap of 12.23 metres. In his High Jump event Cameron finished in 5th place with his leap of 1.69 metres.

Patrick Kelland won a silver medal in the Under 15 Boys Javelin event with his throw of 44.63 metres. In his 800 metres Patrick won the bronze medal with his time of 2 mins 07.05 secs.

James Bergfield finished 6th in the Under 17 Boys 3000 metres event with his time of 9 mins 45.88 secs.

Ben Cox won a silver medal in the Under 17 Boys Triple Jump event with his leap of 13.88 metres which was only .02 metres short of his personal best jump.

Paulina Peters finished in 7th place in the Under 14 Girls 1500 metres event with her time of 5 mins 25.65 secs.

Sachi Kayama finished 5th in the Under 14 Girls Triple Jump event with a leap of 10.36 metres. In her Long Jump Sachi finished in 11th position with her leap of 4.62 metres.

Kate Spencer won gold medals in the Under 15 Girls 800 metres event with her time of 2 mins 17.44 secs, the 1500 metres event in a time of 4 mins 39.70 secs and in the 3000 metres event in a time of 10 mins 14.34 secs.

Tara Vance finished 4th in her heat of the Under 17 Girls 400 metres event in 60.70 seconds to qualify for the final in which she finished in 8th position with her time of 61.62 seconds.

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

MEN (as at 31/03/10)

100 metres

Under 12	David Forster	13.5h	82/83
Under 13	Gareth Smith		93/94
		12.9h	
Under 14	Matthew Crooks	12.6h	97/98
Under 15	Len Pearce	11.45	05/06
Under 16	John Pearce	11.18	06/07
Under 18	John Pearce	10.72	08/09
Under 20	Glen McCarthy	10.81	88/89
Open	Brett Jovanovich	10.63	07/08
Vet 30-39	Carl Casaclang	11.63	01/02
Vet 40-49	Peter Collins	11.9h	95/96
Vet 50+	Andrew Atkinson-Howatt	13.7h	07/08

1500 metres

Under 12	David Forster	4:53.3h	82/83
Under 13	David Forster	4:42.4h	83/84
Under 14	Kevin Laws	4:28.4h	85/86
Under 15	Michael Todd	4:07.18	06/07
Under 16	Michael Todd	3:59.89	07/08
Under 18	Will Devjak	3:53.51	00/01
Under 20	Will Devjak	3:55.29	00/01
Open	Will Devjak	3:51.28	03/04
Vet 30-39			
Vet 40-49	Colin Richardson	4:27.0h	90/91
Vet 50+	Andrew Atkinson-Howatt	6:19.39	07/08

200 metres

Under 12	David Forster	29.7h	82/83
Under 13	Gareth Smith	28.2h	93/94
Under 14	Ian Pereira	25.15	84/85
Under 15	John Pearce	23.61	05/06
Under 16	John Pearce	22.1h	06/07
Under 18	Glen McCarthy	21.74	87/88
Under 20	Glen McCarthy	21.69	88/89
Open	Glen McCarthy	20.96	92/93
Vet 30-39	John Larkin	23.43	93/94
Vet 40-49	Peter Collins	25.18	94/95
Vet 50+	Andrew Atkinson-Howatt	28.88	07/08

3000 metres

Under 12	Will Devjak	10:35.1h	94/95
Under 13	Peter Cotton	10:37.52	86/87
Under 14	Will Devjak	10:06.3h	95/96
Under 15	Christopher Mills	9:22.19	87/88
Under 16	Christopher Mills	9:08.15	88/89
Under 18	Will Devjak	8:55.9h	99/00
Under 20	Christopher Mills	8:41.2h	92/93
Open	Christopher Mills	8:34.8h	93/94
Vet 30-39	Richard Sarkies	9:13.6h	00/01
Vet 40-49	Colin Richardson	9:43.1h	90/91
Vet 50+			

400 metres

Under 12	David Forster	63.2h	82/83
Under 13	David Forster	62.7h	83/84
Under 14	Ian Pereira	60.5h	84/85
Under 15	David Forster	53.01	85/86
Under 16	Neville Stanton	51.50	99/00
Under 18	Glen McCarthy	49.10	87/88
Under 20	Glen McCarthy	49.30	88/89
Open	Glen McCarthy	47.56	95/96
Vet 30-39	Greg Boyce	52.72	06/07
Vet 40-49	Andrew Della-Porta	58.5h	91/92
Vet 50+	Andrew Atkinson-Howatt	66.72	07/08

5000 metres

Under 18	Christopher Mills	17:48.0h	90/91
Under 20	Christopher Mills	15:47.53	91/92
Open	Christopher Mills	15:11.22	93/94
Vet 30-39	Ray Wareham	15:56.32	04/05
Vet 40-49	John Walton	17:15.7h	92/93
Vet 50+			

2000 metres Steeplechase

Under 13	Peter Cotton	9:17.6h	86/87
Under 14	Patrick Kelland	7:02.60	08/09
Under 15	Will Devjak	6:40.2h	97/98
Under 16	Will Devjak	6:20.1h	98/99
Under 18	Will Devjak	5:53.46	00/01
Under 20	Christopher Mills	6:04.4h	91/92

800 metres

Under 12	Will Devjak	2:19.1h	94/95
Under 13	Will Devjak	2:18.4h	95/96
Under 14	Kevin Laws	2:10.75	85/86
Under 15	David Forster	2:00.23	85/86
Under 16	Michael Todd	1:55.99	07/08
Under 18	Michael Todd	1:53.42	08/09
Under 20	Will Devjak	1:50.3h	02/03
Open	Will Devjak	1:48.56	03/04
Vet 30-39	Greg Boyce	1:58.48	05/06
Vet 40-49	Colin Richardson	2:10.7h	90/91
Vet 50+			

3000 metres Steeplechase

Under 18	Will Devjak	9:23.63	00/01
Under 20	Christopher Mills	9:33.49	92/93
Open	Christopher Mills	9:37.6h	93/94
Vet 50+			

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982**MEN (as at 31/03/10)****1500 metres Walk**

Under 12	David Forster	8:51.4h	82/83
Under 13	David Forster	9:00.2h	83/84
Under 14	Michael Cooper	10:35.1h	88/89
Under 15	Matthew Spackman	8:49.9h	88/89
Under 16	Adam Page	8:35.2h	91/92
Under 18	Adam Page	10:35.7h	92/93
Under 20			
Open	Graham Walsh	6:54.0h	91/92
Vet 30-39	Graham Walsh	7:41.9h	93/94
Vet 40-49	John Barbuto	9:54.4h	88/89
Vet 50+			

3000 Metres Walk

Under 12	Shannon Wolfers	20:28.8h	92/93
Under 13	Michael Jones	17:55.1h	86/87
Under 14	Michael Jones	16:51.0h	87/88
Under 15	Matthew Spackman	16:35.0h	88/89
Under 16			
Under 18			
Under 20			
Open	Graham Walsh	14:45.3h	91/92
Vet 30-39	Graham Walsh	16:33.5h	93/94
Vet 40-49	George Parsons	21:24.0h	90/91
Vet 50+			

80 metres Hurdles

Under 12	Peter Cotton	15.7h	85/86
Under 13	Adam Hoey	13.47	91/92

90 metres Hurdles

Under 14	Brian Chappell	13.29	93/94
Under 15	Brian Chappell	14.6h	94/95
Vet 50+	Peter McEnearney	15.6h	93/94

100 metres Hurdles

Under 14	Grant Mitchell	16.72	86/87
Under 15	Brian Chappell	14.57	94/95
Under 16	John Pearce	13.57	06/07
Under 18	Clinton McEwan	15.50	08/09
Under 20	Warren Gray	15.5h	83/84
Vet 30-39	Ken Smith	17.5h	91/92
Vet 40-49	Peter Collins	15.2h	95/96
Vet 50+	Peter McEnearney	19.47	93/94

110 metres Hurdles

Under 17	Brian Chappell	15.15	96/97
Under 18	Craig Birdsall	15.10	98/99
Under 20	Clinton McEwan	15.93	09/10
Open	Glyn Henman	16.5h	92/93
Vet 30-39	Chris Norris	19.4h	94/95
Vet 40-49	Peter Collins	16.3h	93/94
Vet 50+	Peter Collins	16.7h	01/02

200 metres Hurdles

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

300 metres Hurdles

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

400 metres Hurdles

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

Multi-Event

Under 16	Brian Chappell	4299 pts	95/96
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Decathlon

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

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

MEN (as at 31/03/10)

Pentathlon

Vet 35-39			
Vet 40-44	Andrew Atkinson-Howatt	2512 pts	01/02
Vet 45-49	Andrew Atkinson-Howatt	2595 pts	05/06
Vet 50+	Andrew Atkinson-Howatt	2664 pts	07/08

Weight Pentathlon

Vet 35-39	Jeff Hailey	3175 pts	98/99
Vet 40-44	Jeff Hailey	3416 pts	01/02
Vet 45-49	Mark Johnston	3017 pts	00/01
Vet 50+	Andrew Atkinson-Howatt	3208 pts	09/10

Shot Put

Under 12	Alan Menin	10.52m	85/86
Under 13	David Page	9.15m	91/92
Under 14	Michael West	11.60m	89/90
Under 15	David Forster	12.12m	85/86
Under 16	David Forster	11.66m	86/87
Under 18	Paul Menin	13.50m	85/86
Under 20	Brent Page	11.33m	93/94
Open	Jeff Hailey	14.86m	98/99
Vet 30-39	Jeff Hailey	14.86m	98/99
Vet 40-49	Jeff Hailey	14.43m	01/02
Vet 50+	Andrew Atkinson-Howatt	11.30m	08/09

Pole Vault

Under 13	Peter Cotton	1.80m	86/87
	Michael Jones	1.80m	86/87
Under 14	Michael Jones	2.00m	87/88
Under 15	Brian Chappell	2.00m	94/95
Under 16	Glyn Henman	2.40m	83/84
Under 18	Brian Chappell	2.30m	95/96
Under 20	Brendan Mills	3.00m	93/94
Open	Ray Brookes	3.20m	96/97
Vet 30-39	Ray Brookes	3.20m	96/97
Vet 50+			

Discus

Under 12	Alan Menin	27.52m	85/86
Under 13	Peter Cotton	25.50m	86/87
Under 14	David Forster	31.02m	84/85
Under 15	Mua Morris	41.23m	03/04
Under 16	Calum Winsor	45.98m	03/04
Under 18	Lloyd Parker	43.17m	06/07
Under 20	Lloyd Parker	38.45	09/10
Open	Jeff Hailey	41.32m	98/99
Vet 30-39	Jeff Hailey	41.32m	98/99
Vet 40-49	Jeff Hailey	39.12m	01/02
Vet 50+	Andrew Atkinson-Howatt	39.44m	07/08

High Jump

Under 12	David Forster	1.38m	82/83
Under 13	Andrew Crews	1.67m	85/86
Under 14	Cameron Pappas	1.75m	09/10
Under 15	Michael Dunne	1.73m	97/98
Under 16	Rory Tarnow-Mordi	1.77m	06/07
Under 18	Michael Dunne	1.85m	99/00
Under 20	Kari Bergsson	1.80m	04/05
Open	Zoltan Budimcevic	2.00m	93/94
Vet 30-39	John Larkin	1.60m	95/96
Vet 40-49	Peter Collins	1.65m	90/91
Vet 50+	Peter Collins	1.53m	01/02

Javelin

Under 12	Peter Cotton	21.16m	85/86
Under 13	Nick Kelland	28.72m	08/09
Under 14	Michael Jones	40.26m	87/88
Under 15	Patrick Kelland	37.84m	09/10
Under 16	Lloyd Parker	50.85m	07/08
Under 18	Lloyd Parker	55.19m	08/09
Under 20	Lloyd Parker	42.93m	08/09
Open	Jeff Hailey	56.20m	99/00
Vet 30-39	Jeff Hailey	56.20m	99/00
Vet 40-49	Jeff Hailey	55.47m	01/02
Vet 50+	Andrew Atkinson-Howatt	47.73m	07/08

Long Jump

Under 12	Geoff Davies	5.30m	85/86
Under 13	David Massey	5.34m	89/90
Under 14	Matthew Crooks	5.57m	97/98
Under 15	Len Pearce	6.17m	05/06
Under 16	Len Pearce	6.61m	06/07
Under 18	Geoff Davies	6.95m	91/92
Under 20	Geoff Davies	7.33m	92/93
Open	Peter Parsons	7.35m	00/01
Vet 30-39	Andrew Jackson	5.93m	03/04
Vet 50+	Ron Daniel	4.25m	09/10

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

MEN (as at 31/03/10)

Hammer

Under 12	Patrick Kelland	16.27m	06/07
Under 13	David Page	17.92m	91/92
Under 14	Peter Cotton	24.18m	87/88
Under 15	Lloyd Parker	24.14m	06/07
Under 16	Glyn Henman	35.20m	83/84
Under 18	Paul Menin	45.44m	85/86
Under 20	Andrew Jackson	27.52m	90/91
Open	Jeff Hailey	41.47m	98/99
Vet 30-39	Jeff Hailey	41.47m	98/99
Vet 40-49	Bob Bowker	40.11m	01/02
Vet 50+	Andrew Atkinson- Howatt	36.42m	08/09

Triple Jump

Under 12	David Massey	9.74m	88/89
Under 13	Geoff Davies	10.60m	86/87
Under 14	Cameron Pappas	12.42m	09/10
Under 15	Len Pearce	13.17m	05/06
Under 16	Len Pearce	14.12m	06/07
Under 18	Len Pearce	14.45m	08/09
Under 20	Geoff Davies	14.04m	92/93
Open	Greg Wiencke	15.61m	00/01
Vet 30-39	Andrew Jackson	11.38m	03/04
Vet 40-49	Peter Collins	12.48m	90/91
Vet 50+			

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

WOMEN (as at 31/03/10)

100 Metres

Under 12	Jamie Casaclang	13.1h	00/01
Under 13	Rachael Massey	12.96	88/89
Under 14	Annaliese Gardiner	12.36	05/06
Under 15	Rachael Massey	12.23	90/91
Under 16	Rachael Massey	12.15	91/92
Under 18	Rachael Massey	11.87	93/94
Under 20	Rachael Massey	11.85	95/96
Open	Rachael Massey	11.42	99/00
Vet 28-34	Rachael Jackson	11.96	08/09
Vet 35+	Sharon Aldridge	13.1h	94/95

1500 Metres

Under 12	Larissa West	5:15.2h	88/89
Under 13	Elizabeth Cotton	5:03.18	87/88
Under 14	Lucy Starrat	5:00.6h	01/02
Under 15	Kate Spencer	4:33.28	09/10
Under 16	Lucy Polkinghorne	4:47.42	01/02
Under 18	Lucy Polkinghorne	4:47.42	03/04
Under 20	Katie Jameson	4:59.62	06/07
Open	Maxine Poor	4:19.8h	83/84
Vet 28-34	Anne Francis	7:23.8h	88/89
Vet 35+	Suzanne Gore	5:19.51	08/09

200 Metres

Under 12	Jamie Casaclang	27.2h	00/01
Under 13	Jamie Casaclang	26.0h	01/02
Under 14	Rachael Massey	25.78	89/90
Under 15	Rachael Massey	25.17	90/91
Under 16	Jamie Casaclang	24.71	04/05
Under 18	Merryn Aldridge	24.65	99/00
Under 20	Vicky Piggini	24.39	94/95
	Merryn Aldridge	24.39	99/00
Open	Rachael Massey	23.62	96/97
Vet 28-34	Rachael Jackson	24.71	07/08
Vet 35+	Sharon Aldridge	27.10	94/95

3000 Metres

Under 12	Megan Cotton	12:02.7h	87/88
Under 13	Lisa Collins	11:27.7h	92/93
Under 14	Lisa Collins	11:43.4h	93/94
Under 15	Kate Spencer	10:01.98	09/10
Under 16	Lucy Polkinghorne	10:37.0h	00/01
Under 18	Jessie O'Brien	10:37.41	07/08
Under 20			
Open	Katie Jameson	10:39.17	06/07
Vet 28-34			
Vet 35+	Suzanne Gore	13:36.9h	08/09

400 Metres

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

5000 Metres

Under 20	Christine Gosling	23:20.1h	92/93
Open	Yvette Cotton	19:10.7h	92/93

2000 Metres Steeplechase

Under 12	Elizabeth Cotton	9:35.0h	86/87
Under 13	Tara Vance	7:54.29	07/08
Under 14	Tara Vance	7:38.8h	07/08
Under 15	Lucy Polkinghorne	7:33.45	00/01
Under 16	Lucy Polkinghorne	7:33.34	01/02
Under 18	Lucy Polkinghorne	7:00.94	02/03
Under 20	Katie Jameson	7:45.70	06/07

800 Metres

Under 12	Larissa West	2:30.97	88/89
Under 13	Tara Vance	2:22.58	06/07
Under 14	Tara Vance	2:20.13	07/08
Under 15	Kate Spencer	2:14.56	09/10
Under 16	Megan Cotton	2:18.21	90/91
Under 18	Lucy Polkinghorne	2:15.06	03/04
Under 20	Tara Millgate	2:11.3h	04/05
Open	Julie Schwass	2:04.87	83/84
Vet 28-34	Anne Francis	3:10.2h	88/89
Vet 35+	Suzanne Gore	2:35.17	08/09

3000 Metres Steeplechase

Under 18	Lucy Polkinghorne	11:48.75	03/04
Under 20	Katie Jameson	12:02.17	06/07
Open	Katie Jameson	11:39.14	06/07

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

WOMEN (as at 31/03/10)

1500 Metres Walk

Under 12	Natalie Cummings	7:38.54	85/86
Under 13	Natalie Cummings	8:21.4h	86/87
Under 14	Julie Davis	7:43.0h	82/83
Under 15	Carolyn Little	7:56.21	91/92
Under 16	Yvette Cotton	7:38.0h	86/87
Under 18	Sharon Cummings	7:19.0h	86/87
Under 20	Sharon Cummings	7:33.3h	87/88
Open	Yvette Cotton	7:35.2h	93/94
Vet 28-34	Anne Francis	10:50.0h	88/89
Vet 35+	Sue Curry	10:05.0h	91/92

100 Metres Hurdles

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

3000 Metres Walk

Under 12	Karen Hoey	16:44.4h	91/92
Under 13	Natalie Cummings	18:28.0h	86/87
Under 14	Natalie Cummings	17:22.0h	87/88
Under 15	Carolyn Little	17:13.4h	91/92
Under 16	Carolyn Little	17:54.1h	92/93
Under 18	Sharon Cummings	16:20.0h	85/86
Under 20	Yvette Cotton	17:09.6h	89/90
Open	Yvette Cotton	15:37.6h	93/94
Vet 28-34			
Vet 35+	Sue Curry	21:10.3h	89/90

200 Metres Hurdles

Under 12	Megan Cotton	35.7h	87/88
Under 13	Megan Cotton	34.1h	88/89
Under 14	Annaliese Gardiner	32.15	05/06
Under 15	Rachel Neylan	29.2h	96/97
Under 16	Shannon Arnott	29.72	02/03
Under 18	Jenny Horsfield	35.8h	87/88
Under 20	Jenny Horsfield	34.2h	88/89
Open			
Vet 28-34			
Vet 35+	Margaret Chappell	37.3h	89/90

5000 Metres Walk

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

300 Metres Hurdles

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

80 Metres Hurdles

Under 12	Kate Harvey	14.83	86/87
Under 13	Jodie Boland	14.1h	85/86
Under 14	Annaliese Gardiner	12.59	05/06
Vet 35+	Sharon Aldridge	14.2h	94/95

90 Metres Hurdles

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

400 Metres Hurdles

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

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

WOMEN (as at 31/03/10)

Shot Put

Under 12	Megan Cotton	7.92m	87/88
Under 13	Maddy Bergfield	9.58m	08/09
Under 14	Maddy Bergfield	10.87m	09/10
Under 15	Elizabeth Cotton	11.23m	90/91
Under 16	Laura Cornford	10.05m	03/04
Under 18	Laura Cornford	10.51m	04/05
Under 20	Yvette Cotton	10.44m	89/90
Open	Yvette Cotton	9.06m	91/92
Vet 28-34			
Vet 35+	Helen Searle	12.59m	93/94

High Jump

Under 12	Megan Cotton	1.35m	87/88
Under 13	Beth Chilcott	1.51m	06/07
Under 14	Alexandra Church	1.72m	97/98
Under 15	Alexandra Church	1.74m	98/99
Under 16	Alexandra Church	1.74m	99/00
Under 18	Alexandra Church	1.82m	01/02
Under 20	Megan Cotton	1.49m	93/94
Open	Helen Merriman	1.78m	82/83
Vet 28-34			
Vet 35+	Margaret Chappell	1.35m	90/91

Discus

Under 12	Maddy Bergfield	25.68m	07/08
Under 13	Kimberley Lowe	31.46m	06/07
Under 14	Cassie Hewitt	39.59m	06/07
Under 15	Cassie Hewitt	35.53m	07/08
Under 16	Megan Cotton	30.20m	91/92
Under 18	Laura Cornford	46.85m	04/05
Under 20	Nicola Jones	33.28m	04/05
Open	Nicola Jones	37.30m	04/05
Vet 28-34			
Vet 35+	Helen Searle	30.64m	94/95

Long Jump

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

Javelin

Under 12	Margaret Gault	19.50m	91/92
Under 13	Elizabeth Cotton	22.03m	88/89
Under 14	Cassie Hewitt	31.84m	06/07
Under 15	Cassie Hewitt	30.28m	07/08
Under 16	Laura Cornford	41.21m	03/04
Under 18	Laura Cornford	45.52m	04/05
Under 20	Elizabeth Cotton	40.32m	94/95
Open	Mary Thomas	46.98m	82/83
Vet 28-34			
Vet 35+	Mary Thomas	46.98m	82/83

Triple Jump

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

Hammer

Under 12	Margaret Gault	15.54m	91/92
Under 13	Kimberley Lowe	20.39m	06/07
Under 14	Suzu Della-Porta	13.08m	91/92
Under 15	Kimberley Lowe	21.65m	08/09
Under 16	Olivia McConnell	26.22m	06/07
Under 18	Joanne Capper	33.10m	83/84
Under 20	Joanne Capper	34.06m	84/85
Open	Joanne Capper	44.54m	89/90
Vet 28-34			
Vet 35+	Helen Searle	44.00m	96/97

Multi-Events

Under 14	Elizabeth Cotton	3679 pts	89/90
Under 15	Megan Cotton	4265 pts	90/91
Under 16	Megan Cotton	4719 pts	90/91
Under 18	Tara Millgate	4271 pts	01/02
Under 20	Megan Cotton	4239 pts	93/94
Vet 35+	Sue Gore	1873 pts	07/08

Pole Vault

Under 18	Elizabeth Cotton	1.80m	93/94
Under 20	Elizabeth Cotton	1.88m	94/95

Weight Pentathlon

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

RYDE ATHLETICS CENTRE – SENIORS DIVISION

CENTRE RECORDS 2010

GIRLS

100 Metres

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

200 Metres

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

400 Metres

Under 12	Lisa Farmer	72.9	1992
Under 13	Tara Vance	64.5	2006
Under 14	Jamie Casaclang	63.0	2002
Under 15	Tara Vance	61.5	2008
Under 16	Tara Millgate	60.4	2000
Under 18	Tara Millgate	59.4	2002
Under 20	Vicky Piggin	62.2	1994
Open	Tara Millgate	62.8	2006
Vet	Margaret Chappell	68.3	1992

800 Metres

Under 12	Megan Cotton	2:33.0	1987
Under 13	Jamie Casaclang	2:35.4	2001
Under 14	Tara Vance	2:34.4	2007
Under 15	Kate Spencer	2:27.8	2009
Under 16	Yvette Cotton	2:34.5	1986
Under 18	Tara Millgate	2:20.6	2001
Under 20	Tara Millgate	2:30.5	2003
Open	Tara Millgate	2:21.2	2007
Vet 30+	Sue Gore	2:52.9	1992
Vet 40+	Sue Gore	2:40.6	2009
Vet 50+			

BOYS

100 Metres

Under 12	Steven Ryan	14.3	1989
Under 13	Gareth Smith	13.2	1993
Under 14	Nikita Marokakis	12.5	2002
Under 15	Brian Chappell	11.9	1994
Under 16	John Pearce	11.4	2006
Under 18	John Pearce	11.0	2008
Under 20	Glen McCarthy	11.1	1988
Open	Brian Chin	11.2	1996
	Brett Jovanovich	11.2	2008
Vet 30+	Carl Casaclang	11.9	2002
Vet 40+			
Vet 50+			

200 Metres

Under 12	David Forster	29.7	1982
Under 13	Antonia Galati	28.2	2009
Under 14	Ian Pereira	26.1	1984
Under 15	Brian Chappell	24.5	1994
Under 16	Patrick Kong	24.5	2009
Under 18	Ian Pereira	23.0	1988
Under 20	Glen McCarthy	22.4	1988
Open	Brett Jovanovich	22.8	2009
Vet 30+	Carl Casaclang	24.6	2001
Vet 40+			
Vet 50+			

400 Metres

Under 12	Patrick Kelland	69.5	2006
Under 13	David Forster	64.7	1983
Under 14	David Forster	60.9	1984
Under 15	Brian Chappell	55.5	1994
Under 16	Damian Petrovic	55.6	2004
Under 18	Craig Birdsall	53.5	2000
Under 20	Wei Liak	56.4	2006
Open	Will Devjak	53.8	2006
Vet 30+	Greg Boyce	54.1	2006
Vet 40+			
Vet 50+			

800 Metres

Under 12	Will Devjak	2:28.2	1994
Under 13	Peter Cotton	2:28.2	1986
Under 14	Michael Jones	2:18.5	1987
Under 15	Kevin Laws	2:11.8	1985
Under 16	James Bergfield	2:11.8	2009
Under 18	Scott Collins	2:17.4	1994
Under 20	Craig Birdsall	3:06.2	2001
Open	Will Devjak	2:01.8	2003
Vet 30+	Greg Boyce	2:04.8	2005
Vet 40+			
Vet 50+			

RYDE ATHLETICS CENTRE – SENIORS DIVISION

CENTRE RECORDS 2010

GIRLS

1500 Metres

Under 12	Megan Cotton	5:21.6	1987
Under 13	Emmica Burnell-Jones	6:02.5	2004
Under 14	Larissa West	5:38.6	1990
Under 15	Lucy Polkinghorne	5:17.4	2000
Under 16	Jessie O'Brien	5:20.7	2006
Under 18	Jessie O'Brien	5:23.5	2008
Under 20	Katie Jameson	5:16.2	2006
Open	Katie Jameson	5:30.3	2008
Vet			
Vet 40+	Sue Gore	5:52.0	2008
Vet 50+			

1500m Walk

Under 12	Natalie Cummings	8:14.5	1985
Under 13	Natalie Cummings	8:42.6	1986
Under 14	Katie Rosa	10:06.2	2009
Under 15	Carolyn Little	8:02.8	1981
Under 16	Yvette Cotton	8:22.0	1986
Under 18	Sharon Cummings	7:32.6	1986
Under 20	Yvette Cotton	8:16.4	1990
Open	Yvette Cotton	8:24.4	1991
Vet 30+			
Vet 40+	Sue Gore	10:15.8	2007
Vet 50+			

80m Hurdles

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

90m Hurdles

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

100m Hurdles

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

BOYS

1500 Metres

Under 12	Patrick Kelland	5:22.3	2006
Under 13	Will Devjak	4:57.0	1993
Under 14	Peter Cotton	4:55.7	1987
Under 15	Chris Mills	4:44.6	1987
Under 16	Tasman Cassim	4:45.9	1987
Under 18	Will Devjak	4:17.4	2000
Under 20	Will Devjak	4:16.7	2002
Open	Brad Adams	4:22.2	1992
Vet	Paul Sampson	4:43.5	2002
Vet 40+			
Vet 50+			

1500m Walk

Under 12	Peter Cotton	9:25.0	1985
Under 13	Grant Mitchell	9:26.0	1985
Under 14	Michael Cooper	10:35.1	1988
Under 15	Christian Millgate	8:03.0	2005
Under 16	Aron Warren	8:34.5	2001
Under 18	Chris Archer	11:31.0	1986
Under 20	Braden Atkinson-Howatt	12:59.8	2005
Open	Graham Walsh	6:59.6	1991
Vet	Graham Walsh	7:14.5	1992
Vet 40+			
Vet 50+			

80m Hurdles

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

90m Hurdles

Under 14	David Forster	15.4	1984
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100m Hurdles

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

110m Hurdles

Open			
Vet	Ken Smith	19.6	1991

RYDE ATHLETICS CENTRE – SENIORS DIVISION

CENTRE RECORDS 2010

GIRLS

Javelin

Under 12	Margaret Gault	19.50m	1992
Under 13	Elizabeth Cotton	22.03m	1988
Under 14	Julia Parker	28.94m	2007
Under 15	Cassie Hewitt	28.54m	2007
Under 16	Laura Cornford	36.81m	2003
Under 18	Elizabeth Cotton	30.18m	1992
Under 20	Elizabeth Cotton	32.08m	1994
Open	Yvette Cotton	23.88m	1991
Vet 30+	Helen Searle	22.38m	1991
Vet 40+			
Vet 50+			

Discus

Under 12	Cassie Hewitt	20.70m	2005
Under 13	Cassie Hewitt	28.59m	2006
Under 14	Yvette Cotton	26.44m	1984
Under 15	Kimberley Lowe	30.33m	2008
Under 16	Megan Cotton	30.20m	1991
Under 18	Laura Cornford	28.12m	2004
Under 20	Nicola Jones	33.28m	2004
Open	Yvette Cotton	27.84m	1991
Vet	Helen Searle	26.82m	1991
Vet 40+			
Vet 50+			

Shot Put

Under 12	Maddy Bergfield	7.86m	2008
Under 13	Megan Cotton	8.97m	1988
Under 14	Maddy Bergfield	10.87m	2009
Under 15	Elizabeth Cotton	9.41m	1990
Under 16	Tina Brown	9.69m	1982
Under 18	Yvette Cotton	8.99m	1987
Under 20	Ruth Fyfe	9.70m	1984
Open	Yvette Cotton	8.78m	1991
Vet	Helen Searle	10.46m	1991
Vet 40+			
Vet 50+			
Vet 60+			

Hammer

Under 12	Margaret Gault	15.54m	1991
Under 13	Kimberley Lowe	20.39m	2006
Under 14	Alyssa Ross	11.48m	2004
Under 15	Kimberley Lowe	21.65m	2008
Under 16	Olivia McConnell	25.26m	2006
Under 18	Joan Capper	27.56m	1983
Under 20	Joan Capper	31.96m	1984
Open	Natalie Sing	17.96m	2006
Vet	Narelle Page	20.64m	1991
Vet 40+			
Vet 50+			

BOYS

Javelin

Under 12	Peter Cotton	21.16m	1985
Under 13	Gareth Smith	23.36m	1993
Under 14	David Forster	33.06m	1984
Under 15	Brian Chappell	34.22m	1994
Under 16	Glen McCarthy	32.60m	1985
Under 18	Lloyd Parker	46.12m	2007
Under 20	Brent Page	37.36m	1992
Open	David Strong	41.30m	1986
Vet 30+			
Vet 40+	Andrew Atkinson-Howatt	43.50m	2001
Vet 50+	Andrew Atkinson-Howatt	43.98m	2009

Discus

Under 12	David Massey	21.78m	1988
Under 13	Peter Cotton	25.50m	1986
Under 14	David Forster	30.84m	1984
Under 15	Mua Morris	41.23m	2003
Under 16	Sean Brennan	40.56m	1983
Under 18	John Pearce	31.70m	2008
Under 20	Brent Page	33.60m	1992
Open	Darren Wilson	36.82m	1992
Vet	Andrew Atkinson-Howatt	35.87m	2006
Vet 40+			
Vet 50+			

Shot Put

Under 12	David Forster	7.80m	1982
Under 13	David Forster	8.83m	1983
Under 14	Mua Morris	10.68m	2002
Under 15	Craig Sanders	11.73m	1984
Under 16	David Forster	11.66m	1986
Under 18	Geoff Davies	12.15m	1991
Under 20	Brent Page	11.33m	1993
Open	Darren Wilson	11.96m	1992
Vet	Andrew Atkinson-Howatt	10.77m	2007
Vet 40+			
Vet 50+	Andrew Atkinson-Howatt	11.01m	2009
Vet 60+	Andrew Della-Porta	9.17m	2009

Hammer

Under 12	Patrick Kelland	16.27m	2006
Under 13	David Page	17.92m	1991
Under 14	Mua Morris	23.39m	2002
Under 15	Lloyd Parker	24.14m	2006
Under 16	Steve Capper	28.40m	1983
Under 18	Steve Capper	36.78m	1984
Under 20	Andrew Jackson	27.52m	1990
Open	Andrew Atkinson-Howatt	32.31m	2008
Vet	Andrew Atkinson-Howatt	35.55m	2008
Vet 40+			
Vet 50+			

RYDE ATHLETICS CENTRE – SENIORS DIVISION

CENTRE RECORDS 2010

GIRLS

High Jump

Under 12	Margaret Gault	1.25m	1991
Under 13	Beth Chilcott	1.42m	2006
Under 14	Megan Cotton	1.45m	1989
Under 15	Christine Nettle	1.55m	1990
Under 16	Christine Nettle	1.45m	1991
Under 18	Karina Longshaw	1.50m	1987
	Sharon McConkey	1.50m	1990
Under 20	Christine Gosling	1.47m	1992
Open	Natalie Sing	1.47m	2006
Vet	Margaret Chappell	1.35m	1990
Vet 40+			
Vet 50+			

Long Jump

Under 12	Megan Cotton	4.11m	1987
Under 13	Janet Gault	4.66m	1990
Under 14	Janet Gault	4.65m	1991
Under 15	Megan Cotton	5.10m	1990
Under 16	Bridget Oakley	5.18m	2004
Under 18	Kate Harvey	4.95m	1991
Under 20	Vicky Piggin	5.85m	1994
Open	Kerry Waite	5.00m	1982
Vet	Sharon Aldridge	4.37m	1994
Vet 40+			
Vet 50+			

Triple Jump

Under 12	Cassie Hewitt	8.76m	2005
Under 13	Janet Gault	10.04m	1990
Under 14	Christine Nettle	10.06m	1989
Under 15	Shannon Arnott	10.11m	2001
Under 16	Tara Vance	10.52m	2009
Under 18	Kate Harvey	10.90m	1991
Under 20	Rasvinder Gill	10.66m	2003
Open	Yvette Cotton	9.05m	1991
Vet	Margaret Chappell	9.91m	1990
Vet 40+			
Vet 50+			

Pole Vault

Under 12			
Under 13			
Under 14			
Under 15			
Under 16			
Under 18	Elizabeth Cotton	1.85m	1993
Under 20	Elizabeth Cotton	1.88m	1994
Open			
Vet	Margaret Chappell	1.65m	1993
Vet 40+			
Vet 50+			

BOYS

High Jump

Under 12	David Massey	1.32m	1986
Under 13	Peter Cotton	1.46m	1986
Under 14	Nikita Marokakis	1.58m	2002
Under 15	Rory Tarnow-Mordi	1.65m	2006
Under 16	Clinton McEwan	1.70m	2006
Under 18	John Pearce	1.75m	2008
Under 20	Glen McCarthy	1.67m	1989
Open	Andrew Jackson	1.75m	1994
Vet	Peter Collins	1.60m	1993
Vet 40+			
Vet 50+			

Long Jump

Under 12	David Massey	4.74m	1988
Under 13	David Massey	4.91m	1989
Under 14	Nikita Marokakis	5.26m	2002
Under 15	Brian Chappell	5.57m	1994
Under 16	John Pearce	6.15m	2006
Under 18	John Pearce	6.37m	2008
Under 20	Brent Page	6.38m	1993
Open	Brett Jovanovich	6.44m	2008
Vet	Peter Collins	5.47m	1993
Vet 40+			
Vet 50+			

Triple Jump

Under 12	Brian Chappell	9.03m	1991
Under 13	Len Pearce	11.14m	2003
Under 14	Antonio Morris	10.99m	2003
Under 15	Glen McCarthy	11.65m	1984
Under 16	Brent Page	12.43m	1990
Under 18	Len Pearce	13.17m	2007
Under 20	Brent Page	13.03m	1993
Open	Andrew Jackson	12.70m	1994
Vet	Peter Collins	11.78m	1993
Vet 40+	David Sunderland	9.09m	2009
Vet 50+	Ron Daniel	7.84m	2009

Pole Vault

Under 12			
Under 13	Gareth Smith	1.30m	1993
Under 14	Brian Chappell	1.85m	1993
Under 15	Brian Chappell	2.00m	1994
Under 16	Brian Chappell	2.14m	1995
Under 18	Brian Chappell	2.00m	1996
Under 20	Brendan Mills	2.80m	1993
Open	Brendan Mills	2.80m	1994
Vet	Ray Brookes	2.80m	1997
Vet 40+			
Vet 50+			