

RYDE ATHLETICS CENTRE INCORPORATED



ANNUAL REPORT 2021/ 2022 SEASON

ABN: 99 850 553 401

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Life Members

Sharon Aldridge
Margaret Atkinson
Andrew Atkinson-Howatt
Nancy Atterton
Louise Bergfield
Simon Bergfield
Bruce Brown
Lynda Calder (nee Mitchell)
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
Glyn Henman
Ivana Hilder
Andrew Jackson
Rachel 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)
Matt Ralph
Julie Reynolds
Judy Scott (née Murray)
Rita Shield
Gaye Shuttler (née Woolley)
Dave Sunderland
Desleigh Splitteler
Tristan Tall
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
Ivana Hilder
Lynda Calder
Jon Baker

RYDE ATHLETICS CENTRE INCORPORATED

2021/2022 SEASON – ANNUAL REPORT

Directors' Report

Out of adversity comes innovation, ingenuity, and resilience as, once again, our athletics season faced not only the challenges of COVID but also the wettest summer on record.

The wet weather certainly provided an opportunity for some quick thinking where, with most of the track out of action, the junior committee quickly set-up a cross country course on the outside of the track to ensure our athletes could compete.

With over 500 athletes participating at Ryde Athletics Centre this season, we once again achieved some outstanding results:

- 23 athletes qualified for the Australian National Championships with three athletes winning medals
- 31 athletes competed at NSW Juniors with 15 athletes winning 19 medals
- 48 athletes qualified for the LANSW state championships with 10 athletes winning 15 medals
- Six athletes competed in 13 events at the NSW Masters Championships winning eight medals
- One athlete competed in six events at the Australian Masters Championships winning two bronze medals

While most of our athletes are younger - athletics is for all ages. If you are a parent who runs to keep fit or enjoys the jumps or throws, please consider joining the club and challenging yourself by competing at the NSW Masters Championships or at one of the many NSW Athletics events around Sydney. Returning to the track this year after a 35-year hiatus, my experience was fantastic – with camaraderie and fun being the focus rather than winning.

The next few months will be exciting for athletics fans with both the World Athletics Championships and Commonwealth Games taking place. Please keep an eye out for Georgia Winkcup who has a long history with Ryde Athletics Centre who is training hard to qualify for Australian Team.

On behalf of the directors', I would like to thank our parent volunteers, age managers, coaches, officials, and committee members for working as a team to deliver a very successful season - please know you are the heart of our club. This season, your passion and support has played a pivotal role in helping over 450 of our athletes (from tiny tots to masters) achieve personal bests.

Simon Bergfield
Ross Forster
Jon Baker
Ivana Hilder
Lynda Calder

Directors

**RYDE ATHLETICS CENTRE INCORPORATED
2021/2022 SEASON – ANNUAL REPORT**

JUNIORS REPORT

Committee Members - Juniors

PRESIDENT	Donna Armstrong
VICE PRESIDENT	Aaron McGregor
SECRETARY	Jannet Pawsey
TREASURER	Winnie Cheng
ASSISTANT TREASURER	Melissa Chandler
REGISTRAR	Kerryn Martin
CHAMPIONSHIPS	Lynda Calder
PUBLICITY	Briana Shorten
AGE MANAGERS	Cara Everson
RESULTS	Greg Lowe, Joanna Wong
OFFICER FOR COACHING	Dale Boccabella
OFFICER FOR VOLUNTEERS	Sigrid Smith
TRACK and FIELD OFFICER	Aaron McGregor
EQUIPMENT	Aaron McGregor
COUNCIL LIASON	Donna Armstrong
CANTEEN	Jen Emmerson
BBQ	Brad Shorten
UNIFORMS	Alesha Fraser
OFFICER FOR FIRST AID	Sigrid Smith

Boys Captain	Jeremy Plummer
Girls Captain	Mikayla Kelleher

Age Managers – Juniors

TINY TOTS	Shane & Lara Prakash
UNDER 6 GIRLS	Valerie Manson
UNDER 6 BOYS	Carl Marsaus
UNDER 7 GIRLS	Kathlene Campbell
UNDER 7 BOYS	Neil Blackwell
UNDER 8 GIRLS	Steven Barlow
UNDER 8 BOYS	Elkie Griffiths
UNDER 9 GIRLS	Vicki Tanner
UNDER 9 BOYS	Danielle McGregor
UNDER 10 GIRLS	Kleanne Kolman
UNDER 10 BOYS	Louise Shiel
UNDER 11 GIRLS	Nick Pawsey
UNDER 11 BOYS	Donna Armstrong
UNDER 12 GIRLS	Neil Armstrong
UNDER 12 BOYS	Melissa Chandler
UNDER 13 GIRLS	Elizabeth Shelley
UNDER 13 BOYS	Duncan Laurie
UNDER 14 GIRLS	Jannet Pawsey
UNDER 14 BOYS	Christine Bruntsch
UNDER 15 GIRLS	Dave Johnston
UNDER 15 BOYS	Gareth Chandler
UNDER 17 GIRLS	Jo Kelleher / Peter Hartmann
UNDER 17 BOYS	Claudia Smith / Michael Mannasz

PRESIDENT'S REPORT

Things were looking good to start my first season as President. With a rough two seasons behind us I was looking forward to getting back on the track and running a "normal" season. However things weren't meant to be. Sydney was hit with its biggest and longest lockdown and there was a lot of uncertainty around when the season would start.

We were finally given the go ahead that community sports could start again! We were then hit with a 200 person limit. The committee was scrambling and I can't tell you how many messages were sent between the Executive committee in one weekend with ideas and ways to get us back on the track. Finally, some good news, we could have 1000 people at Dunbar Park.

We returned to Dunbar Park on 30th October – 9 weeks later than we should have started. However better late than never. We knew families were keen to get back on the track as we had 440 registrations by the time we started - having only opened registrations two weeks earlier. There were still many Covid restrictions that had to be upheld and we can't thank our families enough for embracing these restrictions and working with us, not against us. I can't quite put into words how great it felt to be standing at Dunbar Park with a crowd of people. It has to be said that we wouldn't have been there without the dedication of our committee. We would normally have a 5 week lead-up to our first week of comp and we got it done in just under 2 weeks. A special mention to our Registrar Kerryn Martin who put in countless hours and went over and above working with a new registration system.

We finally got the season started and the U17's and 15's voted in our new club captains, Mikayla Kelleher and Jeremy Plummer. Both have been members of our club since Tots. This was quickly followed by the Jim Hull Christmas Gift Race, an exciting 100m handicap race held at the club each year. It was a tight finish and the trophy was taken out by U8G Indi Mitchell.

Zone registrations opened up and we had 148 Ryde athletes represent us at Barton Park. 118 would continue onto Regionals and then 48 qualifying for State. A great representation for Ryde!

In January we held the Ryde Games. This is an initiative from the Ryde Sports Foundation that Ryde Athletics continues to uphold. It was great to see many adults get involved this year!

In February we were lucky enough to have a club visit from Coles Ambassadors Brandon Starc and Kelsey-Lee Barber. Wet weather, once again, tried to dampen our spirits but it only played in our favour! We found a location off-site thanks to our amazing community and ended up having the athletes with us for 2 hours rather than 45 minutes. Brandon and Kelsey-Lee took a lot of time to chat with the kids and take photos with them and I think it's something many of the young athletes will remember for some time!

This year we had to cancel three competition weeks due to the weather or track conditions. We also dealt with many mornings of on-and-off showers. While it's unfortunate that we were impacted more than we ever have been before because of the rain this year we need to remind ourselves just how lucky we are. Many clubs lost a lot more of their season, and worse, many clubs lost equipment due to flooding.

This year we had 10 club records broken, an amazing effort from our Athletes!

- Ben Stevens U17B Shot Put
- Ben Stevens U17B Discus
- Andrew Kalos U15B Javelin
- Jessica Koussas U14G Discus
- Yahya Ali U14B 100m
- Aiden Wright U14B 400m
- Harper Pell U12G Hurdles
- April Bateman U12G Hurdles, twice
- Jacqueline Pawsey U11G Hurdles
- Isabella Koussas U11G Discus, twice

Like many before it, the 21/22 season is one that will be remembered! At Ryde we are fortunate to have a great committee who go over and above to make sure that our athletes get the most out of every Saturday morning. I would like to personally thank the committee for the many hours that they put in each season and for being such a great support. I look forward to welcoming more members into our committee next year. While we do work hard it is hands down one of the most rewarding roles that I hold. I have a huge amount of pride in the Ryde Athletics club and I look forward to its growth in the future.

Donna Armstrong
President – Juniors

VICE PRESIDENT'S REPORT

As Vice President I have been trying to help the rest of the committee (probably more likely annoying them) with their roles and helping where I can with getting our Saturday competition days running smoothly. So my apologies to anyone whose toes I have stepped on.

Also I have been assisting with organising a project the committee has approved to create a 400m marshalling area with Astro turf and bench seating, a relocated fence, gates and a new path from results to the track entry. We are waiting on final Council approval before starting and completing the project soon. Looking forward to some field changes and improvements for the new season.

Aaron McGregor
Vice President – Juniors

SECRETARY'S REPORT

Over the last couple of years, our club has had to deal with the challenges of a temporary field relocation, COVID, bushfire pollution and this year the additional disruption of rain which impacted our track. Despite these challenges, our passionate committee members, parents and athletes did everything possible to ensure our athletes could get on the track whenever possible. While many people were involved this season, I'd like to personally thank our Club President Donna Armstrong and Vice President Aaron McGregor. Both are dedicated committee members that are passionate about having our fields and competition accessible to not only our Ryde Club, but any members across LANSW. A special thanks also to Kerryn Martin for her role as Club Registrar. This is a big role under normal circumstances, but having to do this in a year with a new registration system and having to continually manage COVID restrictions/rules is a huge undertaking. A final thank-you to Winnie Cheng for taking on the role as club treasurer. This is a big role and it's been great having a new member on the executive team.

I hope that Ryde Athletics continues to encourage children to just have a go. As always our committee is very passionate about ensuring that kids participate. As Club Secretary and also an age manager, it's been great to see so many social interactions, a spirit of competition and friendly rivalry.

As we move into the new season, I'd like to encourage more parents and/or older athletes to consider joining our committee. While I'd admit there is some work involved, every role is important and every help is greatly appreciated. At the end of the day, it is extremely rewarding.

Jannet Pawsey
Secretary - Juniors

TREASURER'S REPORT

Ryde Athletics Centre Inc

Profit and Loss

April 2021 - March 2022

	<u>Apr. 2021 - Mar. 2022</u>	<u>Apr. 2020 - Mar. 2021 (PY)</u>	
Income			
Canteen & BBQ Income	22,469	20,786	
Grants received	5,446	2,000	1
Registration fees	37,127	31,207	2
School equipment hire fees	2,600	300	
Uniforms	8,747	9,450	
Total Income	76,389	63,743	
Gross Profit	76,389	63,743	
Other Income			
Interest income	35	62	
Total Other Income	35	62	
Expenses			
Accounting and bookkeeping	670	670	
Advertising and marketing	1,230	-	
Bank charges and fees	11	1	
Canteen & BBQ Expenses	10,207	9,213	
Coaching Expenses	-	585	
Computer Software/Hardware	-	5,575	
Contractor Expenses (non salary)	-	150	
Grant expenses	6,916	-	3
Insurance	288	498	
Non sport equipment purchase	4,379	-	4
Office expenses	208	123	
Postage & shipping	166	139	
Presentation & Trophies expenses	15,050	8,633	5
Printing, stationery & supplies	1,517	-	
Registration and insurance	2,514	383	
Repairs and maintenance	5,079	4,641	
Sponsorships/donations	1,125	1,440	
Sports Equipment	2,435	2,490	
Subscriptions	957	277	
Training and Development	290	-	
Uniform costs	9,289	8,557	6
Volunteer expenses	1,100	1,027	
Total Expenses	63,430	44,403	
Net Earnings	12,994	19,402	

Notes

1. Grants received from Bendigo Bank, Office of Sport and the Leon family.
2. Increase in income from registrations reflects increase in registered athletes this year
3. Grants received were used to purchase \$4k of sports equipment and \$3k on uniforms
4. Airconditioning units were purchased and installed at Dunbar Park
5. \$4k of expenses paid this year were relating to prior year. Increased costs of trophies due to higher number of registered athletes
6. Bulk purchase of uniforms in current year, which will be sold in future seasons.

Ryde Athletics Centre Inc
Balance Sheet (Cash Basis)
As of March 31 2022

	<u>As of Mar. 31, 2022</u>	<u>As of Mar. 31, 2021 (PY)</u>
Assets		
Current Assets		
Bendigo Card Account	1,459	407
Bendigo Main Operating account	81,102	72,426
Cash floats	3,265	-
Total Current Assets	<u>85,827</u>	<u>72,832</u>
Total Assets	85,827	72,832
Liabilities and shareholder's equity		
Shareholders' equity:		
Net Income	12,994	19,402
Opening balance equity	27,263	27,263
Retained Earnings	45,569	26,167
Total shareholders' equity	<u>85,827</u>	<u>72,832</u>
Total liabilities and equity	85,827	72,832

Revenue for the 21/22 season was higher year on year due to increased registration numbers and grants received. Canteen and BBQ income was also higher despite a shortened season affected by covid restrictions and adverse weather.

Expenses were also higher in the current year due to expenditure of grants received, registration fees for zone (which did not occur in 20/21 due to covid) and installation of air-conditioning units. Further, presentation and trophies expenses of approximately \$4k relating to the prior year were paid in the current year. Uniform costs were higher for the year due to stock on hand. Uniforms are sold by the club at break even and Tiny Tot shirts are free.

A \$13k profit was achieved for the year with accumulated profits of \$58k, of which \$25k is earmarked for capital works and improvements at Dunbar Park pending council approval. Given the uncertain conditions in the past two seasons, the club has been conservative with costs and expenditure. The committee continues to monitor the financial position of the club and in the coming year will consider potential investments balanced against continued challenges of the pandemic and other factors.

Winnie Cheng
Treasurer - Juniors

AUDITOR'S REPORT

RYDE ATHLETICS CENTRE INCORPORATED
INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF
RYDE ATHLETICS CENTRE INCORPORATED

I have audited the financial report of Ryde Athletics Centre Incorporated (the association), which comprises the Balance Sheet as at 31 March 2022 and the statement of profit or loss for the year then ended.

In my opinion, the accompanying financial report gives a true and fair view of the financial position of the association as at 31 March 2022 and of its financial performance for the year then ended.



GRAHAM WEBB
Registered Company Auditor Number 336001

Date: 3 May 2022

REGISTRAR'S REPORT

Our 49th season was once again a challenging one. Sydney was hit with what seemed like a never ending lockdown due to Covid-19 and there was a lot of uncertainty around when or even if the season would start.

We returned to Dunbar Park 9 weeks later than we usually would have started but knew families were keen to get back on the track as we had 440 Registrations by the time we started, having only opened registrations two weeks earlier. This season saw an increase in registrations which was most likely due to the postponement of the 2020 Olympic Games to 2021.

LANSW introduced a new registration system this year which had lots of teething issues causing many headaches for myself, the committee and LANSW but I'd like to thank all of our members for being patient and understanding during the transition. Moving forward the new system should make the registration process much easier and smoother for all of our current and new members.

I'd like to thank the committee for all of their help and support throughout the registration process and in getting the season up and running in such a short time frame. Donna Armstrong in her role of President and Aaron McGregor as Vice President, Jannet Pawsey as Secretary and Winnie Cheng as our new Treasurer this season put a lot of time and effort in behind the scenes making sure our athletes can get out on the track each week. Everyone on our committee is very passionate and dedicated about athletics and we couldn't do it without each and every one of them. I would encourage all parents and carers to consider joining our committee and becoming part of our friendly and welcoming team.

We may see an increase in numbers again next season as the Commonwealth Games will take place in mid 2022.

Below is a comparison with past season's figures:

Season	Boys (%)	Girls (%)	Total
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
2017/18	393 (56.9)	298 (43.1)	691
2018/19	310 (55.8)	246 (44.2)	556
2019/20	306 (55.8)	242 (44.2)	548
2020/21	227 (51.7)	212 (48.3)	439
2021/22	285 (54.3)	240 (45.7)	525

The breakup of the registrations is:

	Boys	Girls	All
	Total	Total	Total
Tots	32	15	47
U6	40	12	52
U7	26	14	40
U8	40	37	77
U9	27	26	53
U10	25	27	52
U11	25	32	57

U12	14	25	39
U13	19	18	37
U14	18	10	28
U15	11	7	18
U17	8	17	25
Total	285	240	525

Kerryn Martin
Registrar – Juniors

PUBLICITY REPORT

2021/22, the season we weren't sure we could have part 2!

Another shaky start to the season with much work behind the scenes from the committee to get us back to the track as soon as we could. Again we endured many restrictions and rules, but through the help of our volunteers we managed our season!

Through all of this we utilised our club emails (via MailChimp), TeamApp, and social media (both Facebook and Instagram) to ensure that information was clear and understood by all. TeamApp is essential for instant notifications, for weather updates or for age managers to alert when competition is finished or close to finishing. Social Media is used for reminders of upcoming events and to celebrate the amazing achievements of our athletes. The club emails are used to disseminate the important information and larger scale news.

Our social media presence and audience over both platforms has grown and we continue to be one of the top performing little athletics clubs when it comes to social media engagement and content.

Briana Shorten
Publicity Officer – Juniors

AGE MANAGERS' REPORT

The 2021/2022 start of the season saw Ryde Little Athletics still having to restrict registrations, as we came out of another COVID lockdown and were forced to start the season late. However as the season got underway and these restrictions in numbers were lifted we saw many of the younger age groups have a large number of registrations. The U6 boys, U8 boys and U8 girls, had huge numbers and each of those age managers should be recognised for their incredible management of these large and young groups.

It was exciting to see the return of the Zone and Regional Competition. I commend all age managers for encouraging their team to get involved, pick their favourite or strongest events, and get involved. As well as that, once again the club ran in club events such as the 100m handicap, where age managers had to nominate competitors to represent their team.

Thank you to all the age managers for the 2021/2022 season, thank-you for turning up every week, encouraging, teaching, guiding, and caring. I know that the club appreciates all your efforts, as do the parents and especially the kids.

Cara Everson
Officer for Age Managers - Juniors

COACHING REPORT

We had a delayed start to the season and coaching down at Dunbar Park due to COVID-19 restrictions. Aside from this delayed start though, the mid-week coaching program of the club for season 2021-22 was virtually un-interrupted this season, until the rains came in January 2022. From then on, there were plenty of washouts. Despite the rain, regular and consistent coaching was provided through the season on Monday, Tuesday, Wednesday and Thursday afternoons. In my time, this coverage of four nights per week was a first.

The club's Athletics Australia accredited coaches provided a relatively full range of training programs across most events and disciplines (e.g. fundamental movement skills, sprints, middle distance, specialised events like shot put, discus, hurdles and high jump). In addition, experienced members of the club also provided extra weeks of sprint coaching for athletes that competed (qualified) for Zone and Regional meetings.

Typically, we saw around 30-60 athletes attend training per week. I would like this figure to increase significantly because of the many athletic (e.g. developing movement skills) and non-athletic benefits (e.g. relationship between effort and concentration on a task and progression on a task) to children that are associated with regular training. In addition, the athletes that attend training on a regular basis can see the benefits in terms of confidence and improved athletic performances through the School Athletics Season and the Little Athletics Season.

Following on from previous seasons, the electronic athlete sign-on system continued to be the sole "sign-on sheet". The use of this system is now well-entrenched and well-known amongst families of athletes.

Some good progress was made on coach recruitment this season. A big welcome to Neil Armstrong and Gareth Care-Unger who joined the regular coaching team (Simon Bergfield, Lynda Calder, Dale Boccabella) to provide a session with a mixture of shot put and discus on Thursday evening. These sessions were very well received by athletes. Julie Reynolds, the longstanding shot put coach at the club, did not coach this season. We look forward to seeing her back soon though.

As noted above, the club was able to offer coaching four nights per week this season. Further, there were a number of weeks where the club offered coaching five nights per week because of the sprint sessions Erica Cox provided on a Friday afternoon for those competing at Zone and Regional meetings. Despite progress, we are still interested in attracting more coaches to the club. Coach recruitment will again be an issue of focus for me in the coming season.

In addition to the usual summer coaching program, one of our long-term coaches, Lynda Calder provided a generalised winter squad program through 2021. Part of this was done during lockdown and delivered through Zoom online. The club, parents and participating athletes are truly grateful for Lynda's guidance and expertise.

In closing, I thank our wonderful and small team of dedicated coaches, including those that provided some extra "one-off" sessions. I also thank the parent helpers for their assistance. In the end, the athletes and their parents really do appreciate the work we do. I am looking forward to next season.

Dale Boccabella
Officer for Coaching - Juniors

CHAMPIONSHIPS REPORT

The position of Championship Officer for 2021/2022 was held by Lynda Calder who came to the job in early December to make sure there was coverage of Zone, Region and State Championships. Before this the job was being covered ad hoc by Jannet Pawsey and Aaron McGregor.

COVID restrictions again played havoc with Winter Athletics events. Events that did take place were:

- 50yrs Celebration Fun Run – the results do not list clubs, but no doubt there was a Ryde athlete or two competing
- LANSW/ANSW State Short Walks Championships – Sunday, 23 May – Chipping Norton
 - Mitchel McCarthy – 2nd in U11B 1500m Walk
 - Maxwell Mayhew – 2nd in U15B 3000m Walk
- LANSW Racewalking Carnival – Saturday, 1 May – Chipping Norton
 - Mitchel McCarthy – 2nd in 10B 1200m Walk
 - Maxwell Mayhew – 2nd in 15B 2000m Walk

The NSW Little Athletics State Relays

Due to the shortened season and NSW Government and NSW Department of Health restrictions regarding COVID-19, it was not possible to hold this carnival in 2021.

Ryde Multi-Event Championships

Ryde Multi-Event championships were held at Dunbar Park on 22nd January 2022. This carnival is a centre-based competition held under the umbrella of the Ryde Sports Foundation. It is a Pentathlon event for youth and Heptathlon for adults with a point score culminating in medals being presented to the first 3 places in each age group. The carnival was a great success.

A special mention to the 8 mothers and 13 fathers who competed.

North Metropolitan Zone Championships

It was a much-anticipated return to the Zone Championships at Barton Park, North Parramatta, hosted by Parramatta Little Athletics Centre on the weekend of 29-30 January 2022 (later than usual).

Many Ryde athletes performed extremely well, posting personal bests and qualifying for Region. However, there was also disappointment as some were unable to attend as they were in COVID isolation.

U7 Athletes do not progress through to Region, so, those U7 athletes who received medals were:

- U7G Asha Tsen-Braddock - 50m dash SILVER, 70m dash BRONZE, 100m sprint 4th, Long Jump SILVER – 4th in Individual U7G Point Score
- U7B Riley Wilcox – 70m dash 5th, 100m sprint BRONZE, 500m pack 8th – equal 10th U7B Individual Point Score
- U7B Anthony Simonian – Long Jump SILVER

Other athletes listed on the individual point scores were:

- U8 Girls – 3rd Indiana Mitchell, 5th LilyEve Everson, 7th Zoey Marando, 8th Eloise Moran
- U8 Boys – 4th Dara Curley, 7th Nathan Pulfer, 8th Ethan Bourne
- U9 Girls – 2nd Eliza Bosnic, 3rd Charlotte Fraser, 7th Skye Spiden
- U9 Boys – 1st Alexander Economides, 3rd Mitchell McGregor
- U10 Girls – 7th Yazmyn Buonocore
- U10 Boys – 4th Daniel Pulfer, 9th Charlie Shiel
- U11 Girls – 6th Jacqueline Pawsey
- U11 Boys – 5th Liam Martin, 6th Xavier Mitchell
- U12 Girls – equal 3rd April Bateman, 5th Chloe McGregor, 8th Bianca Harizanov
- U12 Boys – Nil
- U13 Girls – 9th Mikayla Duncombe
- U13 Boys – 6th Daniel Cox
- U14 Girls – 4th Zara Pawsey, 5th Ella McGregor, 6th Jessica Koussis
- U14 Boys – 1st Christopher Moala, 4th Joshua Smith, 6th Aiden Wright, equal 10th Julian Smith

- U15 Girls – 4th Jessica Johnston, 10th Alicia Leggatt
- U15 Boys – 2nd Jaykay Rauqe, 5th Owen Chandler, 10th Lucas Low
- U17 Girls – 2nd Kaitlyn Martin, 4th Mikayla Kelleher, 5th Georgia Phillips, 6th Aliana Moala
- U17 Boys – 1st Jeremy Plummer, 10th Thomas Ralph

The Combined results for the Championships were:

1. Cherrybrook 5,461
2. Northern Suburbs 5,043
3. Ryde 4,869
4. North Rocks Carlingford 4,093
5. Parramatta 3,148

With the combined Ryde girls coming 2nd and the combined Ryde boys coming 3rd.

A full list of individual results can be found here:

<http://lansw.com.au/wp-content/uploads/sites/3/2022/02/Nth-Met-zone.pdf>

A massive thank you to all the parents who signed up and turned up to do their Parent Volunteer Duties, as well as those who filled in at the last minute to replace people who were unable to attend or empty duties. Erica Cox was team manager all weekend with Kerry Martin and Jennifer Emmerson sharing a duty on Saturday and Melissa Chandler all day Sunday. Without these people, the Zone carnival cannot and does not happen.

Region 5 Championships

North Met and North East Met Zones join for the Region 5 Championships which were held two weeks after Zone on 15-16 February at the Narrabeen track hosted by Manly Warringah Little Athletics Centre.

Ryde had 118 qualifiers and both the Junior and Senior boys' relays.

The U8 age group does not progress to the State Championships so notable performances by the U8 athletes were:

- Indiana Mitchell – 4th 100m sprint, 4th 200m sprint, BRONZE 400m
- Zoey Marando – equal 6th 100m sprint, 7th 60m Hurdles
- LilyEve Emerson – BRONZE Long Jump
- Olivia Moala – GOLD Shot Put
- Eloise Moran – 6th Shot Put
- Nancy Barlow – 7th Discus
- Ethan Moyo – 8th 100m sprint
- Dara Curley – BRONZE 400m, 4th Long Jump
- Archer Griffiths – 7th 60m Hurdles
- Nathan Pulfer – 4th Discus

A full list of individual results can still be found here:

<http://lansw.com.au/wp-content/uploads/sites/3/2022/02/region-5-full-results-1.pdf>

Again a huge thank you to the parents who fulfilled our large number of Region duties, doubling and tripling up, as required. Our Saturday Team manager team was Erica Cox, Kerry Martin, Jennifer Emmerson and Melissa Chandler. Erica Cox and Jannet Pawsey were team managers all day Sunday. Without these people, the Region carnival cannot and does not happen.

Kumon State Combined Events Carnival

This was held on Saturday, 5 & Sunday, 6 March 2022 at Maitland Regional Athletics Centre. The Kumon State Combined Carnival is held on the first weekend in March each year, at a regional venue. At this carnival, athletes participate in ALL of the events on offer for their age group and points are allocated for performances recorded in each event, based on the Little Athletics NSW Multi-Event Point score tables/system. The points across all events conducted for each age group are added together to determine final results.

Mitchell Cox – 19th U10B
Charlie Shiel – 22nd U10B

McDonalds State Track And Field Championships

The State Championships were held at Sydney Olympic Park Athletics Centre and Warm Up Track on the weekend of 19-20 March 2022.

Ryde had 48 qualifying athletes in 89 events. Congratulations go to these athletes who qualified and some notable results (again, COVID isolation meant some of these athletes were unable to compete):

- Eliza Bosnic - U9G
- Alexander Economides - U9B
- Charlotte Fraser - U9G
- Mitchell McGregor - U9B – **SILVER** High Jump
- Max Reichel - U9B
- Harlen Danks - U10B
- Daniel Pulfer - U10B – 4th Long Jump
- Charlie Shiel - U10B – 7th 1100m walk
- Liam Martin - U11B
- Mitchell McCarthy - U11B – **SILVER** 1100m walk
- Jacqueline Pawsey - U11G – 6th 80m Hurdles
- Rhys Chandler - U12B – 4th 1500m walk
- Juliette Cooley - U13G
- Daniel Cox - U13B – 6th 200m hurdles
- Mikayla Duncombe – U13G
- Ambrose Feng - U13B
- Luke Moscos - U13B – 7th 800m run, 8th 1500m run
- Benjamin Prosenko - U13B
- Emilia Webb – U13G
- Moses Wolfson – U13B – 6th 1500m walk
- Axel Bruntsch – U14B – 4th 1500m run, 5th 800m run
- Jessica Koussas – U14G – **SILVER** Javelin, 4th Discus
- Ella McGregor – U14G – 12th 1500m run
- Christopher Moala – U14B – **GOLD** Triple Jump
- Charlotte Nagle – U14G
- Zara Pawsey - U14G – 8th High jump
- Joshua Smith – U14B – **BRONZE** 200m sprint, 6th Long Jump
- Julian Smith – U14B
- Oliver Tsang – U14B – 7th High Jump
- James Woods – U14B
- Aiden Wright – U14B
- Isabella Barbara – U15G – 7th Shot put
- Nathan Barbara – U15M T/F61 – **GOLD** U15-17 Multi-class Discus, **SILVER** Multi-class Shot Put
- Claudia Barlow – U15G

- Owen Chandler – U15B – **BRONZE** Triple Jump, 5th Long Jump
- Jessica Johnston – U15G – **GOLD** Shot Put, **SILVER** Discus, **BRONZE** Javelin
- Andrew Kalos – U15B – 5th Javelin
- Jaykay Rauqe – U15B
- Mikayla Kelleher – U17G
- Annabel Macdonald – U17G
- Aidan Mannasz – U17B
- Brendan Mannasz – U17B – **GOLD** High Jump
- Kaitlyn Martin – U17G
- Aliana Moala – U17G
- Georgia Phillips – U17G – **GOLD** 3000m run, 5th 1500m run
- Jeremy Plummer – U17B
- Oliver Smith – U17B
- Benjamin Stevens – U17B – **SILVER** Discus, **SILVER** Shot Put

All results can be found here: <http://www.littleareresults.com/State/>

Thank you to the parents who used the new online sign-up system to do our duties. We covered more than was required and I know this was appreciated. Melissa Chandler was our Team manager on Sunday.

Lynda Calder
Championships Officer – Juniors

JUNIOR RECORDS 2020/2021 SEASON

NEW RECORDS 2020-2021								
	Date	Age	Event	New Record	New Record Holder	Old Record	Old Record Holder	Date
1	13/11/21	11 G	discus	24.45	Isabella Koussas	19.22	Adriana Prizmic	13/10/18
2	20/11/21	15 B	javelin	37.91	Andrew Kalos	33.87	George Davis	10/03/18
3	20/11/21	17 B	discus	50.43	Benjamin Stevens	47.52	Benjamin Stevens	20/02/21
4	20/11/21	17 B	shotput	16.51	Benjamin Stevens	16.18	Benjamin Stevens	20/02/21
5	18/12/21	11 G	discus	25.48	Isabella Koussas	24.45	Isabella Koussas	13/11/21
6	18/12/21	12 G	80H	15.63	April Bateman	15.9	Charlotte Nagle	28/09/19
7	15/01/22	14 B	100m	12.29	Yahya Ali	12.34	Nikita Marokakis	07/12/02
8	05/02/22	12 G	80H	15.29	April Bateman	15.63	April Bateman	18/12/21
9	05/02/22	11 G	80H	14.82	Jacqueline Pawsey	15.72	Harper Pell	27/02/21
10	19/02/22	14 B	400m	58.00	Aiden Wright	58.6	Harrison Wade	07/12/13
11	12/03/22	14 G	discus	33.61	Jessica Koussas	32.04	Maddy Bergfield	31/10/09

EQUIPMENT MANAGER'S REPORT

I unfortunately had to step away from the equipment manager role during this season. Over the last few seasons I have helped get our training and equipment up-to-date along with getting our shed labelled and organised. I have been happy to keep up with the purchasing, maintenance and repairs of our equipment but I'm unable to continue with organising the weekly set up and pack-up.

I want to thank our age managers and volunteers for embracing the new roster, stepping up each week to set up and pack up, as well as keeping the shed organised.

So many people have expressed how easy it is to follow the photos that are displayed in the equipment shed which shows them how to pack-up each week.

I also want to take this opportunity to thank the few mums and dads that help to spray paint the start lines and hurdles lines on the track. The council marks-out the lanes and the field sector lines as well as supplies the spray paint. However, with all the rain this season, the grass has been growing very quickly and we have used triple the amount of paint ever than we normally would. In a drought season we only need to go over the lines monthly but this season we have needed it re-marked weekly. If you are at one of the training sessions watching your kids, please step-in to help. Many hands make light work and it is such an easy job to help with.

As a final closure to my equipment manager role, I organised a final clean-up in our equipment shed. We had many equipment items that hadn't been used in a long time. I realise that some of these items would be useful to some athletes and parents, so we gave people an opportunity to take some equipment. A clean-up day was organised on the last day of the season. Hopefully these items could benefit some families, but for the club, it created a lot of extra storage space.

I'd like to encourage someone to take on this role in the new season. A lot of work has been done over the last couple of years to make this role easier. Moving forward, the new Equipment Officer should have an easy role and a great starting point.

Aaron McGregor
Equipment Officer - Juniors

***RYDE ATHLETICS CENTRE INCORPORATED
2021/2022 SEASON – ANNUAL REPORT***

SENIORS REPORT

Committee Members – Seniors

PRESIDENT	Simon Bergfield
VICE PRESIDENT	Andrew Atkinson-Howatt
SECRETARY	Suzanne Barron
TREASURER	Peter Davis
REGISTRAR	Ross Forster
RACE SECRETARY	Ross Forster
MALE CAPTAIN	Ashton Hanna
FEMALE CAPTAIN	Mia Marshall
PUBLICITY	Louise Bergfield
FUNDRAISING	Chloe Davis
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	John Barron

PRESIDENT'S REPORT– SENIORS

2021/22 has been another season run under the impact of Covid. Even so, ANSW was able to run a large range of events, either at main track venues or local clubs over the season, if athletes were willing to travel and a number of our athletes did do that.

It was another strong season for Ryde Seniors results, even though we still can't convince the majority of our U12-U17 Little Athletes to also attend ANSW competitions. Those who do though, seem to thrive in the stronger competition that Sydney wide and NSW wide competition can offer.

In competition, we entered our first Club Nitro team in the Junior boys and came home with a bronze medal. At the NSW State Relays we won two gold, five silver and one bronze across age groups from U14 to our Men's 240yrs+ dual medallists throws team. A feature of this weekend was the introduction of mixed relay teams where Ryde managed to be involved in two incredibly close and exciting finishes that resulted in a second and fourth place.

At the NSW All Schools 46 of our athletes competed and won eight gold, nine silver and seven bronze medals with eleven athletes named in the NSW merit team for the Covid cancelled Australian All Schools Championships.

At the NSW Juniors Athletics Championships in February 2022, 31 of our athletes competed and collected two gold, ten silver and seven bronze medals.

For our Vet athletes we are a small club but we did get a few new members this year and as a result Ryde came home from the 2022 NSW Masters Championships with five gold, two silver and a bronze medal. Special mention to our new recruits, Jon Baker and Steve Barlow who in their first season both won state individual titles and Dave Johnston who won team gold and silver in the men's throws relays. It would be great to see some of the fit dads and mums we see at Dunbar on a Saturday morning joining us to compete as Ryde seniors.

As a result of performances at NSW All Schools, NSW Juniors and over the season, there were 23 Ryde Senior athletes named in the NSW team qualifying in 34 events at the Australian Track and Field Championships in March/April across throws, jumps, sprints, hurdles, steeplechase, pole vault

and middle distance. A diverse pool of talented athletes at Ryde.

At the Australian Track & Field Championships Ryde placed in the top ten in Australia seventeen times including medals to ;

Nathan Barbara's silver in the U17M PARA shot put and bronze in the U17M PARA discus

Jess Johnston silver in U16 discus

Yahya Ali bronze in the U15 100m

In the final performance for Ryde this season, at the Australian Masters Championships in Brisbane, Robert Hanbury-Brown came home with bronze medals in both the Mens 65yrs+ javelin and discus.

All of our results during the season along with lots of photos of our athletes are included in our regular Footprint newsletters and I thank Louise for putting these together. I also recommend a read of Ross Forster's full season review in this Annual Report for a great summary.

I am grateful to have again worked with a great committee. To Ross, Peter, Suze, Andrew, John, Chloe and Louise my thanks for all that you do.

It would be good to have more families of current Ryde Senior athletes join the Committee as we have only one family of a current U12-U20 athlete represented on the Committee at the moment among our seven members. When we have so many active young athletes in Seniors it would be good to see more parents join the committee to share the load. Our meetings are brief and only about 8 times a year and we have a great Christmas dinner!

Simon Bergfield
President – Seniors

TREASURER'S REPORT– SENIORS

Seniors Division Accounts for the Season 2021-2022

Statement of Income and Expenditure for the Period 1st April 2021 to the 31st March 2022

Income		Expenditure	
Registrations	\$1140.00	Trophies	\$1254.00
		ANSW Fee	\$1212.50
Donations and Net Fund Raising	\$4027.36	Relay Competition Fee	\$796.33
		Banking Charges	\$3.90
Total Income	\$5167.36	Total Expenditure	\$3266.73
		Nett Income	\$1900.63

Bank Reconciliation Statement

Bank Statement – 31 st March 2018	\$14,115.72
Bank Statement – 31 st March 2019	\$16,917.75
Bank Statement – 31 st March 2020	\$17,332.52
Bank Statement – 31 st March 2021	\$18,942.67
Bank Statement – 31 st March 2022	\$20,843.30
Income Change of the Prior Year	\$1900.63

A strong year for the Club finances with income also increasing over the prior year. This allowed the club to have record expenditure as we funded State Relays for the first time. The funding of state relays was possible given we did not have a need to fund Athlete travel given Nationals were hosted in Sydney.

Higher income was driven by an increased registration income \$1140, compared to \$603 in the prior year. Also, our Fund Raising and Donation activities raised \$4027 compared to \$3963 in the previous season. A great fund-raising effort given Covid lockdowns driven by the success of our Bunnings BBQ's.

The Bank Balance is healthy with a record level of Cash, \$20,843 now available for future seasons.

REGISTRAR'S REPORT– SENIORS

This year our numbers were slightly up (2) on last season.

Our registration numbers as at 31st March 2022 are as follows: -

Officials/Volunteers	5
Open & Masters	8
Under 20	9
Dual Registrations	69
Winter Membership	<u>1</u>
	92

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

Male Officials	2	Female Officials	3
Male Open & Masters	7	Female Open & Masters	1
Male Under 20	3	Female Under 20	6
Male Dual Registrations	34	Female Dual Registrations	<u>35</u>
Winter Membership	<u>1</u>		
	47		45

Officials include Club Volunteers & ANSW Officials & Life Members

Ross Forster
Registrar – Seniors

COACHING REPORT – SENIORS

Training was once again conducted during the year at Dunbar Park with Ross Forster. Training was held throughout the year on Mondays, Tuesdays, and Thursdays.

We had a total of 46 athletes competing at the 2021 NSW All Schools Athletics Championships and 31 athletes at the NSW Junior Championships. Eleven of our athletes were named in the NSW Merit team for the Australian All Schools which were not held due to Covid restrictions. Ryde seniors had 23 athletes qualify for the Australian Track & Field Championships in Sydney in March/April 2022.

Ross Forster
Coaching Convenor - Seniors

PUBLICITY REPORT – SENIORS

Again, a good season of seeing some new athletes out competing in Seniors for the first time and enjoying it. It would be great to see more families make the move but I'm not sure what more we can do to encourage Athletes to compete beyond the Little A framework.

Footprint newsletters were issued covering all our big State and Nationals Carnivals and Daily Facebook updates provides as well. We were successful in our nomination of Ruby Worrell as a TWT/ Clubs Six Ryde Sports Foundation Sports star of the month and look forward to seeing Ruby's performances from the 2020/21 season acknowledged at the Annual dinner.

Thank you to Briana for so promptly posting our Facebook updates. Finally, thanks to Ross Forster

as always for his massive contribution in pulling all those results together.

Louise Bergfield
Publicity Officer - Seniors

FUNDRAISING REPORT – SENIORS

Thank you to everyone who volunteered to assist at the fundraising events this season. Despite further COVID-19 cancellations, we managed to run a Bunnings Fundraising BBQ in March 2022. The money raised is used to assist in supporting our senior athletes travelling interstate and for other club expenses such as trophies. We made a total of \$1869 from the March 2022 BBQ and I look forward to organising further fundraising events going forward.

Chloe Davis - Fundraising

COMPETITION REPORT – SENIORS

1. The IGSSA Cross Country Championships

The IGSSA Cross Country Championships were held at Frensham School on Friday, 14th May and we had a total of 8 girls competing there.

Georgia Phillips representing Pymble finished in 7th place in the 15 years Girls event.
Claudia Wilson representing Loreto finished in 26th place in the 15 years Girls event.
Elli Barron representing Loreto finished in 18th place in the 16 years Girls event.
Amelie Sun representing Meriden finished in 4th place in the 17 years Girls event.
Zara Warland representing Loreto finished in 7th place in the 17 years Girls event.
Sophie Kavanagh representing Loreto finished in 29th place in the 17 years Girls event.
Arabella Price representing Loreto finished in 34th place in the 17 years girls event.
Georgia Arcus representing Loreto finished in 50th place in the 17 years Girls event.

2. The Sydney North Regional Cross Country Championship

The Sydney North Regional Cross Country Championships were held at Gosford Race Course on Friday, 4th June and our athletes achieved the following results: -

Daniel Cox finished in 19th place in the 12 years Boys 3000 metres event.
Zara Pawsey finished in 16th place in the 13 years Girls 3000 metres event.
Ella McGregor finished in 19th place in the 13 years Girls 3000 metres event.
Charli Nagle finished in 52nd place in the 13 years Girls 3000 metres event.
Axel Bruntsch won the 13 years Boys 3000 metres event.
Kaitlyn Martin finished in 16th place in the 15 years Girls 3000 metres event.
Krishani Coffin finished in 52nd place in the 15 years Girls 3000 metres event.
Adam Bruntsch finished in 2nd place in the 17 years Boys 6000 metres event.
Ashton Hanna finished in 5th place in the 17 years Boys 6000 metres event.

3. The NSW CCC Cross Country Championships

The NSW CCC Cross Country Championships were held at Eastern Creek on Wednesday, 8th June and our athletes achieved the following results: -

Julian Smith finished in 6th place in the 13 years Boys 4000 metres event.
Oliver Smith finished in 5th place in the 15 years Boys 4000 metres event.

4. The NSW CIS Cross Country Championships

The NSW CIS Cross Country Championships were held at Eastern Creek on Friday, 10th June and our athletes achieved the following results:-

Ben Woodhouse finished in 9th place in the 13 years Boys 3000 metres event.
Georgia Phillips finished in 5th place in the 15 years Girls 4000 metres event.
Joe Harvey finished in 31st place in the 15 years Boys 4000 metres event.

Elli Barron finished in 21st place in the 16 years Girls 4000 metres event.
Amelie Sun finished in 7th place in the 17 years Girls 4000 metres event.
Zara Warland finished in 16th place in the 17 years Girls 4000 metres event.

5. The NSW Cross Country Relay Championships

The NSW Cross Country Relay Championships were held at North Ryde Common on Saturday, 5th June and we were represented by one Girls' Team in the Under 20 4x3000 metres event which won the bronze medal. Our Team comprised the following athletes and their times:-

Amelie Sun	12 mins 34 secs
Claudia Wilson	12 mins 59 secs
Elli Barron	12 mins 50 secs
Zara Warland	12 mins 18 secs

6. The Schools and Clubs Nitro Competition

At the Schools and Clubs Nitro Competition held on Saturday, 6th November and we entered a Junior Men's team of 7 athletes comprising **Andrew Kalos, Owen Chandler, Axel Bruntsch, Luke Moscos, Yahya Ali, Aiden Wright** and **Ben Woodhouse**.

Andrew Kalos placed 2nd in the Javelin event with his throw of 38.84 metres and in the Shot-Put event Andrew placed 4th with his effort of 11.15 metres.

Owen Chandler placed 3rd in the Long Jump event with his leap of 5.73 metres.

Axel Bruntsch and **Luke Moscos** were our team in the 2 x 800 metres Relay event which finished in 6th place with their combined time of 4 mins 48.22 secs.

Yahya Ali claimed 2nd place in the 60 metres event with his time of 7.50 secs.

Aiden Wright finished in 3rd place in the 150 metres event in a time of 18.24 secs.

Ben Woodhouse claimed 4th spot in the 800 metres event with his time of 2 mins 12.17 secs.

Yahya, Owen, Aiden & Andrew ran as the 4x 100m team and placed 2nd overall in 48.49 secs

The boys claimed 3rd place overall in this event and the table is listed below.

Placing	Team	Points
1st	Trinity Grammar	865
1st	Sutherland "A"	865
3rd	Ryde	815
4th	Newington College	790
5th	Westfields	630
6th	Oak Hill College	520
7th	Cherrybrook	440
8th	Blue Mountains	420
8th	Sutherland "B"	420
10th	Barker	310

A number of our girls also participated representing their respective schools.

The Riverside Girls Junior "A" team won the bronze medal and utilised the services of the following girls:-

Ruby Collins – 5th in the 60 metres event - 8.54 secs.

Charli Nagle – 6th in the 150 metres event – 21.64 secs.

Alicia Leggett – 6th in the 800 metres event – 2 mins 58.63 secs.

Zara Pawsey – 5th in the Long Jump event – 4.32 metres.

The above 4 girls comprised the 4 x 100m Relay Team which finished 5th with their time of 56.07 secs.

Zara Pawsey and **Elli Ella McGregor** comprised the team in the 2 x 800 metres event which finished in 5th place with their combined time of 5 mins 44.17 secs.

The Riverside Girls Junior "B" team finished 5th and included

Mikayla Duncombe – 8th in the Shot-Put event – 7.72 metres and was in their Relay team which finished 9th with their time of 63.43 secs.

The Riverside Girls Intermediate team finished in 4th place with

Maddie Duncombe – 6th in the 90 metres Hurdles event (17.60 secs.) and 4th in the Javelin event (24.59 metres).

Ely Pawsey – 6th in the 2 x 800 metres event (6 mins 8.30 secs). 5th in the 200 metres (28.59 secs) and 6th in the 1000 metres Sprint Relay event (2 mins 49.09 secs).

The Hunters Hill High Intermediate Team also won the bronze medal and used the following Ryde athletes in their team.

Kaitlyn Martin – 2nd in the 200 metres event – 27.09 secs.

4th in the 90 metres Hurdles event – 27.09 secs.

Mia Marshall joined Kaitlyn in the 1000 metres Sprint Relay team where they finished in 3rd place (2 mins 32.64 secs) and Mia placed 5th in the High Jump event with her clearance at 1.25 metres.

Claudia Barlow – 3rd in Shot Put – 8.29 metres.

5th in Javelin – 20.09 metres.

Mahli Jabre 6th in 60 metres event – 9.04 secs.

The Pymble Ladies College Senior Team won the gold medal and utilised the service of :-

Georgia Phillips – 2nd in Sprint Relay (2 mins 22.49 secs) and 2nd in 2 x 800m Relay (4 mins 55.62 secs).

7. The NSW 3000m Championships

The NSW 3000 metres Championships were held at the SOPAC Warm Up Track on the evening of Saturday, 13th November and we had a total of 8 athletes competing there.

Timothy Forster competed in the 110 metres Men's Hurdles event and produced a pb. and national qualifier when he clocked 15.14 secs (headwind 0.8 metres/sec).

Georgia Phillips placed 17th in the Women's "C" Race with her time of 10 mins 50.70 secs.

Nicholas Woodhouse finished in 5th place in the Men's "M" Race with his time of 10 mins 26.40 secs.

Julian Smith placed 7th in the Men's "M" Race in a time of 10 mins 32.16 secs.

Ben Woodhouse finished in 3rd place in the Men's "J" Race in a national qualifying time of 9 mins 29.58 secs.

Oliver Smith placed 14th in the Men's "H" Race with his time of 9 mins 57.17 secs.

Ashton Hanna finished in 17th place in the Men's "F" Race in a personal best time of 9 mins 23.63 secs.

Adam Bruntsch claimed 4th spot in the Men's "E" Race in a national qualifying time of 8 mins 58.40 secs.

8. The New South Wales Relay Championships

The New South Wales Relay Championships were held at Homebush over the weekend of 20th – 21st November and we were represented by 16 teams.

Our Under 18 Boys High Jump team got the Championships off to a great start when they won the silver medal in the event. Listed below are the efforts of the team:-

Brendan Mannasz 1.90 metres

Rory Davison 1.70 metres

Jeremy Plummer 1.65 metres

Jope Rauqe 1.65 metres

Our Under 18 Girls Shot Put Relay team finished just out of the medals when they filled 4th place in this event. The team comprised:-

Jessica Johnston 11.82 metres

Caitlin Waldron 11.30 metres

Isabella Barbara 9.54 metres

Jessica Koussas 8.91 metres

Our 240+ Men's Shot Put team took out the gold medal in their event. The team comprised:-

Robert Hanbury-Brown 9.75 metres

Andrew Atkinson-Howatt 8.78 metres

Simon Bergfield 8.66 metres

Dave Johnston 8.19 metres

Our Under 18 Women's Discus Throw Team finished just out of the medals in 4th place. The team comprised:-

Jessica Johnston 36.52 metres

Caitlin Waldron 32.43 metres

Jessica Koussas 31.50 metres

Claudia Barlow 23.40 metres

Our Under 18 Women's Long Jump Relay Team placed 4th in this event.

Sophie Kavanagh 5.25 metres

Kaitlyn Martin 4.72 metres

Mikayla Kelleher 4.53 metres

Mia Marshall 4.25 metres

Our Men's 240+ Javelin Team took out the silver medal in this event.

Andrew Atkinson-Howatt 32.33 metres

Robert Hanbury-Brown 27.81 metres

Dave Johnston 25.66 metres

Simon Bergfield 21.13 metres

Our Under 18 Men's Long Jump Relay Team won the gold medal in this event.

Owen Chandler 5.50 metres

Rory Davison 5.47 metres

Aidan Mannasz 5.35 metres

Jeremy Plummer 5.24 metres

Our Under 14 Men's Long Jump Relay Team finished 5th in this event.

Alexander Holodenko 4.83 metres

Zara Pawsey 4.56 metres

Daniel Cox 4.28 metres

Oliver Tsang ND

Our Women's Under 18 Javelin Throw Team finished 2nd in this event.

Sophie Kavanagh 35.10 metres

Jessica Johnston 31.56 metres

Caitlin Waldron 22.49 metres

Jessica Koussas 21.92 metres

Our Women's Under 20 4 x 100 metres Relay Team placed 5th in this event with their time of 51.77 secs. The team comprised **Mia Marshall, Ruby Worrell, Kaitlyn Martin, and Sophie Kavanagh.**

Our Under 14 girls 4 x 200 metres Relay Team finished 5th in this event with their time of 1 min 56.22 secs. The team comprised **Charlotte Nagle, Zara Pawsey, Mikaela Gavranic and Juliet Cooley.**

Our Under 14 Boys 4 x 800 metres Relay Team were next up and claimed the silver medal in this event. The Team comprised **Julian Smith, Axel Bruntsch, Luke Moscos and Ben Woodhouse.** Their time was 9 mins 29.72 secs.

Our Under 14 Mixed 4 x 100 metres Relay Team took out the silver medal in this event. The team in running order was **Mahli Jabre, Yahya Ali, Axel Bruntsch and Zara Pawsey.** Their time was 51.52 secs.

Our Under 16 Mixed 4 x 100 metres Relay Team placed 4th in this event. The team in running order comprised **Kaitlyn Martin, Owen Chandler, Jope Rauqe and Ruby Worrell.** Their time was 49.45 secs.

Our Under 14 Boys 4 x 1500 metres Relay team placed 6th in this event. The team in running order was **Axel Bruntsch, Luke Moscos, Julian Smith and Zara Pawsey.** Their time was 21 mins 09.79 secs.

Our final team at these championships was the Under 18 Boys 4 x 1500 metres team which claimed the bronze medal in this event. The team in running order consisted of **Adam Bruntsch, Oliver Smith, Nicholas Woodhouse and Ashton Hanna.** Their time was 18 mins 16.86 secs.

9. The NSW All Schools Championships

The NSW All Schools Championships were held at Homebush over the 4 days from 9th to 12th December with adverse weather conditions.

Claudia Barlow got these championships off to an excellent start when she claimed the silver medal in the 14 years Girls Pole Vault event with her successful clearance at 2.00 metres. In her Discus event Claudia finished in 10th place with her throw of 24.11 metres. Claudia finished in 15th place in her Shot Put event with her effort of 8.58 metres.

Owen Chandler was next up and he produced a bronze medal performance in the 14 years Boys Triple Jump event with his leap of 12.13 metres. In his 200 metres heat Owen placed 4th in his heat in a time of 25.30 secs. (wind -2.1 metres/sec). Owen finished in 5th place in his Long Jump event with his leap of 5.75 metres (wind 1.6 metres/sec).

Daniel Cox finished in 10th place in the 12 years Boys Triple Jump event with his best leap of 9.50 metres. In his 100 metres heat Daniel finished in 6th place with his time of 13.74 secs (wind -0.9 metres/sec). Daniel placed 6th in his heat of the 80 metres Hurdles event with his time of 14.51 secs. In the final Daniel again claimed 6th spot with his faster time of 14.09 secs (wind -0.6 metres/sec). Daniel placed 17th in his Long Jump event with his effort of 4.15 metres (wind 0.6 metres/sec).

Axel Bruntsch was the first of our athletes on the track and he qualified for the final with his run in the heats of the 13 years Boys 800 metres event when he finished 2nd in a good time of 2 mins 13.41 secs. In the 800 metres final Axel produced a big personal best performance in claiming 4th place with his time of 2 mins 07.30 secs. In his heat of the 1500 metres event Axel placed 4th in a personal best time of 4 mins 32.53 secs to advance to the final. Axel placed 6th in his 1500 metres final with his time of 4 mins 32.48 secs.

Alicia Leggatt contested the heats of the 14 years Girls 800 metres event and claimed 10th place in her heat with her time of 2 mins 48.54 secs. In her first run in the 2000 metres Steeplechase event Alicia finished in 7th place in a time of 9 mins 19.17 sec.

Caitlin Waldron finished in 4th place in the 16 years Girls Hammer Throw event with her throw of 30.10 metres. In her Shot Put event Caitlin finished in 6th place with her throw of exactly 11.00 metres. Caitlin finished in 6th place in her Discus event with her effort of 32.54 metres. In her Javelin event Caitlin finished in 14th place with her throw of 24.15 metres.

Jessica Forster claimed the bronze medal in the 19 years Girls Hammer Throw event with her throw of 17.22 metres. In her 100 metres final Jess filled 8th place with her time of 14.57 secs (wind -0.8 metres/sec). Jess placed 5th in her Javelin event with her effort of 26.76 metres.

Lachlan Waldron finished just out of the medals when he claimed 4th place in the 13 years Boys Hammer Throw event with his throw of 21.23 metres. In his Shot Put event Lachlan placed 10th with his effort of 10.26 metres. Lachlan finished in 12th place in his Discus event with his throw of 29.07 metres. In his Javelin Lachlan won the bronze medal with his effort of 34.57 metres.

Brendan Mannasz won the gold medal in the 16 years Boys Pole Vault event with his clearance at 3.10 metres. In his High Jump event Brendan secured a second gold medal with his clearance at 1.90 metres.

Aidan Mannasz claimed the silver medal in the 16 years Boys Pole Vault event with his successful clearance at 3.00 metres. In his Triple Jump event Aidan won the bronze medal with his leap of 12.94 metres.

Rory Davison won the bronze medal in the 16 years Boys Pole Vault event with his leap of 2.80 metres. In his Triple Jump event Rory filled 8th place with his leap of 11.82 metres.

Kaitlyn Martin placed 7th in the 16 years Girls 400 metres Hurdles event in a personal best time of 1 min 10.50 secs. In her 200 metres event Kaitlyn placed 4th in her heat with a time of 27.16 secs to finish 15th overall.

Georgia Phillips claimed the silver medal in the 15 years Girls 2000 metres Steeplechase event with her time of 8 mins 11.64 secs. In her 3000 metres event Georgia placed 6th with her time of 11 mins 09.76 secs. Georgia placed 7th in her 1500 metres final with her time of 5 mins 10.55 secs.

Nicholas Woodhouse produced a 30 second personal best time when he placed 4th in the 15 years Boys 2000 metres Steeplechase event in a time of 7 mins 23.08 secs. In his 3000 metres event Nicholas claimed 19th place overall with his time of 10 mins 22.04 secs.

Claudia Wilson took out the bronze medal in the 15 years Girls 2000 metres Steeplechase event with her time of 8 mins 15.01 secs.

Arabella Price claimed the silver medal in the 17 years Girls 2000 metres Steeplechase event with her time of 8 mins 00.90 secs.

Adam Bruntsch won the gold medal in the 17 years Boys 2000 metres Steeplechase event in a time of 6 mins 12.29 secs. In his 1500 metres final Adam claimed 9th spot with a time of 4 mins 09.01 secs.

Ashton Hanna claimed the silver medal in the 17 years Boys 2000 metres Steeplechase event with his personal best time of 6 mins 22.70 secs. In his 1500 metres event Ashton finished in 10th spot with his time of 4 mins 11.59 secs.

Alyssa Lowe won the silver medal in the 19 years Girls 100 metres event with her time of 12.73 secs (wind -0.8 metres/sec). In the Long Jump Alyssa added a further silver medal with her leap of 5.66 metres (wind 0.7 metres/sec).

Sarah Kuang finished in 6th place in the 16 years Girls Triple Jump event with her leap of 8.88 metres.

Maddison Duncombe placed 11th in the 15 years Girls Discus event with her throw of 28.96 metres.

Aiden Wright finished in 6th place in the 13 years Boys Long Jump event with his leap of 5.11 metres. In his 200 metres heat Aiden was the winner in a personal best time of 24.58 secs (wind -0.3 metres/sec). In the 200 metres final Aiden finished just out of the medals in 4th place with his time of 25.09 secs (wind -3.7 metres/sec). Aiden won his heat of the 400 metres event in the pb time of 55.36 secs. In the final Aiden won the silver medal with his exceptional time of 52.96 secs. This time is a national qualifier in both his own age group and the next one up!

Oliver Tsang placed 12th in the 13 years Boys Long Jump event with his leap of 4.87 metres. In his Javelin event Oliver secured 15th place with his effort of 21.64 metres. Oliver finished in 9th place in his High Jump event with his clearance at 1.45 metres.

James Woods finished in 24th place in the 13 years Boys Long Jump event with his leap of 4.18 metres. In his 100 metres heat James filled 7th place with his time of 13.83 secs (wind 0.2 metres/sec).

Mikayla Duncombe claimed 8th place in the 12 years Girls Shot Put event with her effort of 8.61 metres. In her Discus event Mikayla placed 11th with her effort of 25.10 metres.

Yahya Ali placed 2nd in his heat of the 200 metres event to qualify for the final in a personal best time of 24.66 secs (wind -0.3 metres/sec). In the 200 metres final Yahya won the silver medal in a time of 25.03 secs (wind -3.7 metres/sec). Yahya won his heat of the 100 metres event in a time of 12.12 secs (wind -0.5 metres/sec). In the final Yahya was the gold medallist with his time of 12.01 secs (wind 0.0 metres/sec).

Zara Pawsey finished in 4th place in her heat of the 13 years Girls 200 metres event with her time of 29.37 secs (wind -1.3 metres/sec). In her 80 metres Hurdles heat Zara placed 15th overall with her time of 14.54 secs. Zara finished 14th overall in her 400 metres event with her time of 65.58 secs. In her Long Jump event Zara placed 11th with her effort of 4.52 metres (wind 1.8 metres/sec).

Mahli Jabre placed 7th in her heat of the 13 years Girls 200 metres event in a time of 29.51 secs. (wind -0.5 metres/sec). In her heat of the 100 metres event Mahli finished in 9th place with her time of 14.20 secs (wind

0.0 metres/sec). Mahli finished in 19th place in her Long Jump event with her leap of 4.26 metres (wind 2.7 metres/sec).

Elysha Pawsey finished 6th in her heat of the 15 years Girls 200 metres event with her time of 28.95 secs (wind 1.6 metres/sec).

Isabella Barbara placed 11th in the 15 years Girls Discus event with her effort of 23.94 metres. In her Shot Put event Isabella finished in 7th place with her throw of 10.38 metres.

Ambrose Feng placed 8th in the 12 years Boys High Jump event with his clearance at 1.30 metres.

Jessica Koussas finished in 7th place in the 13 years Girls High Jump event with her clearance at 1.40 metres. In her Discus event Jess finished in 12th place with her effort of 27.59 metres. Jess won the bronze medal in her Javelin event with her throw of 34.27 metres.

Julian Smith finished in 29th place overall in the 14 years Boys 3000 metres event with his time of 10 mins 26.36 secs. In his 1500 metres heat Julian finished in 10th place with his time of 5 mins 07.98 secs.

Oliver Smith placed 10th overall in the 15 years Boys 3000 metres event with his time of 9 mins 47.77 secs. In his 1500 metres heat Oliver made the final by running 6th in his heat with the time of 4 mins 27.29 secs. Oliver finished 10th in the final with his time of 4 mins 19.60 secs.

Zara Warland finished just out of the medals in 4th place in the 17 years Girls 3000 metres event with her time of 10 mins 34.80 secs.

Sophie Kavanagh won the gold medal in the 17 years Girls High Jump with her clearance at 1.65 metres. In her Long Jump event Sophie won a second gold medal with her leap of 5.44 metres (wind 1.2 metres/sec).

Nathan Barbara won the 12-14 years Ambulant Shot Put event with his throw of 5.36 metres. In his 100 metres event Nathan filled 4th place with his time of 23.02 secs (wind -0.8 metres/sec). Nathan won the gold medal in his Discus event with his throw of 15.22 metres

Ruby Worrell finished 3rd in her heat of the 15 years Girls 100 metres event with her time of 12.69 secs (wind 0.5 metres/sec). In the final Ruby finished in 10th place with her time of 13.04 secs (wind -1.7 metres/sec). Ruby recorded a time of 57.89 secs in her heat of the 15 years Girls 400 metres event to qualify for the final. In the final Ruby placed 4th with her time of 57.22 secs.

Ella McGregor finished in 22nd place in the 13 years Girls 1500 metres event with her time of 5 mins 56.96 secs).

Timothy Forster finished 4th in his heat of the 16 years Boys 100 metres event with his time of 11.61 secs (wind -1.0 metres/sec) to just miss the final. In his 110 metres Hurdles final Tim finished in 4th place with another Australian Qualifying time of 15.12 secs (wind -0.7 metres/sec).

Andrew Kalos finished in 9th place in the 15 years Boys Javelin event with his throw of 35.65 metres.

Mikayla Kelleher placed 8th in the final of the 16 years Girls 100 metres Hurdles event in a time of 17.14 secs (wind -1.2 metres/sec). In her Long Jump event Mikayla finished in 10th position with her leap of 4.67 metres (wind 2.0 metres/sec).

Charlotte Nagle placed 17th overall in the 13 years Girls 80 metres Hurdles event with her time of 14.74 secs (wind-2.2 metres/sec).

As there wasn't an Australian All Schools Carnival in 2021, Athletics NSW named a squad who would have made the fixture had it been held and we had a total of 11 athletes who were named in the squad. The 11 athletes are listed below:-

Yahya Ali – in the 100 and 200 metres events,

Aiden Wright – in the 400 metres,

Georgia Phillips – in the 2000 metres Steeplechase,

Claudia Barlow – in the Pole Vault,

Sophie Kavanagh - in the High Jump and Long Jump events,

Arabella Price – in the 2000 metres Steeplechase,

Adam Bruntsch – in the 2000 metres Steeplechase,

Ashton Hanna – in the 2000 metres Steeplechase,

Brendan Mannasz – in the High Jump and in the Pole Vault,

Aidan Mannasz – in the Pole Vault,

Nathan Barbara – in the Para Male Shot Put and Discus events.

10. The NSW All Comers Meet

The NSW All Comers Meet was held in very hot conditions at Homebush on Saturday, 18th December and we had 9 athletes in attendance there.

Tim Forster produced a personal best performance and Ryde record in the 110 metres Hurdles 91.4 cm event of 14.99 secs (wind 1.9 metres/sec). In his 100 metres run Tim produced a time of 11.30 secs (wind 1.7 metres/sec). Tim won his heat of the Open Men's 200 metres event in a time of 23.13 secs (wind 1.3 metres/sec).

Zara Pawsey placed 3rd in the 80 metres Hurdles 76.2 cm event with her time of 14.29 secs (wind 1.7 metres/sec). In her Long Jump Zara placed 12th with her leap of 4.58 metres (wind 0.0 metres/sec).

Sophie Kavanagh placed 2nd in her heat of the Open Women's 100 metres event with her time of 13.21 secs (wind 1.6 metres/sec). In the Open Women's Long Jump event Sophie finished in 5th place with her best leap of 5.57 metres (wind 1.9 metres/sec).

Jessica Forster finished in 9th place in her heat of the Open Women's 100 metres event in a time of 14.07 secs (wind 1.6 metres/sec).

Axel Bruntsch placed 8th in the Open Men's 1500 metres event with his time of 4 mins 37.98 secs.

Zara Warland placed 3rd in her heat of the Open Women's 1500 metres event in a time of 4 mins 53.18 secs.

Arabella Price finished 8th in her heat of the Open Women's 1500 metres event with her time of 5 mins 02.32 secs.

Elysha Pawsey placed 8th in her heat of the Open Women's 200 metres event with her time of 28.50 secs (wind -0.3 metres/sec).

Adam Bruntsch, in his first run over the 3000 metres Steeplechase event produced a national qualifying time of 10 mins 19.46 secs.

11. Illawong Throws & Walks Meet

At the Illawong Meet held on Saturday, 18th December we were represented by 4 athletes.

Lachlan Waldron finished in 2nd place in the Under 14 Boys Javelin event with his best throw of exactly 31.00 metres. In the Under 16 Boys 1kg Discus event Lachlan finished in 6th place with his throw of 25.68 metres.

Ben Lawrence placed 11th in the Under 16 Boys 1kg Discus event with his throw of 16.87 metres.

Matthew Lawrence finished in 13th place in the Under 16 Boys 1kg Discus event with his best throw of 16.41 metres.

Caitlin Waldron placed 5th in the Under 18 Women's 3kg Shot Put event with her throw of 11.44 metres.

12. NSW 10000m Road Walking Championships & Supporting Events

At the NSW 10000 metres Road Walking Championships held at The Ridge Athletics Track on 15th January we had 2 athletes competing in the supporting events.

Caitlin Waldron placed 4th in the Under 18 Women's 3kg Shot Put event with her best throw of 10.58 metres.

Lachlan Waldron won the Under 18 Men's 700gm Javelin Throw with his effort of 30.80 metres.

13. NSW Miles Club Meet II

At the NSW Milers Club Meet II held at Bankstown on Thursday evening 20th January we were represented by 6 athletes.

Nicholas Woodhouse finished in 2nd place in the 84cm 2000 metres Steeplechase event in a time of 7 mins 50.1 secs.

Georgia Phillips placed 3rd in the 76cm 2000 metres Steeplechase event with her time of 7 mins 33.4 secs.

Ben Woodhouse won the 800 metres C Race with his time of 2 mins 11.7 secs. In the 1500 metres C Race Ben placed 7th in a time of 4 mins 31.6 secs.

Axel Bruntsch finished in 3rd place in the Men's 800 metres B race with his time of 2 mins 08.63 secs.

Arabella Price placed 2nd in the Women's 1500 metres B race with her time of 4 mins 59.2 secs.

Adam Bruntsch finished in 4th place in the Men's 1500 metres B Race with his time of 4 mins 05.4 secs.

14. ACT Open & U20 Championships

At the A.C.T. Open & Under 20 Championships held over the weekend of 29th and 30th January we were represented by 5 athletes.

Sophie Kavanagh placed 7th in her heat of the Under 20 100 metres event with her time of 13.69 secs (wind -1.0 metres/sec). In her Long Jump Sophie finished just out of the medals in 4th place with her best leap of 5.59 metres (Zero wind). Sophie claimed the bronze medal in her High Jump event with her successful clearance at 1.60 metres.

Timothy Forster contested the non-championship 110 metres Hurdles 91.4 cm event and finished in a personal best and Ryde Record time of 14.55 secs (wind 0.4 metres/sec). In the Under 20 100 metres heats Tim finished in 20th place with his time of 11.52 secs (wind -0.3 metres/sec). Tim placed 17th overall in the Under 20 200 metres event with his pb time of 22.71 secs (wind -0.1 metres/sec).

Jon Baker won the Men's 55-59 years 3000 metres Steeplechase event 91.4 cm with his time of 13 mins 20.51 secs.

Ashton Hanna won the bronze medal in the Under 20 Boys 1500 metres event in a time of 4 mins 13.51 secs. In his first ever run over the 3000 metres Steeplechase event 91.4 cm Ashton won the gold medal in a national qualifying time of 10 mins 17.54 secs.

Alyssa Lowe finished 3rd in her heat of the Under 20 Women's 100 metres event in a time of 12.69 secs (wind -1.0 metres/sec) to qualify for the final. In the final Alyssa placed 6th in a time of 12.74 secs (wind -1.0 metres/sec). In the Under 20 Women's Long Jump event Alyssa claimed the silver medal with her leap of 5.88 metres (wind 0.7 metres/sec).

15. Illawong High Velocity Meet

At the Illawong High Velocity Meet held at the Ridge Athletics Track on 8th January we were represented by 2 athletes.

Timothy Forster contested the Open Men's 100 metres event and finished in 44th place overall with his time of 11.72 secs (wind -1.4 metres/sec). In the Open Men's 200 metres event Tim finished in 36th place overall in a time of 23.48 secs (wind -2.3 metres/sec).

Jessica Forster was a contestant in the Open Women's 100 metres event and finished in 59th place overall in a time of 14.48 secs (wind -3.5 metres/sec). In the Open Women's 200 metres event Jess placed 46th overall with her time of 29.32 secs (wind – 1.9 metres/sec).

16. Australian U15 & U18 Combined Events Championships

At the Australian U15 & U18 Combined Events Championships we were represented by 3 athletes.

Amelie Sun contested the Open Women's 800m and placed 5th clocking the time of 2 mins 15.41 secs.

Ashton Hanna produced a personal best time in the Open Men's 800m with his time of 1 min 59.72 secs.

Ben Woodhouse competed in the Open Men's 800m and produced a season's best time of 2 mins 11.14 secs.

17. Night of Sprints Carnival

At the Night of Sprints Carnival held at Campbelltown on Saturday, 5th February we were represented by 5 athletes.

Lachlan Waldron finished in 5th place in the Open Men's Shot Put event with his throw of 8.82 metres.

Sophie Kavanagh placed 3rd in the Open Women's Long Jump event with her leap of 5.57 metres (wind 3.0 metres/sec). In the Open Women's 100 metres event Sophie placed 39th overall with her time of 12.93 secs (wind 2.1 metres/sec).

Caitlin Waldron finished in 4th place in the Under 18 Women's Shot Put event with her effort of 11.63 metres.

Daniel Cox placed 3rd in the Under 14 Men's 100 metres event with his time of 13.80 secs (wind 2.8 metres/sec). In his Under 14 Men's 200 metres event Daniel finished in 4th place with his time of 30.30 secs (wind -4.1 metres/sec).

Aiden Wright finished in 3rd place in the Under 14 Men's 200 metres event with his time of 25.35 secs (NWI).

18. Bankstown Milers Series III Meet

At the Bankstown Milers Series III Meet held on 5th February we were represented by 5 athletes.

Nicholas Woodhouse competed in the Open Men's "D" 1500 metres event and recorded a time of 4 mins 52.88 secs.

Ben Woodhouse competed in the Open Men's "C" 1500 metres race, running a National Qualifying time of 4 mins 24.67 secs.

Axel Bruntsch also secured a national qualifying time of 2 mins 11.58 secs in his 800 metres event.

Adam Bruntsch recorded yet another sub 2 minute time in his 800 metres event by completing the distance in 1 min 58.80 secs.

Arabella Price also recorded a pb performance when she ran her 1500 metres event in a time of 4 mins 52.79 secs.

19. Illawong Track Challenge

At the Illawong Track Challenge held on 12th February we were represented by 4 athletes.

Alyssa Lowe finished in 5th place in the Open Women's Long Jump event with her leap of 5.67 metres (wind 0.0 metres/sec).

Sophie Kavanagh placed 6th in the Open Women's Long Jump event with her effort of 5.58 metres (wind -1.8 metres/sec).

Jessica Forster finished in 42nd place overall in the Open Women's 100 metres event in a time of 14.01 secs (NWI).

Adam Bruntsch won the Open Men's 1500 metre event with his time of 4 mins 06.76 secs.

20. Australian Junior Combined Event Championships – supporting events

At the supporting runs for the Australian Under 15 – 18 years Combined Events Championships held on 12th to 13th February we were represented by 4 athletes.

Amelie Sun finished in 5th place overall in the Open Women's 800 metres event with her time of 2 mins 15.41 secs.

Ashton Hanna produced a big personal best performance when he finished in 4th place in the Open Men's 800 metres event with his time of 1 min 59.72 secs.

Ben Woodhouse finished in 16th place overall in the Open Men's 800 metres event with his time of 2 mins 11.14 secs.

Claudia Barlow placed 5th in the Open Women's Pole Vault event with her clearance at 1.90 metres.

21. NSW Open & Under 23 Championships

At the NSW Open & Under 23 Championships held from 18th to 20th February we were represented by 5 athletes.

Zara Warland finished 10th in Heat 2 of the Open Women's 1500 metres event with her time of 4 mins 53.28 secs. In Heat 2 of the Open Women's 800 metres event Zara placed 6th with her time of 2 mins 20.72 secs.

Ashton Hanna placed 9th in Heat 1 of the Open Men's 1500 metres event in a time of 4 mins 13.49 secs.

Sophie Kavanagh finished equal 7th in the Open Women's High Jump event with her clearance at 1.60 metres. In the Open Women's Long Jump event Sophie finished in 6th place with her leap of 5.78 metres (wind 0.7 metres/sec).

Alyssa Lowe placed 5th in the Open Women's Long Jump event with her leap of 6.02 metres (wind 0.4 metres/sec).

Claudia Barlow finished in 11th place in the Open Women's Pole Vault event with her successful clearance at exactly 2.00 metres.

22. The A.C.T. Under 14 – Under 18 Championships

At the A.C.T. Under 14 – Under 18 Championships held over the period from 18th to 20th February we were represented by 5 athletes.

Caitlin Waldron won the Under 18 Girls Shot Put event with her throw of 12.20 metres. In her Discus event Caitlin took out the silver medal with her effort of 30.69 metres. Caitlin added a further silver medal when she contested the Hammer Throw event and threw 28.96 metres. In her Javelin event Caitlin placed 3rd with her throw of 26.08 metres and added a further bronze medal to her tally when she contested the High Jump event and cleared 1.25 metres.

Lachlan Waldron won the gold medal in the Under 15 Boys Javelin event with his throw of 31.80 metres. He then added a further gold to his tally when he threw 21.49 metres in the Hammer Throw event. In his Shot Put event Lachlan claimed the silver medal with his throw of 8.98 metres. Lachlan won a further silver medal in his Discus event by throwing 25.32 metres. In his Triple Jump event Lachlan finished in 4th place with his leap of 9.49 metres.

Jess Johnston won the Under 16 Girls Shot Put event with her throw of 12.17 metres. In her Discus event Jess threw 37.35 metres for a second gold medal, whilst in her Javelin Jess was again the winner with her effort of 31.14 metres. In her Hammer Throw event Jess added a silver medal to her collection with her throw of 36.46 metres. Jess also contested the Long Jump event and finished in 9th place with her leap of 4.19 metres.

Ben Woodhouse struck gold in the Under 15 Boys 800 metres event. In his 1500 metres event Ben added a further gold medal with his time of 4 mins 26.01 secs.

Nicholas Woodhouse won the bronze medal in the Under 17 Boys 1500 metres event with his time of 4 mins 57.70 secs. In his 800 metres event Nick claimed 4th place with his time of 2 mins 24.65 secs. Nicholas won the silver medal in his 2000 metres Steeplechase event in a time of 7 mins 43.94 secs.

23. The NSW Junior Championships

The NSW Junior Championships were held at Homebush in very wet weather from Friday, 25th February to Sunday, 27th February and we were represented by 31 athletes.

Timothy Forster got the championships away to a good start when he won the bronze medal in the Under 18 Boys 110 metres Hurdles event in a personal best time of 14.45 secs (wind -0.7 metres/sec). In his 100 metres heat Tim finished in 7th place (16th overall) with his time of 11.66 secs (wind -1.0 metres/sec). Tim ran a personal

best time in his 200 metres heat of 22.48 secs (wind -0.4 metres/sec). In the final Tim produced another pb time of 22.43 secs (wind -0.6 metres/sec) to place 4th.

Nathan Barbara won the gold medal in the Under 17 Boys Discus Throw Ambulant event with his effort of 17.20 metres. In his 100 metres event Nathan finished in 4th place in a time of 29.20 secs (wind -1.7 metres/sec). Nathan won the silver medal in his Shot Put event with his effort of 5.03 metres.

Alyssa Lowe won her heat of the Under 20 Girls 100 metres Hurdles event in a time of 15.14 secs (wind-0.8 metres/sec) to qualify for the final. In the Hurdles final Alyssa won the bronze medal with her time of 14.80 secs (wind -1.1 metres/sec). In her Long Jump Alyssa finished 13th with her leap of 4.13 metres (wind 0.0 metres/sec).

Claudia Barlow won the silver medal in the Under 16 girls Pole Vault event with her successful clearance at 2.00 metres.

Brendan Mannasz took out the bronze medal in the Under 18 Boys High Jump with his clearance at 1.85 metres.

Daniel Cox finished in 6th place in the Under 14 Boys 90 metres Hurdles event with his run of 14.97 secs (wind -0.3 metres/sec). Daniel competed up an age group to contest the Under 15 Boys 200 metres Hurdles and placed 8th with his time of 31.77 secs (wind 1/0 metres/sec). In his 100 metres event Daniel finished 7th (overall 19th) in his heat with the time of 13.97 secs. (wind 1.0 metres/sec). Daniel also competed in the Under 14 Boys High Jump event and claimed 4th place with his clearance at 1.35 metres.

Juliet Cooley was 13th overall in the Under 14 Girls 400 metres event with her time of 66.40 secs. In her 200 metres event Juliet placed 8th in her heat (24th overall) with her time of 29.73 secs.

Aiden Wright qualified for the final of the Under 15 Boys 400 metres event by winning his heat in a time of 53.68 secs. In his final Aiden claimed the silver medal with his time of 53.26 secs which qualifies him for the Nationals. Aiden placed 6th in his Long Jump event with his leap of 4.98 metres. Aiden qualified for the final of his 200 metres event with his time of 24.78 secs (wind -0.6 metres/sec). In the final Aiden placed 7th with his time of 24.76 secs (wind -0.7 metres/sec).

Ben Woodhouse won the silver medal in the Under 15 Boys 3000 metres event in a personal best time and National Qualifying time of 9 mins 29.41 secs. In his 1500 metres event Ben finished in 4th place with his time of 4 mins 22.62 secs. Ben finished in 6th place overall in his timed final 800 metres event with his time of 2 mins 09.20 secs.

Julian Smith placed 13th in the Under 15 Boys 3000 metres event with his time of 10 mins 49.14 secs. In his 1500 metres event Julian claimed 11th place with his time of 5 mins 07.84 secs.

Jess Johnston claimed the bronze medal in the Under 16 Girls Hammer Throw event with her throw of 37.95 metres. In her Javelin event Jess added a further bronze medal to her tally when she threw a distance of 32.35 metres. Jess won the silver medal in her Shot Put event with her throw of 12.11 metres. In her Discus event Jess won a further silver medal with her throw of 38.68 metres.

Georgia Phillips finished in 9th place in the Under 17 Girls 3000 metres event in a time of 10 mins 51.44 secs. Georgia won the gold medal in her 2000 metres Steeplechase event with her time of 7 mins 50.05 secs.

Jess Koussas finished in 5th place in the Under 15 Girls Javelin event with her throw of 28.89 metres. In her Discus event Jess was again in 5th place with her throw of 32.40 metres.

Andrew Kalos placed 6th in the Under 16 Boys Shot Put event with his throw of 12.21 metres. In his Javelin event Andrew claimed 6th place with his throw of 41.74 metres.

Jessica Forster finished in 9th place (26th Overall) with her time of 14.07 secs (wind 0.0 metres/sec).

Caitlin Waldron placed 6th in the Under 18 Girls Shot Put event with her throw of 11.76 metres. In her Discus event Caitlin finished in 10th place with her throw of 31.26 metres.

Aidan Mannasz won the silver medal in the Under 18 Boys Triple Jump event with his leap of 12.60 metres.

Lachlan Waldron took out the bronze medal in the Under 15 Boys Javelin event with his throw of 34.79 metres. In his Discus event Lachlan placed 9th with his throw of 32.68 metres.

Axel Bruntsch placed 6th in the Under 15 Boys 1500 metres event in a personal best time of 4 mins 27.58 secs. In his 800 metres timed final event Axel placed 4th overall in a personal best time of 2 mins 06.09 secs.

Yahya Ali won his heat of the Under 15 Boys 100 metres event in a personal best time of 11.83 secs (wind -0.8 metres/sec). In the final Yahya claimed 2nd place with his best ever time of 11.67 secs (wind 1.0 metres/sec). Yahya qualified for the final of his 200 metres event with a personal best time of 24.56 secs (wind -1.4 metres/sec). In the final Yahya placed 5th with his personal best time of 24.44 secs (wind -0.7 metres/sec).

Oliver Smith finished in 5th place in the Under 17 Boys 1500 metres event in a time of 4 mins 24.21 secs. In his 800 metres timed final event Oliver placed 8th overall with his time of 2 mins 08.30 secs.

Nicholas Woodhouse placed 16th in the Under 17 Boys 1500 metres event with his time of 4 mins 56.84 secs. In his 2000 metres Steeplechase event Nicholas won the bronze medal with his time of 7 mins 39.62 secs. Nicholas placed 12th overall in the timed final of his 800 metres event with his time of 2 mins 24.33 secs.

Ben Lawrence finished just out of the medals in 4th place in the Under 14 Boys Javelin event with his best effort of 27.81 metres.

Matthew Lawrence placed 6th in the Under 14 Boys Javelin event with is throw of 23.84 metres.

Isabel Barbara finished in 6th place in the Under 16 Girls Shot Put event with her throw of 9.98 metres. In her Discus event Isabel finished in 7th place with her throw of 25.12 metres.

Zara Warland finished in 11th place in the Under 20 Girls 1500 metres event with her time of 5 mins 01.73 secs. **Adam Bruntsch** placed 11th in the Under 20 Boys 1500 metres event in a time of 4 mins 02.54 secs. In his 3000 metres Steeplechase event Adam won the silver medal with a personal best run of 9 mins 55.70 secs. **Ashton Hanna** finished in 15th place overall in the Under 20 Boys 1500 metres event with his time of 4 mins 10.63 secs. Ashton won the bronze medal in his 3000 metres Steeplechase event with his time of 10 mins 18.45 secs. In the timed final of his 800 metres run Ashton claimed 9th place overall with his personal best time of 1 min 59.26 secs. **Claudia Wilson** won the silver medal in the Under 17 Girls 2000 metres Steeplechase event with her time of 8 mins 15.55 secs. **Isabella Barbara** placed 7th in the Under 16 Girls Discus event with her throw of 25.12 metres. In her **Amelie Sun** finished in 6th place in the Under 20 Girls 800 metres event with her time of 2 mins 16.85 secs.

24. Illawong High Velocity Meet # 3

At the Ridge Athletics Track we had 3 competitors competing in the High Velocity Meet held there on Saturday, 5th March.

Daniel Cox finished in 2nd place in the Boys 13 & Under 90 metres Hurdles event with his time of 14.67 secs (wind 1.5 metres/sec). In his 100 metres heat Daniel finished in 2nd place with his time of 13.46 secs (wind 1.0 metres/sec).

Caitlin Waldron finished in 2nd place in the 17 years & Under 3kg Shot Put event with her throw of 12.08 metres.

Aiden Wright placed 2nd in his heat of the Open Men's 200 metres event with a personal best time of 24.24 secs (wind -0.2 metres/sec). He had gone there to hopefully qualify in this event for the National championships. Aiden had to equal or better 24.24 secs and he was spot on.

25. NSW Milers Series IV

At the NSW Milers Series IV event held at the Crest Athletics Track, Bankstown we were represented by 5 athletes.

Georgia Phillips produced a personal best time of 7 mins 26.69 secs in claiming 3rd spot in the 2000 metres Steeplechase 76.2 cm event.

Amelie Sun finished in 2nd place in the Open Women's 800 metres event with her time of 2 mins 14.64 secs.

Nicholas Woodhouse produced a season's best time of 7 mins 17.65 secs in placing 5th in the Men's 2000 metres Steeplechase event.

Ben Woodhouse finished in 8th place in the "C" Men's 1500 event with his time of 4 mins 24.01 secs.

Adam Bruntsch placed 2nd in the Men's 1500 metres "B" Race with his time of 4 mins 03.20 secs.

26. 2022 NSW Masters Championships

The NSW Masters Championships were held at the Warm Up Track at Homebush from 11th March to 13th March and we had 6 competitors there.

Steven Barlow got the carnival off to a great start when he won the 45-49 Age Group Men's Pole Vault with his successful clearance at 2.45 metres. In his Discus event Steven took out 4th place with his throw of 23.94 metres.

Sue Gore also took out the gold medal in the 55-59 years 5000 metres Race Walk event with her time of 37 mins 29.26 secs.

Simon Bergfield won the bronze medal in the 60-64 years 5kg Shot Put event with his throw of 8.23 metres. In his Discus event Simon filled 5th spot with his throw of 25.51 metres. Simon filled 4th place in his 600gm Javelin event with his throw of 25.82 metres.

Andrew Atkinson-Howatt won the silver medal in the 65-69 years Discus event with his throw of 32.33 metres. In his 600gm Javelin event Andrew took out the gold medal with his throw of 33.02 metres.

Dave Johnston placed 5th in the 50-54 Men's High Jump event with his clearance at 1.20 metres. In his Javelin event Dave claimed 6th place with his throw of 26.33 metres.

Jon Baker won the silver medal in the 55-59 years 1500 metres event with his time of 5 mins 33.02 secs. In his 3000 metres Steeplechase event Jon won the gold medal with his time of 13 mins 07.66 secs. Jon also won the gold medal in his High Jump event with his clearance at 1.30 metres.

27. Sydney Track Classic

At the Sydney Track Classic held at Homebush on Saturday evening, 12th March we were represented by 2 competitors.

Daniel Cox won the Under 14 Boys 60 metres Dash event with his time of 8.47 secs (wind 1.5 metres/sec).
Adam Bruntsch finished in 6th place in the Men's 800 metres event with his time of 1 min 58 40 secs.

28. The NSW Little Athletics State Championships

The NSW Little Athletics Championships were held at Homebush from 19th to 20th March and we were represented by 26 athletes.

Brendan Mannasz won the gold medal in the Under 17 Boys High Jump event with his clearance at 1.93 metres.

Mikayla Kelleher placed 12th in the Under 17 Girls Long Jump event with her leap of 4.40 metres. In her Triple Jump event Mikayla finished in 9th place with her leap of 9.92 metres.

Matthew Lawrence finished in 5th place in the Under 12 Boys Javelin event with his effort of 29.63 metres. In his Discus event Matthew placed 21st with his throw of 18.46 metres.

Andrew Kalos placed 9th in the Under 15 Boys shot Put event with his throw of 11.35 metres. In his Javelin event Andrew finished in 5th place with his throw of 42.24 metres.

Owen Chandler finished in 5th place in the Under 15 Boys Long Jump event with his leap of 5.74 metres. In his Triple Jump event Owen won the bronze medal with his leap of 12.16 metres. Owen placed 10th in his High Jump event with his clearance at 1.60 metres.

Oliver Tsang placed 7th in the Under 14 Boys High Jump event with his clearance at 1.50 metres.

Jessica Johnston won the silver medal in the Under 15 Girls Discus event with her throw of 38.40 metres. In her Javelin Jessica won the bronze medal with her throw of 34.32 metres. Jessica won the gold medal in her Shot Put event with her throw of 12.61 metres.

Jessica Koussas won the silver medal in the Under 14 Girls Javelin event with her effort of 33.91 metres. In her Discus event Jessica placed 4th with her throw of 33.20 metres.

Nathan Barbara won the silver medal in the 15-17 years Multi Class Shot Put event with his throw of 5.12 metres. In the 15-17 years Multi Class Discus event Nathan won the gold medal with his throw of 14.99 metres.

Lachlan Waldron won the silver medal in the Under 14 Boys Javelin event with his effort of 38.32 metres. In his Shot Put event Lachlan placed 10th with his throw of 11.75 metres.

Daniel Cox finished in 6th place in the Under 13 Boys 200 metres Hurdles event with his time of 30.76 secs.

Charlotte Nagle placed 11th in the Under 14 Girls 200 metres Hurdles event with her time of 32.85 secs.

Zara Pawsey finished in 15th place in the Under 14 Girls 200 metres Hurdles event with her time of 33.29 secs. In her 400 metres event Zara finished in 11th place with her time of 66.26 secs. Zara placed 8th in the Under 14 Girls High Jump event with her clearance at 1.40 metres. In her 80 metres Hurdles event Zara placed 11th with her time of 14.26 secs.

Kaitlyn Martin placed 15th in the Under 17 Girls 300 metres Hurdles event with her time of 50.88 secs. In her 400 metres event Kaitlyn placed 19th with her time of 66.54 secs.

Georgia Phillips finished in 5th place in the Under 17 Girls 1500 metres event in a time of 4 mins 56.43 secs. In her 3000 metres event Georgia was the gold medallist with her time of 10 mins 34.11 secs. Georgia finished in 12th place in her 800 metres event with her time of 2 mins 29.93 secs.

Luke Moscos finished in 8th place in the Under 13 Boys 1500 metres event with his time of 4 mins 47.42 secs. In his 800 metres event Luke placed 7th with his time of 2 mins 20.69 secs.

Ella McGregor finished in 12th place in the Under 14 Girls 1500 metres event with her time of 5 mins 48.46 secs.

Juliette Cooley finished in 15th place in the Under 13 Girls 400 metres event with her time of 68.38 secs.

Caitlin Waldron placed 8th in the Under 17 Girls Shot Put event with her effort of 12.05 metres.

Ambrose Feng finished in 14th place in the Under 13 Boys High Jump event with his clearance at 1.40 metres.

Isabella Barbara finished in 7th place in the Under 15 Girls shot Put event with her effort of 10.56 metres.

Aidan Mannasz placed 10th in the Under 17 Boys Triple Jump event with his leap of 12.02 metres.

Mikayla Duncombe finished in 16th place in the Under 13 Girls Discus event with her throw of 27.37 metres.

Ben Woodhouse finished in 4th place in the Under 14 Boys 800 metres event with his time of 2 mins 06.38 secs.

Axel Bruntsch finished in 5th place in the Under 14 Boys 800 metres event with his time of 2 mins 07.11 secs.

Rhys Chandler finished in 4th place in the Under 12 Boys 1500 metres Walk event with his time of 9 mins 03.05 secs.

29. The Australian Junior & Open Championships

The Australian Junior & Open Championships were held at Homebush from Saturday, 26th March to Sunday, 3rd April and we were represented by 22 competitors.

Jessica Johnston finished in 5th place in the Under 16 Girls 3kg Shot Put event with her throw of 12.20 metres. In her 3kg Hammer Throw event Jessica placed 9th with her effort of 37.95 metres. Jessica won the silver medal in the 1kg Discus event with her throw of 40.39 metres. In her Javelin event Jessica placed 9th with her throw of 34.73 metres. Jess also competed in the Under 18 Girls discus where she finished in 5th place with her personal best throw of 41.70 metres.

Yahya Ali qualified for the final of the Under 15 Boys 100 metres event when he finished in 3rd place in his heat with his personal best time of 11.57 secs (wind 0.8 metres/sec). In the final Yahya won the bronze medal with his time of 11.61 secs (wind -0.7 metres/sec). Yahya recorded a personal best time in the heats of his 200 metres event with his time of 23.97 secs (wind -1.2 metres/sec) to qualify for the final. In the final Yahya finished in 8th place in another personal best time of 23.79 secs (wind 0.1 metres/sec).

Claudia Barlow finished in 11th place in the Under 16 Girls Pole Vault event with her clearance at 2.00 metres.

Aiden Wright qualified for the final of the Under 15 Boys 400 metres event by finishing 3rd in his heat with his time of 54.97 secs. In the final Aiden finished in 8th place with his time of 55.06 secs.

Amelie Sun finished in 13th place overall in the heats of the Under 20 Girls 800 metres event with her time of 2 mins 15.38 secs.

Sophie Kavanagh finished in 9th place in the Under 20 Girls' Long Jump event with her leap of 5.44 metres (wind -0.6 metres/sec).

Adam Bruntsch finished in 6th place in the Under 20 Boys' 3000 metres Steeplechase event with his personal best time of 9 mins 35.63 secs.

Ashton Hanna claimed 14th place in the Under 20 Boys' 3000 metres Steeplechase event with his personal best time of 10 mins 16.25 secs.

Ben Woodhouse finished in 11th place overall in the timed finals of the Under 15 Boys 1500 metres event with his time of 4 mins 20.08 secs. In his 3000 metres event he finished just out of the medals in 4th place in a big personal best time of 9 mins 14.07 secs. Ben claimed 23rd place overall in the heats of the Under 15 Boys 800 metres event with his time of 2 mins 11.01 secs.

Axel Bruntsch claimed 13th place overall in the heats of the Under 15 Boys 800 metres event with his time of 2 mins 07.95 secs.

Daniel Cox placed 6th (13th overall) in his heat of the Under 14 Boys 80 metres Hurdles event with his time of 15.41 secs (wind -1.1 metres/sec).

Jessica Forster finished in 16th place in the Under 20 Girls' Hammer Throw event with her distance of 16.38 metres.

Jessica Koussas finished in 16th place in the Under 15 Girls Javelin event with her throw of 28.70 metres.

Lachlan Waldron finished in 11th place in the Under 15 Boys Javelin event with his throw of 32.05 metres.

Timothy Forster finished in 4th place (8th overall) in his heat of the Under 18 Boys 110 metres Hurdles event with his time of 14.67 secs (wind -1.9 metres/sec). In the final Tim claimed 7th place with his time of 14.82 secs (wind -1.6 metres/sec). Timothy finished in 5th place in his heat (11th overall) of the 200 metres event with his time of 22.86 secs (wind 0.2 metres/sec).

Brendan Mannasz finished just out of the medals when he claimed 4th spot in the Under 18 Boys High Jump event with his clearance at 1.95 metres.

Nathan Barbara finished in 11th place in the Under 17 Boys Para 100 metres event with his time of 25.69 secs (wind 0.1 metres/sec). In his Para Discus event Nathan claimed the bronze medal with his throw of 14.27 metres. Nathan won the silver medal in his Shot Put event with his effort of 4.67 metres.

Georgia Phillips finished in 7th place in the Under 17 Girls 2000 metres Steeplechase event with her time of 7 mins 37.24 secs. The 3000 metres event was run as timed finals so Georgia finished 13th in her heat (25th overall) with her time of 11 mins 31.34 secs.

Claudia Wilson placed 14th in the Under 17 Girls 2000 metres Steeplechase event with her time of 8 mins 34.25 secs.

Nicholas Woodhouse produced a big personal best time of 7 mins 10.01 secs in finishing in 15th place in the Under 17 Boys 2000 metres Steeplechase event.

Aidan Mannasz placed 16th in the Under 18 Boys Triple Jump event with his leap of 12.10 metres (wind 3.7 metres/sec).

Kaitlyn Martin placed 6th in her heat (10th overall) of the Under 17 Girls 400 metres Hurdles event in a time of 71.34 secs.

30. The Australian Masters Athletic Championships

The Australian Masters Athletics Championships were held in Brisbane from 1st to the 4th April and we were represented by **Robert Hanbury-Brown**.

In the M65 yrs.+ High Jump Robert placed 4th with his clearance of 1.26m. In the shot put Robert again placed 4th with his best throw of 10.02m. In the discus, Robert's throw of 33.54m won him the bronze medal. In the hammer throw event Robert was 5th with a best throw of 32.55m. Robert picked up his second bronze medal in the Javelin with his throw of 31.52m. In the weight event Robert again placed 4th with a throw of 13.27m. In the throws pentathlon Robert was 4th with 3082 points. His individual results were shot put 9.49m (662 points), discus 32.27m (615), hammer 27.94m (528), Javelin 30.82m (561) and weight throw 13.15m (716).

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

MEN (as at 3/4/22)

	<u>100 metres</u>				<u>1500 metres</u>		
11 years	Yahya Ali	13.51	19/20	11 years	Adam Bruntsch	4:46.04	15/16
12 years	Yahya Ali	12.40	20/21	12 years	Benjamin Woodhouse	4:33.67	20/21
13 years	Sam Hain	11.54	13/14	13 years	Harrison Wade	4:17.14	13/14
14 years	Len Pearce	11.45	05/06	14 years	Michael Todd	4:07.18	06/07
15 years	John Pearce	11.18	06/07	15 years	Michael Todd	3:59.89	07/08
Under 18	John Pearce	10.72	08/09	Under 18	Will Devjak	3:53.51	00/01
Under 20	John Pearce	10.72	08/09	Under 20	Harrison Wade	3:50.67	17/18
Open	Brett Jovanovich	10.63	07/08	Open	Will Devjak	3:51.28	03/04
Vet 30-39	Carl Casaclang	11.63	01/02	Vet 30-39			
Vet 40-49	Peter Collins	11.9h	95/96	Vet 40-49	Adrian Wade	4:19.84	17/18
Vet 50+	Andrew Atkinson- Howatt	13.7h	07/08	Vet 50+	Jon Baker	5:26.6h	21/22
Vet 70+	Ron Wills	17.5h	12/13	Vet 70+	Ron Wills	6:15.1h	12/13
Vet 80+	Ron Wills	21.1h	19/20	Vet 80+	Ron Wills	9:29.8h	19/20
	<u>200 metres</u>				<u>3000 metres</u>		
11 years	David Forster	29.7h	82/83	11 years	Will Devjak	10:35.1h	94/95
12 years	Aiden Wright	26.17	20/21	12 years	Harrison Wade	9:41.11	12/13
13 years	Sam Hain	23.87	13/14	13 years	Harrison Wade	9:16.39	13/14
14 years	Sam Hain	23.48	13/14	14 years	Harrison Wade	8:56.60	14/15
15 years	John Pearce	22.1h	06/07	15 years	Harrison Wade	8:50.01	15/16
Under 18	Glen McCarthy	21.74	87/88	Under 18	Harrison Wade	8:31.66	16/17
Under 20	Glen McCarthy	21.69	88/89	Under 20	Harrison Wade	8:31.66	16/17
Open	Glen McCarthy	20.96	92/93	Open	Harrison Wade	8:31.66	16/17
Vet 30-39	John Larkin	23.43	93/94	Vet 30-39	Richard Sarkies	9:13.6h	00/01
Vet 40-49	Peter Collins	25.18	94/95	Vet 40-49	Adrian Wade	9:06.36	17/18
Vet 50+	Voitek Klimiuk	28.16	01/12	Vet 50+			
Vet 70+	Ron Wills	34.1h	11/12	Vet 70+	Ron Wills	14:48.2h	11/12
Vet 80+	Ron Wills	41.7h	19/20	Vet 80+	Ron Wills	21.18.7h	19/20
	<u>400 metres</u>				<u>5000 metres</u>		
11 years	Joshua Smith	62.4h	20/21	15 years	Logan Wade	16:49.96	16/17
12 years	David Forster	62.7h	83/84	Under 18	Harrison Wade	15:05.11	16/17
13 years	Aiden Wright	52.96	21/22	Under 20	Harrison Wade	15:05.11	16/17
14 years	David Forster	53.01	85/86	Open	Harrison Wade	15:05.11	16/17
15 years	Neville Stanton	51.50	99/00	Vet 30-39	Ray Wareham	15:56.32	04/05
Under 18	Glen McCarthy	49.10	87/88	Vet 40-49	Adrian Wade	15:59.27	17/18
Under 20	Glen McCarthy	49.10	87/88	Vet 50+			
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 40-49	Adrian Wade	35:25.19	15/16
Vet 50+	Voitek Klimiuk	64.32	10/11				
Vet 70+	Ron Wills	78.90h	11/12				
Vet 80+	Ron Wills	99.5(h)	19/20				
	<u>800 metres</u>				<u>10,000 metres</u>		
11 years	Will Devjak	2:19.1h	94/95	12 years	Peter Cotton	9:17.6h	86/87
12 years	Benjamin Woodhouse	2:12.97	20/21	13 years	Harrison Wade	6:43.08	13/14
13 years	Jacob Leon	2:06.78	17/18	14 years	Harrison Wade	6:26.98	14/15
14 years	Jacob Leon	1:59.16	18/19	15 years	Will Devjak	6:20.1h	98/99
15 years	Michael Todd	1:55.99	07/08	Under 18	Will Devjak	5:53.46	00/01
Under 18	Michael Todd	1:53.42	08/09	Under 20	Will Devjak	5:53.46	00/01
Under 20	Will Devjak	1:50.3h	02/03				
Open	Will Devjak	1:48.56	03/04	Under 18	Will Devjak	9:23.63	00/01
Vet 30-39	Greg Boyce	1:58.48	05/06	Under 20	Will Devjak	9:23.63	00/01
Vet 40-49	Adrian Wade	2:07.84	14/15	Open	Will Devjak	9:23.63	00/01
Vet 50+	Voitek Klimiuk	2:33.04	10/11	Vet 50+	Jon Baker	13.20.51	21/22
Vet 70+	Ron Wills	2:56.15	11/12				
Vet 80+	Ron Wills	4.11.1h	19/20				

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

MEN (as at 03/04/22)

	<u>1500 metre walk</u>					<u>110 metre hurdles</u>		
11 years	David Forster	8:51.4h	82/83	Under 18	Timothy Forster	14.45	21/22	
12 years	David Forster	9:00.2h	83/84	Under 20	Clinton McEwan	15.93	09/10	
13 years	Michael Cooper	10:35.1h	88/89	Open	Glyn Henman	16.5h	92/93	
14 years	Matthew Spackman	8:49.9h	88/89	Vet 30-39	Chris Norris	19.4h	94/95	
15 years	George Davis	7:35.20	18/19	Vet 40-49	Peter Collins	16.3h	93/94	
Under 18	George Davis	7:38.80	18/19	Vet 50+	Peter Collins	16.7h	01/02	
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+								
Vet 70+								
	<u>3000 metre walk</u>					<u>200 metre hurdles</u>		
11 years	Shannon Wolfers	20:28.8h	92/93	11 years	Will Devjak	33.9h	94/95	
12 years	Max Mayhew	16:41.48	19/20	12 years	Sam Hain	32.23	11/12	
13 years	Max Mayhew	16:10.55	20/21	13 years	Brian Chappell	30.6h	93/94	
14 years	Matthew Spackman	16:35.0h	88/89	14 years	Brian Chappell	26.04	94/95	
15 years	George Davis	16:21.07	18/19	15 years	Craig Birdsall	27.39	98/00	
Under 18				Under 18	Craig Birdsall	25.4h	99/00	
Under 20				Vet 40-49	John Barbuto	57.4h	89/90	
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+								
Vet 70+								
					<u>300 metre hurdles</u>			
				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	
					<u>400 metre hurdles</u>			
				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	
					<u>Multi Event</u>			
				15 years	Brian Chappell	4299 pts	95/96	
					<u>Decathlon</u>			
				13 years	George Davis	1412 pts	16/17	
				14 years	Rory Davison	3352 pts	19/20	
				Under 18	Brian Chappell	5328 pts	96/97	
				Under 20	Brent Page	4370 pts	92/93	
				Open	Brian Chin	5205 pts	93/94	
					<u>Weight Pentathlon</u>			
				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	
	<u>Pentathlon</u>							
Vet								
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					

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

MEN (as at 03/04/22)

	<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 Stevens	13.58m	17/18		Michael Jones	1.80m	86/87
13 years	Andrew Kalos	12.68m	20/21	13 years	Michael Jones	2.00m	87/88
14 years	Ben Nogajski	14.21m	15/16	14 years	Rory Davison	2.80m	19/20
4kg							
15 years	Jett Tall	13.58m	17/18	15years	Aidan Mannasz	3.10m	20/21
Under 18	Anthony Overton	14.07m	13/14	Under 18	Brendan Mannasz	3.10m	21/22
Under 20	James Bergfield	12.04m	12/13	Under 20	Brendan Mills	3.00m	93/94
Open	Jeff Hailey	14.86m	98/99	Open	Ray Brookes	3.20m	96/97
Vet 30-39	Jeff Hailey	14.86m	98/99	Vet 30-39	Ray Brookes	3.20m	96/97
Vet 40-49	Jeff Hailey	14.43m	01/02	Vet 50-54	Robert Hanbury-Brown	3.00m	12/13
Vet 50+	Robert Hanbury-Brown	11.31m	10/11				
Vet 60+	Lajos Joni	11.70m	15/16		<u>High Jump</u>		
Vet 80+	Ron Wills	5.85m	19/20	11 years	David Forster	1.38m	82/83
	<u>Discus</u>			12 years	Andrew Crews	1.67m	85/86
11 years	Ben Stevens	35.25m	16/17	13 years	Ben Nogajski	1.78m	14/15
12 years	Ben Stevens	43.50m	17/18	14 years	Cameron Pappas	1.84m	10/11
13 years	David Forster	31.02m	84/85	15 years	Ben Nogajski	1.85m	16/17
14 years	Ben Nogajski	46.66m	15/16		Brendan Mannasz	1.85m	20/21
15 years	Calum Winsor	45.98m	03/04	Under 18	Brendan Mannasz	1.95m	21/22
Under 18	Lloyd Parker	43.17m	06/07	Under 20	Michael Dunne	1.85m	99/00
Under 20	Lloyd Parker	38.45m	09/10	Open	Zoltan Budimcevic	2.00m	93/94
Open	Jeff Hailey	41.32m	98/99	Vet 30-39	John Larkin	1.60m	95/96
Vet 30-39	Jeff Hailey	41.32m	98/99	Vet 40-49	Peter Collins	1.65m	90/91
Vet 40-49	Jeff Hailey	39.12m	01/02	Vet 50+	Peter Collins	1.53m	01/02
Vet 50+	Voitek Klimiuk	42.19m	10/11				
Vet 60+	Robert Hanbury-Brown	37.09m	17/18		<u>Long Jump</u>		
				11 years	Geoff Davies	5.30m	85/86
	<u>Javelin</u>			12 years	David Massey	5.34m	89/90
11 years	Ben Lawrence	22.74m	20/21	13 years	Noah Hain	5.80m	15/16
12 years	Lachlan Waldron	31.42m	20/21	14 years	Cameron Pappas	6.35m	10/11
13 years	Michael Jones	40.26m	87/88	15 years	Len Pearce	6.61m	06/07
14 years	Andrew Kalos	38.84m	21/22	Under 18	Ben Cox	7.14m	11/12
15 years	Lloyd Parker	50.85m	07/08	Under 20	Geoff Davies	7.33m	92/93
Under 18	Lloyd Parker	55.19m	08/09	Open	Peter Parsons	7.35m	00/01
Under 20	Lloyd Parker	51.48m	09/10	Vet 30-39	Andrew Jackson	5.93m	03/04
Open	Jeff Hailey	56.20m	99/00	Vet 40-49	Peter Collins	5.98m	90/91
Vet 30-39	Jeff Hailey	56.20m	99/00	Vet 50+	Simon Butler-White	4.85m	12/13
Vet 40-49	Jeff Hailey	55.47m	01/02				
Vet 50+	Andrew Atkinson-Howatt	47.73m	07/08		<u>Triple Jump</u>		
Vet 60+	Andrew Atkinson-Howatt	41.30m	17/18	11 years	David Massey	9.74m	88/89
Vet 80+	Ron Wills	11.33m	19/20	12 years	Sam Hain	10.97m	11/12
	<u>Hammer Throw</u>			13 years	Cameron Pappas	12.42m	09/10
11 years	Patrick Kelland	16.27m	06/07	14 years	Cameron Pappas	13.80m	10/11
12 years	Lachlan Waldron	19.26m	20/21	15 years	Len Pearce	14.12m	06/07
13 years	Peter Cotton	24.18m	87/88	Under 18	Ben Cox	15.25m	11/12
14 years	Nicholas Kelland	32.36m	10/11	Under 20	Ben Cox	15.47m	13/14
15 years	Glyn Henman	35.20m	83/84	Open	Ben Cox	15.63m	15/16
Under 18	Paul Menin	45.44m	85/86	Vet 30-39	Andrew Jackson	11.38m	03/04
Under 20	Andrew Jackson	27.52m	90/91	Vet 40-49	Peter Collins	12.48m	90/91
Open	Jeff Hailey	41.47m	98/99	Vet 50+			
Vet 30-39	Jeff Hailey	41.47m	98/99				
Vet 40-49	Bob Bowker	40.11m	01/02		<u>Weight</u>		
Vet 50+	Lajos Joni	46.37m	11/12	Vet 50+	Lajos Joni	14.53m	12/13
Vet 60+	Lajos Joni	43.72m	15/16	Vet 60+	Lajos Joni	15.66m	15/16

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

WOMEN (as at 03/04/22)

<u>100 metres</u>				<u>1500 metres</u>			
11 years	Jamie Casaclang	13.1h	00/01	11 years	Larissa West	5.15.2h	88/89
12 years	Rachael Massey	12.96	88/89	12 years	Elizabeth Cotton	5.03.18	87/88
13 years	Annaliese Gardiner	12.36	05/06	13 years	Eliza Harvey	4.52.36	14/15
14 years	Rachael Massey	12.23	90/91	14 years	Kate Spencer	4.33.28	09/10
15 years	Rachael Massey	12.15	91/92	15 years	Kate Spencer	4.30.59	10/11
Under 18	Rachael Massey	11.87	93/94	Under 18	Kate Spencer	4.28.41	12/13
Under 20	Rachael Massey	11.85	95/96	Under 20	Kate Spencer	4.20.86	13/14
Open	Rachael Massey	11.42	99/00	Open	Maxine Poor	4.19.8h	83/84
Vet 28-34	Rachael Jackson ¹	11.96	08/09	Vet 28-34	Anne Francis	7.23.8h	88/89
Vet 35+	Rachael Jackson	12.14	11/12	Vet 35+	Suzanne Gore	5.19.51	08/09
Vet 50-59	Sue Gore	15.3h	12/13	Vet 50+	Suzanne Gore	5.34.7h	15/16
<u>200 metres</u>				<u>3000 metres</u>			
11 years	Jamie Casaclang	27.2h	00/01	11 years	Megan Cotton	12.02.7h	86/87
12 years	Jamie Casaclang	26.0h	01/02	12 years	Georgia Arcus	11.02.75	16/17
13 years	Rachael Massey	25.78	89/90	13 years	Amelie Sun	10.24.03	17/18
14 years	Rachael Massey	25.17	90/91	14 years	Kate Spencer	10.01.98	09/10
15 years	Jamie Casaclang	24.71	04/05	15 years	Kate Spencer	9.48.90	10/11
Under 18	Merryn Aldridge	24.65	99/00	Under 18	Kate Spencer	9.34.63	11/12
Under 20	Vicky Piggin	24.39	94/95	Under 20	Kate Spencer	9.16.49	13/14
	Merryn Aldridge	24.39	99/00	Open	Kate Spencer	9.16.49	13/14
Open	Rachael Massey	23.62	96/97	Vet 28-34	Suzanne Gore	13.36.9h	08/09
Vet 28-34	Rachael Jackson	24.71	07/08	Vet 50-59	Sue Gore	15.38.0h	14/15
Vet 35+	Rachael Jackson	25.48	11/12				
Vet 50-59	Sue Gore	30.39	12/13				
<u>400 metres</u>				<u>5000 metres</u>			
11 years	Jamie Casaclang	62.3h	00/01	Under 18	Kate Spencer	16.56.66	12/13
12 years	Jamie Casaclang	59.59	01/02	Under 20	Kate Spencer	15.32.29	13/14
13 years	Jamie Casaclang	58.51	02/03	Open	Kate Spencer	15.32.29	13/14
14 years	Ruby Worrell	55.35	20/21				
15 years	Ruby Worrell	57.22	21/22				
Under 18	Tara Milgate	55.68	01/02				
Under 20	Tara Milgate	55.88	03/04				
Open	Vicki Piggins	53.78	99/00				
Vet 28-34							
Vet 35+	Margaret Chappell	65.8h	94/95				
Vet 50-59	Sue Gore	69.33	13/14				
<u>800 metres</u>							
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	2.33.52	12/13				

¹ Rachel Massey and Rachel Jackson are the same athlete

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

WOMEN (as at 03/04/22)

<u>1500 metre walk</u>				<u>200 metre hurdles</u>			
11 years	Natalie Cummings	7.38.54	85/86	11 years	Megan Cotton	35.7h	87/88
12 years	Natalie Cummings	8.21.4h	86/87	12 years	Megan Cotton	34.1h	88/89
13 years	Julie Davis	7.43.0h	82/83	13 years	Alyssa Lowe	31.71	16/17
14 years	Carolyn Little	7.56.21	91/92	14 years	Rachel Neylan	29.2h	96/97
15 years	Yvette Cotton	7.38.0h	86/87	15 years	Alyssa Lowe	29.58	18/19
Under 18	Sharon Cummings	7.19.0h	86/87	Under 18	Jenny Horsfield	35.8h	87/88
Under 20	Sharon Cummings	7.19.0h	86/87	Under 20	Jenny Horsfield	34.2h	88/89
Open	Sharon Cummings	7.19.0h	86/87	Open			
Vet 28-34	Anne Francis	10.50.0h	88/89	Vet 28-34			
Vet 35+	Sue Curry	10.05.0h	91/92	Vet 35+	Margaret Chappell	37.3h	89/90
Vet 50-59	Sue Gore	8:45.1h	17/18				
<u>3000 metre walk</u>				<u>300 metre hurdles</u>			
11 years	Karen Hoey	16:44.4h	91/92	14 years	Rachel Neylan	45.41	96/97
12 years	Natalie Cummings	18:28.0h	86/87	15 years	Megan Cotton	44.08	90/91
13 years	Natalie Cummings	17:22.0h	87/88	Under 18			
14 years	Carolyn Little	17:13.4h	91/92	Vet 35+	Sharon Aldridge	55.3h	94/95
15 years	Sarah Kelland	17:26.72	12/13				
Under 18	Sharon Cummings	16:20.0h	85/86	<u>400 metre hurdles</u>			
Under 20	Sharon Cummings	16:20.0h	85/86	14 years	Gunilla Rupp	70.1h	84/85
Open	Yvette Cotton	15:37.6h	93/94	15 years	Tara Millgate	65.21	00/01
Vet 28-34				Under 18	Tara Millgate	60.72	01/02
Vet 35+	Sue Curry	21:10.3h	89/90	Under 20	Tara Millgate	60.41	04/05
Vet 50-59	Sue Gore	17:51.6h	20/21	Open	Tara Millgate	60.41	04/05
<u>5000 metre walk</u>				Vet 28-34			
Under 18	Carolyn Little	30.45.0h	94/95	Vet 35+	Sue Curry	89.8h	87/88
Open	Yvette Cotton	27.17.8h	93/94				
Vet 50-59	Sue Gore	37.29.3	21/22				
<u>80 metre hurdles</u>							
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				
<u>90 metre hurdles</u>							
13 years	Alyssa Lowe	14.57	16/17				
14 years	Alyssa Lowe	13.31	17/18				
15 years	Zoe Warland	13.27	17/18				
<u>100 metre hurdles</u>							
15 years	Alyssa Lowe	14.39	18/19				
Under 18	Alyssa Lowe	14.15	19/20				
Under 20	Rasvinder Gill	14.62	04/05				
Open	Lyndall Garling	14.12	83/84				
Vet 28-34							
Vet 35+							

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

WOMEN (as at 03/04/22)

<u>Shot Put</u>				<u>High Jump</u>			
11 years	Maddy Bergfield	8.99m	07/08	11 years	Megan Cotton	1.35m	87/88
12 years	Chiara Lillis	10.46m	16/17		Portia Amy-Wilson	1.35m	14/15
13 years	Jessica Johnston	12.27m	20/21	12 years	Nina Osada-Phornsiri	1.56m	10/11
14 years	Maddy Bergfield	12.08m	10/11	13 years	Alexandra Church	1.72m	97/98
15 years	Maddy Bergfield	12.59m	11/12	14 years	Alexandra Church	1.74m	98/99
Under 18	Maddy Bergfield	13.10m	13/14	15 years	Alexandra Church	1.74m	99/00
Under 20	Maddy Bergfield	12.04m	14/15	Under 18	Alexandra Church	1.82m	01/02
Open	Maddy Bergfield	12.04m	14/15	Under 20	Alexandra Church	1.82m	01/02
Vet 28-34				Open	Alexandra Church	1.82m	01/02
Vet 35+	Helen Searle	12.59m	93/94	Vet 28-34			
Vet 50-59	Sue Gore	6.63m	18/19	Vet 35+	Margaret Chappell	1.35m	90/91
<u>Discus</u>				<u>Long Jump</u>			
11 years	Jessica Johnston	31.24m	18/19	11 years	Janet Gault	4.69m	89/90
12 years	Jessica Johnston	36.54m	19/20	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		Portia Amy-Wilson	5.15m	16/17
15 years	Jessica Johnston	41.70m	21/22	14 years	Alyssa Lowe	5.54m	17/18
Under 18	Maddy Bergfield	41.75m	12/13	15 years	Alyssa Lowe	5.76m	18/19
Under 20	Maddy Bergfield	41.75m	12/13	Under 18	Alyssa Lowe	6.10m	20/21
Open	Maddy Bergfield	41.75m	12/13	Under 20	Vicky Pigginn	6.20m	94/95
Vet 28-34				Open	Vicky Pigginn	6.36m	97/98
Vet 35+	Helen Searle	30.64m	94/95	Vet 28-34			
				Vet 35+	Margaret Chappell	4.72m	90/91
<u>Javelin</u>				<u>Triple Jump</u>			
11 years	Jessica Johnston	29.92m	18/19	11 years	Portia Amy-Wilson	9.44m	14/15
12 years	Jessica Johnston	34.45m	19/20	12 years	Janet Gault	10.40m	90/91
13 years	Jess Johnston(400g)	38.47m	20/21				
14 years	Tarsha Wayne(500g)	38.39m	17/18	13 years	Portia Amy-Wilson	10.78m	16/17
15 years	Sophie Kavanagh	35.54m	19/20	14 years	Maya Leverett	11.15m	13/14
Under 18	Chloe Davis	39.35m	17/18	15 years	Alyssa Lowe	11.85m	18/19
Under 20	Laura Cornford	45.52m	04/05	Under 18	Maya Leverett	12.33m	15/16
Open	Mary Thomas	46.98m	82/83	Under 20	Maya Leverett	12.33m	15/16
Vet 28-34				Open	Maya Leverett	12.33m	15/16
Vet 35+	Mary Thomas	46.98m	82/83	Vet 28-34			
				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	Jessica Johnston	33.25m	19/20	14 years	Megan Cotton	4265 pts	90/91
13 years	Jessica Johnston	39.46m	20/21	15 years	Megan Cotton	4719 pts	90/91
14 years	Caitlin Waldron	22.83m	19/20	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	<u>Pole Vault</u>			
Vet 28-34				13 years	Johanna Volos	2.90m	12/13
Vet 35+	Helen Searle	44.00m	96/97	14 years	Johanna Volos	3.10m	13/14
				15 years	Johanna Volos	3.30m	14/15
<u>Weight Pentathlon</u>				Under 18	Johanna Volos	3.10m	13/14
Vet 60-64	Helen Searle	5117 pts	99/00	Under 20	Johanna Volos	3.10m	13/14
Vet 65-69	Helen Searle	5027 pts	01/02				

BEST PERFORMANCES ON RECORD BY RYDE ATHLETES SINCE 1982

From the 2021/22 season best performances on record are based on the athlete's age at 31st December in the year of the performance. This brings it into line with ANSW & AA rules.

Best performance records can only be set at AA, ANSW and other AA affiliated State organised events.

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.

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 2021 – 2022

<u><i>GIRLS</i></u>				<u><i>BOYS</i></u>			
<u>100 Metres</u>				<u>100 Metres</u>			
Under 12	Lisa Farmer	13.9	1992	Under 12	Daniel Bowtell	13.7	2012
Under 13	Rachael Massey	13.4	1988	Under 13	Gareth Smith	13.2	1993
Under 14	Rachael Massey	13.1	1989	Under 14	Sam Hain	12.2	2012
	Jamie Casaclang	13.1	2002				
	Alyssa Lowe	13.1	2016				
Under 15	Rachael Massey	12.8	1990	Under 15	Brian Chappell	11.9	1994
Under 16	Jamie Casaclang	12.3	2004	Under 16	John Pearce	11.4	2006
Under 18	Rachael Massey	12.1	1992	Under 18	John Pearce	11.0	2008
Under 20	Vicky Pigginn	12.1	1994	Under 20	Glen McCarthy	11.1	1988
Open	Rachael Massey	11.8	1996	Open	Brett Jovanovich	11.1	2012
Vet 30+	Sharon Aldridge	13.2	1996	Vet 30+	Carl Casaclang	11.9	2002
Vet 40+				Vet 40+	Adrian Wade	14.8	2013
Vet 50+	Sue Gore	15.3	2012	Vet 50+			
<u>200 Metres</u>				<u>200 Metres</u>			
Under 12	Lisa Farmer	30.0	1993	Under 12	David Forster	29.7	1982
Under 13	Jamie Casaclang	27.1	2001	Under 13	Antonia Galati	28.2	2009
Under 14	Rachael Massey	27.8	1989	Under 14	Owen Chandler	25.9	2021
Under 15	Rachael Massey	26.6	1990	Under 15	Brian Chappell	24.5	1994
Under 16	Rachael Massey	25.8	1991	Under 16	Patrick Kong	24.5	2009
Under 18	Rachael Massey	25.9	1992	Under 18	Ian Pereira	23.0	1988
Under 20	Vicky Pigginn	26.3	1994	Under 20	Glen McCarthy	22.4	1988
Open	Rachael Massey	25.5	1996	Open	Brett Jovanovich	22.8	2009
Vet 30+	Sharon Aldridge	27.9	1993	Vet 30+	Carl Casaclang	24.6	2001
Vet 40+				Vet 40+	Adrian Wade	27.2	2014
Vet 50+				Vet 50+	Voitek Klimiuk	29.2	2011
				Vet 70+	Ron Wills	37.0	2013
				Vet 80+	Ron Wills	47.6	2021
<u>400 Metres</u>				<u>400 Metres</u>			
Under 12	Portia Amy-Wilson	71.6	2014	Under 12	Joshua Smith	62.4	2020
Under 13	Tara Vance	64.5	2006	Under 13	Harrison Wade	63.4	2012
Under 14	Nicola Bowtell	62.2	2012	Under 14	Joe Harvey	57.2	2019
Under 15	Tara Vance	61.5	2008	Under 15	Brian Chappell	55.5	1994
Under 16	Alyssa Lowe	60.0	2018	Under 16	Damian Petrovic	55.6	2004
Under 18	Tara Millgate	59.4	2002	Under 18	Patrick Kelland	53.3	2012
	Alyssa Lowe	59.4	2019				
Under 20	Vicky Pigginn	62.2	1994	Under 20	Patrick Kelland	54.2	2013
Open	Tara Millgate	62.8	2006	Open	Will Devjak	53.8	2006
Vet 30+	Margaret Chappell	68.3	1992	Vet 30+	Greg Boyce	54.1	2006
Vet 40+				Vet 40+	Adrian Wade	57.8	2014
Vet 50+	Sue Gore	72.3	2012	Vet 50+			
<u>800 Metres</u>				<u>800 Metres</u>			
Under 12	Megan Cotton	2:33.0	1987	Under 12	Will Devjak	2:28.2	1994
Under 13	Jamie Casaclang	2:35.4	2001	Under 13	Benjamin Woodhouse	2:24.3	2021
Under 14	Tara Vance	2:34.4	2007	Under 14	Harrison Wade	2:17.9	2013
Under 15	Kate Spencer	2:27.8	2009	Under 15	Kevin Laws	2:11.8	1985
Under 16	Eliza Harvey	2:28.6	2016	Under 16	James Bergfield	2:11.8	2009
Under 18	Kate Spencer	2:16.2	2013	Under 18	James Bergfield	2:08.8	2011
Under 20	Tara Millgate	2:30.5	2003	Under 20	Patrick Kelland	2:06.2	2013
Open	Tara Millgate	2:21.2	2007	Open	Will Devjak	2:01.8	2003
Vet 30+	Sue Gore	2:52.9	1992	Vet 30+	Greg Boyce	2:04.8	2005
Vet 40+	Sue Gore	2:40.6	2009	Vet 40+	Adrian Wade	2:12.6	2014
Vet 50+				Vet 50+	Jon Baker	2:44.3	2022
				Vets 70+	Ron Wills	3:15.8	2013
				Vets 80+	Ron Wills	4:58.0	2021

**RYDE ATHLETICS CENTRE – SENIORS DIVISION
CENTRE RECORDS 2021 – 2022**

GIRLS

<u>1500 Metres</u>			
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	Georgia Arcus	5:08.0	2018
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
<u>1500m Walk</u>			
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+			
<u>80m Hurdles</u>			
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
<u>90m Hurdles</u>			
Under 15	Jenny Horsfield	15.9	1984
Under 16	Margaret Hamilton	14.8	1984
<u>100m Hurdles</u>			
Under 18	Kate Harvey	15.2	1991
Under 20			
Open	Cheryl Attenborough	19.7	1982
Vet	Lynda Calder	19.7	1991

BOYS

<u>1500 Metres</u>			
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	Adam Bruntsch	4:39.6	2018
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+			
<u>1500m Walk</u>			
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	George Davis	8:11.6	2018
Under 18	George Davis	8:06.67	2019
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
<u>80m Hurdles</u>			
Under 12	Peter Cotton	16.1	1985
	Brian Chappell	16.1	1991
Under 13	Adam Hoey	13.7	1991
<u>90m Hurdles</u>			
Under 14	David Forster	15.4	1984
<u>100m Hurdles</u>			
Under 18	Chris Butt	15.7	1983
Under 20	Warren Gray	15.5	1983
<u>110m Hurdles</u>			
Open			
Vet	Ken Smith	19.6	1991

RYDE ATHLETICS CENTRE – SENIORS DIVISION CENTRE RECORDS 2021 – 2022

GIRLS

<u>Javelin</u>			
Under 12	Jessica Johnston	25.60m	2019
Under 13	Chloe Davis	29.68m	2013
Under 14	Jess Johnston	33.71m	2021
Under 15	Julia Kelland	29.07m	2016
Under 16	Maddy Bergfield	31.26m	2011
Under 18	Chloe Davis	35.05m	2017
Under 20	Chloe Davis	34.08m	2018
Open	Yvette Cotton	23.88m	1991
Vet 30+	Helen Searle	22.38m	1991
Vet 40+	Sue Gore	14.44m	2011

<u>Discus</u>			
Under 12	Chiara Lillis	23.45m	2015
Under 13	Jessica Johnston	33.14m	2019
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

<u>Shot Put</u>			
Under 12	Jessica Johnston	8.85m	2019
Under 13	Megan Cotton	8.97m	1988
Under 14	Maddy Bergfield	10.87m	2009
Under 15	Jessica Johnston	11.11m	2022
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+			

<u>Hammer</u>			
Under 12	Margaret Gault	15.54m	1991
Under 13	Jessica Johnston	27.73m	2019
Under 14	Jessica Johnston	36.27m	2020
Under 15	Caitlin Waldron	22.82m	2019
Under 16	Caitlin Waldron	25.49m	2020
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

<u>Javelin</u>			
Under 12	Benjamin Lawrence	22.74m	2021
Under 13	Lachlan Waldron	30.22m	2021
Under 14	Andrew Kalos	35.83m	2021
Under 15	Andrew Kalos	39.70m	2022
Under 16	Nick Kelland	39.61m	2011
Under 18	Nick Kelland	47.65m	2014
Under 20	Patrick Kelland	45.63m	2013
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 60+	Andrew Atkinson-Howatt	38.76m	2019
Vet 65+	Robert Hanbury-Brown	31.18m	2022
Vet 70+	Ron Wills	16.64m	2013
Vet 80+	Ron Wills	11.30m	2021

<u>Discus</u>			
Under 12	Jett Tall	26.16m	2014
Under 13	Lachlan Waldron	33.13m	2020
Under 14	Jett Tall	33.25m	2017
Under 15	Mua Morris	41.23m	2003
Under 16	Jett Tall	43.66m	2018
Under 18	Jett Tall	34.19m	2019
Under 20	Nick Kelland	37.10m	2014
Open	Darren Wilson	36.82m	1992
Vet			
Vet 40+	Andrew Atkinson-Howatt	35.87m	2006
Vet 50+	Robert Hanbury-Brown	37.36m	2010
Vet 60+	Robert Hanbury-Brown	38.64m	2020

<u>Shot Put</u>			
Under 12	Ben Nogajski	8.23m	2013
Under 13	Lachlan Waldron	9.08m	2021
Under 14	Andrew Kalos	12.68m	2021
Under 15	Andrew Kalos	12.22m	2022
Under 16	Jett Tall	12.29m	2018
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 65+	Robert Hanbury-Brown	10.11m	2022
Vet 70+	Ron Wills	6.23m	2013
Vet 80+	Ron Wills	5.25m	2021

<u>Hammer</u>			
Under 12	Patrick Kelland	16.27m	2006
Under 13	Jett Tall	22.90m	2015
Under 14	Mua Morris	23.39m	2002
Under 15	Jett Tall	27.20m	2017
Under 16	Jett Tall	29.92m	2018
Under 18	Steve Capper	36.78m	1984
Under 20	Nick Kelland	33.62m	2014
Open	Andrew Atkinson-Howatt	32.31m	2008
Vet			
Vet 40+	Andrew Atkinson-Howatt	29.63m	2006
Vet 50+	Lajos Joni	38.83m	2014
Vet 60+	Lajos Joni	40.05m	2016

RYDE ATHLETICS CENTRE – SENIORS DIVISION CENTRE RECORDS 2021 – 2022

GIRLS

High Jump

Under 12	Portia Amy-Wilson	1.30m	2014
	Chiara Lillis	1.30m	2015
Under 13	Beth Chilcott	1.42m	2006
Under 14	Alyssa Lowe	1.56m	2016
Under 15	Christine Nettle	1.55m	1990
Under 16	Alyssa Lowe	1.55m	2018
Under 18	Karina Longshaw	1.50m	1987
	Sharon McConkey	1.50m	1990
Under 20	Christine Gosling	1.47m	1992
Open	Natalie Sing	1.47m	2006
Vet	Margaret Chappell	1.35m	1990
Vet 40+			
Vet 50+			

Long Jump

Under 12	Portia Amy-Wilson	4.51m	2014
Under 13	Janet Gault	4.66m	1990
Under 14	Janet Gault	4.65m	1991
Under 15	Megan Cotton	5.10m	1990
Under 16	Alyssa Lowe	5.53m	2018
Under 18	Alyssa Lowe	5.93m	2019
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	Alyssa Lowe	10.62m	2018
Under 16	Alyssa Lowe	11.27m	2019
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 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+			

BOYS

High Jump

Under 12	Luke Moscos	1.35m	2020
Under 13	Peter Cotton	1.46m	1986
Under 14	Nikita Marokakis	1.58m	2002
Under 15	Rory Tarnow-Mordi	1.65m	2006
Under 16	Brendan Mannasz	1.85m	2020
Under 18	John Pearce	1.75m	2008
	Ben Cox	1.75m	2010
Under 20	Clinton McEwan	1.75m	2010
Open	Andrew Jackson	1.75m	1994
Vet	Peter Collins	1.60m	1993
Vet 40+	Adrian Wade	1.45m	2014
Vet 60+	Robert Hanbury-Brown	1.25m	2020

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	Jett Tall	6.16m	2018
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
Vet 60+	Simon Bergfield	3.72m	2019

Triple Jump

Under 12	Joshua Arcus	9.46m	2013
Under 13	Len Pearce	11.14m	2003
Under 14	Jett Tall	11.78m	2017
Under 15	Noah Hain	11.81m	2016
Under 16	Aidan Mannasz	12.69m	2021
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 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+			

RYDE ATHLETICS CENTRE – SENIORS DIVISION CENTRE RECORDS 2021 – 2022

The Ryde Athletics senior centre records 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. From 2022/23 this will be altered to age as at 31st December in the year the performance was made to bring it into line with ANSW & AA specifications. The Ryde Athletics Senior centre records can only be set at the Ryde Senior Club Championship Days that are generally held once or twice a season at Dunbar.

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