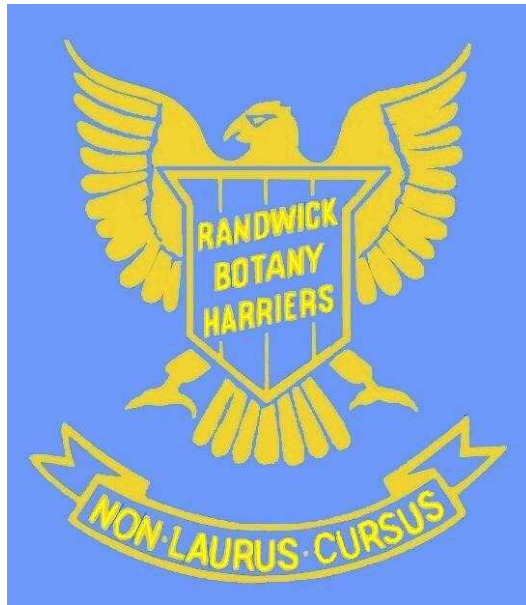


# **RANDWICK-BOTANY HARRIERS inc.**



## **23rd ANNUAL REPORT AND FINANCIAL STATEMENT**

**FOR THE YEAR ENDING  
31st MARCH 2010**

**SEASON 2009-2010**

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

\*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 2009/2010

### **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 I Curotta K Owens  
(Alt. – J Dwyer J Dawes)

### **Male Captain**

J Hunt

### **Female Captain**

TBA

### **Purchasing & Equipment**

I Currotta, R Crawford, M Rabbitt

### **Auditor**

P Spehr

### **Honorary Solicitor**

T Olabinri

### **Coaching Coordinator**

S Williams

### **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**

R Crawford,  
P Feain  
J Hunt

J Dawes,  
A Kajan,  
G Griffin

M Considine,  
B Arnol,  
J 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



2009/10 represented another proud year for the club. Highlights included:

- State records to Jeff Hunt in the marathon and Jeremy Roff in the 1500m and mile events.
- Jeremy Roff competing in the 1500m at the World Championship in Germany, Jeff Hunt competing in World Half Marathon Championship and World Cross Country Championship
- Under 16 Men's Winter Premiership
- Hosting 175 participants at the Endeavour Cup without incident – an event very well received by the visiting clubs.
- A greater than 300% increase in the Tempe handicap race since its inception and an overall increase in club run numbers.
- A creditable 6<sup>th</sup> of 75 clubs in the NSW Club Championships (Male), ending with maximum points from the last two events - a one-two finish in the 3k and running down the leading club to win the 4x400m in a photo finish.

For the second year our club supported the annual Yarra Bay fun run organized by Jane Saville. We also provided volunteers for Sydney Half Marathon, Sydney Marathon and City To Surf.

Our relatively new committee has proved to be a keen one, achieving quorum in ten of the eleven meetings this year. I'm impressed with their ideas for improving recognition of life members, record breakers and winter premiers; cheaper kids uniforms to help families and our new website is the best I've seen of any athletic club in the state.

I commend club members who lobbied Botany Council to reconsider the planned Hensley Athletic Field upgrade: it is important that a club with our heritage has a voice in local community matters. However, the Council's existing plan to accommodate other sports at athletics' expense looks likely to go ahead. The positive for our club will be an improved facility for training and an opportunity to host track and field events.

Attendance numbers at some of our social functions have been lower than expected. I recognise a need to improve our communication, theme and timing of such events. Social events play an important role in keeping members at our club.

I thank all those that helped me this year. I am very proud of the achievements of the officials, committee, coaches, volunteers and competitors doing great things all over Australia and abroad.



Moving forward, our club currently boasts 12 individual state records but only 5 relay state records. State records are hard to break, but with the talent we have I'm sure we can correct this imbalance. I urge everyone to keep up the good work and fingers crossed at the State Relays this November!

## 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 web page 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.

A few letters were sent to various athletes and organizations and lots of support was given to our hard working and conscientious president Jim Dawes. Our immediate past president Ron Crawford must also be thanked for his time and his knowledge of athletics which he shares willingly for the benefit of RBH .

Paul Feain



## REGISTRAR'S REPORT



2010 has been the first year where senior athletics registrations have been aligned with the registration period for LAANSW. The aim here is to form closer ties with Little Athletics and make the transition smoother between junior & senior competition.

The numbers over the last three years are below.

	2010	2009 (winter transition)	2008
senior athletes	61 (inc 11 Winter Only)	55	94
juniors to under 20	71 (inc 15 Dual LAANSW)	44	52
senior officials (inc coaches)	14	15	15
club associates	13	11	12
Total	159	125	173

From here we can see that our biggest growth area has been in junior athletes. Our coaches have continued to identify and introduce talented juniors that are building a bright future for the club.

One area of concern is the ratio of male to female where there are more than double (107 male; 52 female). This very clearly let the Harriers down in the Endeavour Cup where we were not able to field full female team numbers in all distances. Overall our position would have been much healthier here if we were able to put more runners into the field, irrespective of how quickly they got around the track.

With the change in renewal date we have had 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 are holding off on subscribing until the races they are really interested in are being held.

We have 15 LAANSW dual athlete subscriptions. In keeping with the spirit of the Little Athletics agreement we have made this a complementary subscription and have not charged club fees for this. While some of these dual athletes were previous RBH juniors it has also led to some new athletes being introduced into the club.



## TREASURER'S REPORT



Some new faces in the finance department at RBH with myself taking over from the irreplaceable Sandy (Peter Sandstrom) as treasurer, and new life member Peter Spehr taking over from another life member Bob Cartwright as auditor.

The Club had a strong year and made a surplus for the year ended 31<sup>st</sup> March 2010 of over \$8,000 compared to \$1,308 last year and \$6,495 in the March 2008 year.

The main drivers again were approximately \$4,400 net proceeds for the hiring of our ground equipment at Hensley Field to schools in the area, \$3,400 from the tireless work of our volunteers at fun runs, and an increase of \$3,200 in the value of our invested assets. This has allowed us to run the club efficiently, and also provide some support to our elite athletes as they travel overseas.

A special 'thank you' to all those members who have assisted with the collection of money during the year, especially Norm Ellison, Ivan Curotta and Ron Crawford. 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 it is wonderful to see Pete, who introduced me to the RBH, being recognised this year with 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 for the 2010/11 season.

Martin Considine  
Treasurer



**RANDWICK BOTANY HARRIERS inc.**  
**STATEMENT OF FINANCIAL POSITION**  
**as at 31 March 2010**

	\$
<b>Current Assets</b>	
Cash at Bank	\$12,098.64
Uniforms	\$4,135.00
<b>TOTAL</b>	<b>\$16,233.64</b>
<b>Non Current Assets</b>	
Investments	\$43,016.30
Equipment	\$2,837.80
<b>TOTAL</b>	<b>\$45,854.10</b>
<b>Net Assets</b>	<b>\$62,087.74</b>
<b>Accumulated Funds</b>	
Retained Surplus 31/3/2009	\$53,682.23
Surplus arising year to 31/3/2010	\$8,405.51
<b>TOTAL Members' Equity</b>	<b>\$62,087.74</b>

**STATEMENT OF FINANCIAL PERFORMANCE**  
**for the year ended 31 March 2010**

<b>INCOME</b>	<b>\$</b>
Registration + Club Fees	\$5,084.90
ANSW Dinner	\$200.00
Botany Bolt	\$199.00
Fund Raising Dinner	\$8,418.63
Club Runs	\$1,012.75
Interest received	\$498.08
Equipment Proceeds	\$4,708.00
Assistance to Coaches	\$900.00
Fun Run assistance	\$3,445.00
Assistance to Athletes	\$1,500.00
Increase in Value of Investments	\$3,175.15
<b>TOTAL</b>	<b>\$29,141.51</b>
<b>EXPENDITURE</b>	
Sundries	\$2,067.19
Registration Fees	\$3,178.50
ANSW affiliation, race fees and dinner	\$1,647.00
Botany Bolt	\$808.00
Fund Raising Dinner	\$4,200.00
Club Runs	\$233.00
Bank Fees	\$163.80
Equipment Expenses	\$376.41
Assistance to Coaches	\$940.00
Plaques and Trophies	\$304.10
Assistance to Athletes	\$4,700.00
Depreciation	\$1,216.20
Write-off on Uniforms	\$901.80
<b>TOTAL</b>	<b>\$20,736.00</b>
<b>SURPLUS for the year</b>	<b>\$8,405.51</b>





**RANDWICK BOTANY HARRIERS inc.**  
**BALANCE SHEET as at 31 March 2010**

<b>Assets</b>	<b>\$</b>
Cash at Bank	\$12,098.64
Athletic Equipment	\$2,837.80
Uniforms	\$4,135.00
Investments	\$43,016.30
<b>TOTAL</b>	<b>\$62,087.74</b>
Liabilities	\$0.00
<b>Excess of Assets over Liabilities</b>	<b>\$62,087.74</b>

**RANDWICK BOTANY HARRIERS inc.**  
**GENERAL TREASURER's ACCOUNT**  
**STATEMENT OF RECEIPTS and PAYMENTS**  
**for the year ended 31 March 2010**

<b>Receipts</b>		<b>Payments</b>	
Balance @ 31 March 2009	\$4,954.08	Sundries	\$2,067.19
Registration + Club Fees	\$5,084.90	Registration Fees	\$3,178.50
ANSW Dinner	\$200.00	ANSW affiliation, race fees and dinner	\$1,647.00
Botany Bolt	\$199.00	Botany Bolt	\$808.00
Uniforms	\$2,703.50	Uniforms	\$2,907.30
Fund Raising Dinner	\$8,418.63	Fund Raising Dinner	\$4,200.00
Club Runs	\$1,012.75	Club Runs	\$233.00
Interest received	\$498.08	Bank Fees	\$163.80
Equipment Proceeds	\$4,708.00	Equipment Expenses	\$376.41
Assistance to Coaches	\$900.00	Assistance to Coaches	\$940.00
Fun Run assistance	\$3,445.00	Plaques and Trophies	\$304.10
Assistance to Athletes	\$1,500.00	Assistance to Athletes	\$4,700.00
<b>TOTAL</b>	<b>\$33,623.94</b>	Balance @ 31 March 2010	\$12,098.64
			<b>\$33,623.94</b>

Treasurer



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

**Year Ended 31<sup>st</sup> March 2010**

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 2010, and the
  - ii. Results for the financial year ended 31<sup>st</sup> March 2010, and
- b) The accounts are in accordance with Statements of Accounting Concepts and Applicable Accounting Standards.

**Dated 31<sup>st</sup> May 2010**

**Peter Wayne Spehr**

**Honorary Auditor**

**B Business (Accountancy) CPA CIA**



## COACHES REPORT



A big 'thank you' to all the volunteers on the RBH committee. Without your time and effort there would be no club.

It has been a successful year for my squad. It culminated in 3 runners lining up in nationals at senior level over 5000m and 10000m. None of them failed to win a medal, they won 5 medals in total. One has been picked in Commonwealth Games team, a second should be picked in next 3 months.

For the first time in 2 years, I have been programming non-elite runners from my Kids Group and morning squad to race in RBH winter races. I have noticed that numbers in these races are thus back up again. Those who have turned up have particularly enjoyed the friendly atmosphere at Mutch Park.

I would like the opportunity for my squad to be able to train at Hensley Field on Tuesday or Thursday evenings from 6.00pm-7.30pm. I would be willing to pay a reasonable rate for this use if need be.

As discussed at recent club meeting, Wednesday night distance meets during winter season at Hensley would be well supported by the running community; it could even extend as late as December 1. Distances could be 800m and 3000m in week A and 1500m and 5000m in week B. The club would need to either borrow or buy portable electronic timing equipment. They would also need an official with qualifications to use such equipment.

Sean Williams



## TRACK AND FIELD REPORT



2009/2010 season culminated with selection of two our athletes into Commonwealth Games team. Jeremy Roff was selected immediately after National Championships in one of the highest quality events – men 1500m. And this wasn't a big surprise, following on Jeremy's previous selection in World Championships last year and also Commonwealth Games in 2006. But who could predict this time last year that Jeff Hunt will represent Australia in marathon, he didn't even compete in half marathon before July last year. Jeff first clocked 62:44 in his first half-marathon at Gold Coast last year and represented Australia at World Half Marathon Championship coming 43<sup>rd</sup>. At Zatopek meet in December he lowered 53 years old club's 10000m record with 28:19.39 run. Previous record holder was Alan Lawrence, 10000m bronze medallist at 1956 Olympics. Then on 7<sup>th</sup> February this year he ran a blinder debut marathon in Japan clocking 2:11:00. This was the fastest debut by Australian and based on this performance Jeff was rightly selected for Commonwealth Games. Seven weeks later, Jeff also ran World Cross Country Championships where he finished 100<sup>th</sup>, possibly not fully recovered from marathon.



Among the young ranks, one athlete emerged to the top of national juniors and will represent Australia at World Junior Championships in Canada in 4x400m relay. Seventeen years old Steven Solomon hasn't put his foot wrong this season. Steven claimed state junior 400m flat and 400m titles followed by bronze at National U20 Championships at 400m flat and silver at 400m hurdles. He lowered both 400m and 400m club U18 records.

Other highlights include Rebecca Lowe who took a big slice of club's 10000m record with her 32:24.70 run at Zatopek. Also Tara Holt who lowered club's 100m hurdles record and Rachel Hardy who won National U18 Heptathlon. James Roff had a very good season and improved his 400m hurdles time to 51.82.

In the field events, discus thrower Evan Jennis improved club's U18 record while 14 years old Lachlan Little achieved 6.22m in long jump.

Other promising juniors include Nathan Derriman (who lowered club's 2000m steeple record), and together with James King, Jordan Williams, Mark Kriedmann and Morgan McDonald claimed U16 boys Winter Premiership. Under 20 boys also won NSW Winter Premiership with Bart McPherson, Zac Rea, Sean Ryan doing most of races.

On the negative side I noticed decline in number of female athletes in our



club. This is more than obvious from recent cross country relays where we managed to put together 10 male and only one female team.

I really appreciate help from all coaches who supported both club races and also state competitions. I am also grateful for support from club's committee. Thank you all!

Alija Kajan

### **RBH Winter 2009 Results**

#### **Novice Championships 2009**

##### **Results Male Novice 10km**

7. Jim Dawes	34.12
32. Sam Strutt	36.24
51. Matt Patterson	38.25
53. Thomas Gilanyi	38.32
71. Mark Carmody	39.44

##### **Results Invitational 10km**

11. Sean Williams	34:35
21. Alija Kajan	39:38
22. Ken Green	40:59
26. Glen Derriman	42:05
44. Michael Delaney	52:03

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

14. Kristy Colman	15.03
16. Amity Delaney	15.05
82. Elaine Walsh	18.36
93. Glenda Spehr	19.49

##### **Results Invitational 4km**

1. Jeremy Roff	11:06
2. Jeff Hunt	11:22
4. Bart McPherson	12:24
5. Cain Partridge	12:32
6. Nick Cope	12:37
9. Nathan Derriman	13:10
12. James King	13:25
16. Lauren McKillop	13:31
22. Alexis McKillop	13:42
26. Jordan Williams	13:54
38. Selma Kajan	14:24
45. Warren Williams	14:57
51. Rachel Howard	15:27
58. Chris O'Brien	15:52
70. Brendan Arnol	16:56
79. Olga Miskovic	17:25
84. Biba Kajan	18:08
85. Gabrielle Vanderham	18:12

### **NSW Road Championships**

#### **10km - Male**

42. Martin Considine	33:46
52. Jim Dawes	34:07
75. Gary Howard	35:29
85. Anthony Ognjenovski	35:51
149. Matt Patterson	38:19
155. Stephen Kovacs	38:24
160. Thomas Gilanyi	38:31
182. Glenn Derriman	39:20
198. Mark Carmody	39:42
307. Guy Griffin	43:19
398. John McGrath	48:34

#### **10km – Female**

107. Elaine Walsh	50:15
-------------------	-------

#### **5km- Male**

8. Nathan Derriman	16:45
16. James King	17:05
30. Mark Kriedemann	17:49
34. Jordan Williams	18:12

#### **5km- Female**

5. Kristy Colman	18:21
23. Amity Delaney	20:09

#### **2.5km- Male**

25. Matthias Gilanyi	09:49
----------------------	-------

#### **2.5km-Female**

37. Ellen Kriedemann	10:26
----------------------	-------



## Cross Country Relays

### U14 Males 8th

1 Christopher O'Brien	07:44	07:44
2 Gabrielle Vanderham	07:56	15:40
3 Daniel Hazan	08:27	24:07
4 Ellen Kriedemann	08:35	32:42

### U16 Males 1st

1 James King	10:43	10:43
2 Jordan Williams	11:20	22:03
3 Mark Kriedemann	11:14	33:17
4 Nathan Derriman	11:01	44:18

### U20 Males 2nd

1 Barton McPherson	09:55	09:55
2 Sean Ryan	10:25	20:20
3 Zachary Rea	10:13	30:33
4 Sam Strutt	10:45	41:18

### Open Females 4th

1 Alexis McKillop	14:55	14:55
2 Tracey Robinson	16:15	31:10
3 Kristy Colman	15:39	46:49
4 Rachel Howard	16:35	01:03:24

### 35+ Females 7<sup>th</sup>

1 Olga Derriman	18:38	18:38
2 Glenda Spehr	21:46	40:24
3 Elaine Walsh	19:58	00:22
4 Adrienne Torda	18:28	01:18:50

### Open Men 9th

1 Nick Cope	13:06	13:06
2 Louis Talay	14:14	27:20
3 Cain Partridge	13:32	40:52
4 Thomas Gilanyi	15:50	56:42

### 35+ Men 2<sup>nd</sup>

1 Gary Howard	14:05	14:05
2 Sean Williams	13:56	28:01
3 Martin Considine	13:50	41:51
4 Jim Dawes	14:30	56:21

### 45+ Men A 2<sup>nd</sup>

1 Peter Brett	13:47	13:47
2 Warren Williams	16:20	30:07
3 Mohammed Alkhub	16:12	46:19
4 Glenn Derriman	15:24	01:01:43

### 45+ Men B 6th

1 Mark Carmody	16:47	16:47
2 Matthew Patterson	16:18	33:05
3 Alija Kajan	16:14	49:19
4 Ken Green	16:15	01:05:34

### 45+ Men C 16<sup>th</sup>

1 Peter Spehr	17:34	17:34
2 Guy Griffin	18:57	36:31
3 Robert McDonald	18:34	55:05
4 Stephen Kovacs	15:48	01:10:53



U14 Team: Gabrielle Vanderham, Ellen Kriedemann, Daniel Hazan and Chris O'Brien



## Long Course X Country

### U12 Female

1. King, Samantha	7:32
8. Kriedemann, Ellen	8:20

### U12 Male

14. Hazan, Daniel	8:22
23. Gilanyi, Yannich	9:06

### U14 Male

1. McDonald, Morgan	10:01
4. Gottlieb, Sam	10:18
22. Gilanyi, Matthias	11:40
25. O'Brien, Christopher	11:47
30. Gottlieb, Hugh	12:19

### U16 Female

11. Delaney, Amity	16:32
--------------------	-------

### U18 Female

8. Howard, Rachel	16:18
-------------------	-------

### U16 Male

2. Derriman, Nathan	14:01
7. King, James	14:24
16. Williams, Jordan	15:04
17. Kriedemann, Mark	15:05
31. McDonald, Morgan	16:05

### U20 Female

3. McKillop, Lauren	21:52
5. Colman, Kristy	24:00

### U18 Male

1. Rea, Zachary	19:44
-----------------	-------

### Open Female

6. McKillop, Alexis	33:37
---------------------	-------

### 40+ Female

13. Walsh, Elaine	44:58
-------------------	-------

### 45+ Female

4. Derriman, Olga	39:56
10. Spehr, Glenda	49:20

### U20 Male

5. McPherson, Barton	28:43
11. Ognjenovski, Anthony	30:23
15. Strutt, Sam	33:15

### Open Male

1. Hunt, Jeffrey	38:33
21. Partridge, Cain	48:09

### 35+ Male

1. Cope, Nicholas	41:57
4. Dawes, Jim	45:24

### 40+ Male

5. Williams, Sean	46:26
8. Gilanyi, Thomas	49:47

### 45+ Male

5. Williams, Warren	52:07
6. Patterson, Matthew	52:26

### 50+ Male

5. Derriman, Glenn	52:01
--------------------	-------



NSW cross country champion Jeff Hunt

**Road Relays****U16 Male 3k 4th 41:50**

Mark Kriedemann	10:56
Jordan Williams	10:43
Morgan McDonald	10:18
Nathan Derriman	09:53

**U20 Male 4k 1<sup>st</sup> 51:06**

Bart McPherson	12:24
Michael Hazan	13:08
Sean Ryan	12:50
Zachary Rea	12:44

**Open Male 4k 1<sup>st</sup> 47:54**

Jeff Hunt	11:20
Nicholas Cope	12:12
Cain Partridge	12:41
Bradley Woods	11:41

**35+ Male 4k 6<sup>th</sup> 1:00:00**

Jim Dawes	12:54
Gary Howard	13:42
Alija Kajan	15:04
Michael Delaney	18:20

**45+ Male 4k 1<sup>st</sup> 54:50**

Warren Williams	14:11
Glen Derriman	14:11
Manu Sivaraj	13:30
Peter Brett	12:58

**Short Course X Country****U12 Female 1.5k**

2. Evans, Georgia	5:32
5. King, Samantha	5:45

**U12 Men 1.5k**

3. Mergler, Finn	5:11
9. Hazan, Daniel	5:44

**U14 Male 1.5k**

4. O'Sullivan, Conor	8:26
7. Spehr, Timothy	8:32
9. Gottlieb, Sam	8:35
25. O'Brien, Christopher	10:05
26. Gottlieb, Hugh	10:07

**U16 Female 2.5k**

14. Delaney, Amity	9:26
--------------------	------

**U18 Female 2.5k**

4. Howard, Rachel	9:13
-------------------	------

**U16 Male 2.5k**

7. Derriman, Nathan	8:11
10. King, James	8:14
25. Williams, Jordan	8:45
28. O'Sullivan, Conor	8:55

**45+ Female 5k**

5. Derriman, Olga	22:36
-------------------	-------

**Open Male 7.5k**

2. Hunt, Jeffrey	22:29
7. Woods, Bradley	23:50
16. Partridge, Cain	25:23
30. Talay, Louis	27:04

**35+ Male 7.5k**

7. Dawes, Jim	26:07
---------------	-------

**40+ Male 7.5k**

3. Williams, Sean	25:12
19. Delaney, Michael	39:09

**45+ Male 7.5k**

2. Sivaraj, Manu	26:48
5. Williams, Warren	28:43
7. Kajan, Alija	29:30

**50+ Male 7.5k**

10. Derriman, Glenn	29:01
---------------------	-------

**U20 Female 5k**

1. McKillop, Lauren	18:49
2. Colman, Kristy	18:55
4. Kajan, Selma	20:29

**U18 Male 5k**

5. Rea, Zachary	16:21
10. Torok, Francis	17:02





**U20 Male 5k**

3. McPherson, Barton	16:02
8. Strutt, Sam	17:58

**Marathon Champs**

**35+ Female**

2. Adrienne Torda	3:33:24
-------------------	---------



Botany Bolt 2009

**Randwick Botany Harriers Track and Field Performance - Men  
2009/2010 Season**

<i>Event</i>	<i>Wind</i>	<i>Name</i>	<i>Age</i>	<i>Place</i>	<i>Date</i>	<i>Venue</i>
<b>60m</b>						
7.9	NW/	Dean Taylor	46	2nd/H4	7/10/2009	Blacktown
wind assisted						
<b>100m</b>						
11.22	0.3	Max Freeman	22	2nd/H1	30/01/2010	SOPAC
11.25	0.0	Josh Tussel	18	3rd/H1	12/2/2010	SOPAC
11.28	0.5	Jesse Williams	17	2nd/H1	2/10/2009	Illawong



## 2009 –2010 Annual Report

11.29	0.8	Max Freeman	22	7th/H2	28/03/2010	SOPAC
11.34	0.8	James Roff	24	3rd/H3	30/01/2010	SOPAC
11.34	NWI	Max Freeman	21	4th/H3	16/12/2009	SOPAC
11.47	-1.6	Max Freeman	22	6th/H2	6/2/2010	Newcastle
11.51	-0.1	James Beaver	17	2nd	31/10/2009	Illawong
11.60	1.1	Josh Tussel	18	3rd/H1	12/2/2010	SOPAC
11.81	0.9	Lachlan Little	15	5th	12/2/2010	SOPAC
11.85	0.0	Lachlan Little	15	4th/H1	12/2/2010	SOPAC
11.87	-3.2	Max Freeman	22	4th/H2	20/01/2010	SOPAC
12.07	-4.2	Steven Solomon	17	3rd/H3	20/01/2010	SOPAC
12.0h	NWI	Lachlan Little	14	5th/H2	7/10/2009	Blacktown
12.22	-1.1	Lachlan Little	15	5th/H2	26/02/2010	Illawong
12.91	-6.6	Lachlan Little	15	1st/H7	20/01/2010	SOPAC
12.96	1.4	Rawnelsey Cooper	15	8th/H2	2/10/2009	Illawong
13.98	0.2	Micahel Delaney	40	5th/H1	31/10/2009	Illawong
<b>200m</b>						
22.27	1.2	Steven Solomon	17	4th/H2	20/02/2010	SOPAC
22.37	0.2	Steven Solomon	16	1st/H3	6/11/2009	SOPAC
22.77	1.1	James Beaver	17	1st/H1	14/11/2009	SOPAC
22.80	-0.6	Steven Solomon	16	6th	6/11/2009	SOPAC
23.03	0.0	Jesse Williams	17	1st/H1	2/10/2009	Illawong
23.24	0.1	Steven Solomon	17	4th/H2	20/01/2010	SOPAC
25.04	-1.2	Lachlan Little	14	2nd/H3	2/10/2009	Illawong
25.46	-1.3	Rawnelsey Cooper	15	8th/H1	16/12/2009	SOPAC
26.13	1.0	Seamus Kelly	27	5th/H3	9/2/2010	Campbelltown
26.21	0.1	Rawnelsey Cooper	15	6th/H2	2/10/2009	Illawong
wind assisted						
22.49	2.7	James Roff	23	6th/H2	16/12/2009	SOPAC
22.60	2.1	James Roff	23	8th/H1	14/11/2009	SOPAC
<b>400m</b>						
48.18		Steven Solomon	17	1st	12/2/2010	SOPAC
48.39		Steven Solomon	16	1st	5/11/2009	SOPAC
48.59		Steven Solomon	17	4th	6/2/2010	Newcastle
48.67		James Roff	24	8th/H1	30/01/2010	SOPAC
49.28		Steven Solomon	16	1st/H3	5/11/2009	SOPAC
49.43		Steven Solomon	17	1st/H1	12/2/2010	SOPAC
51.48		Bradley Woods	23	6th/H2	30/01/2010	SOPAC
53.26		Gary Howard	36	2nd	6/3/2010	Campbelltown
53.43		Gary Howard	36	3rd/H2	26/02/2010	Illawong
57.12		Rawnelsey Cooper	15	2nd/H2	2/10/2009	Illawong
64.79		Mark Carmody	49	5th/H2	30/01/2010	SOPAC
65.63		Sebastian Moir	10	3rd	12/2/2010	SOPAC
<b>800m</b>						
1.49.36		Jeremy Roff	27	3rd/H1	28/03/2010	SOPAC
1.52.34		Jeremy Roff	27	5th	28/03/2010	SOPAC
1.52.40		Jeremy Roff	27	2nd	28/01/2010	SOPAC
1.53.71		Bradley Woods	23	5th	20/01/2010	SOPAC
1.56.27		Liam Dwyer	16	3rd	14/11/2009	SOPAC
1.57.63		James Roff	23	1st	24/11/2009	Narrabeen
1.57.65		Liam Dwyer	16	5th	6/11/2009	SOPAC
1.58.02		Liam Dwyer	16	3rd	24/10/2009	Campbelltown



1.58.74	Gary Howard	36	8th/H1	28/03/2010	SOPAC
1.58.99	Michel Saunders	24	12th	20/01/2010	SOPAC
1.59.28	Michel Saunders	24	13th	16/12/2009	SOPAC
1.59.91	Gary Howard	36	1st	6/3/2010	Campbelltown
2.00.09	Michel Saunders	24	10th	14/11/2009	SOPAC
2.00.75	Joshua Johnson	18	15th	20/01/2010	SOPAC
2.01.09	Zachary Rea	16	4th	24/11/2009	Narrabeen
2.01.89	Liam Dwyer	16	2nd/H2	6/11/2009	SOPAC
2.02.58	James King	14	1st	5/11/2009	SOPAC
2.04.40	Josh Davies	15	13th	24/10/2009	Campbelltown
2.06.44	Gary Howard	36	7th/H1	18/03/2010	SOPAC
2.06.65	Cooper Rawnelsey	15	4th/H2	6/11/2009	SOPAC
2.06.78	Cooper Rawnelsey	15	6th	6/11/2009	SOPAC
2.07.71	James King	14	3rd/H1	5/11/2009	SOPAC
2.08.72	Cooper Rawnelsey	15	3rd	16/12/2009	SOPAC
2.09.07	Demid Gouroulev	17	7th/H1	5/11/2009	SOPAC
2.10.73	Connor O'Sullivan	14	5th/H	13/2/2010	SOPAC
2.11.02	Joel Xuereb	30	4th	6/3/2010	Campbelltown
2.12.88	Joel Xuereb	30	17th	14/11/2009	SOPAC
2.13.97	Connor O'Sullivan	13	2nd/H2	5/11/2009	SOPAC
2.14.92	Joel Xuereb	30	27th	20/01/2010	SOPAC
2.15.23	Sam Gotlieb	13	5th	24/10/2009	Campbelltown
2.16.42	Seamus Kelly	27	6th	9/2/2010	Campbelltown
2.17.64	Connor O'Sullivan	14	9th	13/2/2010	SOPAC
2.17.74	Connor O'Sullivan	13	6th	5/11/2009	SOPAC
2.18.23	Joel Xuereb	30	21st	24/10/2009	Campbelltown
2.20.86	Tim Spehr	13	7th/H1	24/10/2009	Campbelltown
2.21.49	Patrick Elliot	15	30th	20/01/2010	SOPAC
2.27.93	Mark Carmody	49	5th	6/3/2010	Campbelltown
2.43.70	Christopher O'Brian	12	11th	14/11/2009	SOPAC
2.52.93	Hugh Gottlieb	12	12th	14/11/2009	SOPAC
2.56.55	Daniel Hazan	11	13th	14/11/2009	SOPAC

**1500m**

3.36.79	Jeremy Roff	27	5th	27/02/2010	SOPAC
3.43.90	Jeremy Roff	26	2nd	10/12/2009	Melbourne
3.45.37	Jeremy Roff	27	3rd	18/04/2010	Perth
3.45.59	Jeremy Roff	27	2nd/H2	17/04/2010	Perth
3.54.31	Joshua Johnson	18	3rd	12/2/2010	SOPAC
3.57.79	Barton McPherson	20	3rd	18/03/2010	SOPAC
3.59.33	Barton McPherson	20	9th/H2	28/03/2010	SOPAC
4.04.50	Liam Dwyer	16	2nd	7/11/2009	SOPAC
4.07.90	Liam Dwyer	16	2nd	31/10/2009	Illawong
4.08.06	Josh Davies	16	9th	12/2/2010	SOPAC
4.08.80	Zachary Rea	16	3rd	31/10/2009	Illawong
4.10.39	Cain Partridge	21	5th/H2	30/01/2010	SOPAC
4.14.96	James King	14	3rd	7/11/2009	SOPAC
4.18.57	Josh Davies	16	11th	6/2/2010	Newcastle
4.22.82	Demid Gouroulev	17	7th	7/11/2009	SOPAC
4.26.66	Connor O'Sullivan	13	2nd	7/11/2009	SOPAC
4.29.76	Sam Gotlieb	14	7th	13/02/2010	SOPAC
4.30.12	Tim Spehr	13	3rd	7/11/2009	SOPAC
4.38.45	Ben Adler	18	12th	12/2/2010	SOPAC
4.40.17	Connor O'Sullivan	14	11th	13/2/2010	SOPAC



## 2009 –2010 Annual Report

---

4.43.25	Sam Gotlieb	13	7th	2/10/2009	Illawong
4.44.22	Patrick Elliot	15	8th/H3	30/01/2010	SOPAC
4.44.70	Jordan Williams	14	4th	31/10/2009	Illawong
4.47.58	Joel Xuereb	30	3rd	7/3/2010	Campbelltown
4.49.70	Sam Gotlieb	13	7th	31/10/2009	Illawong
4.54.06	Tim Spehr	13	9th	2/10/2009	Illawong
4.59.64	Mark Carmody	49	3rd	7/3/2010	Campbelltown
5.23.58	Chris O'Brian	13	23rd	2/10/2009	Illawong
5.57.31	Hugh Gotlieb	13	31st	2/10/2009	Illawong
<b>3000m</b>					
8.05.39	Jeffrey Hunt	28	3rd/H1	14/11/2009	SOPAC
8.09.38	Jeremy Roff	27	1st	20/01/2010	SOPAC
8.13.25	Jeffrey Hunt	28	2nd	20/01/2010	SOPAC
8.20.88	Harry Summers	19	10th	6/2/2010	Newcastle
8.28.50	Jeff Farrelly	27	2nd	24/11/2009	Narrabeen
8.44.09	Nicholas Cope	41	1st/H5	14/11/2009	SOPAC
8.44.45	Barton McPherson	20	5th	20/01/2010	SOPAC
8.47.14	Bradley Woods	23	13th/H1	14/11/2009	SOPAC
8.48.83	Francis Torok	18	3rd/H5	14/11/2009	SOPAC
9.01.22	Nicholas Cope	41	8th	20/01/2010	SOPAC
9.01.27	Barton McPherson	19	10th	24/11/2009	Narrabeen
9.01.91	Francis Torok	17	3rd	7/11/2009	SOPAC
9.10.96	Nathan Derriman	15	12th/H4	14/11/2009	SOPAC
9.17.70	Zachary Rea	16	6th	6/11/2009	SOPAC
9.22.85	Nathan Derriman	15	2nd	6/11/2009	SOPAC
9.24.88	Martin Considine	38	16th/H4	14/11/2009	SOPAC
9.37.20	Cain Partridge	21	15th/H4	14/11/2009	SOPAC
9.38.90	Demid Gouroulev	17	1st	7/10/2009	Campbelltown
9.48.62	Demid Gouroulev	17	23rd/H4	14/11/2009	SOPAC
9.50.71	Patrick Elliot	14	9th	6/11/2009	SOPAC
9.53.65	Sam Gotlieb	14	5th/H2	14/11/2009	SOPAC
9.54.64	Connor O'Sullivan	14	15th/H3	14/11/2009	SOPAC
9.59.52	Sam Gotlieb	14	7th	12/2/2010	SOPAC
10.00.34	Tim Spehr	14	10th	6/11/2009	SOPAC
10.02.21	Tim Spehr	14	10th/H2	14/11/2009	SOPAC
10.05.26	Daniel Keating	29	23rd	20/01/2010	SOPAC
10.10.00	Patrick Elliot	15	8th	12/2/2010	SOPAC
10.16.73	Jordan Williams	15	16th/H2	14/11/2009	SOPAC
10.41.95	Warren Williams	48	19th/H2	14/11/2009	SOPAC
10.46.31	Tim Spehr	14	10th	12/2/2010	SOPAC
mixed race					
9.43.12	Patrick Elliot	14	4th	2/10/2009	Illawong
<b>5000m</b>					
14.08.06	Jeffrey Hunt	28	4th	17/04/2010	Perth
14.21.52	Harry Summers	19	1st	18/03/2010	SOPAC
15.12.03	Nicholas Cope	41	10th	28/01/2010	SOPAC
15.13.88	Nicholas Cope	41	3rd	18/03/2010	SOPAC
15.29.56	Barton McPherson	20	13th	28/01/2010	SOPAC
15.41.59	Francis Torok	18	3rd	12/2/2010	SOPAC
16.21.96	Martin Considine	38	22nd	28/01/2010	SOPAC
16.48.97	James Dawes	39	2nd	7/3/2010	Campbelltown
18.43.14	Ben Adler	17	38th	28/01/2010	SOPAC



## 2009 –2010 Annual Report

---

20.35.77		Guy Griffin	50	41st	28/01/2010	SOPAC
21.51.89		Peter Spehr	48	6th	7/3/2010	Campbelltown
<b>10000m</b>						
28.19.39		Jeffrey Hunt	27	4th	10/12/2009	Melbourne
<b>200m hurdles</b>						
24.80	NWI	James Roff	24	3rd/H1	20/01/2010	SOPAC
<b>400m hurdles</b>						
51.82		James Roff	24	1st/H1	16/04/2010	Perth
51.58		James Roff	24	4th	17/04/2010	Perth
51.38		James Roff	24	1st	28/03/2010	SOPAC
51.44		James Roff	24	4th	27/02/2010	SOPAC
57.41		Steven Solomon	17	2nd/H1	13/2/2010	SOPAC
53.75		Steven Solomon	17	1st	13/2/2010	SOPAC
52.08		James Roff	24	1st	28/01/2010	SOPAC
54.36		Steven Solomon	16	1st	7/11/2009	SOPAC
<b>2000m St (0.914m)</b>						
6.48.06		Nathan Derriman	16	1st	20/02/2010	SOPAC
6.55.76		Demid Gouroulev	17	3rd	8/11/2009	SOPAC
<b>2000m St (0.762m)</b>						
6.19.76		Nathan Derriman	15	1st	7/11/2009	SOPAC
6.52.33		Demid Gouroulev	17	3rd	24/10/2009	Campbelltown
6.57.48		Mark Kriedmann	15	12th	7/11/2009	SOPAC
<b>3000m Steeple</b>						
10:45.9		Demid Gouroulev	17	2nd	16/12/2009	SOPAC
<b>Long Jump</b>						
6.60	-1.3	Steven Solomon	16	3rd	5/11/2009	SOPAC
6.22	0.7	Lachlan Little	14	1st	5/11/2009	SOPAC
6.06	1.3	Lachlan Little	15	1st	12/2/2010	SOPAC
5.95	NWI	Lachlan Little	14	8th	7/10/2009	Blacktown
5.86	-1.6	Lachlan Little	14	4th	2/10/2009	Illawong
5.80	NWI	Lachlan Little	15	8th	20/01/2010	SOPAC
5.78	1.9	Lachlan Little	15	4th	26/02/2010	Illawong
5.29	0.9	Brendan Madeira	13	5th	5/11/2009	SOPAC
<b>Triple Jump</b>						
12.83	1.5	Lachlan Little	14	1st	6/11/2009	SOPAC
12.55	1.5	Lachlan Little	14	1st	2/10/2009	Illawong
12.52	2.7	Lachlan Little	15	1st	20/02/2010	SOPAC
<b>Shot Put (7.257kg)</b>						
18.61		James Dawes	39	23rd	20/01/2010	SOPAC
16.80		Michael Delaney	41	24th	20/01/2010	SOPAC
<b>Shot Put (7.257kg)</b>						
11.31		Evan Jennis	16	10th	5/11/2009	SOPAC
<b>Discus (2kg)</b>						



## 2009 –2010 Annual Report

7.47	James Dawes	39	24th	20/01/2010	SOPAC
6.33	Michael Delaney	41	26th	20/01/2010	SOPAC
<b>Discus (1.5kg)</b>					
48.64	Evan Jennis	17	1st	13/12/2009	Greystanes
44.88	Evan Jennis	16	1st	6/11/2009	SOPAC
<b>Javelin</b>					
<b>1500m Walk</b>					
<b>Marathon</b>					
2.11.00	Jeffrey Hunt	28	3rd	7/2/2010	Beppu, Japan
<b>4x100</b>					
<b>4x400</b>					
3.19.23	Saunders, James Roff, Woods, Solomon		1st	20/01/2010	SOPAC
<b>4x800</b>					
8.20.67	James Roff, Woods, Xureb, Rea		5th	21/11/2009	Blacktown
10.03.36	Carmody, Delaney, Kajan, Dawes		6th	22/11/2009	Blacktown
<b>4x1500</b>					
19.47.37	O'Brien, Scott, T.Spehr, McDonnald		2nd	22/11/2009	Blacktown
17.58.75	U18 team		4th	22/11/2009	Blacktown
17.50.80	Considine, Dawes, Kontopos, Sivaraj		1st	21/11/2009	Blacktown

### Randwick Botany Harriers Track and Field Performance - Woman 2009/2010 Season

<i>Event</i>	<i>Wind</i>	<i>Name</i>	<i>Age</i>	<i>Place</i>	<i>Date</i>	<i>Venue</i>
<b>60m</b>						
wind assisted						
8.24	5.1	Julie Forster	48	3rd	6/3/2010	Cambelltown
8.73	-2.2	Tory Groom	14	7th	24/10/2009	Narrabeen
<b>100m</b>						
12.58	0.0	Tara Holt	22	5th	6/3/2010	Cambelltown
13.02	0.8	Julie Forster	48	2nd	6/3/2010	Cambelltown
13.14	0.5	Julie Forster	47	2nd	11/10/2009	SOPAC



## 2009 –2010 Annual Report

---

13.22	-1.1	Julie Forster	47	2nd	31/10/2009	Illawong
13.23	-2.4	Regan-Lacey, Ella	14	3rd	16/12/2009	SOPAC
13.35	1.3	Julie Forster	47	2nd/H2	11/10/2009	SOPAC
13.52	-2.4	Carla Italiano	13	6th	16/12/2009	SOPAC
13.94	1.5	Brajkovic Loredana	17	6th	16/12/2009	SOPAC
wind assisted						
13.92	2.2	Julie Forster	48	1st/35+	16/12/2009	SOPAC
<b>200m</b>						
26.17	1.9	Tara Holt	22	3rd/H2	20/02/2010	SOPAC
26.79	1.9	Julie Forster	48	5th/H2	20/02/2010	SOPAC
27.20	NWI	Rachel Hardy	17	4th/H2	31/10/2009	SOPAC
27.24	0.9	Isha Conteh	21	4th/H2	20/01/2010	SOPAC
27.29	-0.6	Regan-Lacey, Ella	14	1st/H2	16/12/2009	SOPAC
27.32	0.8	Rachel Hardy	17	2nd	9/1/2010	SOPAC
27.55	0.7	Rachel Hardy	17	1st	28/03/2010	SOPAC
27.74	1.8	Carla Italiano	13	5th/H1	16/12/2009	SOPAC
29.11	0.8	Brajkovic Loredana	17	7th/H1	16/12/2009	SOPAC
29.19	-2.9	Tory Groom	14	4th/H2	24/10/2009	Narrabeen
wind assisted						
26.46	4.3	Julie Forster	48	1st/35+	16/12/2009	SOPAC
<b>400m</b>						
60.16		Anna White	18	1st	5/11/2009	SOPAC
62.78		Julie Forster	48	2nd	6/3/2010	Cambelltown
63.75		Julie Forster	47	1st	31/10/2009	Illawong
<b>800m</b>						
2.20.53		Samantha King	12	2nd	12/2/2010	SOPAC
2.24.18		Amity Delaney	15	3rd	28/01/2010	SOPAC
2.26.34		Rachel Hardy	17	16th	20/01/2010	SOPAC
2.26.91		Amity Delaney	15	17th	20/01/2010	SOPAC
2.28.20		Rachel Hardy	16	4th	1/11/2009	SOPAC
2.30.41		Gabrielle Vanderham	14	16th	13/02/2010	SOPAC
2.33.52		Gabrielle Vanderham	14	28th	20/01/2010	SOPAC
2.35.12		Gabrielle Vanderham	13	14th	14/11/2009	SOPAC
2.36.98		Gabrielle Vanderham	13	9th	20/01/2010	SOPAC
2.37.11		Gabrielle Vanderham	13	7th/H2	5/11/2009	SOPAC
2.39.26		Rachel Hardy	17	2nd	28/03/2010	SOPAC
2.40.86		Rachel Hardy	17	2nd	9/1/2010	SOPAC
<b>1500m</b>						
4.47.65		Amity Delaney	14	4th	6/11/2009	SOPAC
4.51.93		Amity Delaney	15	7th	12/2/2010	SOPAC
4.57.60		Amity Delaney	13	3rd	31/10/2009	Illawong
4.58.25		Rachel Howard	16	4th	5/11/2009	SOPAC
5.04.74		Gabrielle Vanderham	14	13th	12/2/2010	SOPAC
5.04.80		Rachel Howard	15	4th	31/10/2009	Illawong
5.06.91		Rachel Howard	17	7th	12/2/2010	SOPAC
5.10.88		Gabrielle Vanderham	14	5th/H2	16/12/2009	SOPAC
5.14.63		Gabrielle Vanderham	14	14th	6/11/2009	SOPAC



## 2009 –2010 Annual Report

---

5.34.90		Gabrielle Vanderham	13	10th	31/10/2009	Illawong
6.40.13		Glenda Spehr	45	7th	6/3/2010	Cambelltown
<b>3000m</b>						
10.29.32		Kristy Colman	18	16th/H2	14/11/2009	SOPAC
10.30.09		Kristy Colman	18	8th	10/12/2009	Melbourne
10.32.95		Amity Delaney	14	5th/H1	14/11/2009	SOPAC
10.39.28		Amity Delaney	14	5th/H1	6/11/2009	SOPAC
10.47.2h		Rachel Howard	17	3rd	13/2/2010	SOPAC
10.58.19		Rachel Howard	16	4th	6/11/2009	SOPAC
mixed race						
10.50.39		Rachel Howard	16	8th	2/10/2009	Illawong
<b>5000m</b>						
18.39.53		Heidi Cayzer	34	9th	28/01/2010	SOPAC
25.54.76		Glenda Spehr	45	3rd	7/3/2010	Cambelltown
<b>10000m</b>						
32.24.70		Rebecca Lowe	21	4th	10/12/2009	Melbourne
<b>Marathon</b>						
3.33.34		Adrienne Torda	44	2nd/35+	2/10/2009	Sydney
<b>90m hurdles (0.76m)</b>						
14.32	0.0	Ella Regan-Lacey	15	5th	12/2/2010	SOPAC
14.78	-0.4	Ella Regan-Lacey	15	2nd/H2	12/2/2010	SOPAC
<b>100m hurdles</b>						
13.91	-0.6	Tara Holt	22	2nd/H1	18/04/2010	Perth
13.94	0.5	Tara Holt	22	1st	10/4/2010	SOPAC
14.03	-0.9	Tara Holt	22	2nd	28/03/2010	SOPAC
14.17	0.4	Tara Holt	22	1st	6/3/2010	Cambelltown
14.24	1.2	Tara Holt	22	4th	27/02/2010	SOPAC
<b>100m hurdles (76.2)</b>						
15.27	0.4	Rachael Hardy	17	1st	28/03/2010	SOPAC
15.38	0.4	Rachael Hardy	17	2nd	9/1/2010	SOPAC
15.42	0.0	Rachael Hardy	17	6th	6/11/2009	SOPAC
15.63	-0.3	Rachael Hardy	17	6th	6/11/2009	SOPAC
15.70	NWI	Rachael Hardy	16	4th	31/10/2009	SOPAC
<b>3000m Steeple</b>						
<b>1500m Walk</b>						
7.37.56		Emma Grand	13	3rd	12/2/2010	SOPAC
<b>3000m Walk</b>						
16.08.67		Hannah Denney	15	2nd	12/2/2010	SOPAC
16.09.05		Hannah Denney	14	4th	24/11/2009	Narrabeen
<b>5000m Walk</b>						
<b>20k Walk</b>						





**High Jump**

1.67		Rachael Hardy	17	1st	9/1/2010	SOPAC
1.64		Rachael Hardy	17	1st	28/03/2010	SOPAC
1.63		Rachael Hardy	17	1st	31/10/2009	SOPAC

**Long Jump**

5.22	0.3	Rachael Hardy	16	4th	5/11/2009	SOPAC
5.16	-0.3	Rachael Hardy	17	3rd	9/1/2010	SOPAC
5.15	0.9	Rachael Hardy	17	1st	28/03/2010	SOPAC
5.07	NWI	Rachael Hardy	16	2nd	1/11/2009	SOPAC
5.04	6	Latisha Touma	17	5th	5/11/2009	SOPAC

**Triple Jump**

**Shot Put**

10.65		Rachael Hardy	17	2nd	28/03/2010	SOPAC
10.39		Rachael Hardy	16	1st	31/10/2009	SOPAC
10.08		Rachael Hardy	17	5th	20/01/2010	SOPAC
9.90		Rachael Hardy	17	2nd	9/1/2010	SOPAC

**Discus**

30.39		Rachael Hardy	17	4th	20/01/2010	SOPAC
-------	--	---------------	----	-----	------------	-------

**Javelin**

29.41		Rachael Hardy	17	1st	9/1/2010	SOPAC
27.35		Rachael Hardy	17	3rd	28/03/2010	SOPAC
26.49		Rachael Hardy	16	3rd	1/11/2009	SOPAC

**Heptathlon**

4449		Rachael Hardy	17	1st	9/1/2010	SOPAC
4437		Rachael Hardy	17	1st	28/03/2010	SOPAC
4226		Rachael Hardy	16	1st	1/11/2009	SOPAC

**4x100m**

51.5		Touma, Brajkovic, White, Hardy		6th	21/11/2009	Blacktown
------	--	-----------------------------------	--	-----	------------	-----------

**4x1500**

20.21.00		Colman, Vanderham, Howard, Delaney		1st	22/11/2009	Blacktown
----------	--	---------------------------------------	--	-----	------------	-----------



## Male Records

*Note: All records as at 13 April 2010*

100 m			
Senior	David Dworjany	10.47	1989
U20	Peter Gandy	10.3 h	1979
U18	Peter Gandy	10.3 h	1979
U16	Peter Gandy	11.0 h	1977
200 m			
Senior	Peter Gandy	20.66	1981
U20	David Dworjany	21.4 h	1987
U18	Stuart Miller	21.5 h	1979
	Brad Rees	21.5 h	1979
U16	Peter Singleton	22.6 h	1972
400 m			
Senior	Darren Clark	44.38	1988
U20	Darren Clark	44.75	1984
U18	Steven Solomon	47.77	2010
U16	Peter Gandy	50.5 h	1977
800 m			
Senior	Paul Gilbert	1:45.59	1984
U20	Joshua Johnson	1:50.82	2009
U18	Joshua Johnson	1:50.82	2009
U16	Joshua Johnson	1:58.59	2007
1500 m			
Senior	Jeremy Roff	3:34.39	2009
U20	Greg Dunford	3:51.4	1976
U18	Joshua Johnson	3:51.55	2009
U16	Joshua Johnson	4:02.28	2007
mile			
Senior	Jeremy Roff	3:55.05	2009
U20	Tim McGrath	4:18.5	2002
3000 m			
Senior	Youcef Abdi	7:54.31	2003
U20	Jeremy Roff	8:14.53	2002
U18	Joshua Johnson	8:18.78	2008
U16	Joshua Johnson	8:41.00	2007
5000 m			
Senior	Allan Lawrence	13.54.2	1957
U20	Harry Summers	14.15.69	2009
10000 m			
Senior	Jeffrey Hunt	28:19.39	2009
U20	Greg Dunford	30:01.2	1976
Half Marathon			
Senior	Jeffrey Hunt	62:44	2009
Marathon			
Senior	Jeffrey Hunt	2:11:00	2010



110m Hurdles			
Senior	Warren Parr	13.88	1976
U20	Ken Elphick	14.3h	1969
U18	S. McIntyre	14.53	1988
U16 (100 m)	Ben Kirkby	13.43	1999
400m Hurdles			
Senior	Gary Knoke	49.3 h	1972
U20	Glenn McLaughlin	51.69	1981
U18 (84 cm)	Steven Solomon	53.70	2009
U16 (200 m)	Clinton Sills	26.14	2005
3000m Steeple			
Senior	Youcef Abdi	8:21.98	2006
U20 (2000m, 91 cm)	Greg Dunford	5:38.6	1977
U18 (2000m, 91 cm)	Nathan Derriman	6:22.35	2010
U16 (2000m, 76 cm)	Nathan Derriman	6:18.25	2009
Long Jump			
Senior	Murray Tolbert	7.91 m	1972
U20	Jim McCann	7.53 m	1958
U18	C. Jackson	6.98 m	1977
U16	C. Hardy	6.29 m	1989
Triple Jump			
Senior	Mick McGrath	16.56 m	1975
U20	Stuart Parr	14.54 m	1976
U18	C. Jackson	13.75 m	1977
U16	C. Hardy	13.48 m	1989
High Jump			
Senior	Larry Sayers	2.15 m	1976
U20	Larry Sayers	2.15 m	1976
U18	Larry Sayers	2.05 m	1974
U16	C. Hardy	1.95	1989
Pole Vault			
Senior	Phillip Carrero	4.20 m	1977
U20	Frank Chapman	3.80 m	1973
U18			
U16			
Shot Put			
Senior	Warwick Selvey	17.35 m	1962
U20	Greg Farmer	14.70 m	1974
U18			
U16	R. Salem	16.98 m	1992
Discus			
Senior	Wayne Martin	65.06 m	1979
U20	Peter Farmer	51.28 m	1970
U18 (1.5kg)	Evan Jennis	49.67 m	2010
U16	Greg Farmer	49.04 m	1970
Hammer			
Senior	Peter Farmer	75.90 m	1979
U20	Peter Farmer	65.96 m	1971
U18	Peter Farmer	55.16 m	1969
U16			
Javelin			
Senior	A. Tzannes	60.36 m	1991
U20	A. Tzannes	60.36 m	1991
U18 (700 g)	A. Tzannes	54.44 m	1990



<b>U16 (700 g)</b>	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>U18</b>			
<b>U16</b>			
<b>50k Walk</b>			
<b>Senior</b>	Ron Crawford	4:24:20	1964
<b>U20</b>			
<b>U18</b>			
<b>U16</b>			
<b>Decathlon</b>			
<b>Senior</b>	Geoff Jones	7165 pts.	1984
<b>U20</b>			
<b>U18</b>			
<b>U16</b>			

## Female Records

<b>100 m</b>			
<b>Senior</b>	Michelle Dalrymple	11.94	2001
<b>U20</b>	Cathy Jeon	12.35	1987
<b>U18</b>	Tara Holt	12.52	2004
<b>U16</b>	Lisa Roberts	12.66	1997
<b>200 m</b>			
<b>Senior</b>	Michelle Dalrymple	24.02	2002
<b>U20</b>	Michelle Dalrymple	24.24	1997
<b>U18</b>	K. Wilson	25.51	1992
<b>U16</b>	Rebecca Irwin	25.78	1997
<b>400 m</b>			
<b>Senior</b>	Kaylene Coster	52.94	1984
<b>U20</b>	Rebecca Irwin	53.83	2002



<b>U18</b>	Rebecca Irwin	54.53	2000
<b>U16</b>	Rebecca Irwin	55.04	1998
<b>800 m</b>			
<b>Senior</b>	Kaylene Coster	2:00.2	1984
<b>U20</b>	Selma Kajan	2:05.19	2009
<b>U18</b>	Selma Kajan	2:07.27	2008
<b>U16</b>	Selma Kajan	2:09.75	2006
<b>1500 m</b>			
<b>Senior</b>	Elizabeth Rose (Miller)	4:17.1	1989
<b>U20</b>	Lara Tamsett	4:22.87	2006
<b>U18</b>	Claire Doyle	4:24.78	2007
<b>U16</b>	Claire Doyle	4:27.52	2006
<b>mile</b>			
<b>Senior</b>	Elizabeth Rose (Miller)	4:49.64	1989
<b>3000 m</b>			
<b>Senior</b>	Emily Bricachek	9:06.41	2006
<b>U20</b>	Emily Bricachek	9:06.41	2006
<b>U18</b>	Emily Bricachek	9:06.41	2006
<b>U16</b>	Claire Doyle	9:48.33	2006
<b>5000 m</b>			
<b>Senior</b>	Tiffany Levette	15:56.29	2005
<b>U20</b>	Lauren McKillop	16:55.13	2009
<b>10000 m</b>			
<b>Senior</b>	Rebecca Lowe	32:24.70	2009
<b>Half Marathon</b>			
<b>Senior</b>	Janelle Burgmann	1:18:07	2002
<b>Marathon</b>			
<b>Senior</b>	Janelle Burgmann	2:43.46	2002
<b>100m Hurdles</b>			
<b>Senior</b>	Tara Holt	13.91	2010
<b>U20</b>	Bianca Debartolo	14.24	2003
	Tara Holt	14.24	2006
<b>U18 (76 cm)</b>	Tara Holt	13.56	2005
<b>U16 (90 m H)</b>	Tara Holt	12.78	2003
<b>400m Hurdles</b>			
<b>Senior</b>	E. Aisbett	62.26	1991
<b>U20</b>	E. Aisbett	62.26	1991
<b>U18</b>	E. Aisbett	62.26	1991
<b>U16 (200 m)</b>	Tara Holt	29.74	2003
<b>2000m Steeple</b>			
<b>U20 (91 cm)</b>	Alexis McKillop	6:53.08	2006
<b>U18 (91 cm)</b>	Alexis McKillop	6:53.08	2006
<b>U16 (76 cm)</b>	Georgina Pembroke	7:48.9	2004
<b>3000m Steeple</b>			
<b>Senior</b>	Rebecca Lowe	10:49.17	2006
<b>U20</b>	Rebecca Lowe	10:49.17	2006
<b>U18</b>	Alexis McKillop	11:29.64	2006
<b>Long Jump</b>			
<b>Senior</b>	Cathy Jeon	6.01 m	1988
<b>U20</b>	Cathy Jeon	6.01 m	1988
<b>U18</b>	Cathy Jeon	6.01 m	1988



<b>U16</b>	Bianca Debartolo	5.63 m	2000
<b>Triple Jump</b>			
<b>Senior</b>	K. Wilson	11.97 m	1990
<b>U20</b>	K. Wilson	11.97 m	1990
<b>U18</b>	K. Wilson	11.97 m	1990
<b>U16</b>	Bianca Debartolo	11.62 m	2000
<b>High Jump</b>			
<b>Senior</b>	J. Sweetnam	1.78 m	1978, 79, 80, 81
<b>U20</b>	L. Rutter	1.75 m	1983
<b>U18</b>	L. Rutter	1.75 m	1983
<b>U16</b>			
<b>Pole Vault</b>			
<b>Senior</b>	Jessie Driels	2.40 m	2008
<b>U20</b>	Jessie Driels	2.40 m	2008
<b>U18</b>	Jessie Driels	2.40 m	2008
<b>U16</b>			
<b>Shot Put</b>			
<b>Senior</b>	Bianca Debartolo	11.61 m	2005
<b>U20</b>	Bianca Debartolo	11.10 m	2004
<b>U18</b>	Bianca Debartolo	10.49 m	2002
<b>U16</b>	Rhiannon Rae	10.29 m	1998
<b>Discus</b>			
<b>Senior</b>	Rhiannon Rae	42.39 m	1998
<b>U20</b>	Rhiannon Rae	42.39 m	1998
<b>U18</b>	Rhiannon Rae	42.39 m	1998
<b>U16</b>	Rhiannon Rae	42.39 m	1998
<b>Hammer</b>			
<b>Senior</b>			
<b>U20</b>			
<b>U18</b>			
<b>U16</b>			
<b>Javelin</b>			
<b>Senior</b>	Bianca Debartolo	38.59 m	2002
<b>U20</b>	Bianca Debartolo	38.59 m	2002
<b>U18</b>	Bianca Debartolo	38.59 m	2002
<b>U16</b>	Bianca Debartolo	38.47	2000
<b>3000m Walk</b>			
<b>Senior</b>	Jane Saville	12:27.74	1993
<b>U20</b>	Jane Saville	12:27.74	1993
<b>U18</b>	Natalie Saville	12:36.21	1995
<b>U16</b>			
<b>5000m Walk</b>			
<b>Senior</b>	Jane Saville	21:32.26	1997
<b>U20</b>	Natalie Saville	21:44.60	1996
<b>U18</b>	Natalie Saville	22:11.33	1995
<b>U16</b>			
<b>10k Walk</b>			
<b>Senior</b>	Jane Saville	41:15	1999
<b>U20</b>			
<b>U18</b>			



U16			
20k Walk			
Senior	Jane Saville	1:27:44	2004
U20			
U18			
U16			
Heptathlon			
Senior	Cathy Jeon	5258 pts.	1987
U20	Cathy Jeon	5258 pts.	1987
U18	Cathy Jeon	5258 pts.	1987
U16	Bianca Debartolo	4664	2000

## Our Sponsors

