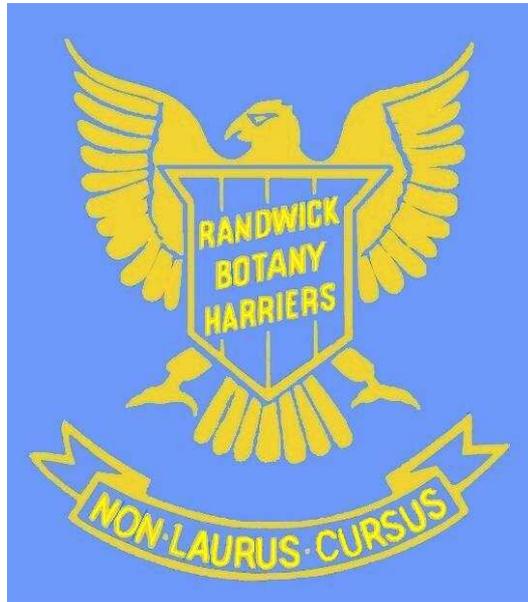


# **RANDWICK-BOTANY HARRIERS inc.**



## **24th ANNUAL REPORT AND FINANCIAL STATEMENT**

**FOR THE YEAR ENDING  
31st MARCH 2011**

**SEASON 2010-2011**

### **CLUB MOTTO**

"Non laurus cursus"  
[Not the laurel but the race]

<http://www.rbharriers.com>

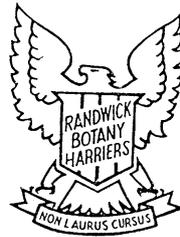


**RANDWICK - BOTANY HARRIERS inc.**

Founded in 1959 by the amalgamation of Randwick-Kensington A.A.C.  
and the Botany Harriers [Est. 1907].

Merged with Randwick-Botany Women's A.A.C. in 1983

Incorporated as Randwick-Botany Harriers Inc, 1987



Affiliated with Athletics New South Wales

**Life Members**

|                |       |                 |       |               |       |
|----------------|-------|-----------------|-------|---------------|-------|
| R F Tuck       | 1915* | E F Magee       | 1947* | H Liu         | 1993* |
| J P Grinton    | 1918* | E J Winter      | 1948* | J Russell     | 1994  |
| R Coombes      | 1919* | A A Henlsey     | 1953* | K Goldman     | 1994  |
| C G Weyman     | 1921* | T S London      | 1953* | Mrs D Haar    | 1995* |
| A S Baldick    | 1921* | D Dickings      | 1954* | M Little      | 1995  |
| J Siddins      | 1922* | J Howlin        | 1955* | N Ellison     | 1996  |
| W F Siddins    | 1922* | C Devitt        | 1957* | M Rabbitt     | 1997  |
| J J Walshe     | 1922* | W Dunn          | 1964  | P Sandstrom   | 1997  |
| J Chegwyn      | 1924* | G C Marshall    | 1965* | Mrs A Saville | 2000  |
| R C Corish     | 1926* | R E Cartwright  | 1971  | H Stanley     | 2000  |
| W Cartwright   | 1928* | L H Irwin       | 1975  | A Kajan       | 2010  |
| H H Hayden     | 1935* | A Southwood     | 1977* | S Williams    | 2010  |
| G Hunt         | 1937* | P Arthur        | 1978* | P Spehr       | 2010  |
| C D Spicer     | 1938* | Miss T Bell     | 1978  | Mrs J Saville | 2010  |
| C D Patterson  | 1938* | Mrs D Smith     | 1980  | Mrs G McDarra | 2010  |
| H C Parker     | 1939* | Mrs J Norman    | 1982* | P Piper       | 2010  |
| C D Hensley AM | 1940* | G Ryan          | 1983  | B Butchart    | 2010  |
| R Fazakerley   | 1946* | RJ Crawford OAM | 1984  |               |       |
| A G Hayes      | 1946* | K Morris        | 1993  |               |       |

\*deceased

**Honorary Members**

A Lawrence, L Irwin, A Atkins, M Atkins, P Bell, T Endicott  
R Wallace, R Saville, L Schaefer, B Burrridge, R Newens, J Plummer.



## OFFICE BEARERS 2010/2011

### **President**

J Dawes

### **Vice Presidents**

A Kajan, B Arnol, J Rea

### **Patrons**

Cr R Hoenig  
Cr B Notley- Smith  
M Daley MLA

### **General Secretary**

P Feain

### **General Treasurer**

M Considine

### **Registrar**

G Griffin

### **Track Coordinator**

Alija Kajan

### **Winter Coordinator**

M Patterson

### **Delegates to Athletics NSW**

R Crawford J Dawes K Owens  
(Alt. – J Dwyer)

### **Male Captain**

J Hunt

### **Female Captain**

Tara Holt

### **Purchasing & Equipment**

R Crawford, M Rabbitt

### **Auditor**

P Spehr

### **Honorary Solicitor**

T Olabinri

### **Coaching Coordinator**

A Kajan

### **Publicity Committee**

M Rabbitt, A Kajan  
B Arnol

### **History & Statistics**

K Goldman, A Kajan

### **Medical Team**

M Kelly, Dr G Hazan  
G McDarra, M Feain

### **Web Master**

A Kajan

### **Uniform Officer**

B Arnol

### **Race Recorder & Handicapper**

M Rabbitt

### **Winter Race Registrar**

N Ellison

### **The Committee of Management**

Ron Crawford

James Dawes

Martin Considine

Paul Feain

Alija Kajan

Brendan Arnol

Jeffrey Hunt

Guy Griffin

Tess McKillop

Zachary Rea

**Committee of Management meetings are usually held on the 2<sup>nd</sup> Monday of each month and all members are welcome to attend as observers.**



## PRESIDENT'S REPORT



2010/11 represented another stellar year for The Club. We won four winter age-group premierships, had three Australian representatives, won two coaches awards, had one ANSW Life Membership inductee and increased our club run participation and volunteer earnings.

Details are as follows:

- Winter Premierships in Male categories of Open, 35+, Under 18 and Under 16 – compared to only one premiership last year
- Commonwealth Games representation in Jeff Hunt and Jeremy Roff
- World Junior Championship representative in Steve Solomon
- Fira Dvoskina was named Athletics Australia Junior Coach of the Year
- Sean Williams was named Athletics NSW Coach of the Year
- Kim Owens was elected as a Life Member of Athletics NSW
- A peak of more than 60 participants at one of our club runs – the highest peak in years
- Over \$4,000 earned by The Club volunteering at the City to Surf, Sydney Morning Herald Half and the World Record Gillette Stiletto Relay events.

Botany Council surprised us with a weekly fee of \$105 for Mutch Park cross country races. However, Mutch Park is maintained better than ever and the committee acknowledge it is becoming The Club's spiritual home. We will therefore increase marketing of our Mutch Park events including letter-box drops in the surrounding area and award free entries to placegetters of the Yarra Bay Fun Run. This should boost club run numbers and improve affordability.

We welcomed Tess Mckillop and Zach Rae to the committee – a nice combination of brains, youth and experience! Tess hasn't taken long to inject some great ideas for the future of The Club and Zach has strong connections to the Eastern Suburbs Little Athletics community. Zach will also help the club with social networking.

Club members who trained at the new Hensley Athletic Track were generally pleased with the facility. Although regular booking of the track is currently beyond The Club's budget, Botany Council plans to allow individuals to train there for a \$6 fee.



The Club is brimming with hard working coaches, keen and talented athletes and an energetic committee that will no doubt continue to be the envy of clubs across the state. Thank you all for your support and achievements this year.

Jim Dawes  
Club President

## SECRETARY'S REPORT



This past 12 months I took the minutes of the committee meetings and was ably assisted by Brendan Arnol when I was absent on business. Alija Kajan must also be thanked for his role in recording all of the club's numerous outstanding achievements this year. His work maintaining the website must also be applauded.

Meetings were held at the Bondi-Waverley Council Chambers thanks to our registrar Guy Griffin who must also be thanked for his work maintaining the clubs register of members and in dealing with the appropriate paperwork from NSW Athletics.

We tried to organize regular club training utilizing recently refurbished Hensley Athletics Field but with current price structure we are unable to afford enormous booking fee. We were told by Botany Council that possibility of some kind of pass is an option that could be viable for our members. That would dramatically reduce the cost comparing to existing scheme.

Paul Feain  
Club Secretary



## REGISTRAR'S REPORT



Unfortunately 2011 has continued a trend to dwindling numbers across the club. While closer ties with Little Athletics have boosted our numbers for dual LANSW/ANSW membership and given us a good base for the future, the overall trends are a little concerning..

The numbers over the last three years are below.

|                                | <b>2011</b>                         | 2010                       | 2009<br>(winter transition) | 2008 |
|--------------------------------|-------------------------------------|----------------------------|-----------------------------|------|
| Senior Athletes                | <b>60</b><br>(inc 10 "Winter Only") | 61<br>(inc 11 Winter Only) | 55                          | 94   |
| Juniors to Under 20            | <b>73</b><br>(inc 20 Dual LAANSW)   | 71<br>(inc 15 Dual LAANSW) | 44                          | 52   |
| Senior Officials (inc Coaches) | <b>13</b>                           | 14                         | 15                          | 15   |
| Club Associates                | <b>14</b>                           | 13                         | 11                          | 12   |
| <b>Total</b>                   | <b>159</b>                          | 159                        | 125                         | 173  |

Despite this trend with the additional dual members the number of junior members has stayed steady as our coaches continue to identify and introduce talented athletes building a bright future for the club. Unfortunately we have lost some senior members. One bright spot is the improved ratio of male to female where we now have 56 females in relation to 103 males. This is better than 2010 where we had more than double the number of males to females (107 to 52). With the change in renewal date in 2009 we have a growth in the number of winter athletes. In recent years Randwick Botany has presented strongly in winter competition so it appears that some people may holding off on subscribing until the races they are really interested in and subscriptions are discounted.

Guy Griffin  
Club Registrar



## TREASURER'S REPORT

### As at 31 March 2011



After 3 years of strong financial results, the club made a small loss last year of \$603. A number of factors contributed to this, but chief among them was the loss of the revenue stream from equipment hire at Hensley. However the size of the loss does not give immediate concern, in the context of overall net assets in the club in excess of \$60,000.

Going forward the Committee will look to invest these assets so as to further the values and goals of the club and all its members, whatever their ability level might be.

A special 'thank you' to all those members who have assisted with the collection of money during the year, especially Norm Ellison, Ivan Curotta, Ron Crawford, our registrar Guy Griffin, and our uniforms manager Brendan Arnol.

Their assistance has made my position as treasurer so much easier, especially with our winter club runs seeming to regularly clash with my junior AFL commitments.

Thanks again to Peter Spehr for auditing our financial statements, and on a personal note I am delighted to see Glenda Spehr, with whom I have served on both running club and footy club committees being nominated this year for life membership along with a host of other RBH stalwarts.

Lastly, to Jim and the Committee – this is a great group to work with and I look forward to working with them again in the year ahead.

Martin Considine  
Club Treasurer



## RANDWICK BOTANY HARRIERS Inc.

STATEMENT OF FINANCIAL POSITION  
*As at 31 March 2011*

|   |                           |
|---|---------------------------|
| <b><u>Current Assets</u></b>              |                           |
| Cash at Bank                              | \$10,717.13               |
| Uniforms                                  | \$4,180.00                |
| <b>TOTAL</b>                              | <b>\$14,897.13</b>        |
| <b><u>Non Current Assets</u></b>          |                           |
| Investments                               | \$44,600.97               |
| Equipment                                 | \$1,986.46                |
| <b>TOTAL</b>                              | <b>\$46,587.43</b>        |
| <b><u>Net Assets</u></b>                  | <b><u>\$61,484.56</u></b> |
| <b><u>Accumulated Funds</u></b>           |                           |
| Retained Surplus start of year            | \$62,087.74               |
| Loss arising                              | <b>-\$603.18</b>          |
| <b><u>Members' Equity end of Year</u></b> | <b><u>\$61,484.56</u></b> |

STATEMENT OF FINANCIAL PERFORMANCE  
*For the year ended 31 March 2011*

|                                     |                         |
|-------------------------------------|-------------------------|
| <b><u>REVENUE</u></b>               |                         |
| Registration & Club Fees            | \$3,247.74              |
| ANSW Dinner                         | \$300.00                |
| Fund Raising Dinner                 | \$4,678.00              |
| Club Runs                           | \$1,720.70              |
| Interest Received                   | \$290.90                |
| Fun Run Assistance                  | \$4,880.00              |
| Increase in Value of<br>Investments | \$1,584.67              |
| <b>TOTAL</b>                        | <b>\$16,702.01</b>      |
| <b><u>EXPENDITURE</u></b>           |                         |
| Sundries                            | \$1,372.25              |
| Registration Fees                   | \$2,379.50              |
| ANSW Affiliation & Race Fees        | \$2,966.00              |
| Botany Bolt                         | \$568.00                |
| Fund Raising Dinner                 | \$150.00                |
| Club Runs                           | \$2,190.00              |
| Bank Fees                           | \$163.80                |
| Equipment Expenses                  | \$150.30                |
| Plaques & Trophies                  | \$654.50                |
| Assistance to Athletes              | \$5,400.00              |
| Depreciation of Equipment           | \$851.34                |
| Write-off of Uniforms               | \$459.50                |
| <b>TOTAL</b>                        | <b>\$17,305.19</b>      |
| <b><u>LOSS for the Year</u></b>     | <b><u>-\$603.18</u></b> |

BALANCE SHEET  
*As at 31 March 2011*

|                      |                    |
|----------------------|--------------------|
| <b><u>Assets</u></b> |                    |
| Cash at Bank         | \$10,717.13        |
| Athletic Equipment   | \$1,986.46         |
| Uniforms             | \$4,180.00         |
| Investments          | \$44,600.97        |
| <b>TOTAL</b>         | <b>\$61,484.56</b> |
| Liabilities          | \$0.00             |

**Excess of Assets over Liabilities**    **\$61,484.56**



**Independent Audit Report To The Members Of  
Randwick-Botany Harriers Inc.**

**Year Ended 31<sup>st</sup> March 2011**

This letter confirms that I have audited the Financial Statements of Randwick-Botany Harriers Inc. (the Club) in accordance with Australian Auditing Standards.

Based on my discussions with the Club Treasurer and other officials regarding financial processes and controls, and my review of the financial documentation presented to me, it is my opinion that:

- a) The Financial Statements of the Club present a true and fair view of the:
  - i. Financial position as at the 31<sup>st</sup> March 2011, and the
  - ii. Financial performance for the financial year ended 31<sup>st</sup> March 2011, and
- b) The accounts are in accordance with Statements of Accounting Concepts and Applicable Accounting Standards.

**Dated 6<sup>th</sup> June 2011**

**Peter Wayne Spehr**

**Honorary Auditor**

**B Business (Accountancy) CPA CIA**



## TRACK AND FIELD REPORT



In 2010 Commonwealth Games was the major international competition for Australian athletes. Our own Jeremy Roff and Jeff Hunt were selected to represent Australia in Delhi. Jeremy automatically qualified for the final of 1500m with his third place in heat 2 running 3:41.86. Final proved to be very tactical affair with relatively slow pace and Jeremy finished in 7<sup>th</sup> place in 3:43.53.



Jeff Hunt had much harder task, just to run 42.2k in warm conditions (27 deg at the end of race) is challenging enough. Jeff was really well prepared and was rightfully optimistic about his medal chance in Delhi. The field was relatively small, only 24 starters. He ran with a leading pack first 10k but started cramping at around 17k mark and at halfway he was in 9th place. Things were not getting better towards the end and Jeff lost another few places in the finishing kilometers. He bravely finished 13th in 2:25.03.

Second part of the season was dominated by young Steven Solomon who set a PB every time he stepped on the track. His improvement was phenomenal. Starting the season with PB of very low 47 sec PB he first lowered it to 46.44 with his win at Australian Allschools in Melbourne. Then he surprised everybody and won Melbourne Track Classic in 46.12 beating in the process



the best Australian quarter milers. He stamped his dominance at Sydney Track Classic with another win – this time in 46.24. But the icing on the cake was his win at Australian Open Championships where he won with huge PB of 45.58. Not long after that he was selected to represent Australia at upcoming World Track and Field Championships in 4x400m. Steve already represented Australia at last World Junior Championships in Canada where he was a member of 4x400m relay.

I was bitterly disappointed when Steve missed out on any of the Athletics NSW annual awards. Not enough for even junior sprinter award! Steve is currently number 3 on world junior rankings and number one in his age group.



Other Junior who achieved international level is Joshua Johnson who represented Australia at World Cross Country Championships in Spain where he finished in 75<sup>th</sup> place. in 4x400m relay.

In the field events, discus thrower Evan Jennis improved club's U18 record several times while Lachlan Little achieved significant improvements in long jump (6.67m) and triple jump (14.06m).

This season also saw a rise of young sprinter Molly Blakey who finished the season on very high note with her 25.62 200m performance and 56.86 over 400m. These are phenomenal results considering that she is only 14 years old.

Coaches are backbone of our club and I really appreciate help from all of them especially when trying to put teams together.

Alija Kajan

## 2010 ANSW WINTER PREMIERSHIP

|   | Open M     | Points    | Male B     | Points    | 35+ M      | Points    | 45+ M      | Points    | 55+ M      | Points    | 65+ M      | Points    |
|---|------------|-----------|------------|-----------|------------|-----------|------------|-----------|------------|-----------|------------|-----------|
| 1 | <b>RBH</b> | <b>45</b> | <b>BAN</b> | <b>31</b> | <b>RBH</b> | <b>37</b> | <b>HIL</b> | <b>54</b> | <b>SSR</b> | <b>64</b> | <b>BAN</b> | <b>74</b> |
| 2 | SUT        | 43        | RBH        | 24        | HIL        | 33        | SGD        | 48        | HIL        | 57        | SGD        | 33        |
| 3 | SSR        | 25        | SUT        | 23        | KEJ        | 32        | BAN        | 30        | BAN        | 41        | SSR        | 13        |
| 4 | KEJ        | 18        | MIN        | 18        | SUT        | 30        | SUT        | 20        | SUT        | 14        | SUT        | 6         |
| 5 | SYU        | 15        | KEJ        | 13        | SSR        | 30        | NOW        | 18        | NOW        | 6         |            |           |

|   | U12M       | Points    | U14M       | Points    | U16M       | Points    | U18M       | Points    | U20M       | Points    |
|---|------------|-----------|------------|-----------|------------|-----------|------------|-----------|------------|-----------|
| 1 | <b>KEJ</b> | <b>60</b> | <b>NOW</b> | <b>48</b> | <b>RBH</b> | <b>45</b> | <b>RBH</b> | <b>51</b> | <b>SUT</b> | <b>31</b> |
| 2 | SSR        | 24        | SGD        | 30        | KEJ        | 30        | ILL        | 30        | RBH        | 27        |
| 3 | NOW        | 17        | KEJ        | 27        | ILL        | 30        | UTS        | 21        | HIL        | 24        |
| 4 | HIL        | 12        | SSR        | 19        | SSR        | 15        | KEJ        | 15        | MIN        | 11        |
| 5 | RBH        | 9         | RBH        | 15        | GOS        | 6         | NOW        | 10        | KEJ        | 6         |

|   | Open F     | Points    | Female B   | Points    | 35+ F      | Points    | 45+ F      | Points    | 55+ F      | Points    |
|---|------------|-----------|------------|-----------|------------|-----------|------------|-----------|------------|-----------|
| 1 | <b>SUT</b> | <b>54</b> | <b>KEJ</b> | <b>18</b> | <b>HIL</b> | <b>72</b> | <b>SSR</b> | <b>33</b> | <b>BAN</b> | <b>69</b> |
| 2 | AEA        | 41        | SSR        | 12        | AEA        | 36        | KEJ        | 30        | SSR        | 21        |
| 3 | SSR        | 21        | HIL        | 12        | SUT        | 20        | NOW        | 22        | NOW        | 18        |
| 4 | KEJ        | 18        | MIN        | 9         | BAN        | 18        | MIN        | 15        |            |           |
| 5 | BAN        | 14        | UTS        | 4         | KEJ        | 12        | ILL        | 12        |            |           |

|   | U12F       | Points    | U14F       | Points    | U16F       | Points    | U18F       | Points    | U20F       | Points    |
|---|------------|-----------|------------|-----------|------------|-----------|------------|-----------|------------|-----------|
| 1 | <b>KEJ</b> | <b>48</b> | <b>KEJ</b> | <b>37</b> | <b>KEJ</b> | <b>51</b> | <b>HIL</b> | <b>48</b> | <b>KEJ</b> | <b>18</b> |
| 2 | NOW        | 36        | SUT        | 35        | ILL        | 34        | CHB        | 36        | MIN        | 12        |
| 3 | ILL        | 24        | UTS        | 30        | NOW        | 27        | ILL        | 31        | CHB        | 9         |
| 4 | HIL        | 6         | RBH        | 21        | HIL        | 21        | KEJ        | 24        | ASW        | 4         |
| 5 | SUT        | 4         | WYO        | 12        | RBH        | 13        | WYO        | 9         |            |           |



## **RBH Winter 2010 Results**

### **Novice Championships 2010**

#### **Invitational Male 10km**

|                   |       |
|-------------------|-------|
| 19. Glen Derriman | 41:38 |
| 39. Olga Derriman | 48:03 |
| 41. Peter Spehr   | 48:40 |
| 49. John McGrath  | 51:59 |

#### **Novice Female 4km**

|                   |       |
|-------------------|-------|
| 3. Daina Surka    | 14:17 |
| 7. Amity Delaney  | 14:41 |
| 39. Georgia Evans | 16:39 |
| 74. Elaine Walsh  | 18:53 |
| 90. Glenda Spehr  | 21:13 |

#### **Novice Male 10k**

|                    |       |
|--------------------|-------|
| 3. Francis Torok   | 32:52 |
| 6. Joshua Johnson  | 33:32 |
| 52. Ben Adler      | 39:29 |
| 57. Joel Xuereb    | 39:59 |
| 59. Thomas Gilanyi | 40:06 |
| 75. Mark Carmody   | 42:40 |
| 124. Paul Feain    | 59:54 |

#### **Invitational Female 4k**

Results not available yet



*Joel Xuereb, Ben Adler and Thomas Gilanyi at State Road 10k*

### NSW Road Championships

#### 10km - Male

|                     |       |
|---------------------|-------|
| 17. Francis Torok   | 32:02 |
| 48. Jim Dawes       | 34:20 |
| 76. Gary Howard     | 35:20 |
| 78. Manu Sivaraj    | 35:24 |
| 124. Sean O'Neill   | 36:55 |
| 147. Ben Adler      | 37:38 |
| 190. Joel Xuereb    | 38:26 |
| 211. Thomas Gilanyi | 38:57 |
| 219. Glen Derriman  | 39:09 |
| 276. Mark Carmody   | 40:56 |
| 294. Guy Griffin    | 41:37 |
| 438. David Hazan    | 45:51 |
| 439. Peter Spehr    | 45:51 |
| 513. Dave Shaw      | 49:02 |
| 516. John McGrath   | 49:14 |
| 590. Paul Feain     | 54:31 |

#### 10km Open Female

|                 |       |
|-----------------|-------|
| 14. Daina Surka | 38:09 |
|-----------------|-------|

#### 10km 40-44 Women

|                  |       |
|------------------|-------|
| 17. Elaine Walsh | 49:04 |
|------------------|-------|

#### 10km 45-49 Women

|                  |       |
|------------------|-------|
| 7. Olga Miskovic | 45:17 |
|------------------|-------|

#### 5km U18 Male

|                     |       |
|---------------------|-------|
| 2. Nathan Derriman  | 16:00 |
| 16. Jordan Williams | 17:33 |
| 19. Marc Kopelowitz | 17:59 |

#### 5km U16 Female

|                  |       |
|------------------|-------|
| 4. Amity Delaney | 18:55 |
|------------------|-------|

#### 2.5km U14 Male

|                   |      |
|-------------------|------|
| 2. Hayden O'Neill | 9:48 |
|-------------------|------|

#### 2.5k U14 Male

|                   |       |
|-------------------|-------|
| 6. Finn Mergler   | 10:24 |
| 11. Chris O'Brien | 11:17 |
| 12. Daniel Hazan  | 11:33 |

#### 2.5km- U12 Female

|                  |       |
|------------------|-------|
| 1. Georgia Evans | 11:17 |
|------------------|-------|



*U16 and U18 teams after winning the gold:*

*Matthew Scott, Nathan Derriman, Jordan Williams, Mark Kriedman, James King, Zac Rea, Timothy Spehr and Sam Gottlieb*

### Cross Country Relays

#### U12 Males 7th

|                   |       |       |
|-------------------|-------|-------|
| 1 Matthew Gerrard | 07:50 | 07:50 |
| 2 Lewis Carmody   | 08:28 | 16:18 |
| 3 Ky Baldwin      | 08:13 | 24:31 |
| 4 Sebastien Moir  | 07:07 | 31:38 |

#### U16 Females 4th

|                       |       |       |
|-----------------------|-------|-------|
| 1 Samantha King       | 11:17 | 11:17 |
| 2 Gabrielle Vanderham | 12:09 | 23:26 |
| 3 Tamara Viner        | 12:09 | 35:35 |
| 4 Amity Delaney       | 11:08 | 46:43 |

#### U14 Males 6th

|                       |       |       |
|-----------------------|-------|-------|
| 1 Georgia Evans       | 07:26 | 07:26 |
| 2 Daniel Hazan        | 07:37 | 15:03 |
| 3 Christopher O'Brien | 07:57 | 23:00 |
| 4 Finn Mergler        | 07:03 | 30:03 |

#### Open Men A1st

|                    |       |       |
|--------------------|-------|-------|
| 1 Barton McPherson | 12:27 | 12:27 |
| 2 Harry Summers    | 11:40 | 24:07 |
| 3 Jeremy Roff      | 11:32 | 35:39 |
| 4 Jeffrey Hunt     | 11:38 | 47:17 |

#### U16 Males 1st

|                 |       |       |
|-----------------|-------|-------|
| 1 James King    | 09:37 | 09:37 |
| 2 Timothy Spehr | 10:19 | 19:56 |
| 3 Matthew Scott | 10:37 | 30:33 |
| 4 Sam Gottlieb  | 09:54 | 40:27 |

#### Open Men B 7th

|                   |       |       |
|-------------------|-------|-------|
| 1 Liam Ridings    | 12:48 | 12:48 |
| 2 Courtney Carter | 12:12 | 25:00 |
| 3 Cain Partridge  | 13:32 | 38:32 |
| 4 Daniel Keating  | 14:34 | 53:06 |

#### U18 Males 1st

|                   |       |       |
|-------------------|-------|-------|
| 1 Nathan Derriman | 09:15 | 09:15 |
| 2 Mark Kriedmann  | 09:34 | 18:49 |
| 3 Jordan Williams | 10:05 | 28:54 |
| 4 Zachary Rea     | 09:20 | 38:14 |

#### 35+ Men 4th

|                  |       |       |
|------------------|-------|-------|
| 1 Jim Dawes      | 13:27 | 13:27 |
| 2 Sean O'Neill   | 13:55 | 27:22 |
| 3 Thomas Gilanyi | 15:11 | 42:33 |
| 4 Gary Howard    | 14:18 | 56:51 |

#### U20 Males 3rdd

|                   |       |       |
|-------------------|-------|-------|
| 1 Francis Torok   | 09:06 | 09:06 |
| 2 Ben Adler       | 10:35 | 19:41 |
| 3 Demid Gouroulev | 10:12 | 29:53 |
| 4 David Hazan     | 12:43 | 42:36 |

#### 45+ Men A 4th

|                     |       |          |
|---------------------|-------|----------|
| 1 Mark Carmody      | 15:55 | 15:55    |
| 2 Peter Spehr       | 16:52 | 32:47    |
| 3 Matthew Patterson | 16:10 | 48:57    |
| 4 Manu Sivaraj      | 14:19 | 01:03:16 |



## Long Course X Country

### U12 Female

4. Kriedmann, Ellen 8:16

### U12 Male

12. Moir, Sebastien 7:54  
17. Gerrard, Matthew 8:25  
24. Gilanyi, Yannich 9:05  
26. Carmody, Lewis 9:23

### U14 Male

10. Scott, Matthew 10:59  
26. Gilanyi, Matthias 11:56  
28. O'Brien, Christopher 12:13  
29. Gottlieb, Hugh 12:20  
30. Hazan, Daniel 12:25

### U14 Female

8. King, Samantha 11:40  
17. Viner, Tamara 12:21

### U16 Female

8. Delaney, Amity 16:35  
31. Vanderham, Gabrielle 18:10

### U16 Male

3. McDonald, Morgan 14:06  
4. King, James 14:10  
7. Spehr, Tim 14:32  
8. Gottlieb, Sam 14:38  
17. O'Sullivan, Conor 16:05

### U18 Male

2. Rea, Zachary 19:48  
6. Derriman, Nathan 20:17  
9. Kriedmann, Mark 20:44  
15. Williams, Jordan 21:34  
19. Kopelowitz, Marc 21:54

### 40+ Female

13. Walsh, Elaine 43:34

### 45+ Female

8. Spehr, Glenda 47:54

### Open Male

4. Carter, Courtney 40:31  
10. Ridings, Liam 43:01  
11. McPherson, Barton 43:29  
24. Partridge, Cain 51:20  
28. Xuereb, Joel 54:12

### 40+ Male

9. Gilanyi, Thomas 50:37

### 45+ Male

4. Patterson, Matthew 55:02  
5. Carmody, Mark 55:06  
18. Spehr, Peter 1:01:37

### 50+ Male

14. Griffin, Guy 1:00:53



*Bradley Woods, Zachary Rea and Barton McPherson running Road Relays in Wollongong*

### Road Relays, Wollongong, 10 July 2010

|                                       |       |  |         |
|---------------------------------------|-------|--|---------|
| U14 Female 4x2k 1st                   | 29:35 | Bradley Woods                          | 11:29   |
| Georgia Evans                         | 07:02 | Liam Ridings                           | 12:17   |
| Lily Harding                          | 07:35 | Francis Torok                          | 11:17   |
| Amy Harding                           | 07:29 | Daniel Keating                         | 14:00   |
| Dominica Lucas                        | 07:29 |  |         |
| U16 Female 4x3k 2nd                   | 46:04 | Open Male C team 4x4k 19 <sup>th</sup> | 1:01:30 |
| Samantha King                         | 11:09 | Lauren McKillop                        | 13:20   |
| Gabrielle Vanderham                   | 11:39 | Joel Xuereb                            | 14:49   |
| Tamara Viner                          | 12:11 | Chris Wardlaw                          | 18:29   |
| Amity Delaney                         | 11:05 | Patrick Elliot                         | 14:52   |
| U16 Male 4x3k 2nd                     | 43:42 | 35+ Male A team 4x4k 1 <sup>th</sup>   | 51:43   |
| Sam Gottlieb                          | 10:01 | Nick Cope                              | 12:05   |
| Hugh Gottlieb                         | 12:07 | Sean O'Neill                           | 13:29   |
| Chris O'Brien                         | 12:04 | Gary Howard                            | 12:47   |
| James King                            | 09:30 | James Dawes                            | 13:22   |
| U18 Male 4x4k 1 <sup>st</sup>         | 51:54 | 35+ Male B team 4x4k 9 <sup>th</sup>   | 1:01:43 |
| Zachary Rea                           | 12:18 | Manu Sivaraj                           | 13:25   |
| Mark Kriedmann                        | 13:13 | Peter Spehr                            | 16:01   |
| Jordan Williams                       | 12:25 | Michael Delaney                        | 18:30   |
| Nathan Derriman                       | 12:58 | Dani Anders                            | 13:47   |
| Open Male A team 4x4k 1 <sup>st</sup> | 46:42 | 55+ Male 4x4k 10 <sup>th</sup>         | 1:20:40 |
| Barton McPherson                      | 12:07 | Peter Gottlieb                         | 18:06   |
| Courtney Carter                       | 11:39 | Ken Goldman                            | 22:28   |
| Harry Summers                         | 11:32 | Paul Feain                             | 21:06   |
| Jeffrey Hunt                          | 11:24 | John McGrath                           | 19:00   |
| Open Male B team 4x4k 8 <sup>th</sup> | 50:03 |  |         |



### Short Course X Country

#### U12 Female 1.5k

|                       |      |
|-----------------------|------|
| 1. Evans, Georgia     | 5:19 |
| 2. Mastroianni, Gabby | 5:39 |
| 9. Kriedmann, Ellen   | 6:04 |

#### U12 Male 1.5k

|                      |      |
|----------------------|------|
| 8. Moir, Sebastien   | 5:26 |
| 25. Carmody, Lewis   | 6:34 |
| 27. Gilanyi, Yannich | 6:36 |

#### U14 Female 2.5k

|                           |       |
|---------------------------|-------|
| 4. King, Samantha         | 9:27  |
| 10. Harding-Delooze, Amy  | 10:06 |
| 21. Harding-Delooze, Lily | 10:23 |
| 36. Baron, Sharon         | 11:46 |
| 37. Carmody, Isabel       | 11:50 |

#### U14 Male 2.5k

|                          |       |
|--------------------------|-------|
| 25. Gottlieb, Hugh       | 10:26 |
| 26. O'Brien, Christopher | 10:26 |
| 28. Hazan, Daniel        | 10:32 |

#### U16 Female 2.5k

|                          |       |
|--------------------------|-------|
| 2. Delaney, Amity        | 9:26  |
| 25. Vanderham, Gabrielle | 10:54 |

#### U16 Male 2.5k

|                       |      |
|-----------------------|------|
| 2. King, James        | 8:13 |
| 7. Gottlieb, Sam      | 8:30 |
| 11. O'Sullivan, Conor | 8:47 |
| 23. Spehr, Timothy    | 9:25 |

#### Open Female 5k

|                 |       |
|-----------------|-------|
| 7. Surka, Daina | 19:30 |
|-----------------|-------|

#### U18 Male 5k

|                       |       |
|-----------------------|-------|
| 8. Kriedmann, Mark    | 17:49 |
| 13. Williams, Jordan  | 18:14 |
| 20. O'Sullivan, Conor | 18:52 |
| 29. O'Brien, Chris    | 23:02 |
| 31. Hazan, Daniel     | 23:17 |
| 32. Spehr, Timothy    | 23:52 |

#### U20 Male 5k

|                   |       |
|-------------------|-------|
| 4. Torok, Francis | 16:47 |
| 10. Hazan, David  | 23:52 |

#### Open Male 7.5k

|                       |       |
|-----------------------|-------|
| 2. Hunt, Jeffrey      | 23:42 |
| 3. Carter, Courtney   | 23:50 |
| 4. Woods, Bradley     | 24:06 |
| 15. McPherson, Barton | 25:38 |
| 16. Ridings, Liam     | 25:46 |
| 37. Partridge, Cain   | 28:56 |
| 45. Xuereb, Joel      | 31:17 |
| 48. Wardlaw, Chris    | 37:39 |

#### 35+ Male 7.5k

|               |       |
|---------------|-------|
| 8. Dawes, Jim | 27:37 |
|---------------|-------|

#### 40+ Male 7.5k

|                  |       |
|------------------|-------|
| 1. Cope, Nick    | 25:24 |
| 3. O'Neill, Sean | 28:43 |

#### 45+ Male 7.5k

|                    |       |
|--------------------|-------|
| 1. Sivaraj, Manu   | 27:51 |
| 24. Spehr, Peter   | 38:42 |
| 25. Hazan, Georges | 42:04 |

#### 45+ Female 5k

|                  |       |
|------------------|-------|
| 9. Spehr, Glenda | 28:20 |
|------------------|-------|

#### 50+ Male 7.5k

|                   |       |
|-------------------|-------|
| 12. Carmody, Mark | 32:24 |
|-------------------|-------|

#### 55+ Male 5k

|                   |       |
|-------------------|-------|
| 17. McGrath, John | 25:28 |
|-------------------|-------|

#### 60+ Male 5k

|                 |       |
|-----------------|-------|
| 15. Feain, Paul | 29:09 |
|-----------------|-------|

### Commonwealth Games Marathon

|               |         |
|---------------|---------|
| 14. Jeff Hunt | 2:25:03 |
|---------------|---------|



**Randwick Botany Harriers Track and Field Performance - Men  
2010/2011 Season**

| Event         | Wind | Name                      | Age | Place   | Date       | Venue        |
|---------------|------|---------------------------|-----|---------|------------|--------------|
| <b>60m</b>    |      |                           |     |         |            |              |
| 6.76          | NWI  | Max Freeman               | 22  | 2nd     | 13/11/2010 | Mingara      |
| 7.00          | NWI  | Max Freeman               | 23  | 4th     | 26/02/2011 | Blacktown    |
| 7.03          | 1.3  | Max Freeman               | 22  | 1st     | 18/12/2010 | SOPAC        |
| 7.48          | 0.1  | Lachlan Little            | 15  | 1st/H2  | 30/10/2010 | Bankstown    |
| wind assisted |      |                           |     |         |            |              |
| 7.05          | 2.1  | Max Freeman               | 22  | 4th     | 18/12/2010 | SOPAC        |
| 8.40          | 5    | Michael Delaney           | 41  | 7th     | 16/10/2010 | Narrabeen    |
| <b>100m</b>   |      |                           |     |         |            |              |
| 10.90         | NWI  | Max Freeman               | 23  | 6th     | 26/02/2011 | Blacktown    |
| 11.30         | -0.8 | Steven Solomon            | 17  | 8th/A   | 27/01/2011 | SOPAC        |
| 11.36         | -1.5 | Max Freeman               | 22  | 4th/H5  | 25/03/2011 | SOPAC        |
| 11.40         | -0.5 | Max Freeman               | 22  | 1st/H2  | 2/4/2011   | SOPAC        |
| 11.46         | -0.7 | Max Freeman               | 22  | 10th/H2 | 25/03/2011 | SOPAC        |
| 11.51         | -2.3 | Max Freeman               | 22  | 4th/H1  | 6/11/2010  | Campbelltown |
| 11.60         | 0.9  | David Buckland            | 15  | 3rd/H1B | 15/01/2011 | SOPAC        |
| 11.81         | 0.0  | David Buckland            | 15  | 4th/B   | 27/01/2011 | SOPAC        |
| 11.88         | -1.5 | David Buckland            | 16  | 7th/H2  | 12/2/2011  | SOPAC        |
| 12.05         | -0.1 | Lachlan Little            | 15  | 3rd/H1  | 6/11/2010  | Campbelltown |
| 12.40         | -1.7 | Hayden O'Neill            | 12  | 6th     | 18/12/2010 | SOPAC        |
| 12.80         | NWI  | Lachlan Little            | 15  | 1st/U16 | 10/11/2010 | Blacktown    |
| 13.62         | -1.3 | Michael Delaney           | 41  | 9th     | 4/12/2010  | SOPAC        |
| 13.77         | 0.5  | Michael Delaney           | 41  | H3/8th  | 5/2/2011   | SOPAC        |
| 18.00         | NWI  | Daniel Jennings<br>(TF35) | 14  | 6th/U13 | 26/02/2011 | Blacktown    |
| wind assisted |      |                           |     |         |            |              |
| 11.05         | 3.5  | Max Freeman               | 22  | 8th/H2  | 19/02/2011 | SOPAC        |
| 11.22         | 2.2  | Max Freeman               | 22  | 4th/H1  | 5/2/2011   | SOPAC        |
| 11.47         | 3.0  | David Buckland            | 16  | 4th/H3  | 19/02/2011 | SOPAC        |
| <b>200m</b>   |      |                           |     |         |            |              |
| 22.10         | NWI  | Max Freeman               | 23  | 1st     | 26/02/2011 | Blacktown    |



## 2010 –2011 Annual Report

|       |      |                           |    |         |            |           |
|-------|------|---------------------------|----|---------|------------|-----------|
| 22.29 | -0.4 | James Roff                | 24 | 9th     | 11/12/2010 | SOPAC     |
| 22.32 | -1.5 | Steven Solomon            | 17 | 4th     | 29/01/2011 | Glendale  |
| 22.45 | NWI  | Max Freeman               | 22 | 2nd     | 13/11/2010 | Mingara   |
| 22.70 | 1.4  | Max Freeman               | 22 | 13th    | 11/12/2010 | SOPAC     |
| 22.91 | 0.4  | David Buckland            | 15 | 3rd     | 8/10/2010  | SOPAC     |
| 23.04 | 0.2  | David Buckland            | 15 | 4th     | 4/12/2010  | Melbourne |
| 23.12 | 1.0  | David Buckland            | 16 | 1st/U18 | 26/02/2011 | SOPAC     |
| 23.25 | 1.0  | David Buckland            | 16 | 7th     | 15/03/2011 | SOPAC     |
| 23.30 | 0.3  | David Buckland            | 15 | 3rd/H2  | 4/12/2010  | Melbourne |
| 23.98 | -3.3 | David Buckland            | 16 | 7th     | 13/02/2011 | SOPAC     |
| 24.09 | -4.9 | David Buckland            | 16 | 2nd/H1  | 13/02/2011 | SOPAC     |
| 24.24 | -3.5 | David Buckland            | 16 | 4th     | 3/02/1011  | SOPAC     |
| 27.12 | 1.4  | Drew Walker               | 27 | 16th    | 16/10/2010 | Narrabeen |
| 28.53 | 1.8  | Michael Delaney           | 41 | 10th    | 16/10/2010 | Narrabeen |
| 37.20 | NWI  | Daniel Jennings<br>(TF35) | 14 | 4th/U13 | 26/02/2011 | Blacktown |
| 37.23 | -0.1 | Daniel Jennings<br>(TF35) | 14 | 1st/U15 | 26/03/2011 | Blacktown |



*Fira Dvoskina - Athletics Australia Junior Coach of the Year*

### 400m

|       |                 |    |        |            |           |
|-------|-----------------|----|--------|------------|-----------|
| 45.58 | Steven Solomon  | 17 | 1st    | 17/04/2011 | Melbourne |
| 46.12 | Steven Solomon  | 18 | 1st    | 3/3/2011   | Melbourne |
| 46.24 | Steven Solomon  | 18 | 3rd    | 19/03/2011 | SOPAC     |
| 46.44 | Steven Solomon  | 17 | 1st    | 5/12/2011  | Melbourne |
| 46.89 | Steven Solomon  | 17 | 1st/S2 | 16/04/2011 | Melbourne |
| 47.30 | Steven Solomon  | 18 | 1st    | 16/03/2011 | SOPAC     |
| 47.41 | Steven Solomon  | 17 | 1st/H4 | 15/04/2011 | Melbourne |
| 47.68 | Steven Solomon  | 17 | 1st    | 9/10/2010  | SOPAC     |
| 48.84 | James Roff      | 24 | 2nd    | 29/12/2010 | Illawong  |
| 49.34 | Steven Solomon  | 17 | 1st    | 4/12/2010  | Melbourne |
| 50.88 | Steven Solomon  | 17 | 1st    | 8/10/2010  | SOPAC     |
| 52.95 | Gary Howard     | 36 | 2nd/H3 | 15/01/2011 | SOPAC     |
| 53.00 | Gary Howard     | 36 | 2nd    | 18/12/2010 | SOPAC     |
| 61.18 | James Dawes     | 39 | 8th/H3 | 5/2/2011   | SOPAC     |
| 64.00 | Mark Carmody    | 50 | 7th    | 18/12/2010 | SOPAC     |
| 64.54 | Sebastien Moir  | 11 | 6th    | 12/2/2011  | SOPAC     |
| 67.73 | Michael Delaney | 41 | 10th   | 4/12/2010  | SOPAC     |
| 68.57 | Michael Delaney | 41 | 4th/H7 | 5/2/2011   | SOPAC     |

### 800m

|         |             |    |     |            |           |
|---------|-------------|----|-----|------------|-----------|
| 1.57.03 | James Roff  | 24 | 1st | 16/10/2010 | Narrabeen |
| 1.57.77 | Josh Davies | 16 | 6th | 11/12/2010 | SOPAC     |



|              |                     |    |        |            |           |
|--------------|---------------------|----|--------|------------|-----------|
| 1.58.38      | Gary Howard         | 36 | 1st/B  | 3/2/2011   | SOPAC     |
| 1.58.79      | Gary Howard         | 36 | 4th/H2 | 26/02/2011 | SOPAC     |
| 2.00.50      | Gary Howard         | 36 | 13th   | 11/12/2010 | SOPAC     |
| 2.01.17      | Zachary Rea         | 17 | 6th    | 10/10/2010 | SOPAC     |
| 2.01.30      | Josh Davies         | 16 | 5th    | 27/11/2010 | SOPAC     |
| 2.01.76      | Connor O'Sullivan   | 15 | 2nd    | 15/03/2011 | SOPAC     |
| 2.02.20      | Gary Howard         | 36 | 23rd   | 25/03/2011 | SOPAC     |
| 2.02.54      | Zachary Rea         | 17 | 6th    | 9/10/2010  | SOPAC     |
| 2.03.33      | Connor O'Sullivan   | 15 | 1st    | 13/02/2011 | SOPAC     |
| 2.03.63      | Gary Howard         | 36 | 2nd/B  | 21/01/2011 | SOPAC     |
| 2.04.13      | Connor O'Sullivan   | 15 | 1st    | 10/10/2010 | SOPAC     |
| 2.04.78      | Zachary Rea         | 17 | 15th   | 3/2/2011   | SOPAC     |
| 2.04.99      | Zachary Rea         | 18 | 7th    | 13/02/2011 | SOPAC     |
| 2.07.51      | Sam Gottlieb        | 14 | 7th    | 10/10/2010 | SOPAC     |
| 2.08.93      | Connor O'Sullivan   | 15 | 3rd    | 8/10/2010  | SOPAC     |
| 2.08.93      | Connor O'Sullivan   | 15 | 1st/H2 | 12/2/2011  | SOPAC     |
| 2.09.33      | Sam Gottlieb        | 14 | 5th    | 8/10/2010  | SOPAC     |
| 2.09.64      | Connor O'Sullivan   | 15 | 2nd    | 1/10/2010  | SOPAC     |
| 2.09.80      | Hayden O'Neill      | 14 | 4th/H2 | 12/2/2011  | SOPAC     |
| 2.09.99      | Hayden O'Neill      | 14 | 11th/H | 15/03/2011 | SOPAC     |
| 2.10.63      | Joel Xuereb         | 31 | 10th   | 27/11/2010 | SOPAC     |
| 2.13.03      | Connor O'Sullivan   | 14 | 2nd    | 16/10/2010 | Narrabeen |
| 2.14.06      | Hayden O'Neill      | 14 | 6th    | 13/02/2011 | SOPAC     |
| 2.14.54      | Hayden O'Neill      | 13 | 5th    | 10/10/2010 | SOPAC     |
| 2.14.61      | Matthew Scott       | 13 | 5th    | 1/10/2010  | SOPAC     |
| 2.15.95      | Tim Spehr           | 14 | 8th    | 11/12/2010 | SOPAC     |
| 2.16.77      | Matthew Scott       | 13 | 6th    | 9/10/2010  | SOPAC     |
| 2.17.98      | Hayden O'Neill      | 13 | 3rd    | 9/10/2010  | SOPAC     |
| 2.19.59      | Tim Spehr           | 14 | 7th    | 1/10/2010  | SOPAC     |
| 2.19.83      | Matthew Scott       | 13 | 9th    | 9/10/2010  | SOPAC     |
| 2.24.65      | Mark Carmody        | 50 | 5th/H1 | 27/11/2010 | SOPAC     |
| 2.34.13      | Hugh Gottlieb       | 14 | 7th/H2 | 12/2/2011  | SOPAC     |
| 2.34.19      | Sebastien Moir      | 12 | 8th    | 1/10/2010  | SOPAC     |
| 2.37.26      | Hugh Gottlieb       | 13 | 18th   | 9/10/2010  | SOPAC     |
| 2.38.47      | Christopher O'Brien | 14 | 8th/H2 | 12/2/2011  | SOPAC     |
| 2.42.22      | Patrick Vanderham   | 45 | 9th    | 27/11/2010 | SOPAC     |
| 2.46.78      | Daniel Hazan        | 12 | 6th    | 10/10/2010 | SOPAC     |
| <b>1500m</b> |                     |    |        |            |           |
| 3.39.03      | Jeremy Roff         | 28 | 1st    | 19/03/2011 | SOPAC     |
| 3.40.21      | Jeremy Roff         | 28 | 2nd    | 17/04/2011 | Melbourne |
| 3.48.26      | Jeremy Roff         | 28 | 1st/H3 | 16/04/2011 | Melbourne |
| 3.41.86      | Jeremy Roff         | 28 | 3rd/H2 | 11/10/2010 | Delhi     |
| 3.43.53      | Jeremy Roff         | 28 | 7th    | 12/10/2010 | Delhi     |
| 3.49.27      | Jeremy Roff         | 28 | 1st    | 26/03/2011 | SOPAC     |
| 3.52.45      | Courtney Carter     | 23 | 5th    | 19/02/2011 | SOPAC     |
| 3.52.9       | Josh Davies         | 17 | 3rd    | 5/3/2011   | SOPAC     |
| 3.53.94      | Joshua Johnson      | 19 | 6th    | 2/4/2011   | SOPAC     |
| 3.54.45      | Josh Davies         | 17 | 6th    | 19/02/2011 | SOPAC     |
| 4.00.01      | Zachary Rea         | 18 | 10th   | 19/02/2011 | SOPAC     |
| 4.00.42      | Liam Ridings        | 21 | 11th   | 19/02/2011 | SOPAC     |
| 4.01.79      | Courtney Carter     | 23 | 2nd    | 27/01/2011 | SOPAC     |
| 4.01.96      | Josh Davies         | 17 | 1st    | 12/2/2011  | SOPAC     |
| 4.02.99      | Liam Dwyer          | 18 | 3rd    | 12/2/2011  | SOPAC     |
| 4.03.34      | Josh Davies         | 17 | 10th   | 15/03/2011 | SOPAC     |



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|              |                     |    |        |            |              |
|--------------|---------------------|----|--------|------------|--------------|
| 4.04.61      | Liam Dwyer          | 18 | 14th   | 15/03/2011 | SOPAC        |
| 4.06.14      | Josh Davies         | 16 | 1st    | 9/10/2010  | SOPAC        |
| 4.06.82      | Josh Davies         | 16 | 1st    | 29/01/2011 | Glendale     |
| 4.07.72      | Liam Ridings        | 21 | 7th    | 27/01/2011 | SOPAC        |
| 4.09.90      | Zachary Rea         | 17 | 6th    | 10/10/2010 | SOPAC        |
| 4.12.77      | Connor O'Sullivan   | 15 | 3rd    | 15/03/2011 | SOPAC        |
| 4.13.82      | Sam Gottlieb        | 15 | 5th    | 15/03/2011 | SOPAC        |
| 4.14.77      | Sam Strutt          | 19 | 12th   | 4/12/2010  | SOPAC        |
| 4.16.77      | Connor O'Sullivan   | 15 | 3rd/B  | 15/01/2011 | SOPAC        |
| 4.16.91      | Sam Strutt          | 19 | 4th    | 6/11/2010  | Campbelltown |
| 4.17.34      | Connor O'Sullivan   | 15 | 1st    | 12/2/2011  | SOPAC        |
| 4.19.83      | Connor O'Sullivan   | 15 | 1st    | 8/10/2010  | SOPAC        |
| 4.20.12      | Connor O'Sullivan   | 15 | 5th    | 6/11/2010  | Campbelltown |
| 4.21.71      | Nathan Derriman     | 16 | 1st    | 24/09/2010 | SOPAC        |
| 4.22.47      | Sam Gottlieb        | 14 | 2nd    | 8/10/2010  | SOPAC        |
| 4.23.59      | Sam Gottlieb        | 14 | 2nd    | 24/09/2010 | SOPAC        |
| 4.23.90      | Sam Gottlieb        | 15 | 3rd    | 12/2/2011  | SOPAC        |
| 4.26.35      | Tim Spehr           | 14 | 3rd    | 8/10/2010  | SOPAC        |
| 4.31.18      | Mark Kopelowitz     | 16 | 4th    | 4/12/2010  | SOPAC        |
| 4.31.88      | Hayden O'Neill      | 14 | 10th   | 12/2/2011  | SOPAC        |
| 4.33.74      | Hayden O'Neill      | 13 | 2nd    | 8/10/2010  | SOPAC        |
| 4.34.32      | Tim Spehr           | 14 | 4th    | 24/09/2010 | SOPAC        |
| 4.35.62      | Hayden O'Neill      | 14 | 9th    | 15/03/2011 | SOPAC        |
| 4.35.64      | Hayden O'Neill      | 13 | 9th    | 4/12/2010  | SOPAC        |
| 4.35.94      | Connor O'Sullivan   | 15 | 21st   | 5/2/2011   | SOPAC        |
| 4.36.67      | Tim Spehr           | 14 | 15th/B | 15/01/2011 | SOPAC        |
| 4.37.35      | Ben Adler           | 19 | 23rd   | 5/2/2011   | SOPAC        |
| 4.38.80      | Joel Xuereb         | 31 | 7th/C  | 15/01/2011 | SOPAC        |
| 4.38.86      | Matthew Scott       | 13 | 7th    | 24/09/2010 | SOPAC        |
| 4.43.82      | Matthew Scott       | 13 | 8th    | 8/10/2010  | SOPAC        |
| 4.44.18      | Tim Spehr           | 15 | 16th/H | 15/03/2011 | SOPAC        |
| 4.47.56      | Joel Xuereb         | 31 | 26th   | 5/2/2011   | SOPAC        |
| 5.01.31      | Tim Spehr           | 15 | 16th   | 12/2/2011  | SOPAC        |
| 5.17.29      | Hugh Gottlieb       | 14 | 17th   | 12/2/2011  | SOPAC        |
| 5.20.08      | Christopher O'Brien | 13 | 9th    | 24/09/2010 | SOPAC        |
| 5.20.68      | Christopher O'Brien | 14 | 18th   | 12/2/2011  | SOPAC        |
| 5.22.14      | Daniel Hazan        | 12 | 14th   | 15/03/2011 | SOPAC        |
| 5.27.35      | Hugh Gottlieb       | 13 | 10th   | 24/09/2010 | SOPAC        |
| 5.31.62      | Daniel Hazan        | 12 | 3rd    | 8/10/2010  | SOPAC        |
| 5.33.53      | Hugh Gottlieb       | 13 | 10th   | 8/10/2010  | SOPAC        |
| 5.38.84      | Daniel Hazan        | 12 | 17th/C | 15/01/2011 | SOPAC        |
| <b>Mile</b>  |                     |    |        |            |              |
| 4.56.34      | Sean O'Neill        | 41 | 1st    | 18/12/2010 | SOPAC        |
| 5.04.75      | Hayden O'Neill      | 12 | 5th    | 18/12/2010 | SOPAC        |
| 6.05.56      | Patrick Vanderham   | 44 | 4th    | 18/12/2010 | SOPAC        |
| <b>3000m</b> |                     |    |        |            |              |
| 7.57.84      | Jeremy Roff         | 28 | 1st    | 26/02/2011 | SOPAC        |
| 8.02.56      | Jeremy Roff         | 27 | 2nd    | 13/11/2010 | SOPAC        |
| 8.11.20      | Courtney Carter     | 24 | 2nd    | 26/02/2011 | SOPAC        |
| 8.14.11      | Courtney Carter     | 23 | 6th    | 13/11/2010 | SOPAC        |
| 8.33.85      | Courtney Carter     | 23 | 1st    | 16/10/2010 | Narrabeen    |
| 8.35.36      | Liam Ridings        | 22 | 4th    | 26/02/2011 | SOPAC        |
| 8.36.37      | Harry Summers       | 20 | 14th   | 13/11/2010 | SOPAC        |
| 8.38.15      | Liam Ridings        | 21 | 5th/C  | 13/11/2010 | SOPAC        |



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|                             |                     |    |        |            |           |
|-----------------------------|---------------------|----|--------|------------|-----------|
| 8.42.25                     | Nick Cope           | 41 | 8th/C  | 13/11/2010 | SOPAC     |
| 8.57.52                     | Sam Strutt          | 19 | 16th   | 9/12/2010  | Melbourne |
| 8.58.20                     | Zachary Rea         | 17 | 1st    | 8/10/2010  | SOPAC     |
| 9.00.13                     | Francis Torok       | 18 | 23rd   | 9/12/2010  | Melbourne |
| 9.00.38                     | Liam Ridings        | 21 | 5th    | 16/10/2010 | Narrabeen |
| 9.05.94                     | Nick Cope           | 42 | 8th/C  | 26/02/2011 | SOPAC     |
| 9.08.29                     | Gary Howard         | 36 | 7th/D  | 13/11/2010 | SOPAC     |
| 9.09.43                     | Zachary Rea         | 17 | 15th/B | 13/11/2010 | SOPAC     |
| 9.18.91                     | Sam Gottlieb        | 15 | 6th    | 14/03/2011 | SOPAC     |
| 9.20.81                     | Sam Strutt          | 19 | 14th/D | 13/11/2010 | SOPAC     |
| 9.21.41                     | Connor O'Sullivan   | 15 | 1st    | 11/2/2011  | SOPAC     |
| 9.21.49                     | Tim Spehr           | 15 | 2nd    | 11/2/2011  | SOPAC     |
| 9.22.22                     | Mark Kriedmann      | 16 | 15th/D | 13/11/2010 | SOPAC     |
| 9.22.38                     | Connor O'Sullivan   | 16 | 7th    | 14/03/2011 | SOPAC     |
| 9.22.58                     | Connor O'Sullivan   | 15 | 1st    | 7/10/2010  | SOPAC     |
| 9.25.11                     | James Dawes         | 39 | 16th/D | 13/11/2010 | SOPAC     |
| 9.26.35                     | Nathan Derriman     | 16 | 5th    | 8/10/2010  | SOPAC     |
| 9.29.80                     | Sam Gottlieb        | 14 | 2nd    | 7/10/2010  | SOPAC     |
| 9.35.50                     | Sam Gottlieb        | 14 | 6th/E  | 13/11/2010 | SOPAC     |
| 9.37.18                     | Connor O'Sullivan   | 15 | 1st    | 1/10/2010  | SOPAC     |
| 9.41.48                     | Connor O'Sullivan   | 15 | 21st/D | 13/11/2010 | SOPAC     |
| 9.42.06                     | Sam Gottlieb        | 15 | 5th    | 11/2/2011  | SOPAC     |
| 9.43.15                     | Gary Howard         | 36 | 2nd    | 16/10/2010 | Narrabeen |
| 9.50.71                     | Matthew Scott       | 14 | 8th    | 14/03/2011 | SOPAC     |
| 9.58.65                     | Tim Spehr           | 14 | 6th    | 7/10/2010  | SOPAC     |
| 10.08.74                    | Matthew Scott       | 13 | 11th/F | 13/11/2010 | SOPAC     |
| 10.10.86                    | Hayden O'Neill      | 13 | 5th    | 21/01/2011 | SOPAC     |
| 10.11.76                    | Marc Kopelowitz     | 16 | 1st/G  | 13/11/2010 | SOPAC     |
| 10.15.45                    | Finn Mergler        | 13 | 10th   | 11/2/2011  | SOPAC     |
| 10.35.34                    | Tim Spehr           | 15 | 19th   | 14/03/2011 | SOPAC     |
| 10.36.24                    | Matthew Scott       | 14 | 11th   | 11/2/2011  | SOPAC     |
| <b>5000m</b>                |                     |    |        |            |           |
| 13.37.48                    | Jeremy Roff         | 27 | 8th    | 3/3/2011   | Melbourne |
| 14.22.69                    | Jeremy Roff         | 27 | 1st    | 3/2/2011   | SOPAC     |
| 14.35.01                    | Harry Summers       | 21 | 1st    | 26/02/2011 | SOPAC     |
| 14.43.69                    | Jeffrey Hunt        | 28 | 1st    | 11/12/2010 | SOPAC     |
| 14.51.71                    | Courtney Carter     | 23 | 5th    | 3/2/2011   | SOPAC     |
| 14.51.83                    | Joshua Johnson      | 19 | 1st    | 15/03/2011 | SOPAC     |
| 14.52.13                    | Liam Ridings        | 21 | 2nd    | 11/12/2010 | SOPAC     |
| 15.12.05                    | Francis Torok       | 18 | 5th    | 15/03/2011 | SOPAC     |
| 15.25.75                    | Joshua Johnson      | 19 | 12th   | 3/2/2011   | SOPAC     |
| 15.28.34                    | Liam Ridings        | 21 | 13th   | 3/2/2011   | SOPAC     |
| 15.40.36                    | Francis Torok       | 18 | 12th/B | 3/2/2011   | SOPAC     |
| 15.50.12                    | Francis Torok       | 19 | 1st    | 11/2/2011  | SOPAC     |
| 16.25.72                    | Matthew Morgan      | 33 | 5th/C  | 3/2/2011   | SOPAC     |
| 16.30.65                    | Sean O'Neill        | 43 | 7th/C  | 3/2/2011   | SOPAC     |
| 17.09.47                    | James Dawes         | 39 | 11th/C | 3/2/2011   | SOPAC     |
| 17.25.15                    | Manu Sivaraj        | 47 | 1st    | 9/4/2011   | SOPAC     |
| 17.34.57                    | Ben Adler           | 19 | 5th    | 11/2/2011  | SOPAC     |
| <b>10000m</b>               |                     |    |        |            |           |
| 29.38.50                    | Courtney Carter     | 23 | 12th   | 9/12/2010  | Melbourne |
| <b>100m hurdles (0.84m)</b> |                     |    |        |            |           |
| 14.31                       | 0.9 Brendan Madeira | 15 | 9th/H2 | 15/03/2011 | SOPAC     |



## 2010 –2011 Annual Report

|                               |      |                        |    |         |            |              |
|-------------------------------|------|------------------------|----|---------|------------|--------------|
| 14.35                         | -1   | Brendan Madeira        | 15 | 5th     | 12/2/2011  | SOPAC        |
| 14.59                         | 0.2  | Brendan Madeira        | 14 | 1st     | 27/11/2010 | SOPAC        |
| wind assisted                 |      |                        |    |         |            |              |
| 14.32                         | 2.3  | Brendan Madeira        | 14 | 1st     | 11/12/2010 | SOPAC        |
| <b>400m hurdles</b>           |      |                        |    |         |            |              |
| 51.96                         |      | James Roff             | 24 | 1st     | 27/01/2011 | SOPAC        |
| 52.08                         |      | James Roff             | 24 | 1st/H1  | 26/03/2011 | SOPAC        |
| 52.36                         |      | James Roff             | 24 | 3rd/H1  | 16/04/2011 | Melbourne    |
| 52.45                         |      | James Roff             | 24 | 1st     | 26/02/2011 | SOPAC        |
| 52.52                         |      | James Roff             | 24 | 4th     | 1/4/2011   | Perth        |
| 52.59                         |      | James Roff             | 24 | 1st     | 9/1/2011   | Campbelltown |
| 52.98                         |      | James Roff             | 24 | 6th     | 17/04/2011 | Melbourne    |
| 53.26                         |      | James Roff             | 24 | 9th     | 19/03/2011 | SOPAC        |
| 54.52                         |      | James Roff             | 24 | 6th     | 20/02/2011 | Hobart       |
| <b>2000m St<br/>(0.914m)</b>  |      |                        |    |         |            |              |
| 6.09.73                       |      | Nathan Derriman        | 17 | 2nd     | 15/03/2011 | SOPAC        |
| 6.13.76                       |      | Nathan Derriman        | 16 | 1st     | 4/12/2010  | Melbourne    |
| 6.26.10                       |      | Nathan Derriman        | 16 | 3rd     | 7/10/2010  | SOPAC        |
| 6.32.48                       |      | Mark Kriedmann         | 17 | 5th     | 15/03/2011 | SOPAC        |
| <b>3000m Steeple</b>          |      |                        |    |         |            |              |
| 10.04.37                      |      | Francis Torok          | 18 | 3rd     | 19/02/2011 | SOPAC        |
| 10.29.62                      |      | Matthew Morgan         | 33 | 2nd     | 27/01/2011 | SOPAC        |
| <b>High Jump</b>              |      |                        |    |         |            |              |
| 1.60                          |      | Michael Blair          | 43 | 1st     | 11/12/2010 | SOPAC        |
| 1.50                          |      | Michael Blair          | 44 | 2nd     | 9/4/2011   | SOPAC        |
| <b>Long Jump</b>              |      |                        |    |         |            |              |
| 6.67                          | 1.1  | Lachlan Little         | 15 | 2nd     | 4/12/2010  | Melbourne    |
| 6.49                          | NWI  | Lachlan Little         | 15 | 1st/H2  | 6/11/2010  | Cambelltown  |
| 6.31                          | -0.4 | Lachlan Little         | 15 | 2nd     | 8/10/2010  | SOPAC        |
| 6.19                          | 1.8  | Brendan Madeira        | 15 | 2nd     | 12/2/2011  | SOPAC        |
| 2.72                          |      | Daniel Jennings (TF35) | 14 | 3rd/U13 | 26/02/2011 | Blacktown    |
| wind assisted                 |      |                        |    |         |            |              |
| 6.38                          | 6.0  | Brendan Madeira        | 15 | 4th     | 15/03/2011 | SOPAC        |
| <b>Triple Jump</b>            |      |                        |    |         |            |              |
| 13.87                         | -0.5 | Lachlan Little         | 15 | 1st     | 5/12/2010  | Melbourne    |
| 13.51                         | NWI  | Lachlan Little         | 15 | 1st     | 18/12/2010 | SOPAC        |
| 13.27                         | NWI  | Lachlan Little         | 15 | 4th     | 27/01/2011 | SOPAC        |
| 13.17                         | -1   | Lachlan Little         | 15 | 2nd     | 8/10/2010  | SOPAC        |
| 12.20                         | NWI  | Lachlan Little         | 15 | 4th     | 30/10/2010 | Bankstown    |
| <b>Shot Put<br/>(7.257kg)</b> |      |                        |    |         |            |              |
| 13.32                         |      | Evan Jennis            | 18 | 3rd     | 12/2/2011  | SOPAC        |
| 8.27                          |      | Francis-Montesue Torok | 83 | 1st     | 9/4/2011   | SOPAC        |
| 7.84                          |      | James Dawes            | 39 | 17th    | 5/2/2011   | SOPAC        |
| 5.26                          |      | Michael Delaney        | 41 | 21st    | 5/2/2011   | SOPAC        |
| <b>Discus (2kg)</b>           |      |                        |    |         |            |              |
| 41.76                         |      | Evan Jennis            | 17 | 3rd     | 26/02/2011 | SOPAC        |
| 41.70                         |      | Evan Jennis            | 17 | 10th    | 15/01/2011 | SOPAC        |
| 19.61                         |      | James Dawes            | 39 | 19th    | 5/2/2011   | SOPAC        |
| 10.89                         |      | Michael Delaney        | 41 | 21st    | 5/2/2011   | SOPAC        |
| <b>Discus (1.5kg)</b>         |      |                        |    |         |            |              |
| 53.18                         |      | Evan Jennis            | 17 | 1st     | 4/12/2010  | SOPAC        |
| 51.71                         |      | Evan Jennis            | 17 | 2nd     | 8/10/2010  | SOPAC        |



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|                 |  |      |      |            |            |  |
|-----------------|--|------|------|------------|------------|--|
| 51.5            | Evan Jennis  | 18   | 2nd  | 15/03/2011 | SOPAC      |  |
| 48.02           | Evan Jennis  | 18   | 2nd  | 13/02/2011 | SOPAC      |  |
| 45.34           | Evan Jennis  | 17   | 2nd  | 11/12/2010 | SOPAC      |  |
| <b>Hammer</b>   |  |      |      |            |            |  |
| 23.56           | Francis-Montesue Torok                                       | 83   | 1st  | 9/4/2011   | SOPAC      |  |
| <b>Javelin</b>  |  |      |      |            |            |  |
| 38.42           | Drew Walker  | 27   | 8th  | 16/10/2010 | Narrabeen  |  |
| <b>Marathon</b> |  |      |      |            |            |  |
| 2:13:14         | Jeffrey Hunt   | 28   | 8th  | 14/10/2010 | Beppu-Oita |  |
| 2:25:03         | Jeffrey Hunt   | 28   | 14th | 14/10/2010 | Delhi      |  |
| <b>4x800</b>    |  |      |      |            |            |  |
| 8.49.50         | Sam Gottlieb, Zac Rea, Mark Kriedman, Tim Spehr              | U18  | 7th  | 21/11/2010 |            |  |
| 9.11.53         | Alija Kajan, Mark Carmody, Gary Howard, James Dawes          | 160+ | 3rd  | 21/11/2010 | SOPAC      |  |
| 9.33.38         | Matthew Scott, Chris O'Brien, Sebastien Moir, Hayden O'Neill | U14  | 3rd  | 21/11/2010 | SOPAC      |  |
| <b>4x1500</b>   |  |      |      |            |            |  |
| 17.58.65        | Mark Kriedmann, Sam Gottlieb, Tim Spehr, Zac Rea             | U18  | 4th  | 20/11/2010 | SOPAC      |  |
| 18:29.6         | Manu Sivaraj, Mark Carmody, Sean O'Neill, James Dawes        | 160+ | 3rd  | 20/11/2010 | SOPAC      |  |
| 20.08.28        | Matthew Scott, Emma Scott, Chris O'Brien, Hayden O'Neill     | U14  | 3rd  | 21/11/2010 | SOPAC      |  |



*Molly Blakey leading 400m final at Australian Junior Champs*

### Randwick Botany Harriers Track and Field Performance - Women 2010/2011 Season

| Event         | Wind | Name          | Age | Place | Date       | Venue     |
|---------------|------|---------------|-----|-------|------------|-----------|
| <b>60m</b>    |      |               |     |       |            |           |
| 7.76          | NWI  | Tara Holt     | 21  | 1st   | 13/11/2010 | Mingara   |
| 8.33          | 0.8  | Julie Forster | 49  | 3rd   | 18/12/2010 | SOPAC     |
| 8.44          | 1.8  | Julie Forster | 49  | 4th   | 18/12/2010 | SOPAC     |
| wind assisted |      |               |     |       |            |           |
| 8.38          | 4.5  | Tori Groom    | 15  | 2nd   | 16/10/2010 | Narrabeen |



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|               |      |                       |    |          |            |           |  |
|---------------|------|-----------------------|----|----------|------------|-----------|--|
| <b>100m</b>   |      |                       |    |          |            |           |  |
| 12.19         | 0.5  | Julie Forster         | 49 | 4th      | 18/12/2010 | SOPAC     |  |
| 12.40         | 1.3  | Tara Holt             | 21 | 4th      | 11/12/2010 | SOPAC     |  |
| 12.50         | NWI  | Tara Holt             | 22 | 2nd      | 26/02/2011 | Blacktown |  |
| 12.64         | 0.6  | Tara Holt             | 21 | 3rd/H2   | 5/2/2011   | SOPAC     |  |
| 13.09         | 1.5  | Julie Forster         | 49 | 2nd      | 11/12/2010 | SOPAC     |  |
| 13.23         | -0.9 | Isha Conteh           | 21 | 5th      | 6/11/2010  | Blacktown |  |
| 13.23         | NWI  | Julie Forster         | 49 | 2nd      | 4/12/2010  | SOPAC     |  |
| 13.72         | -1.1 | Julie Forster         | 50 | 5th/Mast | 25/03/2011 | SOPAC     |  |
| 13.82         | -0.7 | Courtney Young        | 13 | 8th      | 29/12/2010 | Illawong  |  |
| 13.90         | -2.8 | Courtney Young        | 14 | 7th/H3   | 11/2/2011  | SOPAC     |  |
| wind assisted |      |                       |    |          |            |           |  |
| 12.54         | 3.5  | Tara Holt             | 21 | 7th      | 5/2/2011   | SOPAC     |  |
| 12.58         | 3.3  | Tara Holt             | 22 | 7th/H2   | 19/02/2011 | SOPAC     |  |
| 12.90         | 2.1  | Julie Forster         | 50 | 4th      | 5/2/2011   | SOPAC     |  |
| 13.30         | 2.1  | Julie Forster         | 50 | 1st/C    | 19/02/2011 | SOPAC     |  |
| <b>200m</b>   |      |                       |    |          |            |           |  |
| 25.20         | NWI  | Tara Holt             | 22 | 1st      | 26/02/2011 | Blacktown |  |
| 25.62         | 1.4  | Molly Blakey          | 14 | 2nd      | 15/03/2011 | SOPAC     |  |
| 25.67         | NWI  | Tara Holt             | 21 | 1st      | 13/11/2010 | Mingara   |  |
| 25.95         | -1.3 | Molly Blakey          | 14 | 1st      | 11/2/2011  | SOPAC     |  |
| 26.51         | -3.9 | Molly Blakey          | 14 | 1st/H1   | 11/2/2011  | SOPAC     |  |
| 26.57         | 0.3  | Julie Forster         | 49 | 2nd      | 11/12/2010 | SOPAC     |  |
| 26.79         | 0    | Molly Blakey          | 13 | 3rd      | 10/10/2010 | SOPAC     |  |
| 26.81         | 0.7  | Molly Blakey          | 13 | 4th      | 10/10/2010 | SOPAC     |  |
| 27.53         | 0.4  | Selma Kajan           | 20 | 8th/H2   | 26/02/2011 | SOPAC     |  |
| 28.38         | 1.0  | Rachel Hardy          | 19 | 5th      | 1/4/2011   | Perth     |  |
| wind assisted |      |                       |    |          |            |           |  |
| 25.07         | 2.7  | Tara Holt             | 21 | 6th      | 11/12/2010 | SOPAC     |  |
| 27.99         | 2.9  | Tori Groom            | 15 | 2nd      | 16/10/2010 | Narrabeen |  |
| <b>400m</b>   |      |                       |    |          |            |           |  |
| 56.86         |      | Molly Blakey          | 14 | 2nd      | 14/03/2011 | SOPAC     |  |
| 58.13         |      | Molly Blakey          | 13 | 2nd      | 5/12/2010  | Melbourne |  |
| 59.31         |      | Molly Blakey          | 13 | 2nd/H2   | 4/12/2010  | Melbourne |  |
| 59.45         |      | Molly Blakey          | 14 | 1st      | 13/2/2011  | SOPAC     |  |
| 59.70         |      | Molly Blakey          | 14 | 1st/H1   | 13/2/2011  | SOPAC     |  |
| 60.29         |      | Selma Kajan           | 19 | 10th     | 5/2/2011   | SOPAC     |  |
| 60.48         |      | Emma Scott            | 14 | 8th      | 15/03/2011 | SOPAC     |  |
| 61.03         |      | Molly Blakey          | 13 | 2nd      | 7/10/2010  | SOPAC     |  |
| 61.81         |      | Julie Forster         | 50 | 1st/C    | 19/02/2011 | SOPAC     |  |
| 61.95         |      | Isha Conteh           | 21 | 3rd/H2   | 6/11/2010  | Blacktown |  |
| 63.55         |      | Julie Forster         | 49 | 1st      | 18/12/2010 | SOPAC     |  |
| 64.06         |      | Julie Forster         | 49 | 1st      | 4/12/2010  | SOPAC     |  |
| 64.08         |      | Molly Blakey          | 13 | 2nd/H3   | 7/10/2010  | SOPAC     |  |
| 70.00         |      | Lilly Harding-Delooze | 13 | 14th     | 18/12/2011 | SOPAC     |  |
| 70.35         |      | Lilly Harding-Delooze | 12 | 14th     | 18/12/2010 | SOPAC     |  |
| 71.15         |      | Lilly Harding-Delooze | 12 | 15th     | 18/12/2010 | SOPAC     |  |
| <b>800m</b>   |      |                       |    |          |            |           |  |
| 2.11.48       |      | Daina Surka           | 25 | 4th      | 13/11/2010 | SOPAC     |  |
| 2.12.55       |      | Selma Kajan           | 19 | 6th      | 13/11/2010 | SOPAC     |  |
| 2.13.50       |      | Selma Kajan           | 20 | 4th/H1   | 26/02/2011 | SOPAC     |  |
| 2.14.59       |      | Selma Kajan           | 20 | 8th      | 29/01/2011 | Glendale  |  |
| 2.14.76       |      | Selma Kajan           | 20 | 5th/H2   | 20/02/2011 | Hobart    |  |
| 2.17.22       |      | Hayley Arden          | 15 | 1st      | 13/2/2011  | SOPAC     |  |



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|              |                      |    |        |            |              |
|--------------|----------------------|----|--------|------------|--------------|
| 2.17.27      | Hayley Arden         | 15 | 1st/H2 | 12/2/2011  | SOPAC        |
| 2.18.51      | Emma Scott           | 13 | 1st/H2 | 5/12/2010  | Melbourne    |
| 2.18.92      | Emma Scott           | 13 | 1st    | 10/10/2010 | SOPAC        |
| 2.18.98      | Hayley Arden         | 15 | 2nd/H2 | 26/02/2011 | SOPAC        |
| 2.19.00      | Samantha King        | 13 | 1st    | 13/02/2011 | SOPAC        |
| 2.19.35      | Emma Scott           | 13 | 3rd    | 15/03/2011 | SOPAC        |
| 2.20.08      | Emma Scott           | 13 | 1st    | 1/10/2010  | SOPAC        |
| 2.20.10      | Roslyn Crawford      | 22 | 4th    | 27/11/2010 | SOPAC        |
| 2.20.99      | Emma Scott           | 13 | 1st    | 13/11/2010 | SOPAC        |
| 2.21.00      | Tessa Herbert-Smith  | 16 | 1st    | 11/12/2010 | SOPAC        |
| 2.21.44      | Samantha King        | 12 | 2nd    | 10/10/2010 | SOPAC        |
| 2.22.16      | Samantha King        | 13 | 6th    | 15/03/2011 | SOPAC        |
| 2.22.53      | Samantha King        | 12 | 2nd    | 1/10/2010  | SOPAC        |
| 2.22.78      | Emma Scott           | 14 | 4th/H3 | 12/2/2011  | SOPAC        |
| 2.23.78      | Tessa Herbert-Smith  | 16 | 3rd    | 13/11/2010 | SOPAC        |
| 2.25.13      | Amity Delaney        | 15 | 5th    | 27/11/2010 | Narrabeen    |
| 2.25.86      | Amity Delaney        | 15 | 2nd    | 16/10/2010 | Narrabeen    |
| 2.26.06      | Amity Delaney        | 16 | 8th/H2 | 11/2/2011  | SOPAC        |
| 2.26.57      | Tessa Herbert-Smith  | 16 | 1st    | 11/12/2010 | SOPAC        |
| 2.26.72      | Tessa Herbert-Smith  | 16 | 2nd    | 1/10/2010  | SOPAC        |
| 2.26.86      | Emma Scott           | 13 | 1st    | 8/10/2010  | SOPAC        |
| 2.27.65      | Tamara Viner         | 13 | 8th    | 10/10/2010 | SOPAC        |
| 2.27.69      | Jennifer Scott       | 13 | 4th    | 1/10/2010  | SOPAC        |
| 2.27.92      | Amy Harding-Delooze  | 13 | 11th/H | 15/03/2011 | SOPAC        |
| 2.28.18      | Tamara Viner         | 13 | 4th    | 8/10/2010  | SOPAC        |
| 2.28.42      | Amy Harding-Delooze  | 13 | 3rd    | 13/02/2011 | SOPAC        |
| 2.28.62      | Lily Harding-Delooze | 13 | 4th    | 13/02/2011 | SOPAC        |
| 2.28.90      | Tessa Herbert-Smith  | 16 | 6th    | 10/10/2010 | SOPAC        |
| 2.30.66      | Gabrielle Vanderham  | 14 | 1st/H2 | 27/11/2010 | SOPAC        |
| 2.31.70      | Jennifer Scott       | 14 | 7th/H1 | 11/2/2011  | SOPAC        |
| 2.34.22      | Jennifer Scott       | 13 | 11th   | 8/10/2010  | SOPAC        |
| 2.34.32      | Gabrielle Vanderham  | 14 | 14th   | 8/10/2010  | SOPAC        |
| 2.35.31      | Amy Harding-Delooze  | 13 | 12th   | 21/01/2011 | SOPAC        |
| 2.36.53      | Lily Harding-Delooze | 13 | 13th   | 21/01/2011 | SOPAC        |
| 2.36.58      | Georgia Evans        | 11 | 6th    | 16/10/2010 | Narrabeen    |
| 2.45.52      | Rachel Hardy         | 19 | 5th    | 1/4/2011   | Perth        |
| <b>1500m</b> |                      |    |        |            |              |
| 4.36.41      | Selma Kajan          | 19 | 10th   | 9/12/2010  | Melbourne    |
| 4.38.39      | Selma Kajan          | 19 | 3rd    | 6/11/2010  | Campbelltown |
| 4.44.77      | Daina Surka          | 25 | 12th   | 9/12/2010  | Melbourne    |
| 4.48.13      | Samantha King        | 13 | 3rd    | 15/03/2011 | SOPAC        |
| 4.54.35      | Amity Delaney        | 15 | 2nd    | 4/12/2010  | SOPAC        |
| 4.55.17      | Samantha King        | 13 | 9th    | 15/01/2011 | SOPAC        |
| 4.55.31      | Amity Delaney        | 16 | 8th    | 13/02/2011 | SOPAC        |
| 4.55.36      | Hayley Arden         | 15 | 5th    | 12/2/2011  | SOPAC        |
| 4.57.94      | Amity Delaney        | 16 | 13th   | 15/03/2011 | SOPAC        |
| 4.58.11      | Samantha King        | 12 | 1st    | 8/10/2010  | SOPAC        |
| 4.58.41      | Gabrielle Vanderham  | 15 | 7th    | 12/2/2011  | SOPAC        |
| 4.59.43      | Amy Harding-Delooze  | 13 | 3rd    | 11/2/2011  | SOPAC        |
| 5.00.54      | Amy Harding-Delooze  | 13 | 9th    | 15/03/2011 | SOPAC        |
| 5.00.58      | Emma Scott           | 13 | 3rd    | 8/10/2010  | SOPAC        |
| 5.02.97      | Tessa Herbert-Smith  | 17 | 9th    | 10/10/2010 | SOPAC        |
| 5.03.78      | Emma Scott           | 13 | 4th    | 24/09/2010 | SOPAC        |
| 5.04.13      | Vida Robinson        | 16 | 2nd    | 2/4/2011   | SOPAC        |



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|                           |       |                      |    |        |            |           |
|---------------------------|-------|----------------------|----|--------|------------|-----------|
| 5.07.72                   |       | Lily Harding-Delooze | 13 | 5th    | 11/2/2011  | SOPAC     |
| 5.09.83                   |       | Jennifer Scott       | 13 | 7th    | 24/09/2010 | SOPAC     |
| 5.12.13                   |       | Gabrielle Vanderham  | 14 | 7th    | 8/10/2010  | SOPAC     |
| 5.13.28                   |       | Tamara Viner         | 13 | 10th   | 8/10/2010  | SOPAC     |
| 5.13.56                   |       | Jennifer Scott       | 13 | 11th   | 8/10/2010  | SOPAC     |
| 5.15.70                   |       | Rachel Howard        | 17 | 11th   | 10/10/2010 | SOPAC     |
| 5.21.69                   |       | Amity Delaney        | 15 | 12th   | 5/2/2011   | SOPAC     |
| <b>Mile</b>               |       |                      |    |        |            |           |
| 5.15.85                   |       | Hayley Arden         | 13 | 3rd    | 18/12/2010 | SOPAC     |
| <b>3000m</b>              |       |                      |    |        |            |           |
| 10.32.10                  |       | Amity Delaney        | 15 | 6th/B  | 13/11/2010 | SOPAC     |
| 10.32.92                  |       | Roslyn Crawford      | 22 | 1st/C  | 13/11/2011 | SOPAC     |
| 10.38.61                  |       | Amity Delaney        | 16 | 7th    | 14/03/2011 | SOPAC     |
| 10.44.70                  |       | Amity Delaney        | 15 | 2nd    | 16/10/2010 | Narrabeen |
| 10.50.12                  |       | Amity Delaney        | 15 | 4th    | 8/10/2010  | SOPAC     |
| 10.56.82                  |       | Gabrielle Vanderham  | 14 | 2nd/C  | 13/11/2010 | SOPAC     |
| 10.58.25                  |       | Gabrielle Vanderham  | 15 | 6th    | 13/02/2011 | SOPAC     |
| 11.00.29                  |       | Gabrielle Vanderham  | 15 | 8th    | 14/03/2011 | SOPAC     |
| 11.08.81                  |       | Rachel Howard        | 17 | 4th    | 8/10/2010  | SOPAC     |
| 11.21.15                  |       | Gabrielle Vanderham  | 14 | 7th    | 7/10/2010  | SOPAC     |
| 11.29.96                  |       | Gabrielle Vanderham  | 15 | 7th    | 26/02/2011 | SOPAC     |
| 11.30.73                  |       | Rachel Howard        | 17 | 13th/B | 13/11/2010 | SOPAC     |
| <b>5000m</b>              |       |                      |    |        |            |           |
| 19.05.64                  |       | Audrey Amiya-Hall    | 18 | 13th   | 3/2/2011   | SOPAC     |
| 19.09.33                  |       | Audrey Amiya-Hall    | 18 | 2nd    | 11/2/2011  | SOPAC     |
| <b>80m hurdles(0.762)</b> |       |                      |    |        |            |           |
| 13.74                     | -1.00 | Courtney Young       | 13 | 1st    | 29/12/2010 | Illawong  |
| 16.25                     | -1.60 | Courtney Young       | 14 | 7th/H2 | 11/2/2011  | SOPAC     |



*Tara Holt running 100m at Club Championships*

### **100m hurdles(0.84)**

|               |      |              |    |        |            |           |
|---------------|------|--------------|----|--------|------------|-----------|
| 14.00         | NWI  | Tara Holt    | 21 | 1st    | 26/02/2011 | Blacktown |
| 14.37         | -1.1 | Tara Holt    | 21 | 6th    | 16/04/2011 | Melbourne |
| 14.65         | -0.9 | Tara Holt    | 21 | 3rd/H2 | 16/04/2011 | Melbourne |
| 15.06         | -2.1 | Tara Holt    | 21 | 1st    | 27/01/2011 | SOPAC     |
| 16.02         | -0.2 | Rachel Hardy | 19 | 5th    | 1/4/2011   | Perth     |
| wind assisted |      |              |    |        |            |           |



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|                      |     |   |      |      |            |          |
|----------------------|-----|---|------|------|------------|----------|
| 14.04                | 2.3 | Tara Holt   | 21   | 1st  | 11/12/2010 | SOPAC    |
| 14.12                | 3.7 | Tara Holt   | 22   | 1st  | 19/02/2011 | SOPAC    |
| <b>3000m Steeple</b> |     |   |      |      |            |          |
| 12.16.43             |     | Audrey Amiya-Hall   | 18   | 5th  | 14/03/2011 | SOPAC    |
| 12.31.83             |     | Audrey Amiya-Hall   | 18   | 2nd  | 13/02/2011 | SOPAC    |
| <b>High Jump</b>     |     |   |      |      |            |          |
| 1.62                 |     | Rachel Hardy  | 19   | 1st  | 1/4/2011   | Perth    |
| <b>Long Jump</b>     |     |   |      |      |            |          |
| 4.68                 | NWI | Courtney Young  | 13   | 9th  | 29/12/2010 | Illawong |
| wind assisted        |     |   |      |      |            |          |
| 5.30                 | 2.1 | Rachel Hardy  | 19   | 2nd  | 1/4/2011   | Perth    |
| 5.01                 | 4.0 | Courtney Young  | 14   | 6th  | 12/2/2011  | SOPAC    |
| <b>Shot Put</b>      |     |   |      |      |            |          |
| 10.42                |     | Rachel Hardy  | 19   | 2nd  | 1/4/2011   | Perth    |
| <b>Javelin</b>       |     |   |      |      |            |          |
| 32.54                |     | Rachel Hardy  | 19   | 3rd  | 1/4/2011   | Perth    |
| <b>3000m Walk</b>    |     |   |      |      |            |          |
| 16.10.12             |     | Hannah Denney   | 15   | 3rd  | 7/10/2010  | SOPAC    |
| <b>5000m Walk</b>    |     |   |      |      |            |          |
| 27.49.82             |     | Hannah Denney   | 16   | 11th | 15/03/2011 | SOPAC    |
| 28.12.56             |     | Hannah Denney   | 16   | 3rd  | 12/2/2011  | SOPAC    |
| <b>Heptathlon</b>    |     |   |      |      |            |          |
| 4308                 |     | Rachel Hardy  | 19   | 5th  | 1/4/2011   | Perth    |
| <b>4x800</b>         |     |   |      |      |            |          |
| 9.39.41              |     | Tessa Herbert-Smith, Hayley Arden, Rachel Howard, Amity Delaney | U18  | 4th  | 21/11/2010 | SOPAC    |
| 9.45.38              |     | Emma Scott, Tamara Viner, Jeniffer Scott, Samantha King         | U14  | 1st  | 20/11/2010 | SOPAC    |
| <b>4x1500</b>        |     |   |      |      |            |          |
| 19.33.78             |     | Selma Kajan, Amity Delaney, Hayley Arden, Daina Surka           | Open | 2nd  | 20/11/2010 | SOPAC    |
| 20.52.71             |     | Rachel Howard, Tamara Viner, Gabrielle Vanderham, Samantha King | U18  | 4th  | 21/11/2010 | SOPAC    |



*4x1500m Team at State Relays: Amity Delaney, Selma Kajan, Hayley Arden and Daina Surka*

### **Meddley (200,200,400,800)**

|         |  |  |      |     |          |       |
|---------|--|--|------|-----|----------|-------|
| 4.24.42 |  | Tara Holt, Amity Delaney, Julie Forster, Selma Kajan | Open | 5th | 5/2/2011 | SOPAC |
|---------|--|--|------|-----|----------|-------|



## Male Records

*Note: All records as at 30 April 2011*

| <b>100 m</b>         |                          |          |            |
|----------------------|--------------------------|----------|------------|
| <b>Senior</b>        | David Dworjanyn          | 10.47    | 1989       |
| <b>U20</b>           | Peter Gandy              | 10.3 h   | 1979       |
| <b>U18</b>           | Peter Gandy              | 10.3 h   | 1979       |
| <b>U16</b>           | Peter Gandy              | 11.0 h   | 1977       |
| <b>200 m</b>         |                          |          |            |
| <b>Senior</b>        | Peter Gandy              | 20.66    | 1981       |
| <b>U20</b>           | David Dworjanyn          | 21.4 h   | 1987       |
| <b>U18</b>           | Stuart Miller, Brad Rees | 21.5 h   | 1979, 1979 |
| <b>U16</b>           | Peter Singleton          | 22.6 h   | 1972       |
| <b>400 m</b>         |                          |          |            |
| <b>Senior</b>        | Darren Clark             | 44.38    | 1988       |
| <b>U20</b>           | Darren Clark             | 44.75    | 1984       |
| <b>U18</b>           | Steven Solomon           | 46.44    | 2010       |
| <b>U16</b>           | Peter Gandy              | 50.5 h   | 1977       |
| <b>800 m</b>         |                          |          |            |
| <b>Senior</b>        | Paul Gilbert             | 1:45.59  | 1984       |
| <b>U20</b>           | Joshua Johnson           | 1:50.82  | 2009       |
| <b>U18</b>           | Joshua Johnson           | 1:50.82  | 2009       |
| <b>U16</b>           | Joshua Johnson           | 1:58.59  | 2007       |
| <b>1500 m</b>        |                          |          |            |
| <b>Senior</b>        | Jeremy Roff              | 3:34.39  | 2009       |
| <b>U20</b>           | Greg Dunford             | 3:51.4   | 1976       |
| <b>U18</b>           | Joshua Johnson           | 3:51.55  | 2009       |
| <b>U16</b>           | Joshua Johnson           | 4:02.28  | 2007       |
| <b>mile</b>          |                          |          |            |
| <b>Senior</b>        | Jeremy Roff              | 3:55.05  | 2009       |
| <b>U20</b>           | Tim McGrath              | 4:18.5   | 2002       |
| <b>3000 m</b>        |                          |          |            |
| <b>Senior</b>        | Yucef Abdi               | 7:54.31  | 2003       |
| <b>U20</b>           | Jeremy Roff              | 8:14.53  | 2002       |
| <b>U18</b>           | Joshua Johnson           | 8.18.78  | 2008       |
| <b>U16</b>           | Joshua Johnson           | 8.41.00  | 2007       |
| <b>5000 m</b>        |                          |          |            |
| <b>Senior</b>        | Jeremy Roff              | 13.37.48 | 2011       |
| <b>U20</b>           | Harry Summers            | 14.15.69 | 2009       |
| <b>10000 m</b>       |                          |          |            |
| <b>Senior</b>        | Jeffrey Hunt             | 28:19.39 | 2009       |
| <b>U20</b>           | Greg Dunford             | 30:01.2  | 1976       |
| <b>Half Marathon</b> |                          |          |            |
| <b>Senior</b>        | Jeffrey Hunt             | 62:44    | 2009       |
| <b>Marathon</b>      |                          |          |            |
| <b>Senior</b>        | Jeffrey Hunt             | 2:11:00  | 2010       |
| <b>110m Hurdles</b>  |                          |          |            |
| <b>Senior</b>        | Warren Parr              | 13.88    | 1976       |
| <b>U20</b>           | Ken Elphick              | 14.3h    | 1969       |
| <b>U18</b>           | S. McIntyre              | 14.53    | 1988       |
| <b>U16 (100 m)</b>   | Ben Kirkby               | 13.43    | 1999       |
| <b>400m Hurdles</b>  |                          |          |            |
| <b>Senior</b>        | Gary Knoke               | 49.3 h   | 1972       |
| <b>U20</b>           | Glenn McLaughlin         | 51.69    | 1981       |
| <b>U18 (84 cm)</b>   | Steven Solomon           | 53.70    | 2009       |
| <b>U16 (200 m)</b>   | Clinton Sills            | 26.14    | 2005       |
| <b>3000m Steeple</b> |                          |          |            |
| <b>Senior</b>        | Yucef Abdi               | 8:21.98  | 2006       |



|                          |                 |          |      |
|--------------------------|-----------------|----------|------|
| <b>U20</b> (2000m, 91cm) | Greg Dunford    | 5:38.6   | 1977 |
| <b>U18</b> (2000m, 91cm) | Nathan Derriman | 6:09.73  | 2011 |
| <b>U16</b> (2000m, 76cm) | Nathan Derriman | 6:18.25  | 2009 |
| <b>Long Jump</b>         |                 |          |      |
| <b>Senior</b>            | Murray Tolbert  | 7.91 m   | 1972 |
| <b>U20</b>               | Jim McCann      | 7.53 m   | 1958 |
| <b>U18</b>               | C. Jackson      | 6.98 m   | 1977 |
| <b>U16</b>               | Lachlan Little  | 6.67 m   | 2010 |
| <b>Triple Jump</b>       |                 |          |      |
| <b>Senior</b>            | Mick McGrath    | 16.56 m  | 1975 |
| <b>U20</b>               | Stuart Parr     | 14.54 m  | 1976 |
| <b>U18</b>               | C. Jackson      | 13.75 m  | 1977 |
| <b>U16</b>               | Lachlan Little  | 14.06 m  | 2010 |
| <b>High Jump</b>         |                 |          |      |
| <b>Senior</b>            | Larry Sayers    | 2.15 m   | 1976 |
| <b>U20</b>               | Larry Sayers    | 2.15 m   | 1976 |
| <b>U18</b>               | Larry Sayers    | 2.05 m   | 1974 |
| <b>U16</b>               | C. Hardy        | 1.95     | 1989 |
| <b>Pole Vault</b>        |                 |          |      |
| <b>Senior</b>            | Phillip Carrero | 4.20 m   | 1977 |
| <b>U20</b>               | Frank Chapman   | 3.80 m   | 1973 |
| <b>U18</b>               |                 |          |      |
| <b>U16</b>               |                 |          |      |
| <b>Shot Put</b>          |                 |          |      |
| <b>Senior</b>            | Warwick Selvey  | 17.35 m  | 1962 |
| <b>U20</b>               | Greg Farmer     | 14.70 m  | 1974 |
| <b>U18</b>               |                 |          |      |
| <b>U16</b>               | R. Salem        | 16.98 m  | 1992 |
| <b>Discus</b>            |                 |          |      |
| <b>Senior</b>            | Wayne Martin    | 65.06 m  | 1979 |
| <b>U20</b>               | Evan Jennis     | 51.50 m  | 2011 |
| <b>U18</b>               | Evan Jennis     | 53.18 m  | 2010 |
| <b>U16</b>               | Greg Farmer     | 49.04 m  | 1970 |
| <b>Hammer</b>            |                 |          |      |
| <b>Senior</b>            | Peter Farmer    | 75.90 m  | 1979 |
| <b>U20</b>               | Peter Farmer    | 65.96 m  | 1971 |
| <b>U18</b>               | Peter Farmer    | 55.16 m  | 1969 |
| <b>U16</b>               |                 |          |      |
| <b>Javelin</b>           |                 |          |      |
| <b>Senior</b>            | A. Tzannes      | 60.36 m  | 1991 |
| <b>U20</b>               | A. Tzannes      | 60.36 m  | 1991 |
| <b>U18</b> (700 g)       | A. Tzannes      | 54.44 m  | 1990 |
| <b>U16</b> (700 g)       | Ben Kirkby      | 53.30    | 1999 |
| <b>3000m Walk</b>        |                 |          |      |
| <b>Senior</b>            | D. Cox          | 12:50.4  | 1975 |
| <b>U20</b>               |                 |          |      |
| <b>U18</b>               |                 |          |      |
| <b>U16</b>               |                 |          |      |
| <b>5000m Walk</b>        |                 |          |      |
| <b>Senior</b>            | B. Richardson   | 22:58.04 | 1991 |
| <b>U20</b>               |                 |          |      |
| <b>U18</b>               |                 |          |      |
| <b>U16</b>               |                 |          |      |
| <b>10k Walk</b>          |                 |          |      |
| <b>Senior</b>            | Ron Crawford    | 47:19.8  | 1957 |
| <b>U20</b>               |                 |          |      |
| <b>U18</b>               |                 |          |      |
| <b>U16</b>               |                 |          |      |
| <b>20k Walk</b>          |                 |          |      |
| <b>Senior</b>            | Ron Crawford    | 1:34:08  | 1964 |



|               |              |                  |      |
|---------------|--------------|------------------|------|
| <b>U20</b>    |              |                  |      |
|               |              | <b>50k Walk</b>  |      |
| <b>Senior</b> | Ron Crawford | 4:24:20          | 1964 |
| <b>U20</b>    |              |                  |      |
|               |              | <b>Decathlon</b> |      |
| <b>Senior</b> | Geoff Jones  | 7165 pts.        | 1984 |
| <b>U20</b>    |              |                  |      |
| <b>U18</b>    |              |                  |      |

## Female Records

*Note: All records as at 30 April 2011*

|                      |                             |          |            |
|----------------------|-----------------------------|----------|------------|
| <b>100 m</b>         |                             |          |            |
| Senior               | Michelle Dalrymple          | 11.94    | 2001       |
| U20                  | Cathy Jeon                  | 12.35    | 1987       |
| U18                  | Tara Holt                   | 12.52    | 2004       |
| U16                  | Lisa Roberts                | 12.66    | 1997       |
| <b>200 m</b>         |                             |          |            |
| Senior               | Michelle Dalrymple          | 24.02    | 2002       |
| U20                  | Michelle Dalrymple          | 24.24    | 1997       |
| U18                  | K. Wilson                   | 25.51    | 1992       |
| U16                  | Rebecca Irwin               | 25.78    | 1997       |
| <b>400 m</b>         |                             |          |            |
| Senior               | Kaylene Coster              | 52.94    | 1984       |
| U20                  | Rebecca Irwin               | 53.83    | 2002       |
| U18                  | Rebecca Irwin               | 54.53    | 2000       |
| U16                  | Rebecca Irwin               | 55.04    | 1998       |
| <b>800 m</b>         |                             |          |            |
| Senior               | Kaylene Coster              | 2:00.2   | 1984       |
| U20                  | Selma Kajan                 | 2:05.19  | 2009       |
| U18                  | Selma Kajan                 | 2:07.27  | 2008       |
| U16                  | Selma Kajan                 | 2:09.75  | 2006       |
| <b>1500 m</b>        |                             |          |            |
| Senior               | Elizabeth Rose (Miller)     | 4:17.1   | 1989       |
| U20                  | Lara Tamsett                | 4:22.87  | 2006       |
| U18                  | Claire Doyle                | 4:24.78  | 2007       |
| U16                  | Claire Doyle                | 4:27.52  | 2006       |
| <b>mile</b>          |                             |          |            |
| Senior               | Elizabeth Rose (Miller)     | 4:49.64  | 1989       |
| U20                  |                             |          |            |
| <b>3000 m</b>        |                             |          |            |
| Senior               | Emily Bricachek             | 9:06.41  | 2006       |
| U20                  | Emily Bricachek             | 9:06.41  | 2006       |
| U18                  | Emily Bricachek             | 9:06.41  | 2006       |
| U16                  | Claire Doyle                | 9:48.33  | 2006       |
| <b>5000 m</b>        |                             |          |            |
| Senior               | Tiffany Levette             | 15:56.29 | 2005       |
| U20                  | Lauren McKillop             | 16:55.69 | 2009       |
| <b>10000 m</b>       |                             |          |            |
| Senior               | Rebecca Lowe                | 32:24.70 | 2009       |
| U20                  |                             |          |            |
| <b>Half Marathon</b> |                             |          |            |
| Senior               | Janelle Burgmann            | 1:18:07  | 2002       |
| <b>Marathon</b>      |                             |          |            |
| Senior               | Janelle Burgmann            | 2:43:46  | 2002       |
| <b>100m Hurdles</b>  |                             |          |            |
| Senior               | Tara Holt                   | 13.91    | 2010       |
| U20                  | Bianca Debartolo, Tara Holt | 14.24    | 2003, 2006 |
| U18 (76 cm)          | Tara Holt                   | 13.56    | 2005       |



|                      |                   |          |                  |
|----------------------|-------------------|----------|------------------|
| U16 (90 m)           | Tara Holt         | 12.78    | 2003             |
| <b>400m Hurdles</b>  |                   |          |                  |
| Senior               | E. Aisbett        | 62.26    | 1991             |
| U20                  | E. Aisbett        | 62.26    | 1991             |
| U18                  | E. Aisbett        | 62.26    | 1991             |
| U16 (200 m)          | Tara Holt         | 29.74    | 2003             |
| <b>2000m Steeple</b> |                   |          |                  |
| U20 (91cm)           | Alexis McKillop   | 6:53.08  | 2006             |
| U18 (91cm)           | Alexis McKillop   | 6:53.08  | 2006             |
| U16 (91cm)           | Georgina Pembroke | 7:48.9   | 2004             |
| <b>3000m Steeple</b> |                   |          |                  |
| Senior               | Rebecca Lowe      | 10:49.17 | 2006             |
| U20                  | Rebecca Lowe      | 10:48.17 | 2006             |
| U18                  | Alexis McKillop   | 11:29.64 | 2006             |
| <b>Long Jump</b>     |                   |          |                  |
| Senior               | Cathy Jeon        | 6.01 m   | 1988             |
| U20                  | Cathy Jeon        | 6.01 m   | 1988             |
| U18                  | Cathy Jeon        | 6.01 m   | 1988             |
| U16                  | Bianca Debartolo  | 5.63 m   | 2000             |
| <b>Triple Jump</b>   |                   |          |                  |
| Senior               | K. Wilson         | 11.97 m  | 1990             |
| U20                  | K. Wilson         | 11.97 m  | 1990             |
| U18                  | K. Wilson         | 11.97 m  | 1990             |
| U16                  | Bianca Debartolo  | 11.62 m  | 2000             |
| <b>High Jump</b>     |                   |          |                  |
| Senior               | J. Sweetnam       | 1.78 m   | 1978, 79, 80, 81 |
| U20                  | L. Rutter         | 1.75 m   | 1983             |
| U18                  | L. Rutter         | 1.75 m   | 1983             |
| U16                  |                   |          |                  |
| <b>Pole Vault</b>    |                   |          |                  |
| Senior               | Jessie Driels     | 2.40 m   | 2008             |
| U20                  | Jessie Driels     | 2.40 m   | 2008             |
| U18                  | Jessie Driels     | 2.40 m   | 2008             |
| U16                  |                   |          |                  |
| <b>Shot Put</b>      |                   |          |                  |
| Senior               | Bianca Debartolo  | 17.35 m  | 1962             |
| U20                  | Bianca Debartolo  | 14.70 m  | 1974             |
| U18                  | Bianca Debartolo  |          |                  |
| U16                  | Rhiannon Rae      | 16.98 m  | 1992             |
| <b>Discus</b>        |                   |          |                  |
| Senior               | Rhiannon Rae      | 42.39 m  | 1998             |
| U20                  | Rhiannon Rae      | 42.39 m  | 1998             |
| U18                  | Rhiannon Rae      | 42.39 m  | 1998             |
| U16                  | Rhiannon Rae      | 42.39 m  | 1998             |
| <b>Hammer</b>        |                   |          |                  |
| Senior               |                   |          |                  |
| U20                  |                   |          |                  |
| U18                  |                   |          |                  |
| U16                  |                   |          |                  |
| <b>Javelin</b>       |                   |          |                  |
| Senior               | Bianca Debartolo  | 38.59 m  | 2002             |
| U20                  | Bianca Debartolo  | 38.59 m  | 2002             |
| U18 (700 g)          | Bianca Debartolo  | 38.59 m  | 2002             |
| U16 (700 g)          | Bianca Debartolo  | 38.47 m  | 2000             |
| <b>3000m Walk</b>    |                   |          |                  |
| Senior               | Jane Saville      | 12:27.74 | 1993             |
| U20                  | Jane Saville      | 12:27.74 | 1993             |
| U18                  | Natalie Saville   | 12:36.21 | 1995             |
| U16                  |                   |          |                  |
| <b>5000m Walk</b>    |                   |          |                  |



|                   |                  |           |      |
|-------------------|------------------|-----------|------|
| Senior            | Jane Saville     | 21:32.26  | 1997 |
| U20               | Natalie Saville  | 21:44.60  | 1996 |
| U18               | Natalie Saville  | 22:11.33  | 1995 |
| U16               |                  |           |      |
| <b>10k Walk</b>   |                  |           |      |
| Senior            | Jane Saville     | 41:15     | 1999 |
| U20               |                  |           |      |
| U18               |                  |           |      |
| U16               |                  |           |      |
| <b>20k Walk</b>   |                  |           |      |
| Senior            | Jane Saville     | 1:27:44   | 2004 |
| U20               |                  |           |      |
| U18               |                  |           |      |
| <b>Heptathlon</b> |                  |           |      |
| Senior            | Cathy Jeon       | 5258 pts. | 1987 |
| U20               | Cathy Jeon       | 5258 pts. | 1987 |
| U18               | Cathy Jeon       | 5258 pts. | 1987 |
| U16               | Bianca Debartolo | 4664 pts. | 2000 |

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