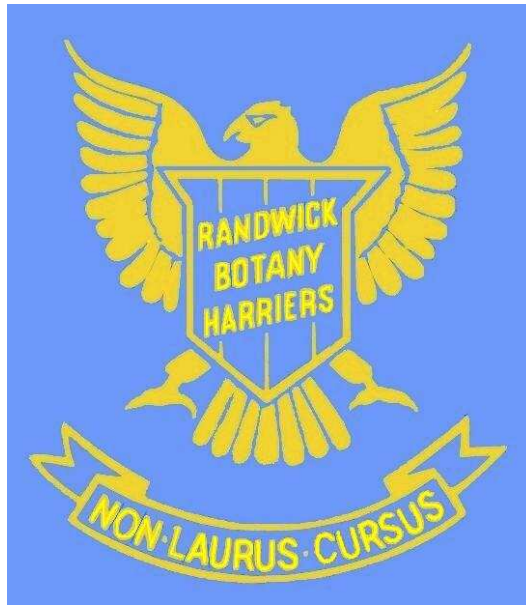


RANDWICK-BOTANY HARRIERS inc.



26th ANNUAL REPORT AND FINANCIAL STATEMENT

**FOR THE YEAR ENDING
31st MARCH 2013**

SEASON 2012-2013

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	1918*	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	I Currota	2011
A G Hayes	1946*	K Morris	1993	Mrs G Spehr	2011
				K Green	2011

*deceased

Honorary Members

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



OFFICE BEARERS 2012/2013

President

J Dawes

Vice Presidents

A Kajan, P Feain, P O'Reilly

Patrons

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 Carmody

Delegates to Athletics NSW

R Crawford J Dawes

Male Captain

J Hunt

Female Captain

Tara Holt

Purchasing & Equipment

R Crawford, M Rabbitt

Auditor

-

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

Rathy Santhiran

Race Recorder & Handicapper

M Rabbitt

Winter Race Registrar

N Ellison

The Committee of Management

Ron Crawford

James Dawes

Martin Considine

Paul Feain

Alija Kajan

Patrick O'Reilly

Jeffrey Hunt

Guy Griffin

Georges Hazan

Zachary Rea

Mark Carmody

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



PRESIDENT'S REPORT



A stellar year for us internationally saw us send members to the London Olympics (including a finalist), the World Half Marathon Championships, the World Junior Cross Country Championships and the World Junior Track Championships.

An incredible 16 club records fell this year, and we sent huge numbers to the Australian Junior Track and Field Championships in Perth.

Details as follows:

- Steve Solomon made the Olympic 400m track final and Jeff Hunt competed in the marathon. Your President was interviewed live on radio station 2UE regarding Steve's efforts and the Club hosted a formal dinner in both their honour.
- Steve also earned a bronze medal at the World Junior Track and Field Championships.
- Harry Summers finished 24th at the World Half Marathon Championships
- Morgan McDonald finished 33rd in the World Junior Cross Country Championships.
- New club records went to Jack Stapleton in the U20/U18 men's 3,000m (8:11.49) and U20 1,500m (3:45.51), Morgan McDonald in the U18 1,500m (3:50.71), Lachlan Little in the U18 Long Jump (7.08m), Molly Blakey in the U20/U18/U16 100m (12.13), the U18/U16 200m (24.45) and the U16 400m (54.94), Annabelle Parmegiani in the U16 High Jump (1.69m) and Matilda Measday in the Senior/U20/U18 pole vault (3.15m) and the U16 pole vault (2.80m).
- We were proudly represented by 24 athletes at the Junior Nationals in Perth.

This year we adopted a new Member Protection Policy. An initiative of Athletics NSW, in conjunction with the Federal Government, the policy aims to maintain responsible behaviour in the Club and assist the making of informed decisions by our members.

We welcomed Pat O'Reilly to the vacant Vice President's position. A contender for Club-person of the year last year, Pat has taken little time to prove himself a valuable and reliable committee member.



We also welcome Mark Carmody to the Public Officer role vacated by Ron Crawford (Ron will remain on the committee as Equipment Manager). A lawyer by trade, Mark brings to the committee an educated and sensible approach to decision-making and can assist in Club legal matters.

We farewell our Treasurer, Martin Considine. Martin succeeded the previous Treasurer at short notice and has done a tremendous job while juggling a busy job, four young children and administrative duties in junior basketball and Australian Rules football. We thank Martin and wish him all the best in his Marathon running and other commitments.

Despite valiant efforts from your Committee to increase Club winter event numbers, including trialling new venues and times and marketing in running magazines and schools, recent numbers have failed to cover the cost of hiring the council parks where we run. Currently, most members prefer squad training or are required to participate in school cross country. The remaining general public have many other fun-run options, including events heavily marketed by major running-shoe companies.

Therefore, the Committee decided to reduce the club runs to three events this winter. The Committee will consider expanding the calendar if numbers increase in future.

Athletic Edge, the store selling our uniforms, closed unexpectedly and all our unsold stock was returned. Rathy Santhiran, one of our officials, was elected as our new Uniforms Officer. Rathy now sells uniforms at State Championship events and also plans to sell uniforms online.

Centennial Park Trust advised they would now charge us \$100 per week to store our athletic equipment at E.S Marks Athletic Field. The Committee agreed to donate this equipment to ANSW in exchange for storage responsibility. The equipment will still be available to anyone who uses this field.

To conclude, I thank you all for your efforts this year. I am very proud of our results in competition and I've enjoyed working with the coaches and administrators. I look forward to even greater heights next year!

Jim Dawes
President.



SECRETARY'S REPORT



This year I took over as Secretary when Brendan Arnol had to stand down because of work and family commitments. I attended most meetings and took the minutes and gave encouragement to all RBH athletes wherever they competed be it at the Olympics or at the local school carnival.

My congratulations must go to Steve Solomon who has achieved much for a young man. We were delighted to see him being selected for the Olympics and making the final in individual 400m.

Also big congratulations to Jeff Hunt for his outstanding achievements in marathon running and in his selection for the London Olympics.

Both Steve and Jeff are selected to represent Australia at this year World Championships in Moscow. Good luck.

Paul J Feain
Club Secretary



REGISTRAR'S REPORT



2013 has seen a slight downturn in numbers for RBH. One of the factors may be the diversification of clubs associated with ANSW where a number of schools are now affiliated.

	2013	2012	2011
Senior	50	46	50
Winter only	9	13	10
Juniors to U20	52	44	53
Dual LAANSW	22	33	20
Officials & Coaches	12	12	13
Club Associates	15	14	13
	151	162	159

The female to male ratio is at a similar level to the last few years (now 53 females to 98 males; previously 59 to 103).

With our prime events being the winter distance events more club members have chosen to only renew for the winter season as the most cost effective subscription type. .

Guy Griffin
Club Registrar



TREASURER'S REPORT As at 31 March 2013



Following the small profit of \$1,564 in the year to 31 March 2012, the club returned a loss in the 2013 year of \$5,612, reducing our net assets to approximately \$57,000.

A big contributor to this was assistance to our athletes who ran nationals in Perth, or who represented Australia farther afield. So it's hard to be upset about this, many clubs would like to have this problem.

This will be my last treasurer's report as I step down from the Committee and hand on the reins over the course of the 2014 financial year. And as usual at times like this, there are a few people to thank! Thanks to all the Committee for their help over my time as treasurer and vice-president, to Sandy for his sage advice, to Jim and Ron for carrying the club through their years as president, to life members Peter and Glenda Spehr for introducing me to the club, coaching me throughout my career, and too many other things to mention (in Spehr's case obviously this includes a few things that I'd rather NOT commit to paper!), and to my wife Aine, who has held the fort at home over all these years while I have indulged my love of running. And, ahem, accounting.

I look forward to seeing you all when I do get back into the blue and gold singlet again!

Martin Considine
Club Treasurer



RANDWICK BOTANY HARRIERS Inc.
STATEMENT OF FINANCIAL POSITION
As at 31 March 2013

Current Assets

Cash at Bank	\$3,165.64
Uniforms	\$6,143.00
TOTAL	\$9,308.64

Non Current Assets

Investments	\$48,128.46
Equipment	\$0.00
TOTAL	\$48,128.46

Net Assets	\$57,437.10
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Accumulated Funds

Retained Surplus start of year	\$63,048.61
Loss arising	-\$5,611.51
TOTAL Members' Equity end of year	\$57,437.10



RANDWICK BOTANY HARRIERS Inc.
STATEMENT OF FINANCIAL PERFORMANCE
For the year ended 31 March 2013

REVENUE	\$
Registration + Club Fees	\$2,606.35
Club Runs	\$523.30
Interest received	\$458.20
Fun Run assistance	\$3,537.00
Assistance to Athletes	\$470.00
Increase in Value of Investments	\$2,215.49
TOTAL	\$9,810.64
EXPENDITURE	
Sundries	\$1,116.96
Registration Fees	\$2,334.00
ANSW affiliation, race fees and dinner	\$2,030.25
Club Runs	\$320.00
Bank Fees	\$115.80
Plaques and Trophies	\$1,055.99
Assistance to Athletes	\$6,300.00
Equipment	\$500.00
Write-off on Uniforms	\$1,648.85
TOTAL	\$15,421.85
LOSS for the year	-\$5,611.51



RANDWICK BOTANY HARRIERS Inc.
BALANCE SHEET
As at 31 March 2013

Assets

Cash at Bank	\$3,165.64
Uniforms	\$6,143.00
Investments	\$48,128.46

TOTAL **\$57,437.10**

Liabilities \$0.00

Excess of Assets over Liabilities **\$57,437.10**

RANDWICK BOTANY HARRIERS Inc.
GENERAL TREASURER'S ACCOUNT
STATEMENT OF RECEIPTS and PAYMENTS
For the year ended 31 March 2012

Receipts

Balance @ 31 March 2011	\$10,717.13
Registration + Club Fees	\$2,559.82
Uniforms	\$1,572.55
Club Runs	\$1,667.70
Interest received	\$341.30
Fun Run assistance	\$3,478.01
Assistance to Athletes	\$2,000.00

TOTAL **\$22,336.51**

Payments

Sundries	\$1,235.92
Registration Fees	\$2,541.00
ANSW affiliation, race fees and dinner	\$2,387.65
Uniforms	\$2,290.00
Club Runs	\$228.00
Bank Fees	\$163.80
Plaques and Trophies	\$376.50
Assistance to Athletes	\$500.00

Balance Current \$12,613.64

\$22,336.51



TRACK AND FIELD REPORT



2012/2013 season was huge for our club. We had two athletes selected to wear green and gold at London Olympic Games.

After somewhat controversial marathon team selection Jeffrey Hunt (coached by Ken Green) was finally selected at the discretion of selectors. Jeff finished Olympic marathon run in 2:22:59 for 63rd in a field of just over 100 runners on a twisty London course. Obviously one too many races in order to qualify for the team didn't help. On the positive side the new AA selection policy might be influenced because of guys like Jeff.

Steven Solomon (coached by Fira Dvoskina), was a running sensation last season. After winning Australian Open Championships in 45.54, Steve was initially selected for 4x400m Olympic relay team. Closer to Olympics Steve was also selected to run individual 400m which caused another controversy involving former Commonwealth champion John Steffensen. He continued to surprise many with his outstanding performances and was on a mission to justify his selection. First he won his heat with new PB of 45.18, then in his semi he dipped under 45 sec for the first time (44.97, PB) and qualify for the final. He backed up with another good run (45.14) and came 8th in the final.

Sadly, we lost Steve for the rest of the season as he took scholarship with Stanford University.

In October last year, Harry Summers (coached by Sean Williams) was selected for World Half Marathon Championships in Bulgaria. He finished in very good 24th place running 1:04:13.

In junior ranks we saw Morgan McDonald selected for World Cross Country Championships where he performed exceptionally and finished in 33rd and was best placed Australian junior.

Molly Blakey was selected for Australian Olympic Youth festival where she clocked scorching 54.69 for the win. This young lady also won Australian Junior titles over 100m and 400m. She was recently selected for World Youth Championships in Donetsk.

Other medallists at Australian Junior Championships include Georgia Evans (U15 girls 800m, 1st), Lachlan Little (U20 boys Long Jump, 2nd), Jack Stapleton (U20 boys 1500m, 2nd), Matilda Measday (U17 girls Pole Vault, 2nd) and Elsa Measday (U14 girls Pole Vault, 3rd).

At Australian Open Championships in Sydney our best performance came from Jeremy Roff in 1500m who claimed second place in 3:46.99 and Harry Summers who was third in 5000m race with 13:57.04.



This season there was a bunch of new club records:

3000m U18 & U20 Male – Jack Stapleton, 8:11.49
Long Jump U18 Male – Lachlan Little, 7.06m
1500m U18 Male – Morgan McDonald, 3:50.71
200m U16 & U18 Female – Molly Blakey, 24.45
100m U16, U18 & U20 Female – Molly Blakey, 12.13
High Jump U16 Female – Annabelle Parmegiani, 1.69m
Pole Vault U16, U18, U20 and Open Female – Matilda Measday, 3.15m

In the winter season our club came 9th for the Winter Club Trophy and in the Winter Premiership our best team was U16 girls who claimed first place with 100 points ahead of Sutherland with 82 points.
Our Open Men team was third behind Sydney University and Bankstown.

Many thanks to our club coaches Peter Spehr, Sean Williams and Ken Green. They provided very valuable input for relay teams. Also special thank to Mick Little for his help at State Track Relays.

Alija Kajan



2012 –2013 Annual Report

2012 ANSW WINTER CLUB TROPHY

Place	Club	Novice XC	Sydney10	Team Walks	XC Relay	XC Champs	Short Walks	Road Relays	Short XC	Long Walks	Half Marathon	Full Marathon	TOTAL	
1	BAN	87	298	1	263	276	276	0	351	290	1	193	80	1840
2	SSR	99	340	0	336	156	156	0	262	240	0	4	5	1442
3	HIL	20	197	0	328	89	89	5	301	226	2	102	1	1271
4	KEJ	35	207	0	310	246	246	0	72	202	0	1	0	1073
5	SUT	68	142	0	396	174	174	1	89	62	1	50	31	1014
6	SGD	61	91	0	325	40	40	0	95	150	0	62	2	826
7	NOW	1	3	0	358	412	412	0	1	37	0	0	1	813
8	ASW	3	58	1	269	63	63	2	251	136	3	2	1	789
9	RBH	55	89	1	133	111	111	1	185	152	1	0	1	729
10	MIN	3	66	4	130	51	51	4	234	10	4	0	1	507
11	SYU	15	54	28	103	33	33	4	71	74	0	30	1	413
12	UTN	2	12	1	174	44	44	2	148	19	1	1	1	405
13	AEA	55	45	0	108	53	53	0	41	53	0	32	0	387
14	ILL	3	12	1	226	12	12	0	51	64	1	2	0	372
15	GIR	6	40	0	46	4	4	0	93	29	1	2	2	223
16	SYP	2	5	96	0	0	0	8	1	6	8	0	0	126
17	SOS	0	4	31	1	5	5	6	22	5	6	0	0	80
18	CHE	1	34	0	25	3	3	0	0	10	0	0	0	73
19	NEP	0	4	32	18	0	0	5	0	3	5	0	0	67
20	MHA	0	3	0	0	14	14	0	24	8	0	0	0	49
21	WOL	0	3	0	1	27	27	0	0	4	0	1	0	36
22	WES	0	1	1	16	7	7	0	0	6	1	0	0	32
23	PAR	0	6	3	0	3	3	5	0	4	3	0	0	24
24	NEV	0	1	0	0	0	0	0	21	0	0	0	1	23
25	BMA	1	1	0	0	1	1	2	0	4	0	0	0	9
25	IBS	1	1	0	1	4	4	0	1	1	0	0	0	9
27	CBT	0	0	2	0	1	1	3	0	1	0	0	0	7
28	RYD	0	2	0	0	0	0	0	0	4	0	0	0	6
28	WYO	0	1	2	0	0	0	1	0	1	1	0	0	6
30	BLA	0	0	0	1	0	0	2	1	0	1	0	0	5
30	GOS	0	0	2	0	0	0	2	0	0	1	0	0	5
32	CAM	0	0	0	1	1	1	0	0	1	0	0	0	3
33	BAT	0	0	0	0	0	0	0	0	1	0	0	1	2
33	EPP	0	0	0	0	0	0	0	0	1	0	0	1	2
33	UNS	1	1	0	0	0	0	0	0	0	0	0	0	2
36	EAS	0	0	0	0	1	1	0	0	0	0	0	0	1
36	FOR	0	1	0	0	0	0	0	0	0	0	0	0	1
36	MAI	0	1	0	0	0	0	0	0	0	0	0	0	1
36	NAM	0	0	0	0	0	0	1	0	0	0	0	0	1
36	SCO	0	0	0	0	0	0	0	0	1	0	0	0	1
36	SIN	0	0	0	0	1	1	0	0	0	0	0	0	1
36	TGS	0	0	0	0	1	1	0	0	0	0	0	0	1
36	WOG	0	0	0	0	0	0	0	0	0	0	0	1	1
36	WOO	0	1	0	0	0	0	0	0	0	0	0	0	1



2012–2013 Annual Report

2012 ANSW WINTER PREMIERSHIP TALLY

Men's

Open	Points	Place	35+	Points	Place	45+	Points	Place	55+	Points	Place	65+	Points	Place
SYU	176	1	SUT	125	1	SGD	145	1	BAN	138	1	BAN	140	1
BAN	144	2	SSR	92	2	HIL	125	2	HIL	110	2	BAN 'B'	92	2
RBH	106	3	ASW	88	3	BAN	97	3	BAN 'B'	103	3	HIL	70	3
SGD	85	4	HIL	83	4	HIL 'B'	63	4	GIR	67	4	BAN 'C'	67	4
SYU 'B'	69	5	KEJ	45	5	SUT	55	5	BAN 'C'	42	5	SGD	36	5
AEA	68	6	RBH	38	6	KEJ	52	6	MIN	38	6			
SSR	67	7	NOW	36	7	RBH	42	7	SUT	34	7			
MIN	61	8	HIL 'B'	29	8	NOW	35	8	NOW	32	8			
KEJ	55	9	GIR	22	9	ASW	28	9	BAN 'D'	21	9			
SUT	43	10	SSR 'B'	18	10	SGD 'B'	23	10	MIN 'B'	17	10			
HIL	40	11	BAN	18	10	MIN	22	11	HIL 'B'	13	11			
SGD 'B'	35	12	SGD	15	12	UTN	21	12	RBH	12	12			
UTN	34	13	MIN	15	12	BAN 'B'	17	13	BAN 'E'	12	12			
BAN 'B'	28	14	SUT 'B'	13	14	GIR	12	14	SUT 'B'	10	14			
GIR	19	15	AEA	11	15	AEA	11	15	SGD	9	15			
RBH 'B'	19	15	NOW 'B'	10	16	ILL	10	16						
SSR 'B'	18	17				SUT 'B'	8	17						
UTN 'B'	16	18				HIL 'C'	6	18						
MHA	16	18				SGD	3	19						
SSR 'C'	12	20				ASW 'B'	2	20						
SYU 'C'	11	21												
SGD 'C'	10	22												
SYU 'D'	10	22												
SUT 'B'	9	24												
AEA 'B'	9	24												
ASW	9	24												
BAN 'C'	8	27												
KEJ 'B'	7	28												
SSR 'D'	5	29												
SUT 'C'	3	30												
HIL 'B'	2	31												
BAN 'D'	2	31												
SUT 'D'	1	33												
BAN 'E'	1	33												
BAN 'F'	1	33												
NEP	1	33												

Women's

Open	Points	Place	35+	Points	Place	45+	Points	Place	55+	Points	Place	65+	Points	Place
AEA	140	1	HIL	104	1	BAN	113	1	BAN	145	1			
BAN	124	2	SSR	60	2	HIL	50	2	SSR	25	2			
HIL	72	3	SUT	50	3	SSR	43	3	NOW	18	3			
MIN	70	4	BAN	50	3	NOW	35	4	ILL	17	4			
BAN 'B'	68	5	SGD	45	5	MIN	20	5						
SYU	55	6	AEA	38	6	RBH	17	6						
UTN	41	7	ASW	38	6	GIR	17	6						
SUT	38	8	NOW	37	8	SUT	16	8						
SSR	32	9	MIN	33	9	SGD	14	9						
KEJ	28	10	NOW 'B'	31	10									
SGD	28	10	BAN 'B'	15	11									
NOW	25	12												
HIL 'B'	22	13												
AEA 'B'	20	14												
RBH	16	15												
UTN 'B'	12	16												
ASW	11	17												
MIN 'B'	11	17												
GIR	9	19												
ILL	8	20												



2012–2013 Annual Report

Men's Junior

U12	Points	Place	U14	Points	Place	U16	Points	Place	U18	Points	Place	U20	Points	Place
SSR	127	1	SSR	108	1	SSR	120	1	SSR	90	1	ILL	59	1
KEJ	85	2	KEJ	88	2	RBH	56	2	RBH	68	2	KEJ	25	2
SSR 'B'	49	3	HIL	50	3	SGD	53	3	KEJ	51	3	NOW	25	2
ASW	37	4	UTN	40	4	ASW	53	3	NOW	43	4	UTN	25	2
NOW	35	5	RBH	40	4	NOW	40	5	ASW	37	5	MIN	20	3
HIL	29	6	NOW	30	6	KEJ	34	6	SOS	25	6	ASW	20	3
UTN	18	7	NEP	25	7	NOW 'B'	30	7	SYP	20	7	HIL	18	4
NOW 'B'	17	8	SYP	20	8	MIN	25	8	ILL	20	7	SOS	18	4
SUT	16	9	SYP 'B'	18	9	SSR 'B'	17	9	SGD	17	8	HIL 'B'	16	5
KEJ 'B'	14	10	ILL	17	10	SUT	17	9	SUT	15	9			
SGD	12	11	SGD	17	10	NEV	17	9						
SGD 'B'	10	12	SUT	16	12									
			SSR 'B'	12	13									

Women's Junior

U12	Points	Place	U14	Points	Place	U16	Points	Place	U18	Points	Place	U20	Points	Place
SUT	78	1	KEJ	117	1	RBH	100	1	SSR	118	1	UTN	43	1
ASW	75	2	HIL	58	2	SUT	82	2	KEJ	62	2	MIN	37	2
KEJ	60	3	KEJ 'B'	55	3	ILL	37	3	ASW	51	3	ASW	36	3
SSR	58	4	SSR	50	4	ASW	34	4	ILL	36	4	CHE	25	4
SUT 'B'	32	5	ASW	43	5	SSR	20	5	CHE	20	5	RBH	25	4
ASW 'B'	32	5	SUT	40	6	KEJ	18	6	SSR 'B'	20	5	KEJ	20	6
NOW	29	7	NOW	32	7	WOL	18	6	HIL	17	6	HIL	18	7
NOW 'B'	17	8	ILL	26	8	KEJ 'B'	15	8				ILL	17	8
NOW 'C'	15	9	SYP	25	9	SGD	14	9						
SGD	14	10	UTN	16	10	NOW	13	10						
SUT 'C'	13	11	SUT 'B'	13	11									
SSR 'B'	12	12	WES	12	12									
SGD 'B'	10	13	UTN 'B'	11	13									
SGD 'C'	9	14	SUT 'C'	9	14									
			NEP	8	15									
			SUT 'D'	7	16									



RBH Winter Results

Novice Championships 2012

Novice Female 7km

2. Tara Prowse	26:12
28. Biba Kajan	32:45
39. Glenda Spehr	37:40
40. Helen Banks	37:48

5. RBH Open Women 71pts

Novice Male 10k

4. Dean Mitch	33:06
18. Jim Dawes	35:33
21. Sean O'Neill	35:42
36. Hayden O'Neill	36:59
61. Paul Rider	39:26
63. James Jethro	38:37
66. Neil Lynch	39:43
71. Patrick O'Reilly	41:50
82. Seamus Kelly	43:21
108. Peter Gottlieb	51:12
121. Paul Feain	60:36

3. RBH Open Man 79pts

Fun Run 2k

21. Ruby Swalding	8:08
24. Victoria Psaros	8:19

Invitational 4k

6. Jack Davies	12:36
9. James King	13:00
15. Kurt Fryer	13:28
26. Samantha King	14:23
34. Gabby Mastroianni	14:46
35. Georgia Evans	14:46
37. Amy Harding-Delooze	13:22
46. Chris O'Brien	15:25
47. Manon Wilson	15:26
48. Lily Harding-Delooze	15:30
50. Drew Fryer	15:36
59. Daniel Hazan	16:08
64. Matthew Gerrard	16:20
66. Ellen Kriedemann	16:24
121. Georges Hazan	20:18
126. Dave Hazan	21:09

Invitational 10k

3. Joshua Johnson	31:50
6. Sean Williams	34:18
12. Alija Kajan	41:07
18. Peter Spehr	44:59
29. John McGrath	55:34



NSW Road Championships 2012

10km – Open Men

7. Joshua Johnson	31:12
11. Mitch Dean	32:21
65. Neil Lynch	39:47
78. Jeffrey Hunt	42:02
85. Seamus Kelly	43:20

10km – U20 Men

14. Jordan Williams	37:14
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10km Men 35-39

14. Gary Howard	35:32
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10km Men 40-44

10. Sean O'Neill	35:26
11. Jim Dawes	35:27

10km Men 45-49

5. Paul Rider	38:36
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10km Men 50-54

14. Alija Kajan	40:47
17. Peter Spehr	42:24

10km Men 55-59

20. Greg Puttick	53:22
23. John McGrath	54:37

10km Men 60-64

15. Paul Feain	56:19
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10km Women 45-49

10. Glenda Spehr	54:52
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10km Women 50-54

1. Biba Kajan	46:08
4. Helen Banks	53:58

5k Fun U16 Girls

2. Amy Harding-Delooze	18:22
3. Lily Harding-Delooze	18:30
4. Manon Wilson	18:36

5km U16 Boys

5. Kurt Fryer	16:57
12. Hayden O'Neill	17:37
20. Alex Leal-Smith	19:06
22. Finn Mergler	19:23
24. Chris O'Brien	19:49

5km U18 Boys

13. Jethro James	17:53
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2.5k U12 Boys

2. Max Freer	9:09
4. Drew Fryer	9:13

2.5km- U12 Girls

8. Ruby Swadling	10:23
9. Ruby Burgess-Hoar	10:23
17. Claudia Freer	11:19

2.5km- U14 Girls

1. Gabby Mastroianni	8:48
19. Victoria Psarros	10:33



Cross Country Relays, Miranda, 2 June 2012

U16 Female, 4x3k, 1st

1 Samantha King	11:12	11:12
2 Amy Harding-Delooze	11:39	22:51
3 Lily Harding-Delooze	11:46	34:37
4 Georgia Evans	11:50	46:27

U14 Male, 4x2k, 6th

1 Ellen Kriedemann	07:44	07:44
2 Timothy Scott	07:38	15:22
3 Ruby Burgess-Hoar	08:22	23:44
4 Drew Fryer	07:36	31:20

35+ Male, 4x4k, 2nd

1 Sean Williams	14:18	14:18
2 Jim Dawes	14:26	28:44
3 Nick Cope	13:34	42:18
4 Gary Howard	14:42	57:00

Open Male, 4x4k, 15th

1 Harry Summers	12:22	12:22
2 Jack Hawke	14:44	27:06
3 Joel Xuereb	15:27	42:33
4 Daniel Hazan	17:20	59:53

45+ Female, 4x4k, 4th

1 Biba Kajan	19:17	19:17
2 Glenda Spehr	21:34	40:51
3 Debbie Hazan	21:07	1:01:58
4 Helen Banks	23:45	1:25:43

45+ Male, 4x4k, 12th

1 Paul Rider	15:52	15:52
2 Alija Kajan	16:05	31:57
3 Patrick O'Reilly	16:50	48:47
4 Georges Hazan	22:12	1:10:59

55+ Male, 4x4k, 9th

1 Raanan Viner	18:01	18:01
2 John McGrath	21:27	39:28
3 Peter Gottlieb	20:04	59:32
4 Paul Feain	24:09	1:23:41



Long Course Cross Country, Nowra, 23 June 2012

U12 Male, 2k

5. Drew Fryer 7:41

U14 Female, 3k

2. Georgia Evans 10:53
6. Ellen Kriedemann 11:21

U16 Female, 4k

2. Samantha King 15:48
3. Amy Harding-Delooze 16:12
6. Manon Wilson 16:25
10. Lily Harding-Delooze 16:52
12. Dominica Lucas 17:05
30. Tamara Viner 19:48

U16 Male, 4k

8. Kurt Fryer 14:39
11. Hayden O'Neill 14:51
32. Daniel Hazan 17:13
34. Hugh Gottlieb 18:03

U18 Male, 6k

1. Morgan McDonald 19:41
10. Sam Gottlieb 21:01
25. Kurt Fryer 25:23
29. Tim Spehr 30:27

U20 Male, 8k

7. Mark Kriedemann 30:35
12. Jordan Williams 32:12

Open Male, 12k

1. Jeffrey Hunt 38:42
6. Joshua Johnson 40:45
26. Neil Lynch 52:30

40+ Male, 12k

4. James Dawes 46:01



NSW Road Relays, Ourimbah, 7 July 2012

U14 Male 4x2k 2nd	28:59
Sebastien Moir	06:45
Gregory Klugman	07:19
Timothy Scott	07:44
Drew Fryer	07:11

U16 Female 4x2k 1st	29:50
Emma Scott	07:45
Amy Harding-Delooze	07:11
Jennifer Scott	07:43
Lily Harding-Delooze	07:11

U18 Male 4x4k 1st	44:31
Tim Spehr	13:08
Matthew Scott	13:36
Hayden O'Neill	13:48
Kurt Fryer	13:35

U20 Female 4x4k 1st	1:01:56
Georgia Evans	14:35
Audrey Amiya-Hall	15:46
Gabrielle Vanderham	16:57
Megan Isbester	14:38

Open Male 4x4k 1st	46:27
David Byrne	11:48
Ben Moreau	11:44
Jeremy Roff	11:35
Jeffrey Hunt	11:20

45+ Male 4x4k 6th	1:05:34
Manu Sivaraj	14:01
Patrick O'Reilly	15:31
John McGrath	20:46
Roger Moresi	15:16

Individual Runs

Ruby Burgess-Hoar, U12 G, 2k	7:55
Finn Mergler, U16 B, 2k	7:10
Daniel Hazan, U16B, 2k	7:38
Nicholas Sadowsky, U20B, 4k	13:32



NSW Short Course Cross Country, UpJohn Park, 14 July 2012

U12 Male 1.5k		U20 Male 5k	
2. Drew Fryer	5:28	7. Mark Kriedemann	17:44
		11. Jordan Williams	18:33
U14 Female 2.5k		U20 Female 5k	
4. Georgia Evans	9:18	5. Audrey Amiya-Hall	21:12
10. Ellen Kriedemann	9:38		
U14 Male 2.5k		Open Male 7.5k	
14. Sebastien Moir	9:36	1. Jeffrey Hunt	23:05
U16 Female 2.5k		2. Jeremy Roff	23:35
1. Lily Harding-Delooze	9:19	8. David Byrne	24:37
2. Amy Harding-Delooze	9:19	10. Courtney Carter	24:48
3. Manon Wilson	9:23	23. Jack Brooks	26:13
18. Emma Scott	10:30	57. Jack Hawke	29:34
19. Jennifer Scott	10:33		
U18 Female 2.5k		40-44 Male 7.5k	
5. Amity Delaney	9:48	1. Nicholas Cope	25:33
		4. Sean Williams	26:39
U16 Male 2.5k		6. Jim Dawes	27:44
9. Kurt Fryer	8:34	45-49 Male 7.5k	
13. Matthew Scott	8:47	7. Patrick O'Reilly	31:52
23. Finn Mergler	9:38		
U18 Male 5k		50-55 Male 7.5k	
2. Sam Gottlieb	17:08	22. Peter Spehr	39:39
5. Tim Spehr	17:22		
16. Drew Fryer	21:22	55-59 Male 5k	
17. Daniel Hazan	22:17	18. John McGrath	28:21
45-49 Female 5k		60-64 Male 5k	
10. Glenda Spehr	28:39	11. Peter Gottlieb	25:40
		14. Paul Feain	30:51
50-54 Female 5k			
7. Helen Banks	28:13		



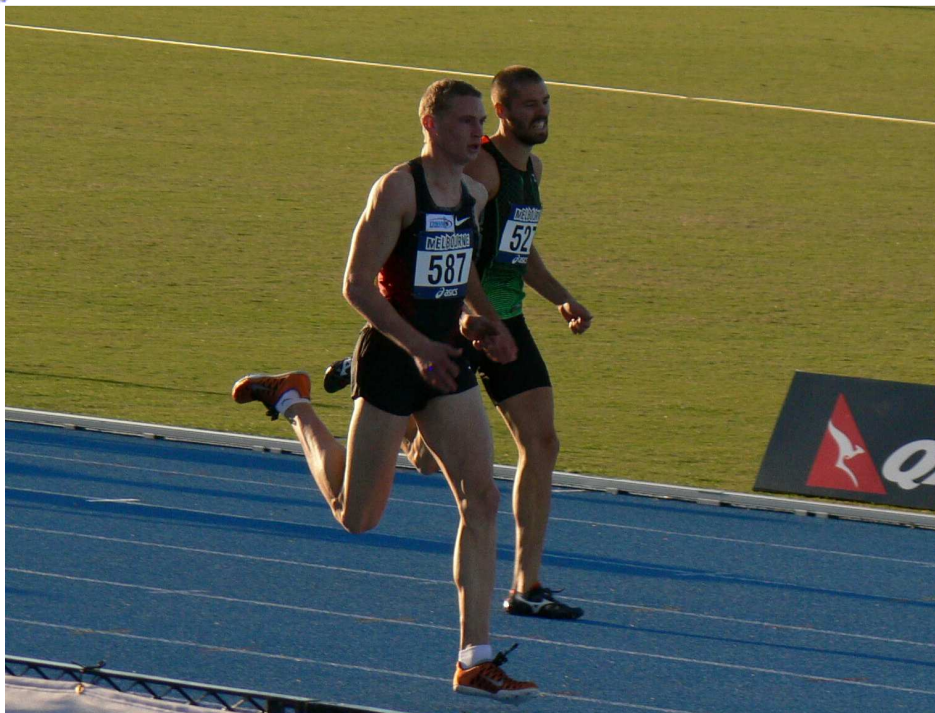
**Randwick Botany Harriers Track and Field Performance - Men
2012/2013 Season**

<i>Event</i>	<i>Wind</i>	<i>Name</i>	<i>Age</i>	<i>Place</i>	<i>Date</i>	<i>Venue</i>
60m						
7.27	1.6	Lachlan Little	17	6th	27/10/2012	Bankstown
7.31	-1.1	David Buckland	17	8th	8/12/2012	SOPAC
7.34	-1.7	Lachlan Little	17	1st/U20	8/12/2012	SOPAC
7.38	-2.6	David Buckland	17	11th	27/10/2012	Bankstown
8.20	0.3	Lous Dennison	13	4th/U14	22/12/2012	SOPAC
10.05	-2.9	Graham Ryan	70	4th	16/03/2013	SOPAC
wind assisted						
7.13	3.2	Lachlan Little	17	5th	22/12/2012	SOPAC
7.15	3.2	David Buckland	17	6th	22/12/2012	SOPAC
7.30	2.1	James Roff	26	13th	22/12/2012	SOPAC
7.99	2.3	Harshenaz Gill	22	11th	27/10/2012	Illawong
10.19	2.2	Daneil Jennings	15	12th/U17	22/12/2012	SOPAC
100m						
11.12	-0.4	David Buckland	17	2nd	29/09/2012	SOPAC
11.12	1.5	David Buckland	18	5th	8/02/2013	SOPAC
11.18	0.9	David Buckland	17	1st/H2	13/10/2012	SOPAC
11.18	0	David Buckland	18	4th	8/02/2013	SOPAC
11.25	0.8	David Buckland	17	10th	15/12/2012	SOPAC
11.31	0.8	Lachlan Little	17	12th	15/12/2012	SOPAC
11.36	0.0	David Buckland	17	2nd	3/11/2012	Campbelltown
11.37	0.0	Lachlan Little	17	1st/U17	3/11/2012	Campbelltown
11.39	1.4	Lachlan Little	18	8th	12/01/2013	SOPAC
11.41	-0.4	Lachlan Little	17	3rd	29/09/2012	SOPAC
13.03	0.0	Louis Dennison	13	5th/U14	15/12/2012	SOPAC
13.20	-1.5	Simon Beck	15	17th/U17	1/12/2012	SOPAC
13.28	-1.8	Jake Goran	15	17th	8/02/2013	SOPAC
13.5h	NWI	Michael Delaney	44	10th	19/01/2013	Sutherland
13.71	-1.6	Michael Delaney	43	2nd	3/11/2012	Narrabeen
13.97	0.0	Michael Delaney	44	10th	12/01/2013	SOPAC
15.80	2.0	Graham Ryan	70	4th	16/03/2013	SOPAC
16.18	NWI	Daniel Jennings	15	20th/U17	1/12/2012	SOPAC
16.20	-3.1	Daniel Jennings	16	1st	2/03/2013	SOPAC
16.32	0.1	Daniel Jennings	15	27th	6/10/2013	SOPAC
16.63	-1.0	Daniel Jennings	16	33rd	14/03/2013	SOPAC
16.89	-1.6	Daneil Jennings	15	30th	3/11/2012	Narrabeen
200m						
21.96	0.4	Lachlan Little	17	7th	22/12/2012	SOPAC



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22.03	1.8	Lachlan Little	18	2nd	31/01/2013	SOPAC
22.19	0.4	David Buckland	17	4th	27/10/2012	Bankstown
22.23	1.7	David Buckland	17	12th	22/12/2012	SOPAC
22.28	NWI	David Buckland	18	3rd	17/01/2013	Bankstown
22.31	1.8	David Buckland	18	5th	31/01/2013	SOPAC
22.45	-2.5	David Buckland	17	4th	13/10/2012	SOPAC
22.51	-1.4	Lachlan Little	17	1st/U20	8/12/2012	SOPAC
22.52	0.6	David Buckland	18	5th	6/01/2013	SOPAC
22.81	1.7	James Roff	26	16th	22/12/2012	SOPAC
22.83	-2.1	David Buckland	18	3/H2	23/02/2013	SOPAC
22.83	-1.1	David Buckland	17	4th	13/10/2012	SOPAC
22.86	NWI	David Buckland	17	12th	8/12/2012	SOPAC
22.91	-2.2	Lachlan Little	17	13th	27/10/2012	Bankstown
23.09	NWI	David Buckland	17	1st/H5	10/11/2012	SOPAC
25.29	-0.9	Conor O'Sullivan	16	48th	27/10/2012	Bankstown
26.18	0.0	Louis Dennison	14	22nd	9/02/2013	SOPAC
27.89	-1.2	Sebastien Gray	15	6th/H4	10/11/2012	SOPAC
32.53	1.7	Daniel Jennings	15	1st	11/10/2012	SOPAC
32.66	0.3	Daniel Jennings	16	24th	6/04/2013	SOPAC
32.86	-1.7	Graham Ryan	70	3rd	17/03/2013	SOPAC
33.28	-2.7	Daniel Jennings	15	1st	3/03/2013	SOPAC
33.28	NWI	Daniel Jennings	15	7th/U17	22/12/2012	SOPAC
33.48	-1.4	Daniel Jennings	16	29th	14/03/2013	SOPAC
33.48	-1.8	Daniel Jennings	16	8th/H7	23/02/2013	SOPAC
33.63	NWI	Daniel Jennings	16	30th	17/01/2013	Bankstown
33.75	1.7	Daniel Jennings	15	29th	6/10/2012	SOPAC
wind assisted						
22.25	2.5	David Buckland	17	3rd	6/10/2012	SOPAC
26.34	2.8	Louis Dennison	13	6th/H4	22/12/2012	SOPAC



Best Harrier last year, Steven Solomon made Olympic 400m final in London (shown here edging Ben Offereins at Nationals last year)

400m

44.97	Steven Solomon	19	3 rd /SF1	5/08/2012	London
45.14	Steven Solomon	19	8th	6/08/2012	London
45.18	Steven Solomon	19	1 st /H6	4/08/2012	London
45.52	Steven Solomon	19	3rd	12/07/2012	Barcelona
45.71	Steven Solomon	19	1st	23/06/2012	Manheim
45.75	Steven Solomon	19	OC	1/07/2012	Karlsruhe
45.80	Steven Solomon	19	1st	8/06/2012	Brisbane
49.20	Jack Hiscox	17	8th	15/12/2012	SOPAC
49.27	Lachlan Little	18	3rd	10/02/2013	SOPAC
49.45	Lachlan Little	18	2nd/C	12/01/2013	SOPAC
49.93	James Roff	26	13th	15/12/2012	SOPAC
51.40	David Buckland	17	6th	3/11/2012	Campbelltown
51.47	Lachlan Little	18	6th	9/02/2013	SOPAC
52.36	Michael Saunders	28	5th/B	12/01/2013	SOPAC
52.74	Michael Saunders	27	28th	15/12/2012	SOPAC
53.39	Robert Hills	18	4th	7/03/2013	Blacktown
53.84	Conor O'Sullivan	16	8th	3/11/2012	Narrabeen
55.27	Robert Hills	17	6th/U17	3/11/2012	Campbelltown
55.46	Jeremy Campese	14	4th/U17	1/12/2012	SOPAC
58.29	Jeremy Campese	14	1st/U14	3/11/2012	Campbelltown
66.27	David Murray	14	41st	3/11/2012	Narrabeen
70.28	Michael Delaney	43	2nd/35+	3/11/2012	Narrabeen
83.08	Graham Ryan	70	3rd	17/03/2013	SOPAC



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800m

1.50.85	Joshua Johnson	21	6th	12/04/2013	SOPAC
1.52.13	Joshua Johnson	21	7th	14/04/2013	SOPAC
1.52.41	Jack Stapleton	18	3rd	9/02/2013	SOPAC
1.53.38	Jack Stapleton	18	4th	16/02/2013	SOPAC
1.53.47	Jack Hiscox	18	3rd	2/02/2013	Glendale
1.53.98	Jack Stapleton	18	8th	13/03/2012	Perth
1.54.15	Jack Stapleton	18	8th	12/03/2012	Perth
1.54.71	Jack Hiscox	18	9th	12/03/2012	Perth
1.55.28	Jack Stapleton	17	1st	12/10/2012	SOPAC
1.55.79	Jack Hiscox	18	4th	9/02/2013	SOPAC
1.55.84	Matt Cole	30	2nd	31/01/2013	SOPAC
1.56.19	Jack Stapleton	18	2nd	8/02/2013	SOPAC
1.56.21	Jack Hiscox	18	3rd	8/02/2013	SOPAC
1.56.42	Jack Hiscox	17	4th/H1	10/11/2012	SOPAC
1.56.46	Matt Cole	30	7th	6/04/2013	SOPAC
1.56.73	Jack Hiscox	17	2nd	12/10/2012	SOPAC
1.57.25	Jack Hiscox	17	1st	6/10/2012	SOPAC
1.57.92	Jack Hiscox	18	1st	6/01/2013	SOPAC
1.58.63	Gary Howard	39	18th	2/03/2013	SOPAC
1.59.02	Gary Howard	38	16th	22/12/2012	SOPAC
1.59.02	Gary Howard	39	8th/U17	31/01/2013	SOPAC
1.59.19	Conor O'Sullivan	17	4th	14/03/2013	SOPAC
1.59.25	Gary Howard	39	2nd	16/02/2013	SOPAC
1.59.56	Conor O'Sullivan	17	10th	8/02/2013	SOPAC
1.59.80	Sam Byrne	17	11th	31/01/2013	SOPAC
1.59.85	Conor O'Sullivan	17	4th/B	16/02/2013	SOPAC
2.00.51	Jack Brooks	24	6th/B	16/02/2013	SOPAC
2.00.95	Gary Howard	39	13th	6/04/2013	SOPAC
2.01.19	Gary Howard	39	7th	14/03/2013	SOPAC
2.01.28	Sam Byrne	17	15th	8/02/2013	SOPAC
2.02.2h	Matthew Scott	16	6th	19/01/2013	Sutherland
2.02.86	Tim Spehr	17	1st/H3	23/02/2013	SOPAC
2.03.01	Conor O'Sullivan	17	4th/H2	23/02/2013	SOPAC
2.03.08	Stefan Music	14	2nd	12/10/2012	SOPAC
2.03.21	Matthew Scott	15	10th	6/10/2012	SOPAC
2.03.27	Stefan Music	15	4th	10/02/2013	SOPAC
2.03.33	Stefan Music	15	8th	12/03/2013	Perth
2.03.39	Stefan Music	15	7th	13/03/2013	Perth
2.03.73	Stefan Music	14	4th/H3	10/11/2012	SOPAC
2.03.76	Conor O'Sullivan	16	11th	6/10/2012	SOPAC
2.03.91	Stefan Music	15	17th	31/01/2013	SOPAC
2.04.0h	Tim Spehr	17	7th	19/01/2013	Sutherland
2.04.58	Conor O'Sullivan	16	6th	12/10/2012	SOPAC
2.05.01	Jack Brooks	24	10th	14/03/2013	SOPAC



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2.05.15	Conor O'Sullivan	16	9th	13/10/2012	SOPAC
2.05.98	Conor O'Sullivan	16	7th/H2	10/11/2012	SOPAC
2.06.08	Sam Byrne	17	9th	17/01/2013	Bankstown
2.06.72	Billy Ryan	14	3rd	9/02/2013	SOPAC
2.07.07	Stefan Music	15	4th	9/02/2013	SOPAC
2.07.12	Jack Brooks	24	18th	6/04/2013	SOPAC
2.07.58	Billy Ryan	13	1st	21/10/2012	SOPAC
2.08.02	Stefan Music	15	4th/H3	23/02/2013	SOPAC
2.08.29	Stefan Music	14	2nd	11/10/2012	SOPAC
2.08.54	Stefan Music	14	7th	22/12/2012	SOPAC
2.09.04	Patrick Elliot	17	11th	27/10/2012	SOPAC
2.09.18	Gary Howard	39	4th/H2	23/02/2013	SOPAC
2.09.64	Matthew Scott	16	11th/H2	23/02/2013	SOPAC
2.10.28	Billy Ryan	14	4th	10/02/2013	SOPAC
2.10.86	Neil Lynch	30	7th/H3	23/02/2013	SOPAC
2.11.3h	Kurt Fryer	15	11th	19/01/2013	Sutherland
2.11.63	Gary Howard	39	5th	6/01/2013	SOPAC
2.12.16	Conor O'Sullivan	16	13th	27/10/2012	SOPAC
2.12.93	Billy Ryan	13	18th	6/10/2012	SOPAC
2.13.44	Jeremi Campese	15	13th	17/01/2013	Bankstown
2.13.53	Hayden O'Neill	15	21st	6/10/2012	SOPAC
2.13.84	Kurt Fryer	14	22nd	6/10/2012	SOPAC
2.14.58	Billy Ryan	13	7th	11/10/2012	SOPAC
2.16.76	Maximillian Morrison	16	18th	27/10/2012	SOPAC
2.16.97	Hayden O'Neill	15	16th	12/10/2012	SOPAC
2.17.6h	Billy Ryan	14	14th	19/01/2013	Sutherland
2.19.17	Colin Pohl	42	5th/H4	23/02/2013	SOPAC
2.20.71	Joel Xuereb	34	12th/H3	23/02/2013	SOPAC
2.27.6h	Roger Moresi	46	5th	19/01/2013	Sutherland
2.27.61	Daniel Hazan	15	6th	19/01/2013	Sutherland
2.27.9h	Daniel Hazan	15	5th/H5	23/02/2013	SOPAC
2.29.81	David Murray	14	7th/U17	8/12/2012	SOPAC
2.31.58	Wesley Wei	16	8th/U17	8/12/2012	SOPAC
2.31.7h	Drew Fryer	12	7th	19/01/2013	Sutherland
2.34.44	David Murray	14	5th/H5	10/11/2012	SOPAC
2.43.90	David Murray	14	41st	27/10/2012	SOPAC
1000m					
2.41.70	Gary Howard	39	3rd/A	2/02/2013	Glendale



Morgan McDonald was representing Australia at World Cross Country in Bydgoszcz

1500m

3.42.99	Jeremy Roff	30	7th	6/04/2013	Melbourne
3.44.18	Jeremy Roff	30	3rd	12/04/2013	SOPAC
3.46.99	Jeremy Roff	30	2nd	13/04/2013	SOPAC
3.45.53	Jack Stapleton	18	8th	2/02/2013	Glendale
3.45.55	Jack Stapleton	18	7th	12/04/2013	SOPAC
3.46.77	Joshua Johnson	21	11th	2/02/2013	Glendale
3.46.96	Jack Stapleton	18	11th	9/03/2013	SOPAC
3.48.80	Joshua Johnson	21	7th	23/02/2013	Hobart
3.50.13	Jack Stapleton	18	11th	13/04/2013	SOPAC
3.50.23	Jack Stapleton	18	10th	6/04/2013	Melbourne
3.50.49	Jeremy Roff	29	1st	15/12/2012	SOPAC
3.50.71	Morgan McDonald	17	4th	3/03/2013	SOPAC
3.53.46	Jack Stapleton	17	1st	13/10/2012	SOPAC
3.54.45	Joshua Johnson	21	11th	6/04/2013	Melbourne
3.56.04	Morgan McDonald	17	1st	8/02/2013	SOPAC
3.56.63	Morgan McDonald	16	1st	3/11/2012	Campbelltown
3.57.00	Matt Cole	30	9th	3/03/2013	SOPAC
3.57.48	Matt Cole	30	2nd	14/03/2013	SOPAC
3.58.99	Jack Stapleton	18	2nd	14/03/2013	Perth
3.59.69	Morgan McDonald	17	4th	2/03/2013	SOPAC
4.00.37	Liam Ridings	24	6th	14/03/2013	SOPAC
4.00.59	Matt Cole	30	12th	2/03/2013	SOPAC
4.02.24	Matt Cole	29	6th	15/12/2012	SOPAC
4.02.52	Liam Ridings	23	7th	15/12/2012	SOPAC
4.04.83	Patrick Elliot	18	6th	8/02/2013	SOPAC
4.05.08	Liam Ridings	24	3rd	21/03/2013	Blacktown



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4.05.87	Liam Ridings	24	3rd	12/01/2013	SOPAC
4.06.64	Matt Cole	30	4th	12/01/2013	SOPAC
4.08.20	Patrick Elliot	18	3rd/C	12/01/2013	SOPAC
4.08.61	Matthew Scott	15	2nd	13/10/2012	SOPAC
4.10.48	Matthew Scott	16	9th	9/02/2013	SOPAC
4.11.41	Jack Brooks	23	12th	15/12/2012	SOPAC
4.11.43	Julien Smith	15	25th	2/03/2013	SOPAC
4.12.13	Julien Smith	15	4th	12/03/2013	Perth
4.12.81	Julien Smith	15	1st	9/02/2013	SOPAC
4.14.40	Michael Sounders	27	14th	15/12/2012	SOPAC
4.14.49	Stefan Music	15	8th	12/03/2013	Perth
4.16.27	Tim Spehr	17	11th	9/02/2013	SOPAC
4.17.66	Conor O'Sullivan	16	11th	13/10/2012	SOPAC
4.17.73	Conor O'Sullivan	17	12th	9/02/2013	SOPAC
4.19.40	Stefan Music	14	3rd	13/10/2012	SOPAC
4.19.59	Stefan Music	14	2nd	9/02/2013	SOPAC
4.21.92	Jack Brooks	24	31st	2/03/2013	SOPAC
4.22.05	Billy Ryan	13	5th	12/03/2013	Perth
4.22.19	Sam Byrne	17	14th	9/02/2013	SOPAC
4.22.46	Billy Ryan	13	3rd	9/02/2013	SOPAC
4.26.62	Kurt Fryer	15	7th	9/02/2013	SOPAC
4.27.27	Billy Ryan	13	1st	13/10/2012	SOPAC
4.27.50	Neil Lynch	29	8th	3/11/2012	Narrabeen
4.27.73	Kurt Fryer	14	4th	13/10/2012	SOPAC
4.27.80	Patrick Elliot	17	2nd/U20	1/12/2012	SOPAC
4.28.02	Neil Lynch	29	23rd	15/12/2012	SOPAC
4.29.02	Billy Ryan	13	1st/U14	15/12/2012	SOPAC
4.30.76	Oscar Osborne	17	19th	9/02/2013	SOPAC
4.33.28	Jethro James	17	8th	13/10/2012	SOPAC
4.34.44	Patrick Elliot	17	10th	29/09/2012	SOPAC
4.34.44	Maximillian Morrison	17	17th	14/03/2013	SOPAC
4.36.48	Maximillian Morrison	17	9th	7/03/2013	Blacktown
4.36.61	Stefan Music	14	11th	29/09/2012	SOPAC
4.37.26	Matthew Murdoch	21	32nd	2/03/2013	SOPAC
4.39.03	Maximillian Morrison	17	21st	9/02/2013	SOPAC
4.40.98	Matthew Murdoch	21	19th	5/01/2013	SOPAC
4.44.18	Haydn Green	16	7th/U17	15/12/2012	SOPAC
4.45.47	Haydn Green	17	18th	14/03/2013	SOPAC
4.45.81	Maximillian Morrison	16	9th/U17	15/12/2012	SOPAC
4.46.68	Haydn Green	16	3rd/U17	3/11/2012	Campbelltown
4.49.62	Daniel Hazan	14	20th	9/02/2013	SOPAC
4.51.70	Maximillian Morrison	16	6/U17	3/11/2012	Campbelltown
4.53.07	Haydn Green	16	2nd/U17	1/12/2012	SOPAC
4.53.93	Haydn Green	17	15th	7/03/2013	Blacktown
4.54.30	Roger Moresi	45	7th/35+	15/12/2012	SOPAC



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4.54.43	David Murray	15	19th	14/03/2013	SOPAC
4.56.05	Paul Rider	49	8th/35+	15/12/2012	SOPAC
4.56.23	Jack Freer	13	15th	13/10/2012	SOPAC
4.56.60	Maximillian Morrison	16	4th/U17	1/12/2012	SOPAC
4.56.99	David Murray	15	16th	7/03/2013	Blacktown
4.57.90	Wesley Wei	16	5th/U17	1/12/2012	SOPAC
5.00.44	Drew Fryer	12	9th	9/02/2013	SOPAC
5.02.48	Jack Freer	13	16th	29/09/2012	SOPAC
5.06.86	Daniel Hazan	14	13th/U17	15/12/2012	SOPAC
5.14.67	Wesley Wei	16	8th/U17	3/11/2012	Campbelltown
5.15.39	Wesley Wei	16	15th/U17	15/12/2012	SOPAC
5.18.48	David Murray	14	15th	13/10/2012	SOPAC
5.20.06	Finn Mergler	15	20th	9/02/2013	SOPAC
5.24.25	Jack Freer	13	4th	1/12/2012	SOPAC
5.24.75	Wesley Wei	17	25th	9/02/2013	SOPAC
5.29.17	Jack Babbington	16	10th/U17	3/11/2012	Campbelltown
5.33.57	David Murray	14	11th	3/11/2012	Narrabeen

mile

4.10.18	Joshua Johnson	20	6th	8/12/2012	Melbourne
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3000m

8.02.96	Ben Moreau	31	2nd/A	10/11/2012	SOPAC
8.06.20	Jeffrey Hunt	30	4th/A	10/11/2012	SOPAC
8.11.49	Jack Stapleton	17	4th	8/12/2012	Melbourne
8.12.36	Ben Moreau	31	1st	27/10/2012	Illawong
8.17.71	Morgan McDonnald	16	7th/A	10/11/2012	SOPAC
8.21.28	Jack Stapleton	17	9th/A	10/11/2012	SOPAC
8.31.04	Morgan McDonnald	16	10th	8/12/2012	Melbourne
8.40.08	Liam Ridings	23	3rd/B	10/11/2012	SOPAC
8.44.61	Matt Cole	29	1st/C	10/11/2012	SOPAC
8.51.33	Tim Spehr	16	12th/B	10/11/2012	SOPAC
8.57.21	Tim Spehr	18	6th	12/03/2013	Perth
8.58.31	Matthew Scott	16	5th	12/03/2013	Perth
8.58.89	Tim Spehr	17	1st	12/10/2012	SOPAC
9.02.25	Matthew Scott	16	1st	8/02/2013	SOPAC
9.05.19	Jack Moxey	23	8th	27/10/2012	Illawong
9.11.73	Patrick Elliot	17	4th	12/10/2012	SOPAC
9.14.56	Julien Smith	15	5th	12/03/2013	Perth
9.14.64	Patrick Elliot	17	1st/U20	8/12/2012	SOPAC
9.15.52	Matthew Scott	15	3rd	6/10/2012	SOPAC
9.17.55	Julien Smith	15	1st	10/02/2013	SOPAC
9.20.66	Tim Spehr	17	3rd	8/02/2013	SOPAC
9.25.03	Sam Byrne	16	1st/E	10/11/2012	SOPAC
9.28.81	Patrick Elliot	17	3rd	6/10/2012	SOPAC



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9.31.82	Kurt Fryer	15	3rd	10/02/2013	SOPAC
9.32.96	Oscar Osborne	17	8th	8/02/2013	SOPAC
9.33.90	Jack Brooks	23	11th	27/10/2012	Illawong
9.34.31	Kurt Fryer	14	2nd	14/10/2012	SOPAC
9.36.40	Neil Lynch	29	10th/D	10/11/2012	SOPAC
9.39.81	Patrick Elliot	17	19th/C	10/11/2012	SOPAC
9.42.69	Oscar Osborne	16	11th/E	10/11/2012	SOPAC
9.43.35	Jim Dawes	41	20th/C	10/11/2012	SOPAC
9.49.84	Jack Freer	15	9th	11/03/2013	Perth
9.58.68	Jack Freer	14	3rd/G	10/11/2012	SOPAC
10.03.19	Billy Ryan	13	17th/E	10/11/2012	SOPAC
10.04.62	Joel Xuereb	33	11th/F	10/11/2012	SOPAC
10.28.89	Jack Freer	14	8th	14/10/2012	SOPAC
10.32.38	Maximillian Morrison	16	2nd/U17	8/12/2012	SOPAC
10.37.41	Maximillian Morrison	16	16th/F	10/11/2012	SOPAC
10.53.28	Paul Rider	49	6th/H	10/11/2012	SOPAC
11.83.85	Drew Fryer	11	13th/G	10/11/2012	SOPAC
5000m					
13.57.00	Jeffrey Hunt	31	6th	23/02/2103	Hobart
13.57.04	Harry Summers	23	3rd	14/04/2013	SOPAC
14.05.83	Harry Summers	23	3rd	21/03/2013	Blacktown
14.13.28	Jeffrey Hunt	31	1st	31/01/2013	SOPAC
14.24.11	David Byrne	32	2nd	16/02/2013	SOPAC
14.38.85	Jeremy Roff	29	1st	15/12/2012	SOPAC
14.50.83	Joshua Johnson	20	8th	21/03/2013	Blacktown
14.52.85	Liam Ridings	24	8th	16/02/2013	SOPAC
15.05.73	Oliver Lord	25	2nd/B	16/02/2013	SOPAC
15.34.70	Liam Ridings	24	5th	31/01/2013	SOPAC
15.40.50	Liam Ridings	23	5th	15/12/2012	SOPAC
15.55.90	Patrick Elliot	17	6th	15/12/2012	SOPAC
16.01.26	Patrick Elliot	18	9th	12/03/2013	Perth
16.34.24	Patrick Elliot	17	2nd/U20	3/11/2012	Campbelltown
17.20.52	Sean Williams	46	12th	31/01/2013	SOPAC
18.21.61	Colin Pohl	42	9th/D	16/02/2013	SOPAC
18.33.61	Colin Pohl	42	13th	31/01/2013	SOPAC
18.42.77	Colin Pohl	42	2nd	17/03/2013	SOPAC
10000m					
28.40.83	Ben Moreau	30	3rd	8/12/2012	Melbourne
29.11.33	Jeffrey Hunt	31	9th	8/12/2012	Melbourne
30.48.21	David Byrne	32	1st	1/03/2013	SOPAC
31.11.82	Liam Ridings	24	3rd	1/03/2013	SOPAC
31.57.45	Oliver Lord	25	8th	1/03/2013	SOPAC
38.18.57	Colin Pohl	42	9th/B	1/03/2013	SOPAC



Half Marathon

1.03.34	Harry Summers	22	2nd	30/06/2012	Gold Coast
1.04.55	Harry Summers	23	2nd	19/05/2013	Sydney



Jeff Hunt went through tough selection process but earned his spot on 2012 Olympic team (shown here running last leg of State Road Relays)

Marathon

2.14.28	Jeffrey Hunt	32	8th	14/04/2013	Boston
2.22.59	Jeffrey Hunt	32	63rd	12/08/2012	London
3:17:12	Martin Considine	41	14th	16/09/2012	Sydney

300m Hurdles

60.88	Graham Ryan	70	1st	17/03/2013	SOPAC
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400m Hurdles

53.82	James Roff	27	1st/H1	2/03/2013	SOPAC
54.6	James Roff	27	4th	23/02/2013	Hobart

2000m steeple

7.22.38	Jordan Williams	18	2nd	11/10/2012	SOPAC
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4x100m

47.01	Randwick 'A'		3rd	3/11/2012	Campbelltown
48.59	Randwick 'A'		5th	27/10/2012	Bankstown

4x400m



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3.36.75	Robert Hills, Lachlan Little, Jeremy Campese, Max Morrison	U18	9th	17/11/2012	SOPAC
4x800m					
9.01.87	Patrick Elliot, Haydn Green, Max Morrison, Jack Bebbington	U18	6th	17/11/2012	SOPAC
9.21.14	Billy Ryan, David Murray, Raphael Sebban, Stefan Music	U16	6th	17/11/2012	SOPAC
10.03.45	Mark Carmody, Roger Moresi, Michael Delaney, Jim Dawes	160+	5th	18/11/2012	SOPAC
4x1500m					
17.10.19	Conor O'Sullivan, Patrick Elliot, Haydn Green, Morgan McDonnals	U18	2nd	18/11/2012	SOPAC
18.35.63	Stefan Music, Kurt Fryer, Drew Fryer, Matthew Scott	U16	3rd	18/11/2012	SOPAC
20.04.17	Roger Moresi, Mark Carmody, Paul Rider, Jim Dawes	160+	3rd	17/11/2012	SOPAC



Lachlan Little bettered club's U18 long jump record



Long Jump

7.38	0.0	Lachlan Little	18	2nd	12/03/2013	Perth
7.08	0.1	Lachlan Little	17	1st/U20	22/12/2012	SOPAC
7.07	0.0	Lachlan Little	17	1st	13/10/2012	SOPAC
7.07	NWI	Lachlan Little	17	1st/U20	8/12/2012	SOPAC
7.05	0.0	Lachlan Little	17	1st/U20	15/12/2012	SOPAC
6.93	NWI	Lachlan Little	17	1st	29/09/2012	SOPAC
6.88	-1.2	Lachlan Little	18	1st	10/02/2013	SOPAC
6.87	NWI	Lachlan Little	17	1st	3/11/2012	Campbelltown
5.95	-1.2	Zachar Studniberg	16	11th	8/02/2013	SOPAC
5.17	0.5	Louis Dennison	13	2nd/U14	22/12/2012	SOPAC
4.86	NWI	Louis Dennison	13	11th	12/10/2012	SOPAC
4.73	-2.1	Louis Dennison	14	9th	9/02/2013	SOPAC
4.69	NWI	Louis Dennison	13	7th	29/09/2012	SOPAC
3.56	0.0	Graham Ryan	70	3rd	16/03/2013	SOPAC
3.46	1.5	Daniel Jennings	16	3rd	17/01/2013	Bankstown
wind assisted						
7.43	5.6	Lachlan Little	18	1st	2/03/2013	SOPAC
7.21	3.2	Lachlan Little	18	1st	16/02/2013	SOPAC
7.03	3.6	Lachlan Little	18	1st	17/01/2013	Bankstown
6.80	5.6	Lachlan Little	18	1st	6/01/2013	SOPAC

Triple Jump

10.82	NWI	Louis Dennison	13	8th	27/10/2012	Illawong
10.7	0.0	Louis Dennison	14	5th	8/02/2013	SOPAC
10.47	NWI	Louis Dennison	13	6th	6/10/2012	SOPAC
7.86	NWI	Graham Ryan	70	2nd	17/03/2013	SOPAC

High Jump

1.87		Sebastian Gray	15	1st/U17	8/12/2012	SOPAC
1.87		Sebastian Gray	16	4th	9/02/2013	SOPAC
1.85		Sebastian Gray	15	2nd/U17	15/12/2012	SOPAC
1.80		Sebastian Gray	16	4th	17/01/2013	Bankstown
1.80		Sebastian Gray	16	4th	31/01/2013	SOPAC
1.75		Sebastian Gray	15	3rd	3/11/2012	Campbelltown
1.75		Sebastian Gray	16	15th	12/01/2013	SOPAC
1.70		Sebastian Gray	15	2nd	29/09/2012	SOPAC
1.70		Hasshenaz Gill	22	4th	27/10/2012	Illawong
1.60		Louis Dennison	13	3rd/U14	15/12/2012	SOPAC
1.55		Alexander Murrell	17	6th	23/02/2013	SOPAC
1.55		Louis Dennison	13	7th	11/10/2012	SOPAC
1.55		Michael Blair	45	2nd	16/03/2013	SOPAC
1.55		Michael Blair	45	2nd/35+	8/12/2012	SOPAC
1.55		Louis Dennison	14	8th	8/02/2013	SOPAC
1.50		Michael Blair	45	4th/35+	15/12/2012	SOPAC



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1.45	Louis Dennison	13	2nd	29/09/2012	SOPAC
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Pole Vault

3.35	Alexander Murrell	17	5th	12/03/2013	Perth
3.20	Alexander Murrell	17	1st	6/04/2013	SOPAC
3.20	Alexander Murrell	16	1st	16/11/2012	SOPAC
3.15	Alexander Murrell	17	2nd	31/01/2013	SOPAC
3.10	Alexander Murrell	17	3rd	23/01/2013	SOPAC
2.90	Alexander Murrell	16	3rd	10/11/2012	SOPAC
2.85	Alexander Murrell	17	1st	23/02/2013	SOPAC

Shot Put (4kg)

6.97	Daniel Jennings	16	4th	23/02/2013	SOPAC
6.27	Daniel Jennings	16	2nd	3/03/2013	SOPAC

Discus (1.5kg)

16.75	Daniel Jennings	15	6th	6/10/2012	SOPAC
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Hammer (3kg)

19.62	Francis Torok	85	2nd	16/03/2013	SOPAC
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**Randwick Botany Harriers Track and Field Performance - Women
2012/2013 Season**

<i>Event</i>	<i>Wind</i>	<i>Name</i>	<i>Age</i>	<i>Place</i>	<i>Date</i>	<i>Venue</i>
60m						
7.94	-2.8	Molly Blakey	15	5th	27/10/2012	Bankstown
8.49	-0.1	Julie Forster	51	1st/50+	22/12/2012	SOPAC
100m						
12.13	1.6	Molly Blakey	16	1st	6/10/2012	SOPAC
12.44	-0.8	Molly Blakey	16	1st	13/03/2013	Perth
12.44	1.2	Molly Blakey	15	1st	3/11/2012	Campbelltown
12.51	-0.8	Molly Blakey	16	1st	13/03/2013	Perth
12.55	0.5	Ella Regan-Lacey	18	1st	25/05/2013	Glendale
12.64	0.3	Ella Regan-Lacey	18	10th	6/04/2013	SOPAC
13.14	0.4	Courtney Young	15	1st	29/09/2012	SOPAC
13.27	0.0	Courtney Young	16	14th	8/02/2013	SOPAC
13.6	0.3	Julie Forster	51	1st	16/03/2013	SOPAC
13.75	NWI	Tullia Votano	13	4th	29/09/2012	SOPAC
13.92	-3.4	Lily Harding-Delooze	14	10th	3/11/2012	Narrabeen
14.11	0.1	Tullia Votano	13	7th	1/12/2012	SOPAC
14.48	NWI	Tullia Votano	13	21st	29/09/2012	SOPAC
<i>wind assisted</i>						
12.57	2.8	Courtney Young	16	5th	5/01/2013	SOPAC
200m						
24.45	0	Molly Blakey	15	1st	13/10/2012	SOPAC
24.55	-2.2	Molly Blakey	16	1st	23/02/2013	SOPAC
24.64	-0.3	Molly Blakey	16	8th	2/03/2013	SOPAC
24.82	-0.8	Molly Blakey	16	8th	2/03/2013	SOPAC
24.95	-3.2	Molly Blakey	16	1st	9/02/2013	SOPAC
24.96	-2.5	Molly Blakey	15	1st	10/11/2012	SOPAC
25.00	-1.9	Molly Blakey	15	5th	27/10/2012	Bankstown
25.37	-2.8	Molly Blakey	16	2nd	9/02/2013	SOPAC
25.47	0.0	Molly Blakey	15	2nd	13/10/2012	SOPAC
26.71	-0.4	Selma Kajan	21	17th	27/10/2012	Bankstown
27.46	-2.1	Selma Kajan	21	2nd/B	16/02/2013	SOPAC
27.52	0.6	Julie Forster	51	1st/50+	22/12/2012	SOPAC
28.40	-2.4	Julie Forster	51	1st/50+	8/12/2012	SOPAC
28.60	-1.3	Lily Harding-Delooze	14	8th/U17	27/10/2012	Bankstown
<i>wind assisted</i>						
24.97	2.5	Molly Blakey	15	2nd	6/10/2012	SOPAC



Simply outstanding this season, Molly Blakey was selected to represent Australia at World Youth Championship in Donetsk

400m

54.69	Molly Blakey	16	1st	19/01/2013	SOPAC
54.70	Molly Blakey	16	1st	5/01/2013	SOPAC
54.94	Molly Blakey	15	2nd	15/12/2012	SOPAC
55.12	Molly Blakey	16	3rd	2/02/2013	Glendale
55.46	Molly Blakey	16	1st	15/03/2013	Perth
55.71	Molly Blakey	15	1st	14/10/2012	SOPAC
55.76	Molly Blakey	16	1st	10/02/2013	SOPAC
56.09	Molly Blakey	15	1st	3/11/2012	Campbelltown
56.20	Molly Blakey	16	1st/H1	14/03/2013	Perth
58.32	Molly Blakey	16	3rd	8/02/2013	SOPAC
58.48	Selma Kajan	21	4th	16/02/2013	SOPAC
58.79	Molly Blakey	15	1st	14/10/2012	SOPAC
61.95	Manon Wilson	14	6th	29/09/2012	SOPAC
62.33	Lily Harding-Delooze	14	4th	3/11/2012	Narrabeen
62.52	Manon Wilson	15	7th	12/01/2013	SOPAC
63.08	Lily Harding-Delooze	14	12th/U17	15/12/2012	SOPAC
63.68	Emma Grand	15	8th/U17	1/12/2012	SOPAC
68.7h	Julie Forster	52	8th	12/01/2013	SOPAC

800m

2.04.45	Selma Kajan	22	1st	27/03/2013	Brisbane
2.04.72	Selma Kajan	22	2nd	16/03/2013	Perth
2.06.71	Selma Kajan	22	3rd/H2	12/04/2013	SOPAC
2.07.5	Selma Kajan	22	1st	19/02/2013	Melbourne
2.10.19	Selma Kajan	22	1st/H2	2/03/2013	SOPAC
2.12.77	Selma Kajan	22	8th	14/04/2013	SOPAC
2.12.95	Hayley Arden	16	2nd	12/10/2012	SOPAC
2.13.51	Georgia Evans	14	1st	16/03/2013	Perth



2.13.54	Selma Kajan	22	2nd/H2	26/03/2013	Brisbane
2.13.74	Lily Harding-Delooze	15	4th	16/03/2013	Perth
2.14.79	Lily Harding-Delooze	15	3rd	8/02/2013	SOPAC
2.14.88	Selma Kajan	21	2nd	27/10/2012	Bankstown
2.15.05	Amy Harding-Delooze	15	5th	16/03/2013	Perth
2.15.35	Lily Harding-Delooze	15	5th	12/03/2013	Perth
2.15.97	Hayley Arden	16	1st	10/11/2012	SOPAC
2.16.34	Selma Kajan	22	8th	5/03/2013	SOPAC
2.16.45	Lily Harding-Delooze	15	5th	7/02/2013	SOPAC
2.16.75	Georgia Evans	13	1st	12/10/2012	SOPAC
2.16.79	Amy Harding-Delooze	15	6th	12/03/2013	Perth
2.16.89	Samantha King	15	2nd	7/02/2013	SOPAC
2.17.14	Hayley Arden	17	14th	13/03/2013	Perth
2.17.64	Amy Harding-Delooze	15	4th	7/02/2013	SOPAC
2.18.25	Lily Harding-Delooze	14	3rd	12/10/2012	SOPAC
2.18.33	Amy Harding-Delooze	15	5th	8/02/2013	SOPAC
2.18.54	Samantha King	14	1st	11/10/2012	SOPAC
2.18.79	Amy Harding-Delooze	14	4th	12/10/2012	SOPAC
2.18.82	Hayley Arden	16	1st	12/10/2012	SOPAC
2.18.84	Amy Harding-Delooze	14	2nd	11/10/2012	SOPAC
2.18.87	Lily Harding-Delooze	14	7th	11/10/2012	SOPAC
2.18.88	Tiarna Mason	13	2nd	12/10/2012	SOPAC
2.19.02	Manon Wilson	15	9th	12/03/2013	Perth
2.19.13	Samantha King	15	6th	8/02/2013	SOPAC
2.19.18	Manon Wilson	15	4th	7/02/2013	SOPAC
2.19.67	Manon Wilson	15	8th	8/02/2013	SOPAC
2.19.72	Amy Harding-Delooze	15	6th	31/01/2013	SOPAC
2.19.86	Georgia Evans	15	9th	8/02/2013	SOPAC
2.19.87	Lily Harding-Delooze	15	7th	31/01/2013	SOPAC
2.19.89	Manon Wilson	15	9th	31/01/2013	SOPAC
2.19.04	Georgia Evans	14	3rd	13/03/2013	Perth
2.20.01	Manon Wilson	14	9th	11/10/2012	SOPAC
2.20.02	Manon Wilson	14	4th	6/10/2012	SOPAC
2.20.18	Samantha King	14	6th	12/10/2012	SOPAC
2.20.45	Georgia Evans	14	12th	31/01/2013	SOPAC
2.20.5	Amy Harding-Delooze	15	5th	19/01/2013	Sutherland
2.20.8	Manon Wilson	15	6th	19/01/2013	Sutherland
2.20.83	Georgia Evans	14	8th	7/02/2013	SOPAC
2.21.03	Georgia Evans	13	1st	11/10/2012	SOPAC
2.21.12	Tiarna Mason	13	2nd	11/10/2012	SOPAC
2.21.74	Tiarna Mason	14	8th	13/03/2013	Perth
2.21.77	Nikita Spalvins	13	5th	11/10/2012	SOPAC
2.21.84	Manon Wilson	15	5th	23/02/2013	SOPAC
2.22.2	Lily Harding-Delooze	15	7th	19/01/2013	Sutherland
2.22.73	Gabrielle Vanderham	16	7th	13/10/2012	SOPAC



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2.22.90	Tiarna Mason	14	8th	14/03/2013	Perth
2.22.90	Manon Wilson	14	8th	12/10/2012	SOPAC
2.25.95	Emma Grand	15	7th	13/10/2012	SOPAC
2.26.00	Emma Grand	15	7th	12/10/2012	SOPAC
2.26.01	Gabrielle Vanderham	16	9th	12/10/2012	SOPAC
2.26.07	Tiarna Mason	14	11th	7/02/2013	SOPAC
2.28.78	Nikita Spalvins	13	7th	12/10/2012	SOPAC
2.29.98	Emma Grand	15	9th	6/10/2012	SOPAC
2.31.01	Dominica Lucas	15	17th	7/02/2013	SOPAC
2.31.43	Dominica Lucas	15	22nd	31/01/2013	SOPAC
2.31.52	Emma Grand	16	17th	8/02/2013	SOPAC
2.33.81	Tamara Viner	15	11th	6/10/2012	SOPAC
2.45.01	Tamara Viner	15	13th	12/10/2012	SOPAC
2.51.40	Tamara Viner	15	14th	27/10/2012	Bankstown

1000m

3.00.67	Megan Towill	29	3rd/B	2/02/2013	Glendale
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1500m

4.28.8	Selma Kajan	21	2nd	15/11/2012	Melbourne
4.32.15	Hayley Arden	16	1st	13/10/2012	SOPAC
4.32.66	Amy Harding-Delooze	15	8th	1/03/2013	SOPAC
4.32.81	Selma Kajan	21	4th	8/12/2012	Melbourne
4.32.85	Amy Harding-Delooze	15	19th	12/04/2013	SOPAC
4.34.45	Selma Kajan	21	8th	8/11/2012	Brisbane
4.34.82	Amy Harding-Delooze	15	2nd	8/02/2013	SOPAC
4.38.26	Amy Harding-Delooze	15	5th	12/03/2013	Perth
4.38.64	Lily Harding-Delooze	15	23rd	12/04/2013	SOPAC
4.38.88	Manon Wilson	15	24th	12/04/2013	SOPAC
4.39.14	Lily Harding-Delooze	15	10th	1/03/2013	SOPAC
4.39.44	Manon Wilson	15	11th	1/03/2013	SOPAC
4.40.28	Hayley Arden	17	7th	15/03/2013	Perth
4.40.91	Georgia Evans	14	13th	1/03/2013	SOPAC
4.41.05	Georgia Evans	14	25th	12/04/2013	SOPAC
4.41.81	Samantha King	15	4th	8/02/2013	SOPAC
4.41.43	Georgia Evans	14	5th	15/03/2013	Perth
4.42.03	Amy Harding-Delooze	14	2nd	13/10/2013	SOPAC
4.42.87	Georgia Evans	13	2nd	13/10/2013	SOPAC
4.43.54	Lily Harding-Delooze	15	5th	8/02/2013	SOPAC
4.43.92	Selma Kajan	22	15th	2/02/2013	Glendale
4.44.31	Lily Harding-Delooze	14	3rd	13/10/2013	SOPAC
4.44.37	Samantha King	14	4th	13/10/2013	SOPAC
4.47.88	Lily Harding-Delooze	15	7th	12/03/2013	Perth
4.49.47	Manon Wilson	14	9th	15/12/2012	SOPAC
4.49.90	Ellen Kriedemann	13	4th	12/03/2013	Perth



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4.51.00		Amy Harding-Delooze	14	3rd/U17	15/12/2012	SOPAC
4.53.05		Manon Wilson	14	1st/U17	3/11/2012	Campbelltown
4.54.71		Manon Wilson	14	6th	13/10/2013	SOPAC
4.54.74		Samantha King	15	1st	5/01/2013	SOPAC
4.54.75		Lily Harding-Delooze	14	2nd	29/09/2012	SOPAC
4.55.00		Amy Harding-Delooze	14	3rd	29/09/2012	SOPAC
4.55.16		Georgia Evans	14	7th	8/02/2013	SOPAC
4.55.23		Samantha King	14	12th	12/03/2013	Perth
4.55.59		Hayley Arden	17	5th	10/02/2013	SOPAC
4.55.67		Manon Wilson	15	8th	8/02/2013	SOPAC
4.55.80		Manon Wilson	14	3rd	1/12/2012	SOPAC
4.55.82		Amity Delaney	18	18th	1/03/2013	SOPAC
5.01.48		Ellen Kriedemann	13	1st	8/02/2013	SOPAC
5.02.32		Tiarna Mason	13	10th	13/10/2013	SOPAC
5.03.16		Gabrielle Vanderham	16	7th	13/10/2012	SOPAC
5.13.00		Manon Wilson	15	16th	12/03/2013	Perth
5.15.09		Audrey Amiya-Hall	20	9th	12/01/2013	SOPAC
5.49.03		Tamara Viner	15	7th	29/09/2012	SOPAC
5.52.75		Tamara Viner	15	15th	13/10/2012	SOPAC
3000m						
9.56.21		Megan Isbester	17	2nd	8/02/2013	SOPAC
10.05.70		Megan Isbester	16	1st	12/10/2012	SOPAC
10.06.51		Megan Isbester	16	5th	8/12/2012	Melbourne
11.03.81		Amity Delaney	17	3rd	12/10/2012	SOPAC
5000m						
19.10.55		Audrey Amiya-Hall	20	17th	16/02/2013	SOPAC
19.14.29		Amity Delaney	18	9th	15/03/2013	Perth
19.25.01		Amity Delaney	18	3rd	8/02/2013	SOPAC
10000m						
39.50.67		Audrey Amiya-Hall	20	6th	1/03/2013	SOPAC
80m hurdles						
13.42	1.0	Tullia Votano	13	2nd	1/12/2012	SOPAC
90m hurdles						
13.31	-1.2	Courtney Young	15	3rd	12/10/2012	SOPAC
13.48	-3.0	Courtney Young	15	3rd	12/10/2012	SOPAC
15.22	0.1	Annabelle Parmegianni	16	11th	12/10/2012	SOPAC
15.89	NWI	Annabelle Parmegianni	16	3rd	23/08/2012	SOPAC
100m hurdles (76.2)						
14.38	1.7	Courtney Young	16	1st	5/01/2013	SOPAC



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14.59	0.0	Courtney Young	15	1st/U17	15/12/2012	SOPAC
14.98	1.2	Courtney Young	16	5th	13/03/2013	Perth
16.10	-1.2	Courtney Young	16	8th	13/03/2013	Perth

5000m walk

27.54.09		Hannah Denney	17	3rd	14/10/2012	SOPAC
28.25.16		Hannah Denney	17	4th	22/12/2012	SOPAC
29.46.80		Hannah Denney	18	4th	8/02/2013	SOPAC

10000m walk

1.09.35.61		Hannah Denney	18	9th	22/12/2012	SOPAC
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*A bunch of very talented U16 girls (L to R):
Dominica Lucas, Tiarna Mason, Nikita Spalvinis, Georgia Evans, Amy Harding-Delooze,
Lily Harding-Delooze, Samantha King and Manon Wilson*

4x800m

9.18.48	Lily Harding-Delooze, Samantha King, Amy Harding- Delooze, Georgia Evans	U16	1st	17/11/2012	SOPAC
9.35.02	Tiarna Mason, Nikita Spalvinis, Dominica Lucas, Manon Wilson	U16	3rd	17/11/2012	SOPAC

4x1500m

19.21.68	Georgia Evans, Amy Harding- Delooze, Lily Harding-Delooze, Samantha King	U16	1st	18/11/2012	SOPAC
20.08.90	Manon Wilson, Dominica Lucas, Nikita Spalvinis, Tiarna Mason	U16	3rd	18/11/2012	SOPAC

Pole Vault



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3.15		Matilda Measday	16	2nd	12/03/2013	SOPAC
2.90		Matilda Measday	16	3rd	6/04/2013	SOPAC
2.85		Matilda Measday	16	1st	23/02/2013	SOPAC
2.80		Matilda Measday	15	1st	13/10/2012	SOPAC
2.80		Matilda Measday	15	7th	10/11/2012	SOPAC
2.80		Matilda Measday	16	1st	8/02/2013	SOPAC
2.70		Matilda Measday	15	3rd	6/10/2012	SOPAC
2.70		Matilda Measday	16	7th	5/01/2013	SOPAC
2.60		Matilda Measday	15	7th	8/07/2012	Glendale
2.60		Matilda Measday	15	3rd	29.09/2012	SOPAC
2.55		Matilda Measday	16	5th	31/01/2013	SOPAC
2.55		Isabella Murrell	15	7th	13/03/2013	Perth
2.40		Isabella Murrell	15	6th	31/01/2013	SOPAC
2.40		Isabella Murrell	15	2nd	8/02/2013	SOPAC
2.30		Isabella Murrell	15	4th	6/04/2013	SOPAC
2.25		Isabella Murrell	15	5th	2/03/2013	SOPAC
2.20		Isabella Murrell	14	12th	10/11/2012	SOPAC
2.20		Isabella Murrell	15	9th	23/01/2013	SOPAC
2.15		Isabella Murrell	14	7th	2/11/2012	SOPAC
2.10		Isabella Murrell	14	7th	16/11/2012	SOPAC
2.20		Elsa Measday	13	5th	6/04/2013	SOPAC
2.10		Elsa Measday	13	3rd	12/03/2013	Perth
2.10		Elsa Measday	13	2nd	8/02/2013	SOPAC
2.00		Elsa Measday	12	3rd	13/10/2012	SOPAC
2.00		Elsa Measday	12	5th	27/10/2012	Bankstown
2.00		Elsa Measday	13	12th	5/01/2013	SOPAC
1.90		Elsa Measday	12	14th	10/11/2012	SOPAC
1.90		Elsa Measday	13	1st	22/01/2013	Campbelltown
1.80		Elsa Measday	12	7th	29.09/2012	SOPAC
1.80		Elsa Measday	13	7th	31/01/2013	SOPAC
1.70		Elsa Measday	12	7th	6/10/2012	SOPAC

Long Jump

5,53	NWI	Courtney Young	15	1st	29.09/2012	SOPAC
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High Jump

1.69		Annabelle Parmegiani	15	1st	17/08/2012	SOPAC
1.61		Annabelle Parmegiani	16	1st	23/08/2012	SOPAC
1.60		Annabelle Parmegiani	16	4th	13/10/2012	SOPAC
1.53		Sarah Maloney	13	2nd	8/02/2013	SOPAC
1.50		Courtney Young	15	3rd/U17	15/12/2012	SOPAC



Male Records

Note: All records as at 30 April 2013

100 m			
Senior	David Dworjanyn	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 Dworjanyn	21.4 h	1987
U18	Stuart Miller, Brad Rees	21.5 h	1979, 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	46.44	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	Jack Stapleton	3:45.51	2013
U18	Morgan McDonald	3:50.71	2013
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	Yucef Abdi	7:54.31	2003
U20	Jack Stapleton	8:11.49	2012
U18	Jack Stapleton	8.11.49	2012
U16	Joshua Johnson	8.41.00	2007
5000 m			
Senior	Harry Summers	13.34.58	2012
U20	Harry Summers	14.15.69	2009
10000 m			
Senior	Harry Summers	28:13.23	2012
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, 91cm)	Greg Dunford	5:38.6	1977
U18 (2000m, 91cm)	Nathan Derriman	6:09.73	2011
U16 (2000m, 76cm)	Nathan Derriman	6:18.25	2009
Long Jump			
Senior	Murray Tolbert	7.91 m	1972
U20	Jim McCann	7.53 m	1958
U18	Lachlan Little	7.08 m	2012
U16	Lachlan Little	6.67 m	2010
Triple Jump			
Senior	Mick McGrath	16.56 m	1975
U20	Stuart Parr	14.54 m	1976
U18	Lachlan Little	14.06 m	2010
U16	Lachlan Little	14.06 m	2010
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	Frank Chapman	4.05 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	Evan Jennis	51.50 m	2011
U18	Evan Jennis	53.18 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
U16 (700 g)	Ben Kirkby	53.30	1999
3000m Walk			
Senior	D. Cox	12:50.4	1975
U20			
U18			
U16			
5000m Walk			
Senior	B. Richardson	22:58.04	1991
U20			
U18			
U16			
10k Walk			
Senior	Ron Crawford	47:19.8	1957
U20			
U18			
U16			
20k Walk			



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Senior	Ron Crawford	1:34:08	1964
U20			
50k Walk			
Senior	Ron Crawford	4:24:20	1964
U20			
Decathlon			
Senior	Geoff Jones	7165 pts.	1984
U20			
U18			



Female Records

Note: All records as at 30 April 2012

100 m			
Senior	Michelle Dalrymple	11.94	2001
U20	Molly Blakey	12.13	2012
U18	Molly Blakey	12.13	2012
U16	Molly Blakey	12.13	2012
200 m			
Senior	Michelle Dalrymple	24.02	2002
U20	Michelle Dalrymple	24.24	1997
U18	Molly Blakey	24.45	2012
U16	Molly Blakey	24.45	2012
400 m			
Senior	Kaylene Coster	52.94	1984
U20	Rebecca Irwin	53.83	2002
U18	Rebecca Irwin	54.53	2000
U16	Molly Blakey	54.94	2012
800 m			
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
1500 m			
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
mile			
Senior	Elizabeth Rose (Miller)	4:49.64	1989
U20			
3000 m			
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
5000 m			
Senior	Tiffany Levette	15:56.29	2005
U20	Lauren McKillop	16:55.69	2009
10000 m			
Senior	Rebecca Lowe	32:24.70	2009
U20			
Half Marathon			
Senior	Janelle Burgmann	1:18:07	2002
Marathon			
Senior	Janelle Burgmann	2:43:46	2002
100m Hurdles			
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
400m Hurdles			
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
2000m Steeple			



U20 (91cm)	Alexis McKillop	6:53.08	2006
U18 (91cm)	Alexis McKillop	6:53.08	2006
U16 (91cm)	Georgina Pembroke	7:48.9	2004
3000m Steeple			
Senior	Rebecca Lowe	10:49.17	2006
U20	Rebecca Lowe	10:48.17	2006
U18	Alexis McKillop	11:29.64	2006
Long Jump			
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
Triple Jump			
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
High Jump			
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	Annabelle Parmegiani	1.69 m	2012
Pole Vault			
Senior	Matilda Measday	3.15 m	2013
U20	Matilda Measday	3.15 m	2013
U18	Matilda Measday	3.15 m	2013
U16	Matilda Measday	2.80 m	2012
Shot Put			
Senior	Bianca Debartolo	17.35 m	1962
U20	Bianca Debartolo	14.70 m	1974
U18	Bianca Debartolo		
U16	Rhiannon Rae	16.98 m	1992
Discus			
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
Hammer			
Senior			
U20			
U18			
U16			
Javelin			
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
3000m Walk			
Senior	Jane Saville	12:27.74	1993
U20	Jane Saville	12:27.74	1993
U18	Natalie Saville	12:36.21	1995
U16			
5000m Walk			
Senior	Jane Saville	21:32.26	1997
U20	Natalie Saville	21:44.60	1996
U18	Natalie Saville	22:11.33	1995
U16			
10k Walk			
Senior	Jane Saville	41:15	1999
U20			



U18			
U16			
20k Walk			
Senior	Jane Saville	1:27:44	2004
U20			
U18			
Heptathlon			
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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