

**RYDE ATHLETICS CENTRE
INCORPORATED**



**ANNUAL REPORT
2016 / 2017 SEASON**

ABN: 99 850 553 401

Contents

LIFE MEMBERS	3
DIRECTORS' REPORT	4
JUNIORS REPORT	5
COMMITTEE MEMBERS - JUNIORS	6
PRESIDENT	7
SECRETARY	8
TREASURER	8
REGISTRAR REPORT	12
PUBLICITY	13
COACHING.....	14
AGE MANAGER	13
CHAMPIONSHIPS	15
JUNIOR RECORDS 2016/2017 SEASON	18
SENIORS REPORT	19
COMMITTEE MEMBERS – SENIORS	20
PRESIDENT - SENIORS	20
TREASURER	21
REGISTRAR	22
COACHING.....	22
PUBLICITY	23
COMPETITION	23
BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982	38
CENTRE RECORDS 2016 – 2017.....	45

LIFE MEMBERS

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

Merv Davies
Will Devjak
Sharon Dewar (née Read)
Tony Fernandes
Miriam Fogliani (née Spitteler)
Ross Forster
Peter Graham
Warren Gray
Kurt Hansen
Andrew Jackson
Rachael Jackson (née Massey)
Keith Johnson
Kate Kelland
Adrienne Kinna (née Bouffler)
David Lewis
Anne Masing
Glen McCarthy
Suzette McFarlane (née Sames)
Yvonne Melene (née Godfrey)

John Mills
Roslyn Mitchell (née Cramp)
Betty Moore
Coral Read (née Hellyer)
Julie Reynolds
Judy Scott (née Murray)
Rita Shield
Gaye Shuttler (née Woolley)
Dave Sunderland
Desleigh Spitteler
Reg Tarte
Mary Thomas
Ian Trimble
Ruth Trimble
Glyn Whalan
Kay Williams
Colleen Wilson (née Hill)

PATRON

Betty Moore

PUBLIC OFFICER

Ivana Hilder

DIRECTORS

Simon Bergfield
Ross Forster
Stephen Plummer
Keith Johnson (Resigned May 2016)
Ivana Hilder (Appointed May 2016)
Nick Byrne (May 2016- December 2016)
Lynda Calder (Appointed December 2016)

**RYDE ATHLETICS CENTRE INCORPORATED
2016/2017 SEASON – ANNUAL REPORT**

DIRECTORS' REPORT

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

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

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

During the year Nick Byrne was replaced with Lynda Calder. In May Keith Johnson resigned as Director and was replaced by Ivana Hilder.

**Simon Bergfield
Ross Forster
Stephen Plummer
Lynda Calder
Ivana Hilder**

Directors

***RYDE ATHLETICS CENTRE INCORPORATED
2016/2017 SEASON – ANNUAL REPORT***

JUNIORS REPORT

COMMITTEE MEMBERS - JUNIORS

PRESIDENT	David Sunderland
VICE PRESIDENT	Andrew Wilson
SECRETARY	Andrea Coffin
ASSISTANT SECRETARY	Ivana Hilder
TREASURER	Claudia Smith
REGISTRAR	Jane Partridge
ASSISTANT REGISTRAR	Tonia Amy
CHAMPIONSHIPS	Natasha Lakic
AGE MANAGERS	Janine Bowtell
PUBLICITY	Sandra Prizmic
RESULTS	Jessica Lowe
OFFICER FOR COACHING	Andrew Wilson
OFFICIALS	Matt Della Vedova
TRACK and FIELD OFFICER	Dave Sunderland
TRACK & FIELD	
(Gates)	Pete Davis
(Throws)	Simon Bergfield, Julie Reynolds & Graeme Cameron
(Jumps)	Tristan Tall & Lynda Calder
(Starter)	Sandy Smith
EQUIPMENT	Tristan Tall
ASSISTANT EQUIPMENT	Jon Baker
CANTEEN	Karen Dyer
FIRST AID	Clare Boland/Catherine Tall/Carla Matheson
DELEGATES	Dave Sunderland and Andrew Wilson
SOCIAL ACTIVITIES	Clare Boland

AGE MANAGERS – JUNIORS

TINY TOTS	Jayde Harris
UNDER 6 GIRLS	Clare Boland
UNDER 6 BOYS	Donna Armstrong
UNDER 7 GIRLS	Jenny Thompson
UNDER 7 BOYS	Melissa Chandler
UNDER 8 GIRLS	Mehernaz Mistry
UNDER 8 BOYS	Lars Hengren - co AM
UNDER 8 BOYS	Steve Moran - co AM
UNDER 9 GIRLS	Marilisa Carezza
UNDER 9 BOYS	Kathryn Della Vedova
UNDER 10 GIRLS	Steven Barlow - co AM
UNDER 10 GIRLS	Dave Johnston - co AM
UNDER 10 BOYS	Gareth Chandler
UNDER 11 GIRLS	Darren Fairhall
UNDER 11 BOYS	Brianna Casey
UNDER 12 GIRLS	Peter Hartmann - co AM
UNDER 12 GIRLS	Jo Kelleher - co AM
UNDER 12 BOYS	Jon Baker
UNDER 13 GIRLS	Glyn Henman
UNDER 13 BOYS	Daniel Bruntsch - co AM
UNDER 13 BOYS	Lisa Mickan - co AM
UNDER 14 GIRLS	Andrew Wilson
UNDER 14 BOYS	Helen Galati
UNDER 15 GIRLS	Ivana Hilder
UNDER 15 BOYS	Nigel Leverett
UNDER 17 GIRLS	Craig Matheson
UNDER 17 BOYS	Janine Bowtell

BOYS CAPTAIN	Justin Sunderland
GIRLS CAPTAIN	Chloe Davis

PRESIDENT

The 2016-2017 Ryde Little Athletics season has been fun, busy and an extremely successful one. As the new Junior Division President, it has been a great pleasure to work with the 2016-2017 Committee. Their solid dedication to the Club has assisted substantially in ensuring that many positive improvements were implemented during the season, both on and off the track. A highlight was an all-time record 674 registrations for the season with active athlete participation at all levels.

Substantial upgrades to the track and the Centre's facilities began in the preseason because it was an Olympic year, which historically has meant increased registrations. Additionally, it was expected that we would accommodate athletes from neighboring Northern Suburbs Little Athletics due to the upgrading of their track by Willoughby Council. Field upgrades included the addition of three new permanent shot put rings, a new concreted discus ring as well as an additional long jump pit. These additional facilities ensured that the Saturday morning program continued to run efficiently and smoothly and thus uphold the Centre's reputation of having a well-coordinated and efficient Saturday morning program. Even with a record number of athletes, all 21 Age groups were able to complete the program each week within 3.5 hours, just as we had in the past.

The clubhouse was refurbished internally with improvements made to both rooms. A new results room was set up in the front room and the back room was revamped into a uniform/storage room. Other major upgrades included lockable gates to the entry and exit of the Dunbar Park car park, a disabled car parking spot, purchase of a first aid box as well as a defibrillator. A first aid tent was generously donated by Kings Sports and two signs (first aid and javelin) were purchased.

Finally, a substantial electrical upgrade was made to the ground with the installation of power and lighting in the equipment shed and the installation of a power box near the old finishing stand on the track. Power and speaker connections were also installed on the circular track at the finish line. These improvements greatly assisted the smooth running of each week's program.

In addition a permanent First Aid Officer/Physiotherapist was in attendance every Saturday morning during competition. This service was provided by Alex Donald (Physiotherapist) of Ryde Natural Health Clinic. The service was very successful and will continue next season.

Notwithstanding the record number of registrations this season the Club continued to offer 15 events over a 2-week program. Ryde is one of the few centres in NSW that offers this. Competition participation rates remained consistent with an average of 500 registered athletes in weekly attendance. Coaching on a Wednesday afternoon proved extremely popular with our team of fabulous coaches. On average 100 athletes per week participated. No doubt this contributed to the success of our athletes during the season.

Amongst our State Representatives was Nathan Barbara, a newly registered para-athlete. Nathan qualified and competed in three events at the State Track and Field Championships, Para-100m, Long Jump and Discus. He won a Silver medal in discus. Nathan competes alongside his peers in a specifically modified program individually designed to allow him to do so. This proved a huge success. The inclusive environment of our Club was most evident in the support and encouragement Nathan received from his peers as well as the wider Ryde Athletics community.

To assist our athletes to perform to their very best our Club supported the **Australian Athletics Officials' Education Scheme** (AAOES) by encouraging our volunteers to sign up and become accredited Officials by completing courses. By the completion of the 2016/2017 season Ryde Athletics had close to 100 Level 1 and Level 2 trained Officials in Australia.

To further encourage parental involvement and volunteering at Ryde a 'lucky door' prize give away was introduced on a weekly basis. Each week volunteers were rewarded with prizes from our sponsors: \$70 voucher for Gladesville Sports Club, \$30 Athlete's Foot Voucher and a meat tray from Lindsay's Fine Meats. Volunteers responded positively to the raffle system and many members expressed that they enjoyed receiving the prizes.

This season saw many athletes and their parents volunteer their time to participate as extras in the ABC production 'Janet King'. The filming took place over two days and \$4000 was donated to the Centre as a thank you for families giving up their time and supporting the production.

A number of Junior's families volunteered their time to support the Seniors' division at both the annual City 2 Surf and Blackmores Sydney Running Festival. Both these events were fundraisers for the Seniors' division and all volunteering families had a wonderful experience. It was another display of a positive and proactive approach to volunteering by Club members.

A fundraising initiative for the Paralympic Committee Charity was introduced this year to celebrate the International Day of People with Disability in support of athletes at Ryde that have disabilities - either visible or invisible. A 'Silly Socks Fundraiser' was held on 3rd December during normal competition time. A \$1000 donation was donated to the Paralympic Committee Charity at the Family Xmas Inclusive Day Celebration in December. On this day, the new long jump pit was officially opened by The Member for Ryde - The Hon. Victor Dominello MP. Special guests were present from all three levels of government: The Deputy Mayor of Ryde - Councillor Jane Stott, The Member for Ryde - The Hon. Victor Dominello MP (State), and The Member for Bennelong - Mr John Alexander MP (Federal). Other distinguished guests in attendance were representatives from LANSW, Mr Jim Hull (The Ryde Sports Foundation), Ms Isabel Hext (Fundraising Officer -Paralympic Committee Charity) as well as many Life Members.

To honor two long-serving Ryde Community volunteers, two new races/trophies were introduced:

- 'The Inaugural Jim Hull Ryde City Gift Trophy' in honor of Jim Hull the President of the Ryde Sports Foundation was introduced. The inaugural winner was Savi Moala (U13 Boys).

- 'The Ross Forster 440 Ryde City Gift Trophy' in honour of Ryde Athletics' long serving coach Ross Forster was introduced at The Ryde City Games (Multi Event). The inaugural winner was Adam Bruntsch (U13 Boys).

The annual Ryde City Games (Multi Event) was extremely successful this year. A special invitation was extended to visiting Northern Suburbs athletes. This year saw a record number of competitors. In total, there were 452 competing athletes - 322 athletes from Ryde and 130 Northern Suburbs athletes. Junior, senior, opens, masters and legends all competed with enthusiasm and good sportsmanship.

The season's finale, a fun day and age group trophy day, had a record number of attendees. The AFL was also in attendance with an activity station to support the cross-promotion initiative between Little Athletics NSW and the AFL. All athletes received a free drink, sausage sizzle and a lolly bag as a gift from the centre. A record number of punters stayed behind to test their skills in the time honored egg throwing competition. The morning was a huge success which highlighted and concluded a successful 2016-2017 season.

The 2016-2017 season has been a progressive year with the introduction of many new initiatives and improvements to our Centre's facilities. All of these reflect the efforts of a very dedicated and hard-working Committee and I thank them for the tremendous support they have given me. Very encouraging and supportive feedback has been received from members about the upgrades as well as the organisation and efficient running of the Saturday morning program. I look forward to continuing with further improvement into next season and that the positive vibe at Ryde Little Athletics continues well into the future.

David Sunderland
President – Juniors

SECRETARY

This is my third season with Ryde Athletics and my first season on the Committee. I took on this role hoping to give a little back to Little Athletics. Knowing only my children's age managers and a handful of parents was a little daunting, however, the committee welcomed me with open arms. I'm happy to say I survived and this season I learned just how much goes on in the background in order to make the club run smoothly. I have to thank everyone on the committee for working together and working tirelessly to achieve all we have this year and in particular, supporting me through my first year in the role of club secretary. It is the children who benefit and all our goals have been to provide a better club and program for them. I look forward to what the 2017-2018 season holds.

Andrea Coffin
Secretary - Juniors

TREASURER

Junior Division Accounts for the Season 2016-2017

<u>Income</u>	<u>2016/2017</u>	<u>2015/2016</u>	<u>Expenditure</u>	<u>2016/2017</u>	<u>2015/2016</u>
Registration Income Total	\$46,017.60	\$33,066.00	Registration Expense Total	\$ (7,371.00)	\$ (7,274.00)
- Cheque & Cash	\$ 9,395.00	\$8,451.00	- Cheque to LAA	\$ (5,931.00)	\$ (5,066.00)
- Credit Card	\$36,622.60	\$24,615.00	- IMG fees	\$	\$ (1,168.00)
- Rebates			- Seniors' allocation	\$ (1,440.00)	\$ (1,035.00)
			- Other	\$	\$ (5.00)
Uniforms	\$17,400.00	\$9,495.00	Uniforms	\$ (14,901.70)	\$ (15,065.90)
2nd hand uniform sales	\$80.00	\$120.00			
Canteen income	\$14,880.41	\$9,387.25	Canteen expense	\$ (5,688.71)	\$ (5,571.45)
BBQ income	\$20,030.10	\$15,148.60	BBQ expense	\$ (12,877.83)	\$ (12,161.65)
			Advertising	\$ -	\$ -
Donations / Grants	\$5,535.85	\$0.00	Event days		
Bank Interest	\$276.94	\$570.83	- Christmas party	\$ (1,734.94)	\$
School Equipment Hires	\$3,760.00	\$3,860.00	- Fun Day	\$ (2,932.19)	\$ (1,395.58)
Sponsorship		\$300.00	- Presentation Day	\$ (1,917.25)	\$ (1,400.00)
			Cash Floats	\$ -	\$ -
			Competition Fees	\$ (2,983.00)	\$ (1,447.00)
			Committee Social	\$	\$ (540.00)
			Conference Attendance	\$ (1,132.00)	\$ (692.80)
			Catering	\$ -	\$ -
			Donations	\$ (2,300.00)	\$ (500.00)
			Equipment (Capital)	\$ (9,935.09)	\$ (16,196.27)
			Equipment (Consumables)	\$ (1,692.96)	\$ (867.10)
			Insurance	\$ -	\$ -
			Grounds upgrade	\$ -	\$ -
			Government and Bank Charges	\$ (66.56)	\$ (68.00)
			Hire of Dunbar Park (Council)	\$ (6,020.00)	\$ (5,910.00)
			Printing & Stationery	\$ (168.40)	\$ (1,395.64)
			Repairs & Maintenance	\$ (23,483.33)	\$ (547.79)
			Trophies	\$ (13,281.58)	\$ (7,448.10)
			Sundry Expenses	\$ (1,833.82)	\$ (1,271.74)
			Training Expenses	\$ -	\$ -
			Volunteer Gifts	\$ -	\$ -
			Website cost (hosting)	\$ (1,675.70)	\$ (1,929.26)
			Computer - hardware	\$ (438.58)	\$ (990.56)
Total Receipts	\$ 107,980.90	\$ 71,947.68	Computer - Software		
Total Outgoings	\$(111,834.64)	\$(82,672.84)	Total Outgoings	\$(111,834.64)	\$ (82,672.84)
Total Surplus/ (Deficit)	\$(3,853.74)	\$(10,725.16)			

Bank Statement Reconciliation as at 31 March 2017

	Current (2016/2017)	Previous (2015/2016)
Bank statement as at 1/4/16	\$34,137.50	\$44,862.66
Less last year's unrepresented cheques	\$0.00	\$0.00
Plus last year's unrepresented deposits	\$0.00	\$0.00
Plus net income	-\$3,853.74	-\$10,725.16
Plus undeducted payments this year	\$0.00	\$0.00
Less unrepresented deposits this year	\$0.00	\$0.00
Bank statement as at 31/3/17	\$30,283.76	\$34,137.50
Cash book 31/3/17	\$30,283.76	\$34,137.50
Variance	\$0.00	\$0.00
Less undeducted payments/accruals this year	\$0.00	\$0.00
Plus unrepresented deposits/accruals this year	\$0.00	\$0.00
Net variance	\$0.00	\$0.00
Funds available to start next season	\$30,283.76	\$34,137.50
Uniform stock:		
Uniform stock as at 31/3/17 (at current price)	\$17,575.00	\$11,235.00
Canteen stock:		
Total stock in hand:	\$0.00	\$0.00
Canteen equipment: (replacement value)	\$4,750.00	\$4,750.00

Donations/Grants Received	Amount	Donations Provided	Amount
Janet King	\$4,000.00	Seniors (Discus cage repairs)	\$1,000.00
Crazy Sock Day	\$ 535.85	Paralympic Committee	\$1,000.00
McDonalds Grant	\$1,000.00	Seniors (Rep Athlete donations)	\$ 300.00
TOTAL	\$5,535.85	TOTAL	\$2,300.00

In anticipation of a high number of registrations and a high number of visitors from Norths in the second half of the season, many upgrades were made to the park. A new long jump pit, 3 new shot put rings and a new discus ring were installed at a cost of \$13,700. Upgrades were also made to the results room and canteen costing around \$3,250. Even with these outlays, the club's expenses only exceeded its income by \$3,850.

This season, the Christmas celebration was a bigger event than usual adding \$1,700 to the event days' expenses.

The canteen, BBQ and uniforms all made healthy profits this season. The club earned an additional \$4,000 by providing athletes as extras for the filming of the Janet King television series.

The club starts the next season with a bank balance of \$30,200. I would like to thank Paul Simula, previous treasurer for his assistance and the committee members for their support throughout the season.

Claudia Smith
Treasurer – Juniors

Auditors Report

Marita Leister-Reid
70 Anthony Road
Denistone NSW 2114

RYDE ATHLETICS CENTRE INCORPORATED

FINANCIAL YEAR ENDED 31 MARCH 2017

I have reviewed the attached Statement of Receipts and Outgoings and the Statement of Cash Flows ("the reports") of the Ryde Athletics Centre Incorporated for the year ended 31 March 2017.

My procedures included examination, on a test basis, of evidence supporting the amounts in the reports, including review of the bank reconciliations.

As it is not practical for the Centre to maintain an effective system of internal control over all moneys received, my review of income was limited to amounts recorded.

In my opinion, the Statement of Receipts and Outgoings and the Statement of Cash Flows present fairly, the operations of the Ryde Athletics Centre Incorporated for the year ended 31 March 2017.



Marita Leister-Reid CA

30 April 2017

REGISTRAR REPORT

Our 44th season, we benefited from the Olympic Games this year to experience a record number of registrations at 674 little athletes. All athletes registered online with nearly 90% paying online.

Comparison with past seasons' figures:

Season	Boys (%)	Girls (%)	Total
1998/99	180 (52.6)	162 (47.4)	342
1999/00	220 (49.9)	221 (50.1)	441
2000/01	236 (51.7)	220 (48.3)	456
2001/02	229 (51.2)	218 (48.8)	447
2002/03	272 (53.9)	233 (46.1)	505
2003/04	204 (51.9)	189 (48.1)	393
2004/05	223 (47.3)	248 (52.7)	471
2005/06	197 (49.4)	202 (50.6)	399
2006/07	201 (44.5)	251 (55.5)	452
2007/08	196 (48.8)	206 (51.2)	402
2008/09	268 (51.3)	254 (48.7)	522
2009/10	231 (50.0)	231 (50.0)	462
2010/11	241 (52.2)	221 (47.8)	462
2011/12	256 (56.3)	199 (43.7)	455
2012/13	368 (57.9)	268 (42.1)	636
2013/14	297 (54.8)	245 (45.2)	542
2014/15	267 (51.8)	248 (48.2)	515
2015/16	287 (57.9)	209 (42.1)	496
2016/17	376 (55.8)	298 (44.2)	674

The breakup of these registrations is:

	Boys			Girls			Age	All		
	Re-Reg	New	Total	Re-Reg	New	Total	Total	Re-Reg	New	Total
Tots	5	24	29	2	15	17	46	7	39	46
U6	9	28	37	9	20	29	66	18	48	66
U7	23	26	49	11	14	25	74	34	40	74
U8	19	23	42	10	30	40	82	29	53	82
U9	22	26	48	25	18	43	91	47	44	91
U10	17	16	33	19	15	34	67	36	31	67
U11	27	14	41	14	11	25	66	41	25	66
U12	22	15	37	19	1	20	57	41	16	57
U13	12	7	19	14	8	22	41	26	15	41
U14	9	2	11	15	1	16	27	24	3	27
U15	9	1	10	10	3	13	23	19	4	23
U17	17	3	20	14	0	14	34	31	3	34
Total	191	185	376	162	136	298	674	353	321	674

Thanks to the committee members and other volunteers who assisted on Registration Day. Online Registrations for 2017-18 will commence at the start of August, so please check our website and your email for more information closer to that date.

Jane Partridge
Registrar - Juniors

PUBLICITY

The 2016-2017 season has been a fun and exciting year for me in my new role as the Publicity Officer for Ryde Little Athletics. It has been a great year meeting and becoming acquainted with many of the athletes and families at the centre. A highlight for me has been taking photographs out on the track on a Saturday morning with my assistant Tracey Heaton. It has been enjoyable capturing many of Ryde's talented athletes in action on a Saturday morning and being able to document many of their achievements in 'The Footprint' newsletter. In addition, I have enjoyed photographing our athletes at Zone, Regional and State Championships and witnessing first hand many of their achievements.

A total of 13 Editions of 'The Footprint' have been emailed to the database this season and are available for viewing on the Ryde Athletics website. Due to the high number of photographs it has been a challenge to keep the files below 10MB. Therefore, it has been necessary to divide some editions of The Footprint into smaller parts. Overall, feedback from members has been positive.

Leading up to the 2016-2017 season registration promotional flyers were distributed within the Ryde local area i.e. local shopping centre noticeboards, libraries and many of the local school newsletters. There was no paid advertising in the local papers. Free publicity for the August Collection/Registration Day was featured in the What's On section of The Northern District Times as well as on the City of Ryde's website in the Events section.

The local newspapers, The Northern District Times and The Weekly Times have both been extremely supportive, featuring articles about our athletes. Five articles have featured in The Northern District Times and two articles in The Weekly Times. The Official opening of the long jump pit made the front page of The Northern District Times with a front page photo of athlete Alyssa Lowe long jumping into the pit.

Throughout the season flyers have been produced to promote many of the fun and special days at Ryde Athletics such as the 'Silly Socks Fundraiser', 'Family Xmas Inclusive Day', 'Ryde City Games (Multi Event)' and the 'Season Finale Age Group Trophy Day'. I have enjoyed designing the flyers and promoting these special days to our members. The Flyers have been successful in raising awareness and communicating events to members. In addition to the Flyers, messages/events have been communicated to members via the website (News Section, Light Box Pop Ups) and through the use of email. Electronic communications have kept members informed and up to date with necessary information. Feedback from members in regard to communication has been positive and some members have expressed a few suggestions.

Overall, my experience as the new Publicity Officer at Ryde Little Athletics has been a favourable and delightful experience. I have enjoyed working collaboratively with other committee members to make a positive contribution.

Sandra Prizmic
Publicity Officer – Juniors

AGE MANAGER

Ryde's dedicated Age Managers and their Assistants have had a busy season with a large number of athletes registering for 2016-2017. Thanks to the Age Managers and Assistants who have worked hard this season and being instrumental in the successful running of Saturday athletics managing, directing and organising their athletes from event to event. The addition of a new long jump, shot put and discus areas, and an increase in high jump mats have helped in the smooth flow of events during the morning particularly with the larger groups. This has also allowed the many excited Tiny Tots (and their parents) to experience many of the weekly events on the oval with the other Ryde athletes. I thank the Age Managers and their Assistants for their support given to the Club and to their athletes and hope that they have enjoyed witnessing the achievements and development of their athletes throughout 2016-2017.

In the second half of the season the Age Managers and Assistants welcomed the Northern Suburbs athletes into their groups, while their athletics oval was being upgraded. It was a great opportunity for the athletes to create new friendships, experience new competition while testing the Age Manager's skills in managing, motivating and supporting their larger group.

Congratulations to all little athletes on their achievements throughout the season and many thanks to the dedicated, loyal Age Managers and Assistants for their encouragement and support, returning each week to manage their athletes.

We hope to see you again for the 2017-2018 season.

Janine Bowtell

Officer for Age Managers - Juniors

COACHING

Ryde provides complimentary coaching to our junior athletes throughout the season. This is held midweek by a great group of coaches who volunteer their time to help our children improve and achieve their best.

Our regular coaches are:

Julie Reynolds – shot put

Lynda Calder – high jump, hurdles and relays

Simon Bergfield – discus and javelin

Daniela Zepeda – junior sprints

Tristan Tall – long and triple jump

Rosemary Pryor – junior sprints

Melissa Chandler – middle distance and walks

Dave Sunderland – senior sprints.

The coaches were very ably assisted by Gabby Damm and Katrina Lyon, two of our high achieving athletes, who were completing their Duke of Edinburgh Award.

To enable the coaches to tailor their coaching sessions to those who attended we have the athletes sign-up the weekend prior. This also ensures the appropriate numbers of athletes and the safest coaching sessions were conducted. .

Like previous years friendships developed across the age groups that often continued on during carnivals and the normal Saturday competition.

Thanks to the parents who help out at training, particularly with the setting up and packing away of equipment. As with everything with the sport we rely on help to make the wheels turn.

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

At Ryde we will assist with coach education and mentoring so you are not left high and dry. Any questions please just ask a committee member.

Andrew Wilson

Officer for Coaching - Juniors

CHAMPIONSHIPS

The position of Championship Officer for 2016/2017 was held by Nick Byrne and Darren Fairhall until their resignation on 7 November 2016. Natasha Lakic was the Championship Officer for the remainder of the season with the assistance Claudia Smith.

THE STATE CROSS COUNTRY AND ROAD WALKS CHAMPIONSHIPS

This event is held jointly with Little A NSW and Athletics NSW.

The Cross Country event was held on 26 June 2016 at Nowra.

The Road Walks Championships were held at Sydney International Regatta Centre, Penrith on 10 July 2016. Five Ryde athletes competed and their results were:

Bronze medal – Rachel Fairhall (U13G) in 3km race

5th – Lucy Prosenko (U9G) in 1.2 km race

8th – Natasha Fairhall (U10G) in 1.2 km race

15th – Isabella Hollins (U10G) in 1.2 km race

16th – Aliana Moala (U10G) in 1.2 km race

As a team, the U10G placed 2nd receiving a silver medal.

THE NSW LITTLE ATHLETICS TRANS TASMAN TRIALS

This is a competition run to select team members in the U11 and U12 age groups to represent NSW in the Trans Tasman Challenge against a Little Athletics team from Auckland. The Trials were held at The Crest, Bass Hill on 6 November, 2016. Ryde was represented by the following athletes:

U11G Sophie Byrne	U11B Dominic Hengren	U11B Riley Turkal
U11G Krishani Coffin	U11B Ivan Prizmic	U12B Benjamin Stevens
U11G Natasha Fairhall	U11B Oliver Smith	

As a result of their performance, the following athletes qualified for the NSW Little Athletics team to compete at the Trans Tasman Challenge in January in Campbelltown, NSW:

U11G Natasha Fairhall	U11B Oliver Smith
U11G Krishani Coffin (Reserve)	U12B Benjamin Stevens

THE NSW LITTLE ATHLETICS STATE RELAYS

The State Relays is a state-wide carnival for Little Athletes which provides the opportunity for our athletes to compete against other centres in a relay format. Ryde entered a total of 67 teams in the carnival held on the weekend of 19-20 November 2016 at Sydney Olympic Park Athletics Centre.

Ryde achieved some very good results over the weekend including 1 new record.

The new State Relay Record was set by the U14G Long/High/Triple jump team – Alyssa Lowe (high jump), Tarsha Wayne (long jump) and Portia Amy-Wilson (triple jump).

A number of our teams won medals over the weekend:

Gold - U14G Long/High/Triple jumps team – Alyssa Lowe, Tarsha Wayne, Portia Amy-Wilson
Silver - U14G 4x100m - Tarsha Wayne, Eleanor Partridge, Portia Amy-Wilson and Alyssa Lowe
- U11G Shot/Discus/Javelin – Aliana Moala, Lucia Stevanja and Natasha Fairhall
Bronze – U8B 4x100m - Thomas Gurtner, Joshua Smith, Julian Emmerson and Rodney Woods
- U8B Long/Shot/Discus – Samuel Wheeler, Charlie Coburn and Oliver Hengren

ZONE CARNIVAL

The Zone Carnival was held on the 10-11 December at Barton Park, Parramatta. The Ryde club had 230 athletes competing. Of these athletes, 140 athletes qualified for the Region Carnival.

Our U7's complete their competition at this carnival and won 5 gold, 3 silver and 5 bronze medals.

Congratulations to the following medallists

Gold medals – Chloe McGregor in 100m
Chloe McGregor in 200m
Chloe McGregor in 500m
Luke Moscos in 70m
Luke Moscos in 200m
Silver medals – Zahar Balian in shot put
Chloe McGregor in 70m

Emilia Webb in shot put
Bronze medals - Jason Chong in 100m
Mataya Jabre in 500m
Luke Moscos in discus
Kiara Murphy in shot put
Sophia Read in Discus

Ryde also achieved 2 new records:

Natasha Fairhall (U11G) in Javelin with a throw of 20.95m

Benjamin Stevens (U12B) in Discus with a throw of 38.43m

SCHOOL SPORT AUSTRALIA 12YRS AND UNDER TRACK& FIELD CHAMPIONSHIPS

At the School Sports Australia 12 yrs and Under Track and Field Championships held at SOPAC from the 26th-29th November we were represented by Benjamin Stevens who came home with the bronze medal in the 11yrs Boys discus.

TRANS TASMAN CHALLENGE

This season's Trans Tasman Challenge, in which a team of U11 and U12 Little Athletes from NSW compete against a team from Auckland New Zealand, was held on Sunday 16 January 2017 at Campbelltown Athletics Stadium, NSW. Natasha Fairhall (U11G), Oliver Smith (U11B) and Benjamin Stevens (U12B) represented Ryde and NSW and Krishani Coffin (U11G) was a reserve. Their results were:

Natasha Fairhall – 14th in shot put, 11th in discus, Gold medal in field relay

Oliver Smith – Silver medal in 800m, 5th in 1500m, Silver medal in 4x400 relay

Benjamin Stevens – 4th in shot put, 5th in discus, Gold medal in field relay

RYDE MULTI-EVENT CHAMPIONSHIPS

These were held at Dunbar Park, Marsfield on 28 January 2017. 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 to the first 3 places in each age group, including opens, masters and legends. The carnival was a great success. There were 322 Ryde athletes and 130 Norths athletes competing.

REGIONAL CARNIVAL

The Regional Carnival was held on the weekend of 11 and 12 February at Narrabeen. Of the 140 athletes who represented Ryde we achieved 15 Gold medals, 25 Silver medals and 20 Bronze medals. No records were set.

Our U8's complete their competition at this carnival but no medals were won. Congratulations to the 52 athletes who made it through to State level. The athletes who qualified for state were:

U9B Christopher Moala	U11G Natasha Fairhall	U14G Eleanor Partridge
U9G Lara Boccabella	U12B Jeremy Plummer	U14G Tarsha Wayne
U9G Jasmine McAndrew	U12B Benjamin Stevens	U15B Noah Hain
U9G Abbie Merifield	U12G Izabella Kalachian	U15B Connor Latham
U9G Kristina Prizmic	U13B Adam Bruntsch	U15B William Stacey
U10B Nathan Barbara	U13B Ashton Hanna	U15G Lara Halmarick
U10B Andrew Kalos	U13B Jacob Leon	U15G Abbie Lewis
U10B Jope Rauqe	U13B Savi Moala	U15G Eleanor Plummer
U10G Isabella Azizi	U13G Georgia Arcus	U15G Charlotte Ryan
U10G April Howison	U13G Anastasia Lakic	U17B Marko Prizmic
U10G Jessica Johnston	U13G Chiara Lillis	U17B Justin Sunderland
U10G Georgia Phillips	U14B George Davis	U17G Jessica Brown
U10G Lucy Proszenko	U14B Samuel Galati	U17G Kelsey Cooper-Phillis
U11B Max Merifield	U14B Jordan Metcalfe	U17G Gabrielle Damm
U11B Ivan Prizmic	U14B Jett Tall	U17G Chloe Davis
U11B Oliver Smith	U14G Portia Amy-Wilson	U17G Katrina Lyon
U11G Sophie Byrne	U14G Rachel Fairhall	
U11G Krishani Coffin	U14G Alyssa Lowe	

MULTI-EVENT

The State Multi Event carnival was held at Hunter Sports Stadium, Glendale on the 4-5 March. Ryde had 22 athletes competing and finished with 1 bronze medal. Full results were:

3 rd U12B Benjamin Stevens	10 th U10G Georgia Phillips	24 th U11G Natasha Fairhall
5 th U7B Luke Moscos	13 th U8B Julian Emmerson	31 st U9G Ella McGregor
5 th U17B Justin Sunderland	14 th U17B Luke McLachlan	37 th U9B Matthew Phillips
6 th U7G Chloe McGregor	18 th U7B Rhys Chandler	
7 th U10B Jope Rauqe	20 th U8B James Woods	
8 th U11G Krishani Coffin	20 th U12B Andrew Phillips	
8 th U17B Jay Butler	22 nd U14G Rachel Fairhall	
9 th U8B Joshua Smith	24 th U10B Owen Chandler	

NSW LITTLE ATHLETICS STATE CHAMPIONSHIPS

The NSW Little Athletics State Championships were held on the weekend of the 17-19 March at Sydney Olympic Park, Homebush. A total of 13 medals were won: 1 gold, 6 silver and 6 bronze. No new records were set.

The medallists were:

Gold – Christopher Moala (U9B) in high jump

Silver – Jope Rauqe (U10B) in high jump

- Georgia Phillips (U10G) in long jump
- Nathan Barbara (U10B para) in discus
- Ivan Prizmic (U11B) in high jump
- Adam Bruntsch (U13B) in 3000m
- Kelsey Cooper-Phillis (U17G) in 400m

Bronze – Jasmine McAndrew (U9G) in long jump

- Isabella Azizi (U10G) in high jump
- Adam Bruntsch (U13B) in 1500m
- Savi Moala (U13B) in long jump
- Samuel Galati (U14B) in 200m hurdles
- Portia Amy-Wilson (U14G) in triple jump

Natasha Lacic
Championships Officer - Juniors

JUNIOR RECORDS 2016/2017 SEASON

	Date	Age		Event	New Record	New Record Holder	Old Record	Old Record Holder	Date
1	17-09-16	11	F	Javelin	16.77	Natasha Fairhall	13.26	Breanna Hartmann	14-11-15
2	17-09-16	17	F	Javelin	34.4	Chloe Davis	32.90	Sarah Kelland	20-12-14
3	17-09-16	17	M	HJ	1.72	Marko Prizmic	1.72	Haydn Houssenloge	11-10-14
4	17-09-16	13	F	1500m	5:22.6	Georgia Arcus	5:28.60	Paulina Peters	27-09-08
5	24-09-16	13	F	SP	10.97	Chiara Lillis	9.62	Maddy Bergfield	29-11-08
6	24-09-16	14	F	200m H	30.6	Alyssa Lowe	30.90	C Anguita	04-11-95
7	24-09-16	14	M	1500m W	8:31.1	George Davis	8:44.30	Logan Wade	21-02-15
8	24-09-16	17	F	100m H	16.75	Katrina Lyon	17.5	Brooke Matheson	10-10-15
9	24-09-16	15	F	300m H	58.0	Emily Ralph		* New event	
10	08-10-16	11	F	Javelin	18.75	Natasha Fairhall	16.77	Natasha Fairhall	18-09-16
11	08-10-16	17	M	HJ	1.8	Benjamin Nogajski	1.72	Haydn Houssenloge	11-10-14
12	15-10-16	14	F	80m H	13.36	Alyssa Lowe	13.6	R Neylan	18-11-95
13	15-10-16	17	F	300m H	52.0	Katrina Lyon		* New event	
14	22-10-16	14	F	HJ	1.55	Alyssa Lowe	1.55	L Trimble 22/10/94, Sachi Kayama 19/09/09, N Osada-Phornsiri 17/9/11	22-10-94
15	22-10-16	11	F	Javelin	20.75	Natasha Fairhall	18.75	Natasha Fairhall	08-10-16
16	22-10-16	14	F	1500m	5:26.6	Alana Kavanagh	5:28	Hannah Tall	20-12-14
17	12-11-16	11	F	Discus	24.66	Natasha Fairhall	24.32	K Ranjitkumar	01-02-03
18	26-11-16	17	M	HJ	1.85	Benjamin Nogajski	1.8	Benjamin Nogajski	08-10-16
19	03-12-16	13	F	3000m	11:49.7	Georgia Arcus	12:15.1	S Jones	23-02-08
20	03-12-16	17	M	300m H	44.0	Daniel Bowtell		* New event	
21	17-12-16	14	F	TJ	10.79	Portia Amy-Wilson	10.74	Lara Halmarick	17-10-15
22	11-03-17	13	F	3000m	11:46.8	Georgia Arcus	11:49.7	Georgia Arcus	03-12-16
23	11-03-17	9	F	700m W	4:14.2	Abbie Merifield	4:25.4	Sarah Kelland	10-03-07
24	11-03-17	7	M	500m	1:43.4	Luke Moscos	1:45.8	Jett Tall	13-03-10

SENIORS REPORT

COMMITTEE MEMBERS – SENIORS

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

PRESIDENT - SENIORS

Again this season I am so pleased to have seen so many great results from our members. On my count our athletes this season have won 2 silver medals at International level, 3 silver and one bronze at National level and 10 gold, 20 silver and 29 bronze medals at State level. Truly remarkable results.

Whilst we have had some wonderful individual results for some of our athletes this season, Ryde also continues to show great results among our relay teams. I think this shows that the Ryde spirit is well and truly alive in Seniors as athletes of often different ages are happy to work together to do their best. As an example, this year we fielded our first boy's track relay team for a number of years in the U16 4 x 400m and the boys all ran great times and were rewarded with a silver medal.

I have been grateful to have been able to again work with a great and collaborative committee this year. These parents and athletes give up their time to ensure that we can keep our Senior Division running smoothly and seamlessly each season. I must start with Ross Forster, our hardest working member, who not only fulfils the role of Treasurer, Registrar and Race Secretary but can be found down at Dunbar up to four times a week coaching our athletes. Adrian Wade as Secretary keeps us all in the loop. Louise Bergfield makes sure that our athletes are front and centre in the local papers for their great results and keeps us all up to date with their results via Senior Footprint. Many thanks to our other committee members Andrew Atkinson-Howatt, Katrina Arcus and Cathy Tall for their valuable input, company and attendance. In Betty Moore we are fortunate to have such a wonderful club Patron and I thank her for her ongoing interest in the club and our athletes and her great assistance at our Annual Awards day. We are always looking for new Committee members so please contact one of us if you are interested in joining.

From our volunteering at various Sydney Fun Runs we raised \$2,070 towards assisting our National qualifiers. Thank you to all the parents and friends for all their help at the City to Surf and the Blackmore's Marathon, to Ryde Juniors for their donation and to our ex-officials and former athletes who have also donated this year.

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

Simon Bergfield
President – Seniors

TREASURER

Seniors Division Accounts for the Season 2016 – 2017

Statement of Income and Expenditure for the Period 1st April, 2016 to 31st March, 2017

Income		Expenditure	
Registrations	\$4,750.00	Trophies	\$903.00
Bank Interest	\$2.00	ANSW – Affiliation Fee	\$762.30
Donations -	\$5,860.00	Athlete Donations	\$600.00
		ANSW – Regn Fee	\$2,390.00
		ANSW – Relay Entry Fee	\$532.00
		Cage Repairs	\$3707.00
			\$55.00
		Total Expenditure	\$8,894.30
		Plus Net Income	-\$1,717.70
Total Income	\$10,612.00		\$10,612.00

Bank Reconciliation Statement

Bank Statement - 1/04/16	\$9,900.89
<u>Less</u> last year's unrepresented cheques	
<u>Plus</u> Net Income/(loss)	1,717.70
<u>Plus</u> unrepresented cheques this year	
Bank Statement - 31/03/17	\$11,618.59

Donations Received From:

<u>Donations received from</u>	<u>Ryde Juniors</u>	<u>Blackmores Marathon</u>	<u>City to Surf</u>	<u>General</u>	<u>Discus Cage</u>	<u>Total</u>
Office of Community Affairs					2370	\$2,370.00
Fairfax			1,620.00			\$1,620.00
Blackmores		450.00				\$450.00
Xmas Party			20.00			\$20.00
Ryde Juniors	300.00					\$300.00
R Mitchell				100.00		\$100.00
Ryde Juniors					1000	\$1,000.00
	\$300.00	\$450.00	1640.00	\$100.00	\$3,370.00	\$5,860.00

Donations to Athletes

<u>Donations to Athletes</u>	
C. Ryan to Melbourne for Australian XC Championships	150.00
H. Wade to Canberra for Australian All Schools Championships	150.00
A. Lowe to Canberra for Australian All Schools Championships	150.00
E. Gallagher to Canberra for Australian All Schools Championships	150.00
	\$600.00

Ross Forster
Treasurer – Seniors

REGISTRAR

This year we had an increase in members over the previous year – our numbers have increased to 202 this year. Our registration numbers as at 31st March, 2017 are as follows:-

Officials	8
Open & Masters	10
Under 20	5
Under 18	2
Under 16	1
Under 14	1
Dual Registrations	<u>175</u>
	202

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

Male Officials	3	Female Officials	5
Male Open & Masters	8	Female Open & Masters	2
Male Under 20	3	Female Under 20	2
Male Under 18	1	Female Under 18	1
Male Winter	0	Female Winter	1
Male Junior	0	Female Junior	1
Male Dual Registrations	<u>93</u>	Female Dual Registrations	<u>82</u>
	<u>108</u>		<u>94</u>

Ross Forster **Registrar – Seniors**

COACHING

Training was once again conducted during the year at Dunbar Park with Ross Forster. Sydney basically has a temperate climate although it is hard to believe at times during the winter season. Training was held throughout the year on Mondays, Tuesdays and Thursdays.

During the year one of our athletes competed in Budapest at the World I.S.F. Cross Country Championships and two of our more senior athletes competed at the World Masters Athletics Championships held in Perth.

We had a total of 30 athletes competing at the NSW All Schools Athletics Championships and 39 athletes at the NSW Junior & Youth Championships. 3 of our athletes competed at the Australian All Schools Championships, 7 were at the Australian Schools Knockout Championships and we had 20 athletes competing at the Australian Junior & Open Championships in Sydney.

Ross Forster **Coaching Convenor - Seniors**

PUBLICITY

Ryde Senior athletes continue to deliver wonderful results and so there is always plenty to fill our Senior Footprint newsletter. Again this year we issued our own stand-alone Senior Footprints covering all performances and a big thank you to Ross Forster for his help in collating results.

Our Seniors have featured in the local papers many times over the current season in recognition of their outstanding performances in New South Wales and around Australia. As always we extend our thanks to Chris Karas at The Weekly Times who has always been terrific in his support of Ryde Athletics Centre.

Where possible we try to promote our athletes for local sporting awards. Noah Hain was recognised as a Club Six/TWT Ryde Sports Foundation Sports Star of the Month this season. Adam Bruntsch and Alyssa Lowe were both nominated in the Junior Sports Star awards with Alyssa Lowe selected as a finalist in the category of Young Sporting Spirit at the Annual Presentation.

Finally thank you to all our parents and athletes who have sent photos, results etc. it always make the job of writing Footprint easier with those contributions.

Louise Bergfield

Publicity Officer - Seniors

COMPETITION

COMPETITION:

1. IPSHA Cross Country Championships

At the IPSHA Cross Country Championships held at Kings School, Parramatta on Saturday, 2nd April we were represented by 1 athlete.

Charlotte Curran finished in 5th place in the 12 years Girls 3km event in a time of 13 mins 34.53 secs.

2. Australian Masters Championships

At the Australian Masters Championships held in Adelaide from 16th to 19th April 2016 we were represented by 2 athletes.

Sue Gore finished in 2nd place in the Women's 50-54 years Age Group 800 metres event with her time of 2 mins 43.32 secs. Sue was also the lead leg runner in the NSW team which secured the silver medal in their 4x400 metres Relay event.

Lajos Joni won the silver medal in the 60-64 years 9.08kg event with his throw of 15.70 metres. In his 5kg Hammer throw event Lajos finished in 4th place with his effort of 36.46 metres. Lajos secured 7th place in his 1kg Discus event with a throw of 33.80 metres. Whilst in his 5kg Shot Put event Lajos threw 8.59 metres to finish in 10th place. Lajos placed 4th in the 60 years Men's Pentathlon event – his effort are shown in the below table:-

Hammer	Shot Put	Discus	Javelin	Weight	Total Points
37.66m	10.42m	37.15m	20.60m	15.36m	
664	667	654	287	793	3065

3. I.S.F. World Schools Cross Country Championships

The I.S.F. World Schools Cross Country Championships were held in Budapest, Hungary on 23rd April and we were represented by **Ben Playford**, who was a member of the Barker Team which represented Australia at this event. The distance run by each competitor was 5,400 metres and Barker finished in 5th place and Ben's time for the distance was 16 mins 47.9 secs. Ben's individual placing was 39th and he was the 5th Barker boy to finish.

4. Athletics NSW Awards Dinner

At the Athletics NSW Awards Dinner 3 people from the Ryde Centre received awards for their efforts during the past year.

Maya Leverett won the "Nick Winter" Aspiring Triple Jump Award.

Barry Pecar was named as "Official of the Year".

Ross Forster was awarded "Club/Community Coach of the Year".

5. Sydney 10

At the Sydney 10 event held at Homebush we were represented by 3 athletes.

Charlotte Ryan finished in 10th place in the Under 16 Girls 5km event in a time of 19 mins 51 secs.

Breanna Ivankovic finished in 22nd place in the Under 16 Girls 5km event with her time of 22 mins 29 secs.

Adrian Wade finished in 58th position overall (9th in his 40-44 years age group) in the Open Men's 10km event in a time of 34 mins 23 secs.

6. IGSSA Cross Country Championships

At the IGSSA Cross Country Championships held at Frensham School, Mittagong on Friday, 13th May we were represented by 7 athletes.

Georgia Arcus won the very first event on the Carnival with her run in the 12 years Girls 3km event.

Amelie Sun finished 2nd in the 12 years Girls 3km event.

Sophie Boland placed 40th in the 13 years Girls 3km event.

Madeline Playford finished in 2nd place in the 14 years Girls 4km event.

Charlotte Ryan also finished in 2nd place in the 15 years Girls 4km event.

Breanna Ivankovic finished in 11th place in the 15 years Girls 4km event.

Sarah Playford claimed 3rd place in the 16 years Girls 4km event.

7. NSW Cross Country Relay Championships

The NSW Cross Country Relay Championships were held in freezing and wet conditions on the 28th May at Miranda Park, Miranda.

Our U18 4x3km Girls team came home with the bronze medal. **Sarah Playford** led off in 11m 27s followed by **Breanna Ivankovic** in 12m 18s, **Maddie Playford** 11m 30s and **Charlotte Ryan** in 11m 36s.

Our U14 Boys 4x2km team finished in 7th place. **Adam Bruntsch** ran a time of 6m 53s, **Ashton Hanna** 7m 21s, **George Davis** 8m 03s and **Zara Warland** 8m 16s. Adam's time was the second fastest leg of all U14 Boys teams.

Our U14 Girls 4x 2km team finished in 7th place. **Georgia Arcus** ran a time of 7m 30s, **Amelie Sun** 7m 56s, **Charlotte Curran** 8m 6s and **Anastasia Lakic** 8m 2s.

8. NSW CIS Cross Country Championships

Georgia Arcus won the silver medal in the 12 years Girls 3km event in a time of 12 mins 40.6 secs.

Amelie Sun won the bronze medal in the 12 years Girls 3km event in a time of 12 mins 55.0 secs.

Madeline Playford finished in 5th place in the 14 years Girls 4km event in a time of 15 mins 30.2 secs.

Charlotte Ryan finished in 4th place in the 15 years Girls 4km event in a time of 15 mins 46.5 secs.

Breanna Ivankovic finished in 18th place in the 15 years girls 4km event with her time of 17 mins 05.0 secs.

Sarah Playford placed 6th in the 16 years Girls 4km event with her time of 15 mins 47.7 secs.

Ben Playford finished in 9th place in the 18 years Boys 8km event in a time of 28 mins 49.5 secs.

Charlotte Curran finished in 20th place in the 12 years Girls Primary event in a time of 14 mins 05.6 secs.

9. NSW CCC Cross Country Championships

At the NSW Combined Catholic Colleges Cross Country Championships held at Eastern Creek on Friday, 17th June we were represented by 3 athletes.

Arabella Price won the gold medal in the 12 years Polding 3km Championship in a time of 13 mins 12.58 secs.

Anastasia Lakic won the bronze medal in the 12 years Mackillop 3km Championship in a time of 13 mins 22.36 secs.

Jemma Gallagher finished in 24th place in the 15 years Girls 4km event with her time of 17 mins 49.0 secs.

10. Sydney North Regional Cross Country Championships

At the Sydney North Regional Cross Country Championships held at Gosford Race Course on Friday, 24th June we were represented by 5 competitors.

Adam Bruntsch finished in 2nd place in the 12 years Boys 3km event.

Ashton Hanna finished in 4th place in the 12 years Boys 3km event.

Zara Warland finished in 5th place in the 12 years Girls 3km event.

Logan Wade qualified for the NSW Schools Championships in the 15 years event.

Harrison Wade won the 17/18 years 6km event.

11. NSW Cross Country Championships

The NSW Cross Country Championships were held at Nowra on Sunday, 26th June and 5 Ryde athletes featured at this Carnival. The Carnival represented the first combined effort by Athletics NSW and the NSW Little Athletics Association.

Madeline Playford finished in 6th place in the Under 15 Girls 4km event in a time of 16 mins 09 secs.
Charlotte Ryan finished in 5th place in the Under 16 Girls 4km event with her time of 16 mins 00 secs.
Ashton Hanna finished in 12th place in the Under 13 Boys 3km event in a time of 11 mins 16 secs.
Harrison Wade finished in 4th place in the Under 18 Boys 6km event with a time of 20 mins 06 secs.
Ben Playford finished in 16th place in the Under 20 Boys 8km event with his time of 29 mins 58 secs.

12. Gold Coast Half Marathon Championships

At the Gold Coast Half Marathon Championships held in Queensland on Sunday, 3rd July we were represented by 2 competitors.

Harrison Wade finished in 52nd place overall (2nd in his age group – 15-17 years) with a time of 1 hr 13 mins 33 secs.

Adrian Wade finished in 59th place overall (7th in his age group – 40-44 years) with a time of 1 hr 14 mins 38 secs.

This is the first time that Harrison and Adrian have run this distance and they should be applauded for these outstanding results.

13. NSW Road Relay Championships

The NSW Road Relay Championships were again held at Ourimbah on Saturday, 16th July with fine weather prevailing. We had 2 teams entered and both brought home medals.

Our Under 18 Girls 4x2km team won the gold medal. This team comprised in running order **Sarah Playford** (6 mins 49 secs), **Madeline Playford** (7 mins 06 secs), **Jemma Gallagher** (7 mins 21 secs) and **Charlotte Ryan** (6 mins 52 secs). The efforts of these girls was so good that they were the 1st team home even beating the Under 16 Boys teams. Sarah and Charlotte were the fastest girls in the event whilst Maddy and Jemma ranked 5th & 6th fastest. The winning margin was 2 mins 46 secs faster than the 2nd team.

Our Under 14 Girls 4x2km team won the bronze medal. This team comprised in running order **Georgia Arcus** (7 mins 26 secs), **Amelie Sun** (7 mins 52 secs), **Zara Warland** (7 mins 32 secs), and **Anastasia Lakic** (7 mins 37 secs).

The runs by both teams were excellent. We also had 3 boys competing as individuals at these Championships.

Adam Bruntsch was the fastest competitor in the Under 14 race with his time of 6 mins 43 secs.

Ashton Hanna was equal 4th fastest in the Under 14 race with his time of 7 mins 01 secs.

Ben Playford was 9th fastest competitor in the Under 20 4km race in a time of 13 mins 12 secs.

14. NSW Schools Cross Country Championships

The NSW Schools Cross Country Championships were held at Eastern Creek on Friday, 22nd July and we had a total of 13 athletes competing there. It was a warm day but the track was very heavy due to the rain which had fallen in the previous 2 days.

Charlotte Ryan who finished with a silver medal in the 15 years Girls 4km event in a time of 16 mins 06 secs has won selection to represent NSW at the National Championships.

Sarah Playford won a bronze medal in the 16 years Girls 4km event with her time of 16 mins 40 secs and has also won selection to represent NSW at the National Championships to be held in Canberra next month.

Madeline Playford finished in 5th place in the 14 years Girls 4km event in a time of 16 mins 15 secs and she too has won selection to represent NSW at the Australian Championships which will be held in Canberra during August.

Abbie Lewis placed 6th in the 14 years Girls 4km event in a time of 16 mins 24 secs to also qualify for the Australian Championships to be held in Canberra in August.

Adam Bruntsch placed 8th in the Primary Schools 12-13 year's Boys 3km event with his time of 12 mins 31 secs.

Ashton Hanna finished in 16th place in the Primary Schools 12-13 years Boys 3km event in a time of 13 mins 03 secs.

Zara Warland placed 9th in the Primary Schools 12-13 years Girls 3km event in a time of 14 mins 09 secs.

Arabella Price finished in 20th place in the Primary Schools 12-13 years Girls 3km event in a time of 14 mins 26 secs.

Anastasia Lakic placed 31st in the Primary Schools 12-13 years Girls 3km event with her time of 15 mins 02 secs.

Amalie Sun finished in 5th place in the Secondary Schools 12 years Girls 3km event in a time of 14 mins 04 secs.

Georgia Arcus placed 7th in the Secondary Schools 12 year's Girl's 3km event with her time of 14 mins 17 secs.

Logan Wade finished in 25th place in the Secondary Schools 15 years Boys 4km event in a time of 15 mins 45 secs.

Harrison Wade finished in 6th place in the Secondary Schools 17 years Boys 6km event with his time of 22 mins 24 secs.

Ben Playford placed 12th in the Secondary Schools 18 years Boys 8km event in a time of 30 mins 09 secs.

15. Sydney North Regional Athletics Championships

The Sydney North Regional Athletics Championships were held at Homebush on Monday and Tuesday 25th and 26th July and we were represented by 22 athletes.

Alex Galati finished in 5th place in the 16 years Boys 110 metres Hurdles event in a time of 19.96 seconds.

Alyssa Lowe won the 13 years 80 metres Hurdles event with her time of 13.49 seconds. In her 13 years-15 years 200 metres Hurdles event Alyssa was too good for the opposition with her time of 32.20 seconds. Alyssa won her

High Jump event with a leap of 1.51 metres.

Samuel Galati finished in 4th place in the 14 years Boys 90 metres Hurdles event with a time of 16.41 seconds.

Chiara Lillis placed 4th in the 12 years Girls 80 metres Hurdles event in a time of 16.66 seconds. In her 100 metres event Chiara qualified for the C.H.S. Championships by finishing 2nd in a time of 14.40 seconds. Chiara finished 4th in her 200 metres event in a time of 30.19 seconds. In her Shot Put event Chiara was the winner with her throw of 10.60 metres. Chiara claimed 4th place in her Long Jump event with her effort of 4.10 metres.

Logan Wade claimed 2nd place in the 12 years-15 years Boys 3000 metres event with his time of 10 mins 07.82 secs. This result means that Logan will be contesting this event at the C.H.S. Championships. In his 1500 metres event Logan finished in 3rd place in a time of 4 mins 41.46 secs.

Harrison Wade won the 16 years-19 years Boys 3000 metres event in a time of 8 mins 52.01 secs. Harry was only a ½ second outside the record for this event. In his 1500 metres event Harry was again a winner in a time of 4 mins 20.52 secs. Harrison claimed 4th place in his 800 metres event with a time of 2 mins 04.71 secs.

Gabrielle Damm claimed 2nd place in the 15 years + Girls 3000 metres event with her time of 11 mins 13.97 secs. Gabby thus joins the boys in contesting this event at the C.H.S. Championships. In her 1500 metres event Gabby was just too good in winning this event in a time of 5 mins 13.36 secs. Gabby won her 800 mins event with a time of 2 mins 27.01 secs.

Raymond Ahsan finished in 6th spot in the 17-19 years 100 metres event in a time of 11.80 seconds. In his Discus event Raymond placed 8th with his throw of 24.72 metres. Raymond placed 3rd in his Long Jump event with a leap of 6.31 metres.

Eleanor Partridge placed 6th in the 13 years Girls 100 metres event with her time of 13.61 seconds.

Kelsey Cooper-Phillis finished in 4th place in the 16 years Girls 100 metres event in a time of 13.30 seconds. In her 400 metres event Kelsey claimed 2nd place in a time of 61.78 seconds. Kelsey placed 3rd in her 200 metres event in a time of 27.42 seconds. In her 800 metres event Kelsey filled 2nd place with her time of 2 mins 31.46 secs.

Maya Leverett won the 17-19 years Girls 100 metres event with her time of 12.79 seconds. In her 200 metres event Maya finished in 2nd place in a time of 25.85 seconds. Maya won her Long Jump event with a record leap of 5.67 metres. In her Triple Jump event Maya was again a winner with her leap of 11.67 metres.

Jordan Metcalfe placed 2nd in the 14 years Boys 400 metres event with his time of 57.25 seconds. Jordan competed in the 15 years Boys Triple Jump event and finished in 2nd place with a leap of 11.55 metres.

Hanna Tall won the 15 years Girls 400 metres event in a time of 62.21 seconds. In her 800 metres event Hanna filled 2nd spot in a time of 2 mins 27.89 secs.

George Davis placed 6th in the 12-15 years Boys 1500 metres Walk event in a time of 8 mins 31.72 secs.

Riley Leverett finished in 5th place in the 14 years Boys 200 metres event with his time of 25.38 seconds. In his 800 metres event Riley filled 2nd place in a time of 2 mins 15.10 secs.

Eleanor Plummer placed 3rd in the 14 years Girls Long Jump with her effort of 4.57 metres.

Justin Sunderland finished in 6th placed in the 17 years Boys Triple Jump event with his leap of 11.77 metres.

Chloe Davis finished 4th in the 16 years Girls Shot Put event with her effort of 10.03 metres. In her Javelin event Chloe was the winner with her throw of 35.77 metres.

Marco Prizmic placed 9th in the 15 years Boys Long Jump event with his leap of 5.13 metres. In his High Jump event Marco leapt 1.60 metres to finish in 4th place. Marko won his Triple Jump event with a leap of 12.16 metres.

Portia Amy-Wilson won the 13 years Girls Javelin event with her effort of 27.54 metres. In her Long Jump event Portia claimed 3rd place with her leap of 4.62 metres.

Jett Tall claimed 3rd spot in the 14 years Boys Discus event with his throw of 33.07 metres. In his Javelin event Jett placed 10th with his effort of 21.56 metres.

Jessica Brown won the 16 years Girls Triple Jump event with her leap of 10.25 metres.

16. City to Surf

The City to Surf Run was held on Sunday, 14th August and we had a total of 45 people manning the Medal Gates this year. We also had 9 competitors entered in this annual event.

Adrian & Logan Wade won the Team Event for the fastest Father & Child 15 & Under by finishing in a combined time of 1 hr 48 mins 19 secs. Dad Adrian ran 4 minutes faster than last year to finish in a time of 50m 16s to finish 109th overall and Logan smashed through the hour barrier to finish in 58m 3s in only his second run to finish 12th in the 13-15 age group and 903rd overall.

Adam Bruntsch brought home the trophy for best time in the Males 12 and under age group when he finished over 5 minutes faster than last year in 53m 47s and placed 328th overall. Adam won his age group event by a staggering 7 minutes.

Andrew Phillips another of our juniors finished in 66m 27s and placed 13th in the Males 12th and under and 4,380 overall.

Ashton Hanna also took 5 minutes off his time from last year to finish in 72m 02s and place 33rd in the 12 and under age group and 8,396 overall.

George Davis finished his run in 84min 22s in 19,792nd place overall. George was accompanied by his dad **Peter Davis** who finished in a time of 88min 16s in 19,705th place overall.

Eliza Harvey ran with a bunch of Loreto team mates and finished in 1hr 33m 18s in 28,012 overall. Amongst her group was **Zoe Warland** who finished in 1hr 33m 22s in 28,065 place.

17. IGSSA Athletics Carnival

The IGSSA Athletics Carnival was held at Homebush on 17th & 18th August and we were represented by 12 athletes. **Zoe Warland** won her heat of the 14 years Girls 90 metres Hurdles event in a time of 14.48 seconds. In the final Zoe placed 5th with her time of 14.65 seconds. Zoe won a silver medal in her Long Jump event when she recorded a leap of 5.14 metres.

Breanna Ivankovic finished in 5th place in her heat of the 15 years Girls 90 metres Hurdles event in a time of 16.44 seconds. In the final Breanna placed 8th with her time of 16.17 seconds. In her heat of her 800 metres event Breanna finished in 2nd place with her time of 2 mins 37.93 secs. Breanna placed 9th in her 800 metres final in a time of 2 mins 45.03 secs. Breanna also contested the Intermediate 1500 metres event placing 17th with her time of 5 mins 34.31 secs.

Amelie Sun won her heat of the 12 years Girls 800 metres event in a time of 2 mins 36.60 secs to qualify for the final. In the final Amelie claimed the bronze medal with her time of 2 mins 39.79 secs. Amelie won her heat of the 200 metres event in a time of 29.58 seconds. In her 200 metres final Amelie finished 3rd in a time of 29.86 seconds. Amelie won her heat of the 12 years Girls 100 metres event with her time of 14.47 seconds. In this final Amelie finished 5th with her time of 14.91 seconds.

Georgia Arcus won her heat of the 12 years Girls 800 metres event with her time of 2 mins 30.81 secs. In the final Georgia was a convincing winner in a time of 2 mins 32.90 secs. In the Junior 1500 metres event Georgia finished in 5th place in a personal best time of 5 mins 04.94 secs. In her Long Jump event Georgia placed 9th with her leap of 3.69 metres.

Alana Kavanagh won her heat of the 13 years Girls 800 metres event in a time of 2 mins 27.19 secs. In the final Alana won the silver medal with her time of 2 mins 29.64 secs.

Sophie Boland finished in 3rd place in her heat of the 13 years Girls 800 metres event in a time of 2 mins 40.06 secs. In her heat of the Junior 400 metres event Sophie placed with her time of 68.91 seconds.

Eliza Harvey competed in the 17 years Girls 800 metres event and won her heat in a time of 2 mins 23.79 secs. In her 800 metres final Eliza won the bronze medal with her time of 2 mins 23.28 secs. In the 17 years Girls 400 metres heat Eliza claimed first place in a time of 62.49 seconds to advance to the final where she won the silver medal with her time of 60.12 seconds.

Emma Smith finished 3rd in her heat of the 16 years Girls 200 metres event in a time of 27.07 seconds. In her 200 metres final Emma claimed 4th spot with her time of 27.05 seconds. Emma placed 3rd in her heat of her 100 metres event with her time of 13.09 seconds. In the final Emma placed 7th in a time of 13.32 seconds.

Chloe Antal finished 2nd in her heat of the 18-19 years Girls 200 metres event with her time of 27.88 seconds. In the final Chloe finished in 5th place with her time of 27.85 seconds. Chloe filled 2nd place in her heat of the 100 metres event in a time of 13.19 seconds. In the final Chloe finished 7th in a time of 13.58 seconds. In her Long Jump event Chloe claimed 5th spot with her leap of 4.95 metres.

Helen Pretorius won her heat of the 18-19 years Girls 200 metres event in a time of 27.48 seconds. In the final Helen won the silver medal with her time of 27.19 seconds.

Nicola Bowtell finished 2nd in her heat of the 18-19 years Girls 200 metres event with her time of 27.85 seconds. In the final Nicola filled 4th place with her time of 27.53 seconds. Nicola placed 5th in her heat of her 100 metres event in a time of 13.33 seconds. In this final Nicola finished in 6th place with her time of 13.54 seconds. In her Discus event Nicola won a silver medal with her throw of 30.89 metres.

Lara Halmarick finished in 4th place in her heat of the 14 years girls 100 metres event in a time of 13.05 seconds. In the final Lara won the bronze medal with her time of 12.96 seconds. Lara placed 4th in her Long Jump event with a leap of 4.91 metres.

18. Australian All Schools Cross Country Championships

The Australian All Schools Cross Country Championships were held in Canberra in bitterly cold weather on Saturday, 20th August and we were represented by 4 athletes.

Sarah Playford contested the Under 18 Girls 4km event and finished in 52nd position overall (26th in her age group) with her time of 15 mins 34 seconds. On the Monday School Sport Australia ran a series of Relay events and Sarah was a member of the NSW 5x2000 metres Relay Team which won the bronze medal for this event.

Charlotte Ryan contested the Under 16 Girls 4km event and finished in 47th position overall (25th in her age group) with her time of 15 mins 36 seconds. On the Monday School Sport Australia ran a series of Relay events and

Charlotte was a member of the NSW 5x1500 metres Relay Team which won the silver medal for this event.

Madeline Playford contested the Under 16 Girls 4km event and finished in 50th position overall (23rd in her age group) with her time of 15 mins 37 seconds. In the 2000 metres Time Trial run on the Monday Maddy finished 14th with her time of 6 mins 40 secs.

Abbey Lewis contested the Under 16 Girls 4km event and finished in 65th position overall (33rd in her age group) with her time of 16 mins 08 seconds. In the 2000 metres Time Trial run on the Monday Abbey finished 20th with her time of 6 mins 57 secs.

19. NSW Schools Knock Out

In the Schools Knock Out event run at Homebush on 1st September we were represented by **Eliza Harvey, Sarah Playford and Zoe Warland** in the Loreto Normanhurst team which finished 2nd in the Intermediate Girls event and by **Jemma Gallagher** who competed for Mt St Benedict team which came 3rd. Helen Pretorius was a member of the gold winning Abbotsleigh Senior team **Georgia Arcus and Alana Kavanagh** represented the Loreto Normanhurst Junior team which finished 5th in the Junior event. Alyssa Lowe, Portia Amy-Wilson, Jessica & Sarah Brown and Hannah Tall represented Riverside Girls. Julia Kelland represented Abbotsleigh Juniors who finished 4th

20. NSW Combined High Schools Athletics Championships

The NSW Combined High Schools Athletics Championships were held at Homebush over the 3 days of 6th – 9th September, 2016. You could not have had 3 better days for this Carnival. We were represented by 12 athletes.

Chiara Lillis won the bronze medal in the 12 years Girls 3kg Shot put event with her best throw of 10.68 metres. In her 750gm Discus event Chiara claimed 7th place with her effort of 29.11 metres.

Alyssa Lowe won her heat of the 13 years Girls 80 metres Hurdles event in a time of 13.50 seconds (wind reading of 0.7 metres/sec). In the final Alyssa came away from the field over the latter hurdles to win the gold medal in a personal best time of 13.13 seconds (wind reading of 1.6 metres/sec). Alyssa finished in 5th place in her High Jump event with her leap of 1.45 metres.

Portia Amy-Wilson placed 11th in the 13 years Girls Long Jump event with her jump of 4.54 metres. In the 13 years & Under Javelin event Portia finished in 16th place with her throw of 20.07 metres.

Hannah Tall won her heat of the 15 years Girls 400 metres event in a time of 61.11 seconds. In her 800 metres event Hannah placed 5th in her heat in a time of 2 mins 29.32 secs to qualify for the final. In her 800 metres final Hannah finished in 4th place with her time of 2 mins 29.24 secs.

Gabrielle Damm finished 2nd in her heat of the 15 years Girls 800 metres event with her time of 2 mins 23.91 secs. In the final Gabby won the silver medal in a time of 2 mins 22.50 secs. Gabrielle finished in 5th place in her 1500 metres event in a time of 5 mins 12.33 secs. In the 17 years & Under 3000 metres event Gabby finished 10th with her time of 11mins 40.53 secs.

Kelsey Cooper-Phillis finished in 2nd place in her heat of the 16 years Girls 200 metres event in a time of 26.67 seconds (headwind of 0.7 metres/sec). In the final Kelsey claimed 6th place in a time of 27.12 seconds (tailwind of 0.3 metres/sec). Kelsey was 3rd in her heat of the 400 metres event with her time of 59.94 seconds. In her 400 metres final Kelsey finished in 5th spot with her time of 60.13 seconds. Kelsey won her heat of her 800 metres event in a time of 2 mins 26.89 secs. In her 800 metres final Kelsey finished in 8th place with her time of 2 mins 34.03 secs.

Jessica Brown finished in 8th place in the 16 years Girls Long Jump event with her leap of 4.89 metres. In her Triple Jump event Jessica finished in 7th place with her leap of 10.36 metres.

Chloe Davis finished in 8th place in the 16 years Girls Triple Jump event with her effort of 10.11 metres. In her Javelin event Chloe finished just out of the medals in 4th place with her throw of 35.74 metres.

Riley Leverett finished in 3rd place in his heat of the 14 years Boys 800 metres event in a time of 2 mins 14.77 secs. In the final Riley placed 7th with his time of 2 mins 19.02 secs.

Harrison Wade placed 4th in the 17+ years 1500 metres event with his time of 4 mins 09.89 secs. In the 17 years & Under Boys 3000 metres event Harrison won the silver medal with his time of 8 mins 57.38 secs.

Jordan Metcalfe finished in 3rd place in his heat of the 14 years & Under Boys 400 metres event in a time of 57.79 seconds. In the 15 years & Under Boys Triple Jump event Jordan claimed 8th place with his effort of 11.88 metres.

Logan Wade finished in 9th place in the 15 years & Under 3000 metres event in a time of 10 mins 16.48 secs.

Marko Prizmic placed 9th in the 15 Years & Under Triple jump event with his leap of 11.56 metres.

21. NSW GPS Athletics Championships

On Saturday, 10th September the 2016 GPS Championships were held at Homebush and we were represented by 2 athletes.

Connor Latham, representing Sydney Grammar, finished in 4th place in the 14 years Boys Championship High Jump event with his clearance at 1.61 metres. In his Championship 400 metres event Connor finished in 6th position with his run of 58.22 seconds.

22. NSW Combined Associated Schools Athletics Championships

The NSW Combined Associated Schools Athletics Carnival was held at Homebush on Thursday evening, 15th September and we were represented by 2 athletes.

Ben Nogajski, competing for Barker College, won the 15 years Boys Shot Put event with his throw of 14.64 metres. In his Long Jump event Ben finished in 5th place with a leap of 5.75 metres. Ben also won his 100 metres Hurdles Division event in a time of 14.56 seconds. In his Championship High Jump event Ben placed 2nd with his clearance at 1.75 metres. Ben also competed in the 16 years Boys Championship High Jump event and added a further 2nd place by clearing 1.79 metres. Ben also added a further silver medal to his score when he recorded a time of 11.89 seconds in his Division 100 metres event.

Ben Playford, also representing Barker College finished in 4th place in the Open Boys 1500 metres event with his time of 4 mins 18.59 secs. In the Open 3000 metres event Ben again gained 4th place with his run of 9 mins 30.66 secs.

23. NSW Combined Catholic Colleges Athletics Championships

The NSW Combined Catholic Colleges Athletics Championships were held at Homebush on Friday, 16th September and we had 4 athletes competing there.

Elly Gallagher won the bronze medal in the 17+ Girls 400 metres event with her time of 61.14 seconds.

Jemma Gallagher won the silver medal in the 15 years Girls 800 metres event in a personal best time of 2 mins 20.33 secs. This time by Jemma is only 1/5th second outside the National Qualifier for this event. In her 1500 metres event Jemma snared the bronze medal with another personal best time of 4 mins 54.93 secs.

Noah Hain finished in 4th place in the 15 years & Under Triple Jump event with his leap of 11.62 metres. In his Long Jump Noah placed 7th with a leap of 5.46 metres.

Abbie Lewis placed 5th in the 14 years 1500 metres event in a personal best time of 5 mins 17.43 secs.

24. Blackmores Sydney Running Festival

The Blackmores Sydney Running Festival was run on Sunday, 18th September and we were represented by 5 athletes.

Adrian Wade finished in 18th place overall in the Half Marathon event (1st in his age group) in a time of 1 hr 15.50 secs.

Ben Playford was the 15th male home (2nd in his age division) in the 9km Bridge Run in a time of 31 mins 24 secs.

Ashton Hanna was the 323rd runner home (31st in age group) in the 9km Bridge Run in a time of 40 mins 26 secs.

Sarah Playford was the 5th runner home (2nd female) in the 4km Fun Run with her time of 15 mins 19 secs.

Maddie Playford was the 7th runner home (4th female) in the 4km Fun Run with her time of 15 mins 43 secs.

25. NSW Combined Independent Schools Championships

The NSW Combined Independent Schools Championships were held at Homebush on Wednesday, 21st September and we were represented by 6 athletes.

Chloe Antal won the gold medal in the 18-19 years Girls Long Jump event with her leap of 4.62 metres. In her 200 metres event Chloe finished in 2nd place with her time of 27.76 seconds. Chloe also won the bronze medal in her 100 metres event in a time of 13.14 seconds.

Eliza Harvey won 2 gold medals at this carnival. Her first gold came in the 15 years Girls 800 metres event in which she recorded the time of 2 mins 20.11 secs. Eliza's second gold came in her 400 metres event with her time of 59.05 seconds.

Georgia Arcus won a silver medal in the 12 years Girls 1500 metres event in a time of 5 mins 14.93 secs. In her 800 metres event Georgia won the bronze medal with her time of 2 mins 32.66 secs.

Amelie Sun won a bronze medal in the 12 years Girls 1500 metres event in a time of 5 mins 16.50 secs. In her 800 metres event Amelie placed 4th with her time of 2 min 39.02 secs. Amelie also filled 4th place in the 200 metres event in a time of 29.13 seconds.

Alana Kavanagh finished in 4th place in the 13 years Girls 800 metres event in a time of 2 mins 29.80 secs. In her Javelin event Alana placed 6th with her throw of 24.56 metres.

Zoe Warland won the gold medal in the 14 years Girls Long Jump event with a leap of 5.11 metres.

26. NSW All Schools Multi-Event Championships

At the NSW All Schools Multi-Event Championships and Warm-Up Events held at Homebush over the weekend of 1st and 2nd October we were represented by 1 athlete.

Chloe Davis was our sole representative in the NSW 16-17 years Girls Heptathlon event and she finished in 7th place overall and has won the right to represent her State in the Australian Under 18 Heptathlon event to be held early next year in Sydney.

100m Hurdles	High Jump	Shot Put	200 Metres	Long Jump	Javelin Throw	800 metres	Total
17.99 secs	1.40m	10.22m	28.66 secs	4.55m	36.05m	2:42.93	
489	512	544	580	441	592	540	3698

27. NSW All Schools Championships

The NSW All Schools Championships were held at Homebush from 13th – 16th October and we had a total of 30 athletes competing there.

Amelie Sun finished in 3rd place in her heat of the 12 years Girls 800 metres event in a personal best time of 2 mins 33.96 secs. In the final Amelie won the silver medal in another personal best time of 2 mins 28.92 secs. Amelie also contested her 1500 metres event and claimed the bronze medal with her time of 5 mins 13.00 secs (yet another Pb time).

Georgia Arcus placed 2nd in her heat of the 12 years Girls 800 metres event in a time of 2 mins 34.32 secs. In the final Georgia claimed the bronze medal in a personal best time of 2 mins 29.60 secs. Georgia won the silver medal in her 1500 metres event with her time of 5 mins 08.63 secs.

Chiara Lillis won a silver medal in the 12 years Girls Hammer Throw event with her throw of 18.15 metres. In her Long Jump event Chiara claimed the bronze medal with her leap of 4.51 metres. Chiara took out 4th place in her 3kg Shot put event with her effort of 10.46 metres. In her 100 metres heat Chiara qualified for the final by finishing 8th overall in the heats in a time of 14.11 seconds. In her 100 metres final Chiara placed 8th with her time of 14.30 seconds. Chiara also finished in 8th place in the 750gm Discus event with her throw of 28.76 metres.

Alyssa Lowe finished in 2nd place in her heat of the 13 years Girls 80 metres Hurdles event in a time of 13.21 seconds. In her Hurdles final Alyssa improved on her heat time when she ran a time of 12.83 seconds to claim the silver medal in this event. In her High jump event Alyssa placed equal 6th with her clearance at 1.50 metres. Alyssa finished in 8th place in her Long Jump event with her effort of 4.82 metres

Portia Amy-Wilson placed 5th in the 13 years Girls Long Jump event with her jump of 4.88 metres. In her Triple Jump event Portia filled 6th place with her leap of 10.51 metres. Portia also contested the 13 Girls 200 metres event and placed 29th overall in the heats with her time of 29.59 seconds.

Alana Kavanagh finished in 13th place overall in the 13 years Girls 800 metres event with her time of 2 mins 35.67 secs.

Eleanor Partridge placed 21st overall in the heats of the 13 years Girls 100 metres event in a time of 13.46 seconds. In her 200 metres event Eleanor again claimed 21st spot overall with her time of 28.67 seconds.

George Davis finished in 5th place in the 13 years Boys 3000 metres Walk event with his time of 18 mins 33.92 secs.

Madeline Playford won the silver medal in the 14 years Girls 2000 metres Steeplechase event with her personal best time of 7 mins 30.66 secs. This time by Maddie is a national qualifying time and is also a Club record.

Zoe Warland placed 5th in the 14 years Girls Long jump event with her leap of 5.05 metres. In her 90 metres Hurdles heat Zoe recorded a time of 14.61 seconds to qualify for the final. Zoe further improved on this time in the final when she finished in 9th place with her personal best time of 14.15 seconds. Zoe also contested her 400 metres event and qualified for the final in a personal best time of 61.98 seconds. In the final Zoe placed 9th with the even better time of 61.84 seconds.

Noah Hain claimed the bronze medal in the 14 years Boys Long Jump event with his leap of 5.84 metres. In his Triple Jump event Noah added a further bronze medal to his collection with his leap of 11.98 metres. Noah also contested the 100 metre heats where he finished in 19th place overall with his time of 12.23 seconds.

Abbie Lewis finished in 4th place in her heat of the 14 years Girls 1500 metres event in a personal best time of 5 mins 09.97 to automatically qualify for the final. In the final Abbie placed 7th with her time of 5 mins 13.69 seconds. Abbie finished in 11th place in her 3000 metres event in a personal best time of 10 mins 59.49 secs.

Rachel Fairhall placed 14th in the 14 years Girls 3kg Shot Put event with her effort of 7.47 metres. In her 500gm Javelin event Rachel claimed 16th place with her throw of 21.97 metres. Rachel claimed 19th spot in her 1kg Discus event with her throw of 21.47 metres.

Breanna Ivankovic won the bronze medal in the 15 years Girls 2000 metres Steeplechase event in a personal best time of 7 mins 53.99 secs and this time has also qualified her to compete at the National Junior Championships in March in this event. In the 16 years Girls 400 metres Hurdles event Breanna finished in 6th place in a personal best time of 71.07 secs and again she has secured a run at the National Junior Championships in this event.

Eliza Harvey won a bronze medal in the 15 years Girls 800 metres final with her time of 2 mins 14.51 secs. In her 400 metres heat Eliza qualified for the final with her time of 59 mins 08 secs. Eliza finished in 6th place in her 400 metres final with her time of 60.21 seconds.

Katrina Lyon qualified for the final of the 16 years Girls 100 metre Hurdles with her time of 15.97 seconds in her heat. In the final Katrina placed 6th with her time of 15.86 seconds. Katrina also contested the 15 years Girls Triple Jump event and claimed 11th spot with her leap of 9.94 metres.

Gabrielle Damm finished in 5th place in the 15 years Girls 800 metres event with her personal best time of 2 mins 18.32 secs. This time qualifies Gabby to participate in the Australian Junior Championships next year. In her 1500 metres event Gabby placed 8th with her time of 5 mins 20.23 secs.

Jemma Gallagher placed 7th in the 15 years Girls 800 metres event with her personal best time of 2 mins 20.03 secs.

Julia Kelland finished in 12th place in the 15 years Girls 3kg shot Put event with her throw of exactly 9.00 metres. In her 500gm Javelin event Julia placed 13th with her effort of 27.16 metres.

Daniel Bowtell placed 8th overall in the heats of the 15 years Boys 200 metre Hurdles event in a time of 29.23 seconds. In his final Daniel repeated this time to claim 8th place.

Michael Matheson claimed 9th place overall in the heats of the 15 years Boys 200 metre Hurdles event with his time of 29.63 seconds. In the final Michael claimed 9th place in a time of 29.86 seconds.

William Stacey contested the 15 years Boys 400 metres event finishing in 26th place overall with his time of 60.58 seconds. In his 800 metres event Will placed 20th overall with a time of 2 mins 19.81 secs.

Sarah Playford claimed the bronze medal in the 16 years Girls 800 metres event with her personal best and national qualifying time of 2 mins 14.51 secs. In her 1500 metres event Sarah won a further bronze medal with her time of 4 mins 55.35 secs.

Kelsey Cooper-Phillis placed 4th in her heat of the 16 years Girls 400 metres event in a time of 61.24 seconds. In the final Kelsey won the bronze medal in a time of 60.77 seconds. In her 200 metres event Kelsey was 8th fastest overall in the heats, qualifying for the final in a time of 26.48 seconds. Kelsey placed 8th in the final in a time of 26.83 seconds. In her 100 metres event Kelsey earned a spot in the final with her time of 12.90 seconds and finished in equal 9th in that final with her time of 12.88 seconds.

Chloe Davis contested the 16 years Girls 500gm Javelin event and claimed 6th spot with her throw of 33.97 metres.

Harrison Wade won the 17 years Boys 3000 metres event in a time of 9 mins 01.65 secs. In this event Harrison was a convincing winner. Harrison took out the silver medal in his 1500 metres event with his time of 4 mins 04.16 secs.

Elly Gallagher claimed the silver medal in the 17 years Girls 400 metre Hurdles event in a personal best and national qualifying time of 65.24 seconds.

Helen Pretorius finished in 7th place overall in the 17 years girls 200 metres heats with her time of 26.19 seconds. In the final Helen claimed 6th place in a time of 26.58 seconds.

Chloe Antal won the silver medal in the 19 years Girls 200 metres event with her time of 27.52 seconds.

Sarah Kelland claimed 4th place in the 19 years Girls 600gm Javelin event with her throw of 31.02 metres.

As a result of their performances, Alyssa Lowe, Elly Gallagher and Harrison Wade were selected for the NSW Team for the Australian All School Championships

28. NSW PSSA Championships

The NSW PSSA Championships were held at Homebush on 18th & 19th October and we had 5 representatives there.

Benjamin Stevens finished with a bronze in the 11yrs Discus with a best throw of 33.50m. This result earned Benjamin a spot in the NSW team for the School Sports Australia Track and Field Championships. Benjamin also finished 10th in the 11yrs shot put with a distance of 10.48m

Zara Warland finished 2nd in her heat of the 12/13 years Girls 800 metres event in a time of 2 mins 35.43 secs. This time meant that Zara finished just one spot out of the final in 10th place.

Adam Bruntsch finished 2nd in his heat of the 12/13 boys 800 metres event in a time of 2 mins 24.82 secs. This time meant that Adam finished just 2 spots out of the final in 11th place.

Adria McAndrew finished 4th in her heat of the 12/13 years Girls 100 metres event in a time of 14.35 seconds. This time meant that Adria finished in 21st place overall to just miss out on the semi-finals.

Natasha Fairhall placed 29th in the Junior high jump with a jump of 1.15m

29. World Masters Athletics Championships

The World Masters Athletics Championships were held in Perth over the period from 26th October to 6th November inclusive and we were represented by the following 2 athletes. These Championships are the biggest Athletics event held in Australia since the Olympic Games.

Lajos Joni finished in 4th place in the Men's 60 Weight Throw Final with his heave of 16.48 metres. In his Hammer Throw Final Lajos claimed 10th spot with his effort of 36.87 metres. Lajos finished in 23rd place in his Shot put event with his throw of 9.72 metres. In his Discus event Lajos placed 27th with his throw of 31.15 metres.

Robert Hanbury-Brown finished in 11th place in the Men's 55 Weight Throw Final with his effort of 12.50 metres. In his Hammer throw event Robert again finished in 11th spot with his throw of 35.25 metres. Robert placed 14th in his Shot Put event with his throw of 10.12 metres. In his Javelin event Robert claimed 16th place with his throw of 30.96 metres.

30. NSW 3000 Metres Championships

The NSW 3000 metres Championships were held at Homebush on Saturday, 12th November and we were represented by 3 athletes.

Abbie Lewis finished in 6th place in the Women's C Grade 3000 metres event in a time of 11 mins 04.69 secs. Abbie's overall placing was 38th.

Ashton Hanna finished in 10th place overall in the Open Men's H Grade 3000 metres event with his personal best time of 10. Mins 44.50 secs. Ashton's overall placing was 126th.

Harrison Wade finished in 5th place in the Open Men's B Grade 3000metres event with a personal best time (by 11 seconds) of 8 mins 31.66 secs. Harrison's overall placing was 18th.

31. Pan-Pacific Masters Games

The Pan-Pacific Masters Games were held on the Gold Coast from 10th to 12th November and we were represented by 1 athlete.

Sue Gore finished in 2nd place in the Women's 50+ 800 metres event in a time of 2 mins 40.28 secs. In her 400 metres event Sue again claimed the silver medal with her time of 70.17 seconds.

32. NSW Relay Championships

The N.S.W. Relay Championships were held at Blacktown on 26th & 27th November and we had a total of 13 teams competing.

Our Under 14 Girls 4x100m Relay team finished 4th in their event in a time of 52.77 seconds. The team (in running order) consisted of **Adria McAndrew, Tarsha Wayne, Eleanor Partridge and Alyssa Lowe**.

Our Under 14 Girls 4x200m Relay team won their heat in a time of 1 min 51.83 secs to advance through to the final. In their final the girls won a bronze medal with their time of 1 min 51.04 secs. This team consisted of **Eliza da Silva, Tarsha Wayne, Eleanor Partridge and Alyssa Lowe**.

Our Under 14 Girls 4x800m Relay team won the bronze medal in a time of 10 mins 10.53 secs. The team consisted of **Alana Kavanagh, Amelie Sun, Zara Warland and Georgia Arcus**.

Our Under 14 Girls 4x1500m Relay team won the silver medal in a time of 21 mins 26.62 secs. This team consisted of (in running order) **Georgia Arcus, Amelie Sun, Charlotte Curran and Zara Warland**.

Our Under 14 Girls Long Jump team won the gold medal with a total distance of 18.28 metres. This team consisted of **Sarah Brown, Tarsha Wayne, Portia Amy-Wilson and Alyssa Lowe**. Their individual jumps were 4.22m, 4.46m, 4.72m and 4.88m as per the above order.

Our Under 16 Boys 4x400m Relay team finished in 2nd place in their heat to qualify for the final with their time of 3 mins 45.02 secs. In the final the boys won the silver medal in an even better time of 3 mins 41.41 secs. This team (in running order) consisted of **Jordan Metcalfe, Riley Leverett, Connor Latham and Daniel Bowtell**.

Our Under 16 Girls 4x800m Relay team won the gold medal with their team of **Jemma Gallagher, Eliza Harvey, Alana Kavanagh and Madeline Playford** in a time of 9 mins 39.04 secs.

Our Under 18 Girls 4x200m Relay team won the bronze medal with their time of 1 min 47.16 secs. This team (in running order) consisted of **Kelsey Cooper-Phillis, Elly Gallagher, Eliza Harvey and Chloe Davis**.

Our Under 18 Girls Long Jump team finished in 4th place in this event with a total distance of 18.65 metres. The team consisted of **Hannah Tall, Chloe Davis, Alyssa Lowe and Zoe Warland**. Their individual jumps were 4.46m, 4.68m, 4.70m and 4.81m as per the above order.

Our Under 18 Girls Javelin team finished in 9th place with a total distance of 100.13 metres. The team consisted of **Emily Ralph, Hannah Tall, Julia Kelland and Chloe Davis**. Their individual throws were 17.93m, 22.68m, 25.41m and 34.11m as per the above order.

Our Under 20 Girls 4x400m Relay team won the gold medal with their time of 3 mins 57.61 secs. This team (in running order) consisted of **Elly Gallagher, Eliza Harvey, Sarah Playford and Kelsey Cooper-Phillis**.

Our Under 20 Girls 4x1500m Relay team won the gold medal with their time of 20 mins 28.63 secs. This team (in running order) consisted of **Sarah Playford, Jemma Gallagher, Abbie Lewis and Madeline Playford**.

Our Masters Javelin team finished in 4th place in their event with a total distance thrown of 114.57 metres. This team consisted of **Lajos Joni, Peter Davis, Simon Bergfield and Andrew Atkinson-Howatt**. Their individual throws were 24.01m, 26.39m, 26.74m and 37.43m as per the above order.

All together our teams won 4 gold, 2 silver and 3 bronze medals, 3 x 4th placings and a 9th placing from our 13 teams.

33. School Sport Australia 12 Years & Under Track & Field Championships

At the School Sports Australia 12 yrs and Under Track and Field championships we were represented by one athlete.

Benjamin Stevens came home with the bronze medal in the 11yrs Boys discus with a throw of 34.66m

34. Australian All Schools Championships

The Australian All Schools Championships were held in Canberra from 2nd to 4th December and we were represented by 3 athletes at this Carnival.

Alyssa Lowe finished in 3rd place in her heat of the Under 14 Girls 80 metres Hurdles event in a time of 12.88 seconds (headwind of 0.2 metres/sec). In her final Alyssa finished in 6th place in an equal personal best time of 12.83 seconds (tailwind of 0.3 metres/sec).

Elly Gallagher finished in 10th place overall in the Under 18 Girls 400 metres Hurdles event with her time of 65.69 seconds.

Harrison Wade placed 7th overall in the Under 18 Boys 3000 metres event in a time of 8 mins 45.93 secs.

35. Australian Schools Knockout Championships

The Australian Schools Knock-Out Championships were also held in Canberra on Monday, 5th December and we were represented by 7 athletes representing their various schools.

Helen Pretorius placed 7th overall in the Senior Girls 100 metres event in a time of 12.79 seconds (tailwind of 1.2 metres/sec). Helen also competed in the Distance Medley Relay in which her team finished in 2nd place overall and thus gain the silver medal for the school in this competition.

Zoe Warland placed 28th overall in the Intermediate Girls 100 metres event in a personal best time of 13.54 seconds (tailwind of 0.5 metres/sec). In her 90 metres Hurdles event Zoe produced a personal best time of 13.83 seconds (tailwind of 0.4 metres/sec) to finish in 4th place overall. Zoe placed 11th in her Long Jump event with her leap of 4.74 metres (tailwind of 0.6 metres/sec).

Eliza Harvey placed 12th overall in the Intermediate Girls 200 metres event in a time of 26.41 seconds (tailwind of 1.4 metres/sec). In her 800 metres event Eliza finished in 5th place overall with her time of 2 mins 14.12 secs.

Sarah Playford placed 9th overall in the Intermediate Girls 800 metres event in a time of 2 mins 15.77 secs. Both Eliza and Sarah competed in the Swedish Sprint Medley Relay event for their school and their team placed 3rd overall in this event.

Jemma Gallagher finished in 16th place overall in the Intermediate Girls 800 metres event in a time of 2 mins 22.16 secs. Jemma also competed in the Swedish Sprint Medley Relay event for her school with her team placing 10th overall in this event.

Julia Kelland placed 13th overall in the Intermediate Girls Javelin event with her throw of 25.41 metres.

Ben Nogajski placed 2nd overall in the Intermediate Boys High Jump event with his clearance at 1.85 metres.

36. NSW Combined Events Championships

The NSW Combined Events Championships were held at Homebush over the weekend of 17th & 18th December and we were represented by 3 athletes at these Championships.

Chloe Davis finished in 5th place overall with a personal best total score of 3822 points over the seven events. During these titles Chloe produced 3 individual personal best performances in her High Jump, 200 metres and 800 metres events. Chloe's details are listed below:-

100m Hurdles	High Jump	Shot Put	200 Metres	Long Jump	Javelin Throw	800 metres	Total
18.20	1.48m	10.00m	28.53	4.82m	34.76m	2:41.31	
468	599	529	590	511	567	558	3822

Ben Nogajski unfortunately injured himself during the Pole Vault section of the Under 18 Boys Pentathlon event. Ben's details are listed below:-

100 Metres	Long Jump	Shot Put	High Jump	400 Metres	110m H	Discus	Pole Vault
11.82	5.64m	12.75m	1.82m	54.49	16.72	35.95m	1.80m
687	510	652	644	619	653	583	103

George Davis competed in his first Multi-Event competition ever and achieved a silver medal in the Under 14 Boys Multi-Event. Details are listed below:-

Event	Points	Event	Points	Event	Points	Event	Points	Event	Points	Total
Long Jump		Javelin		200 metres		Discus		800 metres		
4.26m	249	27.93m	270	29.99	252	21.83m	307	2:45.01	343	1421

37. NSW Junior & Youth Championships

We had a total of 39 competitors representing our Centre at the NSW Junior championships held at Homebush from Friday, 3rd February to Sunday 5th February.

Alyssa Lowe won the gold medal in the Under 15 Girls 200 metres Hurdles event in a time of 31.71 seconds (zero tailwind). In her 90 metres Hurdles event Alyssa claimed 4th spot in a time of 14.59 seconds (headwind of 0.7 metres/sec). Alyssa also claimed the silver medal in her Long Jump event with a personal best leap of 5.15 metres (NWI).

Elly Gallagher took out the silver medal in the Under 20 Girls 3000 metres Steeplechase event in a time of 12 mins 36.88 secs.

Sophie Anderson won the silver medal in the Under 14 Girls High Jump event with her clearance at 1.50 metres.

Gabrielle Damm won the silver medal in the Under 17 Girls 1500 metres event in a personal best time of 4 mins 53.78 secs. In her 800 metres event Gabby took out 5th place in a time of 2 mins 27.83 secs.

Harrison Wade won the silver medal in the Under 20 Boys 1500 metres event in a time of 3 mins 58.68 secs.

Logan Wade won the bronze medal in the Under 17 Boys 2000 metres Steeplechase event in a personal best time of 6 mins 53.34 secs.

Portia Amy Wilson won the bronze medal in the Under 15 Girls Long Jump event with a personal best leap of 5.13 metres (NWI). In her Triple Jump event Portia finished in 4th place with her leap of 10.42 metres (NWI).

Eliza Harvey finished 2nd in her heat of the Under 17 Girls 400 metres event in a time of 59.39 seconds to qualify for the final. In the Final Eliza claimed the bronze medal with her time of 58.83 seconds. In her 200 metres heat Eliza squeaked into the final when she recorded a time of 26.93 seconds (tailwind of 1.0 metres/sec). In the final Eliza filled 7th place with her time of 26.76 seconds (tailwind of 0.8 metres/sec).

Georgia Arcus won the bronze medal in the Under 14 Girls 1500 metres event in a time of 5 mins 08.46 secs. In the Under 15 Girls 3000 metres event Georgia placed 10th in a time of 11 mins 02.75 secs.

Alana Kavanagh in her very first 2000 metres Steeplechase event won the bronze medal in the Under 15 Girls event in a time of 8 mins 13.15 secs.

Sophie Kavanagh won the bronze medal in the Under 14 Girls Triple Jump event with her leap of 9.74 metres (headwind of 0.5 metres/sec). In her High Jump event Sophie took out 10th place with her clearance at 1.35 metres. Sophie also filled out 8th place in her Long Jump event with her leap of 4.48 metres (tailwind of 0.5 metres/sec).

Jemma Gallagher won the bronze medal in the Under 17 Girls 800 metres event in a personal best time of 2 mins 18.67 secs.

Noah Hain won the bronze medal in the Under 16 Boys Triple Jump event with his leap of 12.05 metres (tailwind of 0.7 metres/sec). In his Long Jump event Noah took out 4th place with his leap of 5.71 metres (0.00 wind reading).

Zoe Warland finished in 7th place in the Under 16 Girls 400 metres event in a personal best time of 61.30 seconds. In her 90 metres Hurdles event Zoe placed 6th in a time of 14.25 seconds (tailwind of 0.3 metres/sec). Zoe also filled 7th spot in her Long Jump event with her leap of 4.97 metres (NWI).

Madeline Playford placed 5th in the Under 16 Girls 3000 metres event in a time of 10 mins 57.97 secs.

Helen Pretorius placed 10th overall in the final of the Under 20 Girls 100 metres event with her time of 13.16 seconds (headwind of 0.2 metres/sec). In her 200 metres event Helen finished 5th in her heat to qualify for the final with her time of 26.88 seconds (headwind of 0.8 metres/sec). Helen filled 9th place in the final in a time of 27.48 seconds (tailwind of 0.5 metres/sec).

Chloe Antal finished 7th in her heat of the Under 20 Girls 200 metres event to unfortunately miss the final. Chloe's time in the heat was 29.18 seconds (headwind of 0.8 metres/sec).

Kelsey Cooper-Phillis recorded a time of 26.51 seconds (tailwind of 0.5 metres/sec) in her heat of the Under 18 Girls 200 metres event to qualify for the final. In the final Kelsey filled 8th place with her time of 27.04 seconds (tailwind of 1.2 metres/sec). In her 400 metres heat Kelsey placed 4th with her time of 60.05 seconds to qualify for the final. Kelsey finished in 7th place in a time of 60.21 seconds.

Sarah Playford finished in 4th place in the Under 18 Girls 800 metres event in a time of 2 mins 21.14 secs.

Chloe Davis placed 8th in the Under 18 Girls Shot Put event with her throw of 10.23 metres. In her Javelin event Chloe finished in 4th place with her throw of 32.55 metres.

Eliza Da Silva finished in 8th place in the final of the Under 14 Girls 100 metres event with her time of 14.01 seconds (headwind of 0.6 metres/sec). In her 200 metres heat Eliza finished in 6th place to qualify for the final with her time of 28.77 seconds (tailwind of 0.2 metres/sec). Eliza placed 8th in the final in a time of 29.21 seconds (tailwind of 0.5 metres/sec).

Zara Warland placed 4th in the final of the Under 14 Girls 800 metres event in a personal best time of 2 mins 26.82 secs.

Amelie Sun finished in 6th place in the final of the Under 14 Girls 800 metres event with her time of 2 mins 29.68 secs.

Arabella Price placed 9th in the final of the Under 14 Girls 800 metres event in a personal best time of 2 mins 36.71 secs.

Anastasia Lakic finished in 7th place in the Under 14 Girls 1500 metres final with her time of 5 mins 53.82 secs.

Lily Tilt finished in 5th place in the Under 14 Girls Triple Jump event with her leap of 9.63 metres (headwind of 0.4 metres/sec).

Eleanor Partridge finished in 7th place in her heat of the Under 15 Girls 100 metres event with her time of 13.62 seconds (tailwind of 2.6 metres/sec) to unfortunately miss the final.

Tarsha Wayne finished in 18th place in the Under 15 Girls Long Jump event with her leap of 4.37 metres (NWI).

Kiera Simula finished in 9th place in her heat of the Under 17 girls 100 metres event in a time of 13.59 seconds (headwind of 0.2 metres/sec).

Breanna Ivankovic finished 7th in her heat of the Under 17 Girls 400 metres event in a time of 65.85 seconds. In her 400 metres Hurdles event Bree placed 7th with her time of 75.02 seconds.

Charlotte Ryan finished in 5th place in the Under 17 Girls 1500 metres event in a time of 5 mins 10.23 secs.

Sam Galati placed 5th in the Under 16 Boys 100 metres Hurdles event in a time of 15.20 seconds (tailwind of 0.8 metres/sec). In his Triple Jump event Sam secured 8th placing with his leap of 10.43 metres (0.00 wind reading).

Jett Tall finished in 6th place in the Under 16 Boys Triple Jump event with his effort of 11.78 metres (tailwind of 1.4 metres/sec). In his Shot put event Jett again took out 6th placing with his effort of 11.85 metres.

David Moraitis finished in 9th place in the Under 18 Boys Discus event with his throw of 25.73 metres.

Adam Bruntsch placed 8th in the Under 14 Boys 1500 metres event in a personal best time of 4 mins 45.55 secs.

Ashton Hannah finished in 10th place in the Under 15 Boys 3000 metres event in a time of 11 mins 03.47 secs.

George Davis filled 6th place in the Under 15 Boys Triple Jump event with his leap of 9.73 metres. In his 3000 metres Race Walk event George finished in 4th place with his time of 18 mins 49.81 secs. George also competed in the Under 15 Boys Javelin event where he finished in 10th place with his throw of 26.11 metres.

As a result of performances at this carnival and throughout the season, the following athletes qualified to compete at the Australian Junior and Open Championships. Cameron Pappas, Harrison Wade, Elly Gallagher, Alyssa Lowe, Amelie Sun, Georgia Arcus, Maddie Playford, Noah Hain, Breanna Ivankovic, Eliza Harvey, Sarah Playford, Kelsey Cooper-Phillis, Chloe Antal, Portia Amy- Wilson, Jemma Gallagher, Gabby Damm, Logan Wade, Sam Galati, Zoe Warland, Alana Kavanagh, Sophie Kavanagh, Sophie Anderson, George Davis, Chloe Davis, Lily Tilt and Charlotte Ryan.

38. Hunter Track Classic

At the Hunter Track Classic held at Glendale on Saturday, 28th January we were represented by 1 athlete.

Harrison Wade finished in 6th place in the "B" 1500 metres race with a personal best time of 3 mins 55.54 secs.

39. NSW 5000 metres Championships

Logan Wade, in his first ever 5000 metres run, produced a personal best time of 16 mins 49.96 secs to set the 15 years Centre Record for this distance,

Harrison Wade, approximately an hour later, produced a personal best time of 15 mins 05.11 secs to break the Under 18, Under 20 & Open Records for the distance.

40. NSW Masters Pentathlon Championships

At the NSW Masters Pentathlon Championships held at SOPAC on Saturday, 18th February we were represented by 2 athletes.

Robert Hanbury-Brown won the silver medal in the 60-64 age group with the following efforts:-

Event	Points	Event	Points	Event	Points	Event	Points	Event	Points	Total
Hammer Throw		Shot Put		Discus		Javelin		Weight Throw		
38.42m	681	10.83m	699	36.50m	640	34.78m	576	15.43m	797	3393

Lajos Joni took out the bronze medal in the 60-64 age group with the following efforts:-

Event	Points	Event	Points	Event	Points	Event	Points	Event	Points	Total
Hammer Throw		Shot Put		Discus		Javelin		Weight Throw		
35.64m	621	10.71m	690	34.84m	604	22.27m	320	0.00m	0	2235

41. NSW Open, Under 23 & Para Championships

At the NSW Open, Under 23 and Para Championships we were represented by 4 athletes.

Zoe Warland produced another personal best performance in the Open Women's 400 metres event with her time of 60.83 seconds. In the Open Women's Long Jump event Zoe's best jump measured 5.12 metres.

Eliza Harvey recorded a time of 2 mins 18.74 secs in the Open Women's 800 metres event.

Zara Warland also competed in the Open Women's 800 metres finishing with a time of 2 mins 28.97 secs.

Ben Playford produced a time of 4 mins 20.58 secs in the Open Men's 1500 metres event.

Cameron Pappas finished in 3rd place overall in the Open Men's Triple Jump event with his leap of 14.85 metres (tailwind of 1.8 metres/sec). This result also produced a silver medal for Cameron in the Under 23 event.

42. NSW Masters Championships

At the NSW Masters Athletics Championships held at Homebush over 4th & 5th March we were represented by 4 athletes.

Sue Gore won the gold medal in the 50-54 years 800 metres event in a time of 2 mins 44.50 secs.

Andrew Atkinson-Howatt won the gold medal in the 60-64 years Javelin event with his throw of 36.99 metres. **Robert Hanbury-Brown** took out 2 silver and 2 bronze medals at this carnival. In the 60-64 years Men's Shot Put event Robert placed 2nd with his throw of 10.82 metres. Robert gained his second silver medal in the Discus event with his effort of 38.49 metres. In his Weight Throw event Robert earned bronze with his throw of 13.64 metres, whilst Robert's second bronze came in his Javelin event with a throw of 35.36 metres. **Lajos Joni** (like Robert) finished these Championships with 2 silver and 2 bronze medals. In his 60-64 years Hammer Throw event Lajos placed 2nd with his throw of 37.84 metres. Lajos's second silver came in the Weight Throw event with his effort of 14.89 metres. In his shot Put event Lajos won the bronze with his throw of 10.80 metres (only 2cm behind Robert's throw) and his additional bronze came in the Discus event where he threw 34.84 metres.

43. Australian Junior & Open Championships

The Australian Junior and Open Championships were held at Homebush over the period from Sunday, 26th March to Sunday, 2nd April and we had a total of 20 athletes competing there. Their results are listed below:-

Eliza Harvey was our first competitor and she placed 9th overall in the Under 17 Girls 400 metres event in a season's best time of 57.57 seconds. In her 800 metres event Eliza again claimed 9th place overall with her time of 2 mins 16.22 secs. By placing 9th in both events Eliza missed both finals by 1 placing.

Kelsey Cooper-Phillis was next up in the Under 18 Girls 400 metres event and she finished in 10th place overall in a personal best time of 57.47 seconds. During the last 10 days Kelsey has improved her personal best time in this event by 3 seconds.

Gabrielle Damm finished in 11th place in the final of the Under 17 girls 1500 metres event with her time of 4 mins 59.56 secs. In her 800 metres event Gabby finished in 18th place overall in a time of 2 mins 22.06 secs.

Breanna Ivankovic produced a personal best time in the Under 17 Girls 400 metres Hurdles event of 69.18 seconds to finish in 14th place overall and take some 2 seconds from her previous best time.

Jemma Gallagher placed 15th overall in the Under 17 Girls 800 metres event with her time of 2 mins 20.39 secs.

Logan Wade recorded a huge 18 second personal best time in the Under 17 Boys 2000 metres Steeplechase event with his time of 6 mins 36.65 secs. This time gave Logan 13th placing in this event.

Madeline Playford finished in 22nd place in the Under 16 Girls 3000 metres event in a time of 11 mins 25.58 secs.

Eily Gallagher produced a personal best time in her Under 20 Girls 3000 metres Steeplechase event when she finished in 8th place with her time of 11 mins 59.64 secs.

Sophie Gocher finished in 6th place in the Under 17 Girls 2000 metres Steeplechase event in a time of 7mins 34.98 secs.

Sophie Kavanagh contested the Under 14 Girls Triple Jump event and finished in 6th place with her leap of 9.68 metres.

Chloe Davis competed in the Under 18 Girls Combined Event and finished in 11th place with a couple of pb performances. In this event Chloe finished in a higher place than ever before at National Championships and scored more points than previously. Chloe's performances are listed below:-

100m Hurdles	High Jump	Shot Put	200 Metres	Long Jump	Javelin Throw	800 metres	Total
17.25 secs	1.37m	10.61m	28.12 secs	4.78m	34.18m	2:40.74	
569	481	569	621	500	556	564	3860

Alyssa Lowe placed 8th in the Under 15 Girls 200 metres Hurdles heats with her time of 30.65 seconds (tailwind of 1.1 metres/sec) to qualify for the final. In her 200 metres Hurdles final Alyssa finished in 8th place with her time of 31.21 seconds (tailwind of 1.8 metres/sec). Alyssa finished in 17th place in her Long Jump event. In her 90 metres Hurdles event Alyssa finished just out of the finals qualifiers with her 9th placing in the heats with her time of 14.57 seconds (headwind of 0.6 metres/sec).

Sam Galati finished in 14th place in the Under 16 Boys 100 metres Hurdles event in a time of 15.61 seconds (headwind of 0.5 metres/sec).

Portia Amy-Wilson placed 10th in the Under 15 Girls Long jump event with her leap of 5.04 metres.

Georgia Arcus finished in 20th place in the Under 14 Girls 800 metres event with her time of 2 mins 31.43 secs. In her 1500 metres event Georgia again claimed 20th place with a time of 5 mins 06.98 secs.

Charlotte Ryan placed 12th in the Under 17 Girls 3000 metres event with her time of 11 mins 01.37 secs.

Noah Hain unfortunately leapt 3 fouls in the Under 16 Boys Triple Jump event. In his Long Jump event Noah placed 9th with his best leap of 6.01 metres.

Cameron Pappas finished in 13th place overall in the Open Men's Triple Jump event with his leap of 14.76 metres.

Zoe Warland placed 16th overall in the Under 16 Girls 90 metres Hurdles heats with her time of 14.26 seconds (headwind of 1.1 metres/sec).

Alana Kavanagh finished in 15th place in the Under 15 Girls 2000 metres Steeplechase event in a time of 8 mins 04.14 secs.

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

MEN (as at 2/04/17)

100 metres

11 years	David Forster	13.5h	82/83
12 years	Sam Hain	12.79	11/12
13 years	Sam Hain	11.54	13/14
14 years	Len Pearce	11.45	05/06
15 years	John Pearce	11.18	06/07
Under 18	John Pearce	10.72	08/09
Under 20	John Pearce	10.72	08/09
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
Vet 70+	Ron Wills	17.5h	12/13

1500 metres

11 years	Adam Bruntsch	4:46.04	15/16
12 years	Adam Bruntsch	4:38.29	16/17
13 years	Harrison Wade	4:17.14	13/14
14 years	Michael Todd	4:07.18	06/07
15 years	Michael Todd	3:59.89	07/08
Under 18	Will Devjak	3:53.51	00/01
Under 20	Will Devjak	3:53.51	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+	Voitek Klimiuk	5:30.50	10/11
Vet 70+	Ron Wills	6:15.1h	12/13

200 metres

11 years	David Forster	29.7h	82/83
12 years	Daniel Bowtell	27.93	12/13
13 years	Sam Hain	23.87	13/14
14 years	Sam Hain	23.48	13/14
15 years	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+	Voitek Klimiuk	28.16	01/12
Vet 70+	Ron Wills	34.1h	11/12

3000 metres

11 years	Will Devjak	10:35.1h	94/95
12 years	Harrison Wade	9:41.11	12/13
13 years	Harrison Wade	9:16.39	13/14
14 years	Harrison Wade	8:56.60	14/15
15 years	Harrison Wade	8:50.01	15/16
Under 18	Harrison Wade	8:31.66	16/17
Under 20	Harrison Wade	8:31.66	16/17
Open	Harrison Wade	8:31.66	16/17
Vet 30-39	Richard Sarkies	9:13.6h	00/01
Vet 40-49	Colin Richardson	9:43.1h	90/91
Vet 50+			
Vet 70+	Ron Wills	14:48.2h	11/12

400 metres

11 years	David Forster	63.2h	82/83
12 years	David Forster	62.7h	83/84
13 years	Harrison Wade	60.3h	13/14
14 years	David Forster	53.01	85/86
15 years	Neville Stanton	51.50	99/00
Under 18	Glen McCarthy	49.10	87/88
Under 20	Glen McCarthy	49.10	87/88
Open	Glen McCarthy	47.56	95/96
Vet 30-39	Greg Boyce	52.72	06/07
Vet 40-49	Adrian Wade	57.8h	14/15
Vet 50+	Voitek Klimiuk	64.32	10/11
Vet 70+	Ron Wills	78.9h	11/12

5000 metres

15 years	Logan Wade	16:49.96	16/17
Under 18	Harrison Wade	15:05.11	16/17
Under 20	Harrison Wade	15:05.11	16/17
Open	Harrison Wade	15:05.11	16/17
Vet 30-39	Ray Wareham	15:56.32	04/05
Vet 40-49	Adrian Wade	16:42.09	15/16
Vet 50+			

10000 metres

Vet 40-49	Adrian Wade	35:25.19	15/16
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800 metres

11 years	Will Devjak	2:19.1h	94/95
12 years	Adam Bruntsch	2:16.70	16/17
13 years	Harrison Wade	2:08.98	13/14
14 years	David Forster	2:00.23	85/86
15 years	Michael Todd	1:55.99	07/08
Under 18	Michael Todd	1:53.42	08/09
Under 20	Will Devjak	1:50.3h	02/03
Open	Will Devjak	1:48.56	03/04
Vet 30-39	Greg Boyce	1:58.48	05/06
Vet 40-49	Adrian Wade	2:07.84	14/15
Vet 50+	Voitek Klimiuk	2:35.04	10/11
Vet 70+	Ron Wills	2:56.15	11/12

2000 metres Steeplechase

12 years	Peter Cotton	9:17.6h	86/87
13 years	Harrison Wade	6:43.08	13/14
14 years	Harrison Wade	6:26.98	14/15
15 years	Will Devjak	6:20.1h	98/99
Under 18	Will Devjak	5:53.46	00/01
Under 20	Will Devjak	5:53.46	00/01

3000 metres Steeplechase

Under 18	Will Devjak	9:23.63	00/01
Under 20	Will Devjak	9:23.63	00/01
Open	Will Devjak	9:23.63	00/01
Vet 50+			

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

MEN (as at 2/04/17)

1500 metres Walk

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

3000 Metres Walk

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

80 metres Hurdles

11 years	Peter Cotton	15.7h	85/86
12 years	Adam Hoey	13.47	91/92

90 metres Hurdles

13 years	Brian Chappell	13.29	93/94
14 years	Brian Chappell	14.6h	94/95
Vet 50+	Peter McEneaney	15.6h	93/94

100 metres Hurdles

13 years	Grant Mitchell	16.72	86/87
14 years	Cameron Pappas	14.26	10/11
15 years	John Pearce	13.57	06/07
Under 18	Clinton McEwan	15.50	08/09
Under 20	Warren Gray	15.5h	83/84
Vet 30-39	Ken Smith	17.5h	91/92
Vet 40-49	Peter Collins	15.2h	95/96
Vet 50+	Peter McEneaney	19.47	93/94

Pentathlon

Vet 35-39			
Vet 40-44	Andrew Atkinson-Howatt	2512 pts	01/02
Vet 45-49	Andrew Atkinson-Howatt	2595 pts	05/06
Vet 50+	Voitek Klimiuk	3299 pts	11/12

110 metres Hurdles

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

200 metres Hurdles

11 years	Will Devjak	33.9h	94/95
12 years	Sam Hain	32.23	11/12
13 years	Brian Chappell	30.6h	93/94
14 years	Brian Chappell	26.04	94/95
15 years	Craig Birdsall	27.39	98/00
Under 18	Craig Birdsall	25.4h	99/00
Vet 40-49	John Barbuto	57.4h	89/90

300 metres Hurdles

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

400 metres Hurdles

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

Multi-Event

15 years	Brian Chappell	4299 pts	95/96
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Decathlon

13 years	George Davis	1412 pts	16/17
Under 18	Brian Chappell	5328 pts	96/97
Under 20	Brent Page	4370 pts	92/93
Open	Brian Chin	5205 pts	93/94

Weight Pentathlon

Vet 35-39	Jeff Hailey	3175 pts	98/99
Vet 40-44	Jeff Hailey	3416 pts	01/02
Vet 45-49	Mark Johnston	3017 pts	00/01
Vet 50+	Andrew Atkinson-Howatt	3369 pts	13/14

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

Men (as at 2/04/17)

<u>Shot Put</u>				<u>Pole Vault</u>			
11 years	Ben Stevens	10.84m	16/17	12 years	Peter Cotton	1.80m	86/87
12 years	Ben Nogajski	11.28m	13/14		Michael Jones	1.80m	86/87
13 years	Haydn Houssenloge	11.64m	11/12	13 years	Michael Jones	2.00m	87/88
14 years 4kg	Ben Nogajski	14.21m	15/16	14 years	Brian Chappell	2.00m	94/95
14 years 3kg	Haydn Houssenloge	12.79m	11/12				
15 years	Nicholas Kelland	12.83m	11/12	15 years	Glyn Henman	2.40m	83/84
Under 18	Anthony Overton	14.07m	13/14	Under 18	Brian Chappell	2.30m	95/96
Under 20	James Bergfield	12.04m	12/13	Under 20	Brendan Mills	3.00m	93/94
Open	Jeff Hailey	14.86m	98/99	Open	Ray Brookes	3.20m	96/97
Vet 30-39	Jeff Hailey	14.86m	98/99	Vet 30-39	Ray Brookes	3.20m	96/97
Vet 40-49	Jeff Hailey	14.43m	01/02	Vet 50-54	Robert Hanbury-Brown	3.00m	12/13
Vet 50+	Robert Hanbury-Brown	11.31m	10/11				
Vet 60+	Lajos Joni	11.70m	15/16				
<u>Discus</u>				<u>High Jump</u>			
11 years	Ben Stevens	35.25m	16/17	11 years	David Forster	1.38m	82/83
12 years	Noah Hain	29.06m	13/14	12 years	Andrew Crews	1.67m	85/86
13 years	David Forster	31.02m	84/85	13 years	Ben Nogajski	1.78m	14/15
14 years	Ben Nogajski	46.66m	15/16	14 years	Cameron Pappas	1.84m	10/11
15 years	Calum Winsor	45.98m	03/04	15 years	Ben Nogajski	1.85m	16/17
Under 18	Lloyd Parker	43.17m	06/07	Under 18	Michael Dunne	1.85m	99/00
					Cameron Pappas	1.85m	12/13
Under 20	Lloyd Parker	38.45m	09/10	Under 20	Michael Dunne	1.85m	99/00
Open	Jeff Hailey	41.32m	98/99	Open	Zoltan Budimcevic	2.00m	93/94
Vet 30-39	Jeff Hailey	41.32m	98/99	Vet 30-39	John Larkin	1.60m	95/96
Vet 40-49	Jeff Hailey	39.12m	01/02	Vet 40-49	Peter Collins	1.65m	90/91
Vet 50+	Voitek Klimiuk	42.19m	10/11	Vet 50+	Peter Collins	1.53m	01/02
Vet 60+	Lajos Joni	33.99m	15/16				
<u>Javelin</u>				<u>Long Jump</u>			
11 years	Peter Cotton	21.16m	85/86	11 years	Geoff Davies	5.30m	85/86
12 years	Nick Kelland	28.72m	08/09	12 years	David Massey	5.34m	89/90
13 years	Michael Jones	40.26m	87/88	13 years	Noah Hain	5.80m	15/16
14 years	Patrick Kelland	37.84m	08/09	14 years	Cameron Pappas	6.35m	10/11
15 years	Lloyd Parker	50.85m	07/08	15 years	Len Pearce	6.61m	06/07
Under 18	Lloyd Parker	55.19m	08/09	Under 18	Ben Cox	7.14m	11/12
Under 20	Lloyd Parker	51.48m	09/10	Under 20	Geoff Davies	7.33m	92/93
Open	Jeff Hailey	56.20m	99/00	Open	Peter Parsons	7.35m	00/01
Vet 30-39	Jeff Hailey	56.20m	99/00	Vet 30-39	Andrew Jackson	5.93m	03/04
Vet 40-49	Jeff Hailey	55.47m	01/02	Vet 40-49	Peter Collins	5.98m	90/91
Vet 50+	Andrew Atkinson-Howatt	47.73m	07/08	Vet 50+	Simon Butler-White	4.85m	12/13
Vet 60+	Lajos Joni	33.99m	15/16				
<u>Hammer</u>				<u>Triple Jump</u>			
11 years	Patrick Kelland	16.27m	06/07	11 years	David Massey	9.74m	88/89
12 years	David Page	17.92m	91/92	12 years	Sam Hain	10.97m	11/12
13 years	Peter Cotton	24.18m	87/88	13 years	Cameron Pappas	12.42m	09/10
14 years	Nicholas Kelland	32.36m	10/11	14 years	Cameron Pappas	13.80m	10/11
15 years	Glyn Henman	35.20m	83/84	15 years	Len Pearce	14.12m	06/07
Under 18	Paul Menin	45.44m	85/86	Under 18	Ben Cox	15.25m	11/12
Under 20	Andrew Jackson	27.52m	90/91	Under 20	Ben Cox	15.47m	13/14
Open	Jeff Hailey	41.47m	98/99	Open	Ben Cox	15.63m	15/16
Vet 30-39	Jeff Hailey	41.47m	98/99	Vet 30-39	Andrew Jackson	11.38m	03/04
Vet 40-49	Bob Bowker	40.11m	01/02	Vet 40-49	Peter Collins	12.48m	90/91
Vet 50+	Lajos Joni	46.37m	11/12	Vet 50+			
Vet 60+	Lajos Joni	43.72m	15/16				
<u>Weight</u>				<u>Weight (9.08kg)</u>			
Vet 50+	Lajos Joni	14.53m	12/13	Vet 60+	Lajos Joni	15.66m	15/16

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

WOMEN (as at 2/04/17)

100 Metres

11 years	Jamie Casaclang	13.1h	00/01
12 years	Rachael Massey	12.96	88/89
13 years	Annaliese Gardiner	12.36	05/06
14 years	Rachael Massey	12.23	90/91
15 years	Rachael Massey	12.15	91/92
Under 18	Rachael Massey	11.87	93/94
Under 20	Rachael Massey	11.85	95/96
Open	Rachael Massey	11.42	99/00
Vet 28-34	Rachael Jackson	11.96	08/09
Vet 35+	Rachael Jackson	12.14	11/12

200 Metres

11 years	Jamie Casaclang	27.2h	00/01
12 years	Jamie Casaclang	26.0h	01/02
13 years	Rachael Massey	25.78	89/90
14 years	Rachael Massey	25.17	90/91
15 years	Jamie Casaclang	24.71	04/05
Under 18	Merryn Aldridge	24.65	99/00
Under 20	Vicky 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+	Rachael Jackson	25.48	11/12

400 Metres

11 years	Jamie Casaclang	62.3h	00/01
12 years	Jamie Casaclang	59.59	01/02
13 years	Jamie Casaclang	58.51	02/03
14 years	Eliza Harvey	57.16	15/16
15 years	Eliza Harvey	57.54	15/16
Under 18	Tara Millgate	55.68	01/02
Under 20	Tara Millgate	55.88	03/04
Open	Vicky Piggini	53.78	99/00
Vet 28-34			
Vet 35+	Margaret Chappell	65.8h	94/95
Vet 50+	Sue Gore	70.17	16/17

800 Metres

11 years	Larissa West	2:30.97	88/89
12 years	Tara Vance	2:22.58	06/07
13 years	Eliza Harvey	2:17.69	14/15
14 years	Eliza Harvey	2:11.70	15/16
15 years	Eliza Harvey	2:14.12	16/17
Under 18	Kate Spencer	2:11.15	11/12
Under 20	Kate Spencer	2:11.15	11/12
Open	Julie Schwass	2:04.87	83/84
Vet 28-34	Anne Francis	3:10.2h	88/89
Vet 35+	Suzanne Gore	2:33.52	12/13
Vet 50+	Suzanne Gore	2:35.08	13/14

1500 Metres

11 years	Larissa West	5:15.2h	88/89
12 years	Elizabeth Cotton	5:03.18	87/88
13 years	Eliza Harvey	4:52.36	14/15
14 years	Kate Spencer	4:33.28	09/10
15 years	Kate Spencer	4:30.59	10/11
Under 18	Kate Spencer	4:28.41	12/13
Under 20	Kate Spencer	4:20.86	13/14
Open	Maxine Poor	4:19.8h	83/84
Vet 28-34	Anne Francis	7:23.8h	88/89
Vet 35+	Suzanne Gore	5:19.51	08/09
Vet 50+	Suzanne Gore	5:38.36	13/14

3000 Metres

11 years	Megan Cotton	12:02.7h	87/88
12 years	Georgia Arcus	11:02.75	16/17
13 years	Charlotte Ryan	10:30.71	14/15
14 years	Kate Spencer	10:01.98	09/10
15 years	Kate Spencer	9:48.90	10/11
Under 18	Kate Spencer	9:34.63	11/12
Under 20	Kate Spencer	9:16.49	13/14
Open	Kate Spencer	9:16.49	13/14
Vet 28-34			
Vet 35+	Suzanne Gore	13:36.9h	08/09

5000 Metres

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

2000 Metres Steeplechase

11 years	Elizabeth Cotton	9:35.0h	86/87
12 years	Tara Vance	7:54.29	07/08
13 years	Tara Vance	7:38.8h	07/08
14 years	Madeline Playford	7:30.66	16/17
15 years	Kate Spencer	6:40.92	10/11
Under 18	Georgia Winkcup	6:43.31	14/15
Under 20	Kate Spencer	6:36.69	13/14

3000 Metres Steeplechase

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

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

WOMEN (as at 2/04/17)

1500 Metres Walk

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

100 Metres Hurdles

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

3000 Metres Walk

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

200 Metres Hurdles

11 years	Megan Cotton	35.7h	87/88
12 years	Megan Cotton	34.1h	88/89
13 years	Alyssa Lowe	31.71	16/17
14 years	Rachel Neylan	29.2h	96/97
15 years	Shannon Arnott	29.72	02/03
Under 18	Jenny Horsfield	35.8h	87/88
Under 20	Jenny Horsfield	34.2h	88/89
Open			
Vet 28-34			
Vet 35+	Margaret Chappell	37.3h	89/90

5000 Metres Walk

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

300 Metres Hurdles

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

80 Metres Hurdles

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

90 Metres Hurdles

11 years			
12 years			
13 years	Alyssa Lowe	14.57	16/17
14 years	Zoe Warland	13.77	16/17
15 years	Shannon Arnott	13.63	02/03
Under 18			
Under 20			
Open			
Vet 28-34			
Vet 35+			

400 Metres Hurdles

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

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

WOMEN (as at 02/04/17)

<u>Shot Put</u>				<u>High Jump</u>			
11 years	Maddy Bergfield	8.99m	07/08	11 years	Megan Cotton	1.35m	87/88
					Portia Amy-Wilson	1.35m	14/15
12 years	Chiara Lillis	10.46m	16/17	12 years	Nina Osada-Phornsiri	1.56m	10/11
13 years	Maddy Bergfield	10.87m	09/10	13 years	Alexandra Church	1.72m	97/98
14 years	Maddy Bergfield	12.08m	10/11	14 years	Alexandra Church	1.74m	98/99
15 years	Maddy Bergfield	12.59m	11/12	15 years	Alexandra Church	1.74m	99/00
Under 18	Maddy Bergfield	13.10m	13/14	Under 18	Alexandra Church	1.82m	01/02
Under 20	Maddy Bergfield	12.04m	14/15	Under 20	Alexandra Church	1.82m	01/02
Open	Maddy Bergfield	12.04m	14/15	Open	Alexandra Church	1.82m	01/02
Vet 28-34				Vet 28-34			
Vet 35+	Helen Searle	12.59m	93/94	Vet 35+	Margaret Chappell	1.35m	90/91

<u>Discus</u>				<u>Long Jump</u>			
11 years	Maddy Bergfield	25.68m	07/08	11 years	Janet Gault	4.69m	89/90
12 years	Kimberley Lowe	31.46m	06/07	12 years	Janet Gault	4.96m	90/91
13 years	Cassie Hewitt	39.59m	06/07	13 years	Alyssa Lowe	5.15m	16/17
14 years	Cassie Hewitt	35.53m	07/08	14 years	Megan Cotton	5.44m	90/91
15 years	Maddy Bergfield	37.23m	11/12	15 years	Megan Cotton	5.66m	90/91
Under 18	Maddy Bergfield	41.75m	12/13	Under 18	Sachi Kayama	6.00m	13/14
Under 20	Maddy Bergfield	41.75m	12/13	Under 20	Vicky Piggin	6.20m	94/95
Open	Maddy Bergfield	41.75m	12/13	Open	Vicky Piggin	6.36m	97/98
Vet 28-34				Vet 28-34			
Vet 35+	Helen Searle	30.64m	94/95	Vet 35+	Margaret Chappell	4.72m	90/91

<u>Javelin</u>				<u>Triple Jump</u>			
11 years	Julia Kelland	23.92m	12/13	11 years	Portia Amy-Wilson	9.44m	14/15
12 years	Julia Kelland	30.84m	13/14	12 years	Janet Gault	10.40m	90/91
13 years	Chloe Davis(400g)	35.33m	13/14	13 years	Portia Amy-Wilson	10.51m	16/17
14 years	Chloe Davis(500g)	34.77m	14/15	14 years	Maya Leverett	11.15m	13/14
15 years	Maddy Bergfield	32.82m	11/12	15 years	Maya Leverett	11.49m	14/15
Under 18	Chloe Davis	36.11m	16/17	Under 18	Maya Leverett	12.33m	15/16
Under 20	Laura Cornford	45.52m	04/05	Under 20	Maya Leverett	12.33m	15/16
Open	Mary Thomas	46.98m	82/83	Open	Maya Leverett	12.33m	15/16
Vet 28-34				Vet 28-34			
Vet 35+	Mary Thomas	46.98m	82/83	Vet 35+	Margaret Chappell	10.22m	89/90

<u>Hammer</u>				<u>Multi-Events</u>			
11 years	Margaret Gault	15.54m	91/92	13 years	Elizabeth Cotton	3679 pts	89/90
12 years	Julia Kelland	20.43m	13/14	14 years	Megan Cotton	4265 pts	90/91
13 years	Crystal Overton	21.87m	12/13	15 years	Megan Cotton	4719 pts	90/91
14 years	Julia Kelland (3kg)	22.14m	15/16	Under 18	Tara Millgate	4271 pts	01/02
15 years	Maddy Bergfield	41.51m	11/12	Under 20	Megan Cotton	4239 pts	93/94
Under 18	Maddy Bergfield	41.59m	12/13	Vet 35+	Sue Gore	1873 pts	07/08
Under 20	Joanne Capper	34.06m	84/85				
Open	Joanne Capper	44.54m	89/90				
Vet 28-34							
Vet 35+	Helen Searle	44.00m	96/97				

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

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

The best performances on record are still based on the athlete's age on the date of performance in line with how State and National age groups were determined at the times these records commenced.

An athlete competing in the U18 age group is also eligible to set the U20 and Open record but only if the implements, hurdles etc are of the same specification.

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

Girls Withdrawn Weights

Shot Put

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

Javelin

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

Hammer

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

RYDE ATHLETICS CENTRE – SENIORS DIVISION

CENTRE RECORDS 2016 – 2017

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
	Alyssa Lowe	13.1	2016
Under 15	Rachael Massey	12.8	1990
Under 16	Jamie Casaclang	12.3	2004
Under 18	Rachael Massey	12.1	1992
Under 20	Vicky Pigginn	12.1	1994
Open	Rachael Massey	11.8	1996
Vet 30+	Sharon Aldridge	13.2	1996
Vet 40+			
Vet 50+	Sue Gore	15.3	2012

200 Metres

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

400 Metres

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

800 Metres

Under 12	Megan Cotton	2:33.0	1987
Under 13	Jamie Casaclang	2:35.4	2001
Under 14	Tara Vance	2:34.4	2007
Under 15	Kate Spencer	2:27.8	2009
Under 16	Eliza Harvey	2:28.6	2016
Under 18	Kate Spencer	2:16.2	2013
Under 20	Tara Millgate	2:30.5	2003
Open	Tara Millgate	2:21.2	2007
Vet 30+	Sue Gore	2:52.9	1992
Vet 40+	Sue Gore	2:40.6	2009
Vet 50+			

BOYS

100 Metres

Under 12	Daniel Bowtell	13.7	2012
Under 13	Gareth Smith	13.2	1993
Under 14	Sam Hain	12.2	2012
Under 15	Brian Chappell	11.9	1994
Under 16	John Pearce	11.4	2006
Under 18	John Pearce	11.0	2008
Under 20	Glen McCarthy	11.1	1988
Open	Brett Jovanovich	11.1	2012
Vet 30+	Carl Casaclang	11.9	2002
Vet 40+	Adrian Wade	14.8	2013
Vet 50+			

200 Metres

Under 12	David Forster	29.7	1982
Under 13	Antonia Galati	28.2	2009
Under 14	Ian Pereira	26.1	1984
Under 15	Brian Chappell	24.5	1994
Under 16	Patrick Kong	24.5	2009
Under 18	Ian Pereira	23.0	1988
Under 20	Glen McCarthy	22.4	1988
Open	Brett Jovanovich	22.8	2009
Vet 30+	Carl Casaclang	24.6	2001
Vet 40+	Adrian Wade	27.2	2014
Vet 50+	Voitek Klimiuk	29.2	2011
Vet 70+	Ron Wills	37.0	2013

400 Metres

Under 12	Adam Bruntsch	67.2	2015
Under 13	Harrison Wade	63.4	2012
Under 14	Harrison Wade	59.6	2013
Under 15	Brian Chappell	55.5	1994
Under 16	Damian Petrovic	55.6	2004
Under 18	Patrick Kelland	53.3	2012
Under 20	Patrick Kelland	54.2	2013
Open	Will Devjak	53.8	2006
Vet 30+	Greg Boyce	54.1	2006
Vet 40+	Adrian Wade	57.8	2014
Vet 50+			

800 Metres

Under 12	Will Devjak	2:28.2	1994
Under 13	Adam Bruntsch	2:26.1	2017
Under 14	Harrison Wade	2:17.9	2013
Under 15	Kevin Laws	2:11.8	1985
Under 16	James Bergfield	2:11.8	2009
Under 18	James Bergfield	2:08.8	2011
Under 20	Patrick Kelland	2:06.2	2013
Open	Will Devjak	2:01.8	2003
Vet 30+	Greg Boyce	2:04.8	2005
Vet 40+	Adrian Wade	2:12.6	2014
Vet 50+	Simon Butler-White	3:11.4	2013
Vet 70+	Ron Wills	3:15.8	2013

RYDE ATHLETICS CENTRE – SENIORS DIVISION

CENTRE RECORDS 2016 - 2017

GIRLS

1500 Metres

Under 12	Georgia Arcus	5:20.7	2015
Under 13	Anastasia Lakic	5:29.6	2016
Under 14	Charlotte Ryan	5:14.5	2014
Under 15	Charlotte Ryan	5:11.1	2015
Under 16	Elly Gallagher	4:55.4	2014
Under 18	Kate Spencer	4:42.0	2012
Under 20	Katie Jameson	5:16.2	2006
Open	Katie Jameson	5:30.3	2008
Vet			
Vet 40+	Sue Gore	5:52.0	2008
Vet 50+	Sue Gore	5:40.1	2012

1500m Walk

Under 12	Natalie Cummings	8:14.5	1985
Under 13	Natalie Cummings	8:42.6	1986
Under 14	Sarah Kelland	9:00.2	2011
Under 15	Carolyn Little	8:02.8	1981
Under 16	Yvette Cotton	8:22.0	1986
Under 18	Sharon Cummings	7:32.6	1986
Under 20	Yvette Cotton	8:16.4	1990
Open	Yvette Cotton	8:24.4	1991
Vet 30+			
Vet 40+	Sue Gore	10:15.8	2007
Vet 50+			

80m Hurdles

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

90m Hurdles

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

100m Hurdles

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

BOYS

1500 Metres

Under 12	Adam Bruntsch	5:00.9	2015
Under 13	Harrison Wade	4:41.6	2012
Under 14	Harrison Wade	4:43.0	2013
Under 15	Chris Mills	4:44.6	1987
Under 16	Harrison Wade	4:27.3	2014
Under 18	Will Devjak	4:17.4	2000
Under 20	Will Devjak	4:16.7	2002
Open	Brad Adams	4:22.2	1992
Vet	Paul Sampson	4:43.5	2002
Vet 40+	Adrian Wade	4:32.8	2014
Vet 50+			

1500m Walk

Under 12	Peter Cotton	9:25.0	1985
Under 13	Grant Mitchell	9:26.0	1985
Under 14	George Davis	9:07.1	2016
Under 15	Christian Millgate	8:03.0	2005
Under 16	Aron Warren	8:34.5	2001
Under 18	Chris Archer	11:31.0	1986
Under 20	Patrick Kelland	10:26.2	2013
Open	Graham Walsh	6:59.6	1991
Vet	Graham Walsh	7:14.5	1992
Vet 40+	Peter Davis	11:04.0	2017
Vet 50+	Voitek Klimiuk	10:47.9	2011

80m Hurdles

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

90m Hurdles

Under 14	David Forster	15.4	1984
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100m Hurdles

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

110m Hurdles

Open			
Vet	Ken Smith	19.6	1991

**RYDE ATHLETICS CENTRE – SENIORS DIVISION
CENTRE RECORDS 2016 - 2017**

GIRLS

Javelin

Under 12	Julia Kelland	22.13m	2013
Under 13	Chloe Davis	29.68m	2013
Under 14	Julia Kelland	30.62m	2015
Under 15	Julia Kelland	29.07m	2016
Under 16	Maddy Bergfield	31.26m	2011
Under 18	Chloe Davis	35.05m	2017
Under 20			
Open	Yvette Cotton	23.88m	1991
Vet 30+	Helen Searle	22.38m	1991
Vet 40+	Sue Gore	14.44m	2011
Vet 50+			

Discus

Under 12	Chiara Lillis	23.45m	2015
Under 13	Cassie Hewitt	28.59m	2006
Under 14	Yvette Cotton	26.44m	1984
Under 15	Maddy Bergfield	31.73m	2010
Under 16	Nicola Bowtell	31.94m	2014
Under 18	Maddy Bergfield	39.35m	2012
Under 20	Nicola Jones	33.28m	2004
Open	Yvette Cotton	27.84m	1991
Vet	Helen Searle	26.82m	1991
Vet 40+			
Vet 50+	Sue Gore	15.91m	2012

Shot Put

Under 12	Maddy Bergfield	7.86m	2007
Under 13	Megan Cotton	8.97m	1988
Under 14	Maddy Bergfield	10.87m	2009
Under 15	Julia Kelland	9.49m	2016
Under 16	Maddy Bergfield	12.03m	2011
Under 18	Maddy Bergfield	13.10m	2014
Under 20	Maddy Bergfield	10.74m	2014
Open	Yvette Cotton	8.78m	1991
Vet	Helen Searle	10.46m	1991
Vet 40+	Sue Gore	6.37m	2011
Vet 50+			
Vet 60+			

Hammer

Under 12	Margaret Gault	15.54m	1991
Under 13	Kimberley Lowe	20.39m	2006
Under 14	Julia Kelland	22.52m	2014
Under 15	Crystal Overton	17.72m	2013
Under 16	Sarah Kelland	19.74m	2013
Under 18	Maddy Bergfield	38.34m	2012
Under 20	Joanne Capper	31.96m	1984
Open	Natalie Sing	17.96m	2006
Vet	Narelle Page	20.64m	1991
Vet 40+			
Vet 50+	Sue Gore	17.74m	2012

BOYS

Javelin

Under 12	Peter Cotton	21.16m	1985
Under 13	Gareth Smith	23.36m	1993
Under 14	David Forster	33.06m	1984
Under 15	Brian Chappell	34.22m	1994
Under 16	Nick Kelland	39.61m	2011
Under 18	Nick Kelland	47.65m	2014
Under 20	Patrick Kelland		
Open	David Strong	41.30m	1986
Vet 30+			
Vet 40+	Andrew Atkinson-Howatt	43.50m	2001
Vet 50+	Andrew Atkinson-Howatt	43.98m	2009
Vet 70+	Ron Wills	16.64m	2013

Discus

Under 12	Jett Tall	26.16m	2014
Under 13	Jett Tall	26.75m	2015
Under 14	Jett Tall	33.25m	2017
Under 15	Mua Morris	41.23m	2003
Under 16	Sean Brennan	40.56m	1983
Under 18	Anthony Overton	31.80m	2013
Under 20	Nick Kelland	37.10m	2014
Open	Darren Wilson	36.82m	1992
Vet			
Vet 40+	Kern Wyman	31.22m	2015
Vet 50+	Robert Hanbury-Brown	37.36m	2010

Shot Put

Under 12	Ben Nogajski	8.23m	2013
Under 13	David Forster	8.83m	1983
Under 14	Mua Morris	10.68m	2002
Under 15	Craig Sanders	11.73m	1984
Under 16	David Forster	11.66m	1986
Under 18	Nick Kelland	12.27m	2014
Under 20	Brent Page	11.33m	1993
Open	Darren Wilson	11.96m	1992
Vet			
Vet 40+	Kern Wyman	10.93m	2014
Vet 50+	Andrew Atkinson-Howatt	11.01m	2009
Vet 60+	Lajos Joni	11.11m	2017
Vet 70+	Ron Wills	6.23m	2013

Hammer

Under 12	Patrick Kelland	16.27m	2006
Under 13	Jett Tall	22.90m	2015
Under 14	Jett Tall	24.49m	2016
Under 15	Lloyd Parker	24.14m	2006
Under 16	Steve Capper	28.40m	1983
Under 18	Steve Capper	36.78m	1984
Under 20	Nick Kelland	33.62m	2014
Open	Andrew Atkinson-Howatt	32.31m	2008
Vet			
Vet 40+	Kern Wyman	26.84m	2015
Vet 50+	Lajos Joni	38.83m	2014
Vet 60+	Lajos Joni	40.05m	2016

RYDE ATHLETICS CENTRE – SENIORS DIVISION

CENTRE RECORDS 2016- 2017

GIRLS

High Jump

Under 12	Portia Amy-Wilson Chiara Lillis 2015	1.30m	2014
Under 13	Beth Chilcott	1.42m	2006
Under 14	Alyssa Lowe	1.56m	2016
Under 15	Christine Nettle	1.55m	1990
Under 16	Christine Nettle	1.45m	1991
Under 18	Karina Longshaw Sharon McConkey	1.50m 1.50m	1987 1990
Under 20	Christine Gosling	1.47m	1992
Open	Natalie Sing	1.47m	2006
Vet	Margaret Chappell	1.35m	1990
Vet 40+			
Vet 50+			

Long Jump

Under 12	Portia Amy-Wilson	4.51m	2014
Under 13	Janet Gault	4.66m	1990
Under 14	Janet Gault	4.65m	1991
Under 15	Megan Cotton	5.10m	1990
Under 16	Bridget Oakley	5.18m	2004
Under 18	Kate Harvey	4.95m	1991
Under 20	Vicky Piggin	5.85m	1994
Open	Kerry Waite	5.00m	1982
Vet	Sharon Aldridge	4.37m	1994
Vet 40+			
Vet 50+			

Triple Jump

Under 12	Portia Amy-Wilson	9.36m	2015
Under 13	Janet Gault	10.04m	1990
Under 14	Christine Nettle	10.06m	1989
Under 15	Shannon Arnott	10.11m	2001
Under 16	Sachi Kayama	10.73m	2011
Under 18	Kate Harvey	10.90m	1991
Under 20	Rasvinder Gill	10.66m	2003
Open	Yvette Cotton	9.05m	1991
Vet	Margaret Chappell	9.91m	1990
Vet 40+			
Vet 50+			

Pole Vault

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

BOYS

High Jump

Under 12	David Massey	1.32m	1986
Under 13	Peter Cotton	1.46m	1986
Under 14	Nikita Marokakis	1.58m	2002
Under 15	Rory Tarnow-Mordi	1.65m	2006
Under 16	Clinton McEwan	1.70m	2006
Under 18	John Pearce Ben Cox	1.75m 1.75m	2008 2010
Under 20	Clinton McEwan	1.75m	2010
Open	Andrew Jackson	1.75m	1994
Vet	Peter Collins	1.60m	1993
Vet 40+	Adrian Wade	1.45m	2014
Vet 50+	Simon Bergfield	1.15m	2016

Long Jump

Under 12	David Massey	4.74m	1988
Under 13	David Massey	4.91m	1989
Under 14	Nikita Marokakis	5.26m	2002
Under 15	Brian Chappell	5.57m	1994
Under 16	John Pearce	6.15m	2006
Under 18	Ben Cox	6.38m	2010
Under 20	Brent Page	6.38m	1993
Open	Brett Jovanovich	6.44m	2008
Vet	Peter Collins	5.47m	1993
Vet 40+	Adrian Wade	4.85m	2013
Vet 50+	Simon Bergfield	3.79m	2016

Triple Jump

Under 12	Joshua Arcus	9.46m	2013
Under 13	Len Pearce	11.14m	2003
Under 14	Noah Hain	11.81m	2016
Under 15	Jett Tall	11.78m	2017
Under 16	Brent Page	12.43m	1990
Under 18	Len Pearce	13.17m	2007
Under 20	Brent Page	13.03m	1993
Open	Andrew Jackson	12.70m	1994
Vet	Peter Collins	11.78m	1993
Vet 40+	Adrian Wade	10.21m	2014
Vet 50+	Voitek Klimiuk	10.12m	2011

Pole Vault

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

RYDE ATHLETICS CENTRE – SENIORS DIVISION

The Centre records above are based on the athlete's age on the date of performance in line with how State and National age groups were determined at the times these records commenced

CENTRE RECORDS 2016 - 2017

GIRLS

BOYS

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

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

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

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

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

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