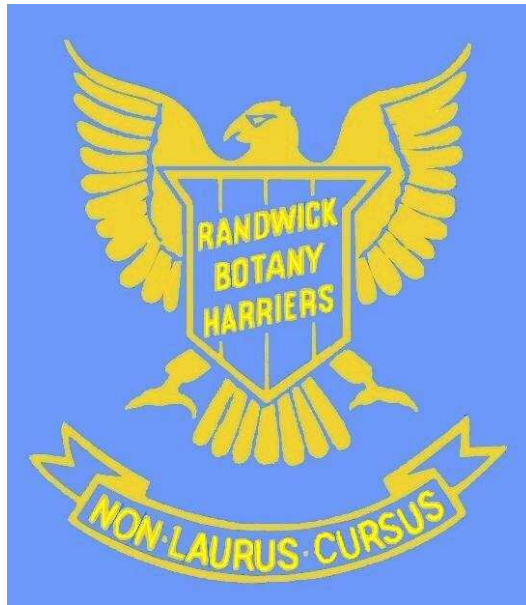


RANDWICK-BOTANY HARRIERS inc.



27th ANNUAL REPORT AND FINANCIAL STATEMENT

**FOR THE YEAR ENDING
31st MARCH 2014**

SEASON 2013-2014

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*	J Russell	1994
J P Grinton	1918*	E J Winter	1948*	K Goldman	1994
R Coombes	1918*	A A Henlsey	1953*	Mrs D Haar	1995*
C G Weyman	1921*	T S London	1953*	M Little	1995
A S Baldick	1921*	D Dickings	1954*	N Ellison	1996
J Siddins	1922*	J Howlin	1955*	M Rabbitt	1997
W F Siddins	1922*	C Devitt	1957*	P Sandstrom	1997
J J Walshe	1922*	W Dunn	1964*	Mrs A Saville	2000
J Chegwyn	1924*	G C Marshall	1965*	H Stanley	2000
R C Corish	1926*	R E Cartwright	1971*	A Kajan	2010
W Cartwright	1928*	L H Irwin	1975	S Williams	2010
H H Hayden	1935*	A Southwood	1977*	P Spehr	2010
G Hunt	1937*	P Arthur	1978*	Mrs J Saville	2010
C D Spicer	1938*	Miss T Bell	1978	Mrs G McDarra	2010
C D Patterson	1938*	Mrs D Smith	1980	P Piper	2010
H C Parker	1939*	Mrs J Norman	1982*	B Butchart	2010
C D Hensley AM	1940*	G Ryan	1983	I Currota	2011
R Fazakerley	1946*	RJ Crawford OAM	1984	Mrs G Spehr	2011
A G Hayes	1946*	K Morris	1993	K Green	2011
		H Liu	1993*	J McGrath	2012
				J Dwyer	2012
				T Hinds	2012

*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 2013/2014

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

N Lynch

Registrar

G Griffin

Member Protection Officer

D Evans

Track Coordinator

Alija Kajan

Winter Coordinator

D Evans

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

History & Statistics

K Goldman, A Kajan

Medical Team

M Kelly, Dr G Hazan
G McDarra, M Feain

Web Master

A Kajan

Uniform Officer

R Santhiran

Race Recorder & Handicapper

M Rabbitt

Winter Race Registrar

N Ellison

The Committee of Management

James Dawes

Mark Carmody

Martin Considine

Alija Kajan

Ron Crawford

Patrick O'Reilly

Paul Feain

Guy Griffin

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



This year we witnessed a landmark year for the Club in competition, strengthened our committee and coaching ranks, and recognised five members celebrating 250 years in the Club!

In competition, we set three World Junior Championships qualifying times, bettered two Australian records, a State Record and six Club records, dominated the men's 3km Championships and received two significant Athletics NSW awards.

We sent a strong team of 20 athletes to National Cross Country Championships in Tasmania, won three major fun-runs nationwide, providing volunteers at two of these, and hosted 230 competitors at the Endeavour Cup. Administratively, we welcomed two new Committee Members, hosted an "Injury Prevention" seminar, where we unearthed a gem of a sprint coach, and awarded five 50-year members plaques at our presentation night.

World Junior Championships Qualifying Times

The following members set World Junior Championships qualifying times:

- Molly Blakey – 400m in 54.39secs
- Jack Stapleton – 1500m in 3mins 44:46secs
- Morgan McDonald – 5,000m in 14mins 07:11secs.

Australian Records

The following under-16 girls bettered decades-old Australian relay records:

- Georgia Evans, Lily Harding-Delooze, Manon Wilson and Amy Harding-Delooze - 4 x 800m in 8mins 59.40secs
- Manon Wilson, Samantha King, Georgia Evans and Amy Harding-Delooze – 4x1500m in 18mins 37.21secs.

State Record

Victoria Mitchell bettered the State 3,000m steeple record in 9mins 46:98secs which is also a Commonwealth Games B qualifier.

Club Records

The above performances by Molly, Jack, Morgan and Victoria all represented new club records. Molly bettered two other club records:

- U18 200m in 24.12secs
- U20 200m in 24.12secs.



State 3,000m Championships

In a very proud moment for the Club, the following members all finished in the top five at the State 3,000m Championships:

- 1st- Ben Moreau
- 3rd- Jack Stapleton
- 4th- Morgan McDonald
- 5th- Jeff Hunt

Athletics NSW Awards

The following members received awards at the Athletics NSW presentation night:

- Steve Solomon - most outstanding athlete – Steve made the final of the 400m at the London Olympics
- Ken Green - distance coach of the year – Ken is the coach of Ben Moreau, Jack Stapleton and Jeff Hunt (featured above) among others.

Major Fun Runs

The following members won major fun runs:

Ben Moreau – Sun Herald City to Surf
Harry Summers – Perth City to Surf
Dave Byrne – Six Foot Track.

We provided 18 volunteers at the Sun Herald City to Surf and a further 10 volunteers manned a drink station at the Blackmores Sydney Marathon. The club earned around \$1,000 for volunteering at these events.

New committee members

We welcomed Neil Lynch, our new Treasurer. Neil has a background in banking, is a reliable type and has already demonstrated great enthusiasm and capability for the role.

We also welcomed Dave Evans to the role of Member Protection Officer. Dave has represented Australia in athletics, is liked by all and brings a common-sense approach to the role.

“Injury Prevention” Seminar

Our sport can be a cruel one, with a fine line between performing at your limit and getting injured. In an effort to prevent injury at our club we organised a seminar where presenters from Sydney University, Balmain Sports Medicine & AlterG spoke about running technique, running economy, recovery, tendinitis & strength.



The seminar was well received and very well attended with the majority of our coaches present. We are organising more seminars for next year and beyond on other related subjects.

We were pleased to recruit a new sprint coach via this seminar, Joel Maybury. Joel is a very kind and well-mannered individual, has already gelled nicely with the existing coaches and can also run fast as a masters competitor!

50 year members

Ken Goldman, Norm Ellison, Ron Crawford, Graham Ryan and Peter Piper were awarded with 50 year membership plaques

Congratulations to everyone for their achievements this year. I am especially proud of the Australian relay records – to break relay records you need depth and camaraderie in your athletic ranks, great coaching, team management and administration, and last but not least, the tremendous support from the spectators as was shown on the day!

Full credit to you all and thank you,

Jim Dawes
President



SECRETARY'S REPORT



This year I attended most committee meetings and minuted the proceedings. I must thank Mark Carmody for his skill in taking minutes when I was not able to be present due to my business travel commitments.

The big event for this year as far as I was concerned was the organisation of an evening for the coaches and interested members. The evening consisted of a series of talks and discussions concerning prevention and handling of injuries. More of these will be organised in the coming year.

I congratulate all our club members who have achieved good things in winning and competing well at championships and especially those who have been selected in the coming Commonwealth Games and the World Junior Championships

I look forward to serving our club again in the coming twelve months.

Paul J Feain
Club Secretary



REGISTRAR'S REPORT



2014 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.

	2014	2013	2012	2011
Senior	49	50	46	50
Winter only	13	9	13	10
Juniors to U20	41	52	44	53
Dual LAANSW	20	22	33	20
Officials & Coaches	9	12	12	13
Club Associates	13	15	14	13
	145	151	162	159

The female to male ratio is at a similar level to the last few years (now 50 females to 95 males; previously 53 to 98).

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 2014



Following loss of \$5,612 in the year to 31 March 2013, the club returned a smaller loss in the **FY2014 year of \$651.85**, maintaining our net assets at approximately \$57,000.

Revenues generated from the increasing value of our funds under management and our assistance at fun runs allowed the club pay registration fees, sponsor relay teams, and host a coaches' development night. In absence of any significant athlete assistance in FY2014, the clubs financial position was relatively unchanged.¹

Throughout the year the committee discussed reducing the clubs exposure to financial markets. A decision was taken to move assets out of funds management accounts into more traditional deposit-style accounts. This occurred in January.

Please find more detail in the following pages.

Neil Lynch **Treasurer**

My heartfelt thanks to Martin Considine for his time, record keeping and patience. You've been brilliant!

¹ A big driver of the previous year's loss was the assistance to our athletes who ran nationals in Perth in 2013, or who represented Australia farther afield



RANDWICK BOTANY HARRIERS Inc.
STATEMENT OF FINANCIAL POSITION
As at 31 March 2014

Current Assets		31/03/2014
Cash at Bank	\$	2,745.65
Uniforms	\$	6,505.00
TOTAL	\$	9,250.65
Non Current Assets		
Investments	\$	47,534.60
Equipment	\$	-
TOTAL	\$	47,534.60
Net Assets	\$	56,785.25
Accumulated Funds		
Retained Surplus start of year	\$	57,437.10
Loss arising	-\$	651.85
TOTAL Members' Equity end of year	\$	56,785.25



RANDWICK BOTANY HARRIERS Inc.
STATEMENT OF FINANCIAL PERFORMANCE
For the year ended 31 March 2014

REVENUE	\$
Registration + Club Fees	\$ 1,743.19
Club Runs	\$ 24.00
Interest Received	\$ 173.33
Fun Run Assistance	\$ 1,696.00
Increase in Value of Investments	\$ 2,266.41
TOTAL	\$5,902.93
EXPENDITURE	
Sundries	\$ 321.98
Registration Fees	\$ 2,883.00
ANSW Affiliation, Race Fees and Dinner	\$ 1,022.30
Plaques and Trophies	\$ 423.50
Presentation Dinner	\$ 200.00
State Relays	\$ 646.00
Randwick Girls High Award	\$ 200.00
Coaches Development Night	\$ 400.00
Write off on uniforms	\$ 438.00
Frieght on uniforms	\$ 20.00
TOTAL	\$6,554.78
LOSS for the year	-\$651.85



RANDWICK BOTANY HARRIERS Inc.
BALANCE SHEET
As at 31 March 2014

<u>Assets</u>	
Cash at Bank	\$2,745.65
Uniforms	\$6,505.00
Investments	\$47,534.60
TOTAL	<u>\$56,785.25</u>
Liabilities	\$0.00
<u>Excess of Assets over Liabilities</u>	<u>\$56,785.25</u>



RANDWICK BOTANY HARRIERS Inc.
GENERAL TREASURER'S ACCOUNT
STATEMENT OF RECEIPTS and PAYMENTS
For the year ended 31 March 2014

Receipts		Payments	
Balance @ 31 March 2013	\$ 3,165.64	Sundries	\$ 321.98
Registration + Club Fees	\$ 1,743.19	Registration Fees	\$ 2,883.00
Uniforms	\$ 1,630.00	ANSW Affiliation, Race Fees and Dinner	\$ 1,022.30
Club Runs	\$ 24.00	Uniforms	\$ 2,450.00
Interest Received	\$ 173.33	Plaques and Trophies	\$ 423.50
Fun Run Assistance	\$ 1,696.00	Withdrawal/transfer to ING savings acct	\$ 34,860.27
Presentation Dinner	\$ 1,000.00	Presentation Dinner	\$ 1,200.00
Deposits from BT & CFS Investment accts	\$ 37,720.54	State Relays	\$ 646.00
		Randwick Girls High Award	\$ 200.00
		Coaches Development Night	\$ 400.00
		Balance Current	\$ 2,745.65
TOTAL	\$ 47,152.70		\$ 47,152.70



TRACK AND FIELD REPORT



2014 is one of those years where the number of quality athletic performances goes dramatically up. Junior athletes were chasing selection for World Junior Championships while seniors were targeting Commonwealth Games team. Three of our junior athletes got selected for World Junior Championships to be held in Eugene (US) from 22nd to 27th July. Molly Blakey, Jack Stapleton and Morgan McDonald got selected in 400m, 1500m and 5000m respectively. Molly had sensational season culminating in winning Australian Junior Championships in new personal best and club's U18 record of 53.88. Jack Stapleton is developing into great middle distance runner. Under the guidance of Coach Ken Green, Jack ran 4 fastest 1500's in our club this season ranging from 3:44.46 (club's U20 record) to 3:48.74. Morgan McDonald (coached by Sean Williams) narrowly missed (less than 1 sec) World Junior qualifier at his first attempt in Hobart. A month later he easily clocked 14:07.11 and after winning Junior Nationals rightly earned his selection for World Juniors. Lachlan Little is another quality junior (7.59m long jumper coached by Lyn Jasenko) who just narrowly missed the place on World Juniors team.

Senior athletes had to wait till April for Australian Open Championships that served as Commonwealth Games Selection Trials. Victoria Mitchell was our best athlete winning the National Championships in 3000m steeplechase in 9.42.01 which was B qualifier and automatic selection for Glasgow. Harry Summers gained his selection after placing as second Australian at Zatopek 10000m held in December in 28:16.05.

Both, Victoria and Harry are coached by Sean Williams.

Ben Moreau (coached by Ken Green) got selected to run marathon for his native England.

Selma Kajan (coached by Alija Kajan) came second at Australian Open Championships at 800m (2:02.59) and was with a chance to make a team but missed B qualifying standard for only 0.03 sec.

Other highlights of the season include Australian 4 x 800m and 4 x 1500m relay records by our U16 girls achieved at State Relay Championships. 4 x 800m team of Georgia Evans, Lily Harding-Delooze, Manon Wilson and Amy Harding-Delooze clocked 8:59.40 to better old record by about 5 seconds. 4 x 1500m team with Manon Wilson, Samantha King, Georgia Evans and Amy Harding-Delooze clocked 18:27.31 which is amazing just under 4:37 average for every runner.

New club records achieved this season:

100m U18 & U20 Female – Molly Blake, 12.05 (+1.5)

200m U18 & U20 Female – Molly Blakey, 24.12 (+1.0)

400m U18 Female – Molly Blakey, 53.88

1500m U18 Female – Amy Harding-Delooze, 4:24.59

3000m Open Female – Victoria Mitchell, 9:42.01



1500m U20 Male – Jack Stapleton, 3:44.45
 5000m U20 Male – Morgan McDonald, 14:07.11
 Long Jump U20 Male – Lachlan Little, 7.59m

In the winter season our club came 10th for the Winter Club Trophy and in the Winter Premiership our best team was again U16 girls who claimed first place with 90 points ahead of Sutherland with 64 points.
 Our Open Men team was fourth behind Sydney University, Bankstown and St George.

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

Alija Kajan

2013 ANSW WINTER CLUB TROPHY

Place	Club	Mountain Running	Novice XC	Sydney10	Team Walks	XC Relay	Short Walks	XC Champs Road Relays	Long Walks	Short Course XC	Half Marathon	Full Marathon	Fernleigh 15	TOTAL
1	BAN	2	103	292		319		270	360					2057
2	KEJ		3	223		432	2	321	290	1	265			1537
3	SSR		66	231		271		242	240		288	31	3	1372
4	SUT	1	110	190		476		240	105		147	2	1	1272
5	HIL		21	229		249		106	293		260	51	21	1231
6	NOW	1		6		342		475	68		54		1	947
7	SGD		29	113		272	1	24	231		120	58	30	878
8	SYU		27	115	28	174		122	87		69	49	25	725
9	ASW	29	3	56	31	279	4	33	144	5	42		1	630
10	RBH	1	43	112	1	119	1	121	77	1	42	2	1	522
11	UTN	1	4	14	25	217	2	20	148	1	55	3	2	493
12	MIN	1		29	4	120	3	10	283	1	11	1	1	468
13	AEA		74	73		53		27	41		48	32	21	394
14	GIR		1	48		47		24	76		32	1	1	230
15	ILL		2	12		128		7		1	33	2		185
16	MHA			4				39	112		15			176
17	NEV			1		105								113
18	SOS		4	24	22	22	5	6	43	3	2			109
19	RYD		22		21			5	29		24			101
20	SYP		7	61	2	4	3	1			1			79
21	NEP		9	29	10	12			7		6			73
22	WES			1				1	50		1			53
23	TGS			1				20	1		2			24
24	IBS			1		16		5			1			23
24	WOO					1		2	20					23
26	PAR		5	1			4	4	2	1	2			19
27	CHE		1	7				3	1		4			17
28	WOL			2		4		3	1		2	1		12
29	WYO				2	1	3				1			7
30	CBT		2			1		2			1			6
30	GOS				3		2			1				6
32	BMA			2				2			1			5
33	BLA				1	1	1			1				4
34	FOR			1				1						2
34	GRA		1								1			2
34	SCO							1			1			2
34	WTL						2							2
38	BAT	1												1
38	COH			1										1
38	EPP		1											1
38	KOT												1	1
38	NAM									1				1
38	UNS			1										1
38	WLG			1										1
45	CAM													0
45	EAS													0
45	MAI													0
45	SIN													0
45	WOG													0



2013 ANSW WINTER PREMIERSHIP TALLY

Men's

Open	Points	Place	35+	Points	Place	45+	Points	Place	55+	Points	Place	65+	Points	Place
SYU A	185	1	SSR	130	1	SGD	140	1	BAN A	155	1	BAN A	150	1
BAN A	154	2	SUT A	110	2	HIL A	97	2	HIL	115	2	BAN B	108	2
SGD A	123	3	HIL	99	3	SUT A	91	3	SGD	81	3	HIL	98	3
RBH A	93	4	BAN A	72	4	BAN A	78	4	BAN B	72	4	BAN C	64	4
SUT A	73	5	KEJ	66	5	UTN	46	5	GIR	65	5	SGD	55	5
SYU B	65	6	RBH	35	6	SSR	40	6	NOW	61	6	SUT	16	6
BAN B	51	7	ASW	33	7	KEJ	34	7	SUT A	51	7	BAN D	15	7
MIN A	46	8	NOW	31	8	NOW A	31	8	BAN C	41	8			
SGD B	44	9	MIN	26	9	HIL B	31	8	MIN	34	9			
SSR A	42	10	SYU	25	10	SUT B	26	10	UTN	28	10			
HIL	42	10	AEA	18	11	ILL	25	11	SUT B	15	11			
GIR A	38	12	SUT B	16	12	NOW B	23	12						
ASW	36	13	BAN B	15	13	GIR	18	13						
SYU C	35	14	IBS	10	14	MIN	18	13						
UTN A	35	14				ASW	13	15						
UTN B	23	16				SUT C	8	16						
AEA	21	17				BAN B	4	17						
SOS	20	18												
MIN B	19	19												
NOW	16	20												
SUT B	14	21												
SYU D	12	22												
SSR B	11	23												
RBH B	11	23												
SUT C	10	25												
BAN C	8	26												
SUT D	7	27												
BAN D	6	28												
BAN E	5	29												
SYU E	3	30												
NEP A	1	31												
KEJ	1	31												
GIR B	1	31												
NEP B	1	31												
SGD	1	31												
RBH C	1	31												

Women's

Open	Points	Place	35+	Points	Place	45+	Points	Place	55+	Points	Place	65+	Points	Place
SYU A	188	1	HIL	90	1	BAN	77	1	BAN A	150	1			
AEA	177	2	SUT A	70	2	NOW A	61	2	BAN B	56	2			
BAN A	114	3	SSR	67	3	SSR	53	3	UTN	40	3			
AEA B	65	4	BAN	42	4	HIL	45	4						
KEJ	60	5	ASW	36	5	KEJ	45	4						
UTN	56	6	KEJ	36	5	SUT	17	6						
SUT A	54	7	MIN A	34	7	NOW B	17	6						
SGD A	47	8	NOW A	34	7	MIN	17	6						
RBH	42	9	SGD	25	9									
HIL	37	10	AEA	20	10									
SYU B	34	11	MIN B	15	11									
SSR	29	12	SUT B	15	11									
BAN B	28	13	NOW B	13	13									
ASW	25	14												
SUT B	20	15												
GIR A	15	16												
SYU C	14	17												
SYU D	11	18												
GIR B	10	19												
MIN	8	20												
SGD B	7	21												
ILL	2	22												



2013 –2014 Annual Report

Men's Junior

U12	Points	Place	U14	Points	Place	U16	Points	Place	U18	Points	Place	U20	Points	Place
KEJ A	115	1	SSR A	92	1	KEJ A	120	1	KEJ	108	1	BAN	68	1
SSR A	88	2	KEJ	88	2	SSR	91	2	SSR A	105	2	ASW	25	2
HIL	55	3	HIL A	49	3	NOW	55	3	NOW A	75	3	SUT	20	3
SSR B	48	4	RBH	45	4	SUT	53	4	BAN	60	4	SGD	20	3
SUT	36	5	NOW A	32	5	KEJ B	49	5	HIL	48	5	SOS	18	5
NOW A	33	6	NOW B	28	6	ASW	47	6	SOS	35	6	KEJ A	17	6
NOW B	28	7	SYP	25	7	SGD	26	7	RBH	25	7	KEJ B	16	7
UTN	17	8	NEW	25	7	NEW	25	8	ASW	16	8			
KEJ B	16	9	MHA	25	7	MHA	20	9	TGS	16	8			
ASW	14	10	NEP	20	10	BAN	17	10	MIN	16	8			
ILL	12	11	MIN	20	10	HIL	17	10	SGD	15	11			
SGD	10	12	ILL	17	12	MIN	15	12	WOO	15	11			
			SUT	16	13	UTN	14	13	SSR B	14	13			
			SGD	15	14	ILL	13	14	NOW B	12	14			
			SSR B	15	14									
			HIL B	11	16									
			ASW	10	17									

Women's Junior

U12	Points	Place	U14	Points	Place	U16	Points	Place	U18	Points	Place	U20	Points	Place
ASW A	95	1	KEJ A	120	1	RBH	90	1	KEJ A	115	1	HIL	82	1
KEJ A	82	2	SUT A	81	2	SUT	64	2	SSR	54	2	SSR	81	2
SSR	74	3	SSR	52	3	KEJ	54	3	HIL	38	3	RYD	58	3
SGD A	49	4	NOW	35	4	MHA	45	4	UTN	38	3	RBH	50	4
NOW A	34	5	MIN	29	5	ASW	32	5	NOW	34	5	ASW	31	5
NOW B	29	6	SGD	29	5	NEW	25	6	WES	25	6	NOW	20	6
MHA	25	7	SYP	25	7	WES	17	7	ASW	20	7	UTN	17	7
MIN	18	8	ASW	20	8	ILL	15	8	ILL	18	8	KEJ A	15	8
UTN	17	9	HIL	18	9				BAN	17	9	SUT	14	9
ASW B	16	10	UTN	15	10				KEJ B	17	9	KEJ B	12	10
SUT A	13	11	NEW	14	11				MIN	16	11			
KEJ B	11	12	SUT B	13	12				RYD	16	11			
SUT B	10	13	KEJ B	11	13				SUT	15	13			
SGD B	9	14	RBH	10	14									
			ILL	8	15									



RBH Winter Results

Novice Championships 2013

Novice Female 7km

10. Audrey Amiya-Hall	28:38
14. Amity Delaney	29:06
15. Tracey Robinson	29:07
23. Jessica Doorey	30:44
3. RBH Open Women	62pts

Novice Male 10k

8. Sam Strutt	35:13
17. Jim Dawes	36:20
37. Neil Lynch	40:46
42. Patrick O'Reilly	41:45
71. John McGrath	54:58
7. RBH Open Man	104pts

Invitational 4k

1. David Byrne	11:54
3. Liam Ridings	12:27
4. James King	12:37
5. Tim Spehr	12:46
7. Nathan Derriman	13:02
9. Jack Brooks	13:04
12. Kurt Fryer	13:22
22. Daniel Hazan	14:07
24. Amy Harding-Delooze	14:14
27. Samantha King	14:30
28. Lily Harding-Delooze	14:44
32. Manon Wilson	14:58
37. Georgia Evans	15:16
38. Drew Fryer	15:17



NSW Road Championships 2013

10km – Open Men

1. Harry Summers	29:36
11. Liam Ridings	32:12
79. Joel Xuereb	39:16

10km – U20 Men

5. Nathan Derriman	34:48
10. Mark Kriedman	35:38

10km Men 35-39

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

7. Jim Dawes	35:22
34. Joe Fitzpatrick	40:26

10km Men 45-49

3. Sean Williams	34:50
8. Manu Sivaraj	36:57

10km Men 50-54

10. Nick Taylor	42:26
19. Peter Spehr	49:01

10km Open Women

22. Audrey Amiya-Hall	41:07
23. Tracey Robinson	41:10
31. Jessica Doorey	44:03
36. Jessica Waller	49:01

10km Women 45-49

7. Adrienne Torda	43:05
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5k Fun U16 Girls

1. Amy Harding-Delooze	18:00
3. Lily Harding-Delooze	18:41
5. Manon Wilson	19:16

5km U16 Boys

2. Kurt Fryer	16:42
12. Daniel Hazan	17:54

5km U18 Boys

16. Alex Leal-Smith	17:21
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2.5k U14 Boys

3. Drew Fryer	8:45
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2.5km- U12 Girls

9. Ruby Burgess-Hoar	9:57
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2.5km- U14 Girls

2. Ellen Kriedemann	8:50
7. Ruby Swadling	9:42

Cross Country Relays, Miranda, 1 June 2013

U14 Female, 4x2k, 11th

1 Ellen Kriedman	06:38	06:38
2 Ruby Burges-Hoar	07:48	14:26
3 Hannah Parker	10:16	24:42
4 Ruby Swadling	07:17	31:59

U16 Female, 4x3k, 2nd

1 Samantha King	10:04	10:04
2 Georgia Evans	10:24	20:28
3 Lilly Harding-Delooze	11:12	31:40
4 Amy Harding-Delooze	10:08	41:48



35+ Male, 4x4k, 3rd

1 Sean Williams	12:45	12:45
2 Manu Sivaraj	13:55	26:40
3 Patrick O'Reilly	15:23	42:03
4 James Dawes	13:10	55:13

Open Female, 4x4k, 12th

1 Audrey Amiya-Hall	14:45	14:45
2 Jessica Waller	18:20	33:05
3 Alexia Ford	15:52	48:57
4 Jessica Doorey	16:44	65:41

Open Male 'B', 4x4k, 10th

1 Matt Cole	11:52	11:52
2 Mark Kriedemann	13:19	25:11
3 Jack Brooks	12:52	38:03
4 Justin James	13:27	51:30

U20 Female, 4x3k, 2nd

1 Manon Wilson	10:00	10:00
2 Amity Delaney	10:25	20:25
3 Holly Johnson	11:05	31:30
4 Hayley Arden	10:48	42:18

Open Male 'A', 4x4k, 2nd

1 David Byrne	11:05	11:05
2 Liam Ridings	12:07	23:12
3 Ben Moreau	11:27	34:39
4 Jeffrey Hunt	11:33	46:12

Open Male 'C', 4x4k, 29th

1 Peter Spehr	15:59	15:59
2 Daniel Hazan	14:08	30:07
3 Paul Feain	22:57	53:04
4 Joel Xuereb	14:22	67:26



Ben Moreau winning NSW cross country in Nowra

Long Course Cross Country, Nowra, 22 June 2013

U14 Female, 3k

2. Ellen Kriedmann	10:44
7. Ruby Swadling	11:37

U14 Male, 3k

6. Gregory Klugman	10:29
11. Drew Fryer	10:53

U16 Female, 4k

2. Samantha King	14:40
3. Amy Harding-Delooze	14:43
8. Georgia Evans	15:27
12. Manon Wilson	15:50
14. Lily Harding-Delooze	16:01

U18 Female, 4k

3. Hayley Arden	15:22
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U18 Male, 6k

1. McDonald, Morgan	18:45
5. Tim Spehr	19:48
12. Sam Gottlieb	20:30
39. Hugh Gottlieb	24:54

U20 Female, 6k

8. Amity Delaney	23:56
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U16 Male, 4k

3. Kurt Fryer	13:26
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Open Female, 8k

10. Audrey Amiya-Hall	32:56
57. Jessica Waller	41:41

45+ Female, 8k

4. Adrienne Torda	35:51
13. Glenda Spehr	48:04

50+ Female, 8k

10. Helen Banks	47:04
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U20 Male

7. Nathan Derriman	29:16
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Open Male, 12k

1. Ben Moreau	37:43
13. Matt Cole	41:23

40+ Male, 12k

4. James Dawes	44:30
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45+ Male, 12k

8. Patrick O'Reilly	51:10
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50+ Male, 12k

21. Peter Spehr	58:26
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55+ Male, 8k

12. Raanan Viner	38:20
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60+ Male, 8k

13. Peter Gottlieb	41:59
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65+ Male, 8k

13. Paul Feain	51:13
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NSW Road Relays, Ourimbah, 13 July 2013

U16 Female 4x2k 2nd	27:19
Amy Harding-Delooze	06:39
Manon Wilson	06:41
Lily Harding-Delooze	07:04
Georgia Evans	06:55

Open Male A team 4x4k 1st	47:56
Liam Ridings	12:16
Jack Stapleton	11:54
Matt Cole	12:13
Ben Moreau	11:33

35+ Male A team 4x4k 4th	57:18
Jim Dawes	13:15
Roger Moresi	14:36
Patrick O'Reilly	15:26
Manu Sivaraj	14:01

Male B team 4x4k	
Sam Gottlieb	12:57
Justin James	13:52
Tim Spehr	12:56
No 4 th runner	



NSW Short Course Cross Country, UpJohn Park, 3 August 2013

U14 Female 2.5k

1. Ellen Kriedemann 9:02

U14 Male 2.5k

6. Gregory Klugman 9:08

9. Drew Fryer 9:03

U14 Male 2.5k

4. Kurt Fryer 8:47

7. Finn Mergler 8:59

U16 Female 2.5k

2. Amy Harding-Delooze 8:33

3. Samantha King 8:44

4. Georgia Evans 8:50

8. Lily Harding-Delooze 8:54

12. Manon Wilson 9:15

U20 Female 5k

4. Amity Delaney 19:45

U16 Male 2.5k

3. Kurt Fryer 8:08

Open Female 5k

16. Audrey Amiya-Hall 20:53

21. Jessica Doorey 21:07

Open Male 7.5k

1. Ben Moreau 23:17

40+ Male 7.5k

2. Nicholas Cope 25:31

45+ Male 7.5k

9. Patrick O'Reilly 31:23

**Australian Cross Country Championships, Launceston, 31 August 2013****U14 Female 3k**

4. Ellen Kriedemann 11:23.89

U16 Female 4k6. Samantha King 15:15.19
8. Amy Harding-Delooze 15:25.77
16. Lily Harding-Delooze 15:50.58
18. Manon Wilson 15:56.92
40. Georgia Evans 16:44.90**U18 Female 4k**

7. Hayley Arden 15:14.43

U20 Female 6k20. Amity Delaney 24:46.94
22. Holly Johnson 24:59.17**Open Female 8k**

24. Audrey Amiya-Hall 34:36.72

U16 Male 4k

12. Kurt Fryer 13:59.31

U18 Male 6k

1. Morgan McDonald 19:23.79

U20 Male 8k

1. Jack Stapleton 26:14.02

Open Male 12k

2. Ben Moreau 38:41.73

22. Liam Ridings 42:18.03

Randwick Botany Harriers Track and Field Performance - Men**2013/2014 Season**

<i>Event</i>	<i>Wind</i>	<i>Name</i>	<i>Age</i>	<i>Place</i>	<i>Date</i>	<i>Venue</i>
60m						
7.16	0.6	Lachlan Little	19	3rd/H3	15/02/2014	SOPAC
7.21	0.0	David Buckland	18	3rd/H2	7/12/2013	Campbelltown
8.00	1.3	Simon Beck	17	6th/H5	15/02/2014	SOPAC
8.53	1.2	Daniel Balas	14	11th	7/12/2013	Campbelltown
10.02	0.9	Graham Ryan	71	2nd/(70-74)	22/02/2014	SOPAC
100m						
11.05	1.3	Lachlan Little	19	4th/H2	15/02/2014	SOPAC
11.33	-1.1	David Buckland	18	8th/H1	7/12/2013	Campbelltown
11.37	0.2	John Brann	17	2nd/H1	2/11/2013	ES Marks
11.42	-2.2	Lachlan Little	18	2nd/H2	9/11/2013	SOPAC
11.45	-1.7	John Brann	18	6th/H1	11/01/2014	SOPAC
11.45	-1.5	James Roff	27	6th/H1	21/12/2013	SOPAC



2013 –2014 Annual Report

11.60	-2.0	John Brann	17	1st/H1	9/11/2013	SOPAC
12.02	-1.8	Jack Kerry	15	3rd/H3	9/02/2014	SOPAC
12.04	0.4	Jack Kerry	15	8th	9/02/2014	SOPAC
12.29	-0.7	Joel Maybury	40	4th/(40-44)	22/02/2014	SOPAC
12.32	-0.3	Joel Maybury	40	1st/H1	22/02/2014	SOPAC
12.60	0.0	Zachary Studniberg	16	24th	5/10/2013	SOPAC
12.84	-0.6	Simon Beck	16	8th/H1	7/12/2013	Campbelltown
13.04	-2.6	Simon Beck	17	9th/H2	11/01/2014	SOPAC
13.08	-2.6	Simon Beck	17	9th/H2	17/01/2014	Illawong
13.32	-2.6	Simon Beck	16	5th/H2	21/12/2013	SOPAC
13.37	-3.7	Simon Beck	16	9th/H1	14/12/2013	SOPAC
13.61	0.5	Daniel Balas	14	8th/H2	7/12/2013	Campbelltown
13.69	-0.8	Michael Delaney	45		4/01/2014	Campbelltown
14.75	-1.8	Dylan Quirk	15	9th/H3	9/02/2014	SOPAC
15.49	0.5	Daniel Jennings	17	1st/H2	15/03/2014	SOPAC
15.82	-0.8	Daniel Jennings	17	11th/H2	11/01/2014	SOPAC
15.97	-0.7	Daniel Jennings	17	4th/H5	29/03/2014	SOPAC
16.04	-0.2	Daniel Jennings	17	8th/H3	4/01/2014	Campbelltown
16.16	-2.6	Graham Ryan	71	3rd/(70-74)	22/02/2014	SOPAC
16.45	0.0	Daniel Jennings	16	32nd	5/10/2013	SOPAC
16.50	-2.0	Daniel Jennings	16	4th/H3	21/12/2013	SOPAC
wind assisted						
12.38	2.5	Declan Stupak-Horgan	15	5th/H1	9/02/2014	SOPAC
12.61	2.4	Simon Beck	17	8th/H2	8/02/2014	SOPAC
12.64	2.1	Simon Beck	16	7th/H2	2/11/2013	ES Marks
12.75	2.5	Simon Beck	17	10th/H4	15/02/2014	SOPAC
200m						
22.41	1.7	John Brann	18	5th/H3	9/02/2014	SOPAC
22.42	0.6	John Brann	18	8th	9/02/2014	SOPAC
22.56	-2.1	James Roff	27	4th/H2	14/12/2013	SOPAC
22.63	NWI	John Brann	18	4th/H1	1/02/2014	SOPAC
23.31	-5.1	James Roff	27	4th/H2	21/12/2013	SOPAC
24.13	0.2	Jack Kerry	15	1st/H2	8/02/2014	SOPAC
24.34	-0.8	Jack Kerry	15	5th	8/02/2014	SOPAC
24.94	-2.3	Jacob Hoenig	14	4th/H3	21/12/2013	SOPAC
25.05	1.3	Tim Spehr	17	4th/H2	2/11/2013	ES Marks
25.07	-0.9	Joel Maybury	40	4th/(40-44)	23/02/2014	SOPAC
25.77	1.3	Dylan Quirk	15	7th/H1	8/02/2014	SOPAC
26.15	1.5	Simon Beck	17	7th/H2	1/02/2014	SOPAC
26.41	NWI	Simon Beck	17	8th/H3	9/02/2014	SOPAC
31.18	0.5	Daniel Jennings	16	2nd/U19	1/03/2014	SOPAC
31.91	-0.8	Daniel Jennings	17	1st/H2	13/03/2014	SOPAC
32.82	0.0	Daniel Jennings	16	26th	5/10/2013	SOPAC
32.95	-1.6	Daniel Jennings	16	4th/H5	29/03/2014	SOPAC



2013 –2014 Annual Report

33.14	-1.4	Daniel Jennings	16	7th/H2	21/12/2013	SOPAC
34.25	-1.9	Graham Ryan	71	2nd/(70-74)	22/02/2014	SOPAC
wind assisted						
22.68	2.7	John Brann	17	2nd/H1	2/11/2013	ES Marks
400m						
45.36		Steven Solomon	21	1st	6/04/2014	Melbourne
46.78		Steven Solomon	21	1st/S2	5/04/2014	Melbourne
47.59		Steven Solomon	21	1st/H5	4/04/2014	Melbourne
49.80		James Roff	27	2nd/H2	7/12/2013	Campbelltown
49.95		James Roff	28	1st	6/03/2014	Bankstown
50.10		John Brann	18	4th/H1	8/02/2014	SOPAC
50.75		John Brann	18	2nd	11/01/2014	SOPAC
50.86		John Brann	18	6th	8/02/2014	SOPAC
52.41		John Brann	17	2nd	9/11/2013	SOPAC
53.73		Gary Howard	40	1st	11/01/2014	SOPAC
53.92		Jacob Hoenig	14	5th/H2	7/12/2013	Townsville
53.95		Gary Howard	40	7th/H1	28/02/2014	SOPAC
54.08		Jacob Hoenig	15	2nd/H1	9/02/2014	SOPAC
54.43		Gary Howard	39	2nd	21/12/2013	SOPAC
54.59		Jacob Hoenig	15	4th/H3	13/03/2014	SOPAC
54.59		Stefan Music	15	1st/H2	9/11/2013	SOPAC
55.23		Jacob Hoenig	15	7th	9/02/2014	SOPAC
56.54		Jacob Hoenig	14	6th	21/12/2013	SOPAC
63.98		Dominic Leal Smith	14	7th/H2	9/11/2013	SOPAC
83.25		Graham Ryan	71	2nd/(70-74)	22/02/2014	SOPAC
800m						
1.58.60		Sam Byrne	18	5th/H3	1/02/2014	SOPAC
1.59.03		Sam Gottlieb	18	1st/H2	29/03/2014	SOPAC
1.59.95		Stefan Music	16	6th/H1	1/03/2014	SOPAC
2.00.13		Alexander Langdon	16	1st/H4	1/02/2014	SOPAC
2.00.72		Stefan Music	15	4th/H2	30/11/2013	SOPAC
2.00.81		Gary Howard	40	2nd/H2	29/03/2014	SOPAC
2.01.02		Oscar Osborne	18	2nd/H4	1/02/2014	SOPAC
2.01.10		Stefan Music	16	3rd/H2	29/03/2014	SOPAC
2.01.13		Alexander Langdon	16	3rd/H3	9/02/2014	SOPAC
2.01.34		Stefan Music	15	4th/H2	7/12/2013	Townsville
2.01.35		Gary Howard	40	4th/H2	8/03/2014	SOPAC
2.01.50		Stefan Music	15	10th/H1	14/12/2013	SOPAC
2.01.76		Alexander Langdon	16	5th/H2	8/03/2014	SOPAC
2.02.16		Oscar Osborne	18	8th/H2	9/02/2014	SOPAC
2.02.19		Stefan Music	15	1st	13/10/2013	SOPAC
2.02.74		Sam Byrne	18	7th/H1	9/02/2014	SOPAC
2.02.79		Stefan Music	16	4th/H2	9/02/2014	SOPAC



2013 –2014 Annual Report

2.02.86	Alexander Langdon	16	7th/H1	13/03/2014	SOPAC
2.04.32	Stefan Music	16	6th/H2	13/03/2014	SOPAC
2.04.78	Alexander Langdon	16	7th	9/02/2014	SOPAC
2.05.76	Stefan Music	15	1st/H2	12/10/2013	SOPAC
2.05.85	Michael Hazan	23	3rd/H2	19/10/2013	SOPAC
2.06.28	Tim Spehr	17	1st/H4	2/11/2013	ES Marks
2.07.89	Michael Hazan	23	3rd/H4	2/11/2013	ES Marks
2.13.86	Hary Armstrong	14	7th	30/11/2013	SOPAC
2.14.32	Gary Howard	39	9th/H2	14/12/2013	SOPAC
2.17.62	Hary Armstrong	14	4th/H2	14/12/2013	SOPAC
2.21.02	David Murray	15	4th/H2	30/11/2013	SOPAC



Jack Stapleton (red singlet) at Melbourne Grand Prix

1500m

3.44.46	Jack Stapleton	19	4th/H1	6/03/2014	Bankstown
3.46.19	Jack Stapleton	19	10th	15/03/2014	SOPAC
3.46.60	Joshua Johnson	22	6th/H1	6/03/2014	Bankstown
3.48.74	Jack Stapleton	19	6th	22/03/2014	Melbourne
3.49.50	Joshua Johnson	22	11th	15/03/2014	SOPAC
3.49.63	Jack Stapleton	19	9th	1/02/2014	Hobart
3.49.78	Jack Stapleton	19	4th/H2	4/04/2014	Melbourne
3.49.81	Jack Stapleton	18	1st/H1	21/12/2013	SOPAC
3.51.02	Jack Stapleton	19	6th	1/03/2014	SOPAC
3.52.05	Joshua Johnson	22	4th/H1	4/04/2014	Melbourne
3.52.10	Jack Stapleton	19	3rd/H2	28/02/2014	SOPAC
3.54.16	Morgan McDonald	17	1st	2/11/2013	ES Marks
3.55.34	Jack Stapleton	19	9th	6/04/2014	Melbourne
3.55.47	Jack Stapleton	19	2nd/H1	13/03/2014	SOPAC
3.55.64	Joshua Johnson	22	14th	1/02/2014	Hobart
3.56.46	Joshua Johnson	22	6th/H2	28/02/2014	SOPAC
3.56.62	Liam Ridings	25	5th	11/01/2014	SOPAC
3.57.30	Jack Stapleton	19	2nd	14/03/2014	SOPAC
3.58.10	Matthew Cole	30	2nd	2/11/2013	ES Marks
3.58.83	Morgan McDonald	18	1st	8/02/2014	SOPAC
4.00.39	Jack Stapleton	19	4th	8/02/2014	SOPAC



2013 –2014 Annual Report

4.00.89	Patrick Elliot	19	1st/H2	6/03/2014	Bankstown
4.00.98	Patrick Elliot	18	6th/H1	21/12/2013	SOPAC
4.01.93	Patrick Elliot	19	10th/H2	13/03/2014	SOPAC
4.02.61	Liam Ridings	24	8th/H1	21/12/2013	SOPAC
4.03.42	Sam Gottlieb	18	3rd/H2	6/03/2014	Bankstown
4.03.82	Sam Gottlieb	18	6th	20/03/2014	SOPAC
4.09.11	Tim Spehr	18	1st	11/01/2014	SOPAC
4.10.18	Stefan Music	16	7th/H2	6/03/2014	Bankstown
4.10.25	Sam Gottlieb	18	7th	15/02/2014	SOPAC
4.10.62	Sam Strutt	22	9th/H2	6/03/2014	Bankstown
4.11.16	Kurt Fryer	16	13th/H2	28/02/2014	SOPAC
4.11.30	Sam Gottlieb	17	1st	2/11/2013	ES Marks
4.12.78	Sam Byrne	17	1st	21/12/2013	SOPAC
4.13.28	Patrick Elliot	19	11th	8/02/2014	SOPAC
4.14.19	Sam Byrne	18	12th	8/02/2014	SOPAC
4.14.88	Stefan Music	16	9th/H1	15/03/2014	SOPAC
4.15.83	Alexander Langdon	16	8th	8/02/2014	SOPAC
4.16.44	Stefan Music	16	9th	8/02/2014	SOPAC
4.17.32	Sam Gottlieb	18	13th	8/02/2014	SOPAC
4.18.58	Stefan Music	15	3rd	11/10/2013	SOPAC
4.19.21	Kurt Fryer	16	13	8/02/2014	SOPAC
4.22.07	Patrick Elliot	18	1st	13/10/2013	SOPAC
4.23.39	Alexander Langdon	15	2nd	21/12/2013	SOPAC
4.25.03	Gary Howard	40	1st	11/01/2014	SOPAC
4.29.73	Daniel Hazan	15	6th/H2	2/11/2013	ES Marks
4.29.95	Tim Spehr	17	7th/H2	2/11/2013	ES Marks
4.32.30	Daniel Hazan	16	6th/H2	11/01/2014	SOPAC
4.34.26	James Dawes	43	2nd	11/01/2014	SOPAC
4.35.16	Hary Armstrong	14	10th	13/10/2013	SOPAC
4.38.88	James Dawes	43	1st/Masters	6/08/2014	Bankstown
4.39.91	Hary Armstrong	14	6th/H2	12/10/2013	SOPAC
4.42.41	Alexander Langdon	15	6th	21/12/2013	SOPAC
4.43.67	Hary Armstrong	14	9th/H2	21/12/2013	SOPAC
4.46.99	Joel Xuereb	34	10th/H2	2/11/2013	ES Marks
4.49.59	David Murray	15	8th	7/12/2013	Campbelltown
4.56.98	Drew Fryer	12	2nd	2/11/2013	ES Marks
4.59.80	David Murray	15	13th	2/11/2013	ES Marks
5.00.26	Drew Fryer	13	5th	11/01/2014	SOPAC
5.00.95	Drew Fryer	13	7th	9/02/2014	SOPAC
5.02.90	David Murray	15	15th	11/10/2013	SOPAC
5.10.92	Drew Fryer	12	9th	21/12/2013	SOPAC
5.20.74	Patrick O'Reilly	49	10th	11/01/2014	SOPAC
3000m					
8.09.81	Ben Moreau	32	1st/A	9/11/2013	SOPAC



2013 –2014 Annual Report

8.13.13	Jack Stapleton	18	3rd/A	9/11/2013	SOPAC
8.15.19	Morgan McDonald	17	4th/A	9/11/2013	SOPAC
8.19.69	Jack Stapleton	18	6th	12/12/2013	Melbourne
8.20.21	Morgan McDonald	18	8th	18/01/2014	Glendale
8.21.96	Jeff Hunt	31	5th/A	9/11/2013	SOPAC
8.28.80	Dejan Gebreselassie	28	11th/A	9/11/2013	SOPAC
8.38.27	Liam Ridings	24	3rd	19/10/2013	SOPAC
8.39.20	Dejan Gebreselassie	29	13th	18/01/2014	Glendale
8.39.45	Matthew Cole	30	6th/B	9/11/2013	SOPAC
8.42.10	Liam Ridings	24	17th/A	9/11/2013	SOPAC
8.45.88	Patrick Elliot	18	1st/C	9/11/2013	SOPAC
8.56.53	Sam Strutt	22	12th/B	9/11/2013	SOPAC
9.01.74	Nathan Derriman	18	7th/C	9/11/2013	SOPAC
9.05.37	Sam Gottlieb	17	15th/B	9/11/2013	SOPAC
9.05.58	Kurt Fryer	14	6th	13/03/2014	SOPAC
9.08.69	Kurt Fryer	15	12th/C	9/11/2013	SOPAC
9.16.16	Kurt Fryer	16	2nd	7/02/2014	SOPAC
9.17.21	Kurt Fryer	15	3rd	10/10/2013	SOPAC
9.28.67	Sam Byrne	17	10th	6/12/2013	Townsville
9.37.15	Sam Byrne	17	19th/B	9/11/2013	SOPAC
9.38.75	James Dawes	42	15th/D	9/11/2013	SOPAC
9.39.29	Daniel Hazan	16	10th	7/02/2014	SOPAC
9.53.33	Hary Armstrong	15	10th	7/02/2014	SOPAC
9.56.03	Daniel Hazan	15	12th	10/10/2013	SOPAC
10.05.40	Hary Armstrong	14	14th/E	9/11/2013	SOPAC
10.12.74	Gregory Klugman	13	11th/F	9/11/2013	SOPAC
10.16.69	Drew Fryer	12	4th/G	9/11/2013	SOPAC
10.17.88	Joel Xuereb	34	17th/F	9/11/2013	SOPAC
10.18.20	Roger Moresi	46	5th/G	9/11/2013	SOPAC
10.22.11	Hary Armstrong	14	8th	10/10/2013	SOPAC
10.35.90	David Murray	15	9th/G	9/11/2013	SOPAC
10.46.46	Drew Fryer	13	10th	17/01/2014	Illawong
5000m					
14.07.11	Morgan McDonald	18	1st	6/03/2014	Bankstown
14.09.44	Harry Summers	23	8th	1/02/2014	Hobart
14.15.78	Morgan McDonald	18	10th	1/02/2014	Hobart
14.29.80	Ben Moreau	33	3rd	15/02/2014	SOPAC
14.34.41	Morgan McDonald	18	1st	12/03/2014	SOPAC
14.47.05	Liam Ridings	25	9th	15/02/2014	SOPAC
15.46.39	Tim Spehr	18	3rd	7/02/2014	SOPAC
15.55.83	Kurt Fryer	16	5th/B	15/02/2014	SOPAC
16.04.58	Patrick Elliot	18	5th	7/12/2013	Campbelltown
16.07.08	Patrick Elliot	19	7th	15/02/2014	SOPAC
16.36.49	Tim Spehr	18	25th	12/03/2014	SOPAC
17.02.50	James Dawes	43	2nd/30+	1/02/2014	SOPAC



17.19.68 Nathan Egan 30 4th/C 15/02/2014 SOPAC



Harry Summers is selected to run 10000m at Commonwealth Games

10000m

28.16.05 Harry Summers 23 3rd 12/12/2013 Melbourne

Half Marathon

63.59 Ben Moreau 32 3rd 7/07/2013 Gold Coast
 64.08 Ben Moreau 33 64th 29/03/2014 Copenhagen
 67.14 Dejan Gebreselassie 28 1st 27/10/2014 Sydney
 68.34 Liam Ridings 24 15th 7/07/2013 Gold Coast

Marathon

2.15.52 Ben Moreau 32 11th 1/12/2013 Fukuoka (JPN)
 2.21.23 Harry Summers 24 51st 2/03/2014 Otsu (JPN)
 3.12:39 Patrick O'Reilly 48 19th/45+ 22/09/2013 Sydney

80m H(76.2cm)

19.43 NWI Graham Ryan 71 1st/(70-74) 22/02/2014 SOPAC

300m H

63.05 Graham Ryan 71 1st/(70-74) 23/02/2014 SOPAC

400m H

52.28 James Roff 28 3rd 2/03/2014 SOPAC
 52.43 James Roff 28 6th 15/03/2014 SOPAC
 52.43 James Roff 28 4th/H2 5/04/2014 Melbourne
 52.86 James Roff 27 1st 14/12/2013 SOPAC
 52.88 James Roff 28 6th 22/02/2014 Perth
 53.05 James Roff 28 1st 4/01/2014 Campbelltown
 53.14 James Roff 28 3rd/H2 4/04/2014 Melbourne
 53.30 James Roff 28 3rd 1/02/2014 Hobart
 53.36 James Roff 27 2nd 9/11/2013 SOPAC
 53.59 James Roff 28 8th 22/03/2014 Melbourne



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53.73		James Roff	28	1st/H3	28/02/2014	SOPAC
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1500m walk

8.41.86		Karl Skeed	10	1st	14/12/2013	SOPAC
8.43.15		Karl Skeed	10	2nd	2/11/2013	ES Marks

4x100m

44.40		Simon Beck, David Buckland, John Brann, Lachlan Little	U20	2nd	17/11/2013	SOPAC
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4x200m

1.33.75		David Bucklan, Patrick Elliot, Simon Beck, Lachlan Little	U20	2nd	17/11/2013	SOPAC
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4x800m

8.46.15		Neil Lynch, Patrick Elliot, Max Morrison, David Murray	Open	8th	17/11/2013	SOPAC
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9.47.87		Mark Carmody, Roger Moresi, Patrick O'Reilly, James Dawes	160+	5th	17/11/2013	SOPAC
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4x1500m

18.42.66		Stefan Muic, Gregory Klugman, Hary Armstrong, William Keir	U16	5th	17/11/2013	SOPAC
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20.13.90		Roger Moresi, Mark Carmody, Patrick O'Reilly, James Dawes	160+	4th	16/11/2013	SOPAC
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Lachlan Little broke club's U20 record with 7.59m

Long Jump

7.59	NWI	Lachlan Little	18	2nd	7/12/2013	Campbelltown
7.49	0.1	Lachlan Little	19	1st	6/03/2014	Bankstown
7.44	1.2	Lachlan Little	19	1st	9/02/2014	SOPAC
7.21	0.0	Lachlan Little	19	7th	22/02/2014	Perth



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7.12	0.0	Lachlan Little	19	4th	15/03/2014	SOPAC
7.10	-0.1	Lachlan Little	19	2nd	22/03/2014	SOPAC
6.80	0.1	Lachlan Little	18	1st	13/10/2013	SOPAC
5.06	1.8	Daniel Balas	14	6th	7/12/2013	Campbelltown
4.76	NWI	Joel Maybury	40	3rd/(40-44)	22/02/2014	SOPAC
3.51	NWI	Graham Ryan	71	1st/(70-74)	22/02/2014	SOPAC
wind assisted						
7.54	3.9	Lachlan Little	18	1st	4/01/2014	Campbelltown
6.96	3.2	Lachlan Little	18	2nd	9/11/2013	SOPAC
Triple Jump						
10.91	0.0	Louis Denison	14	5th	5/10/2013	SOPAC
7.41	0.3	Graham Ryan	71	1st/(70-74)	23/02/2014	SOPAC
High Jump						
1.90		Sebastien Gray	17	2nd	11/01/2014	SOPAC
1.90		Sebastien Gray	16	4th	13/10/2013	SOPAC
1.87		Sebastien Gray	17	9th	15/03/2014	SOPAC
1.85		Sebastien Gray	16	7th	28/09/2013	SOPAC
1.85		Sebastien Gray	16	1st	19/10/2013	SOPAC
1.85		Sebastien Gray	16	1st	14/12/2013	SOPAC
1.80		Sebastien Gray	16	2nd	2/11/2013	ES Marks
1.80		Sebastien Gray	17	6th	15/02/2014	SOPAC
1.75		Sebastien Gray	16	3rd	30/11/2013	SOPAC
1.50		Michael Blair	46	5th	2/11/2013	ES Marks
1.50		Michael Blair	46	3rd/(45-49)	22/02/2014	SOPAC
Shot Put (4kg)						
7.92		Daniel Jennings	17	1st	14/03/2014	SOPAC
7.27		Daniel Jennings	17	1st	4/01/2014	Campbelltown
7.61		Daniel Jennings	17	1st	17/01/2014	Illawong
7.59		Daniel Jennings	17	1st	2/02/2014	Graystones
Javelin (500g)						
26.26		Daniel Jennings	17	1st/U19	1/03/2014	SOPAC
28.47		Daniel Jennings	17	1st	17/01/2014	Illawong
28.65		Daniel Jennings	17	1st/U19	12/03/2014	SOPAC
Pentathlon						
1260		Graham Ryan	71	1st/70+	4/01/2014	Campbelltown



Left to Right: Georgia Evans, Lily Harding-Delooze, Manon Wilson, Amy Harding-Delooze

**Randwick Botany Harriers Track and Field Performance - Women
2013/2014 Season**

<i>Event</i>	<i>Wind</i>	<i>Name</i>	<i>Age</i>	<i>Place</i>	<i>Date</i>	<i>Venue</i>
60m						
<i>wind assisted</i>						
7.99	2.3	Ella Regan-Lacey	19	1st/H3	15/02/2014	Glendale
100m						
12.05	1.5	Molly Blakey	16	4th/H1	2/11/2013	ES Marks
12.15	1.5	Molly Blakey	17	5th/H1	15/02/2014	SOPAC
12.19	0.0	Molly Blakey	16	2nd	5/10/2013	SOPAC
12.29	-0.3	Molly Blakey	17	6th/H1	11/01/2014	SOPAC
12.44	1.1	Ella Regan-Lacey	19	7th	8/02/2014	SOPAC
12.55	-1.2	Molly Blakey	16	4th/H1	26/10/2013	Illawong
12.55	0.5	Ella Regan-Lacey	19	1st	25/05/2013	Glendale
12.70	NW1	Courtney Young	16	5th	28/09/2013	SOPAC
12.71	1.5	Ella Regan-Lacey	19	10th/H1	15/02/2014	SOPAC
12.72	1.4	Ella Regan-Lacey	19	6th/H2	1/03/2014	SOPAC
12.77	1	Courtney Young	17	3rd/H1	11/01/2014	SOPAC
12.80	0.1	Courtney Young	16	9th	5/10/2013	SOPAC
12.81	-0.6	Ella Regan-Lacey	19	7th/H2	15/03/2014	SOPAC
13.02	-2.5	Courtney Young	16	2nd/H2	9/11/2013	SOPAC
13.06	1.1	Courtney Young	16	5th/H1	26/10/2013	Illawong
13.60	0.6	Tullia Votano	14	9th/H1	2/11/2013	ES Marks
13.69	0.2	Tullia Votano	15	7th/H2	9/02/2014	SOPAC
13.76	NW1	Tullia Votano	14	8th	28/09/2013	SOPAC
13.92	-1.9	Manon Wilson	15	4th	14/12/2013	SOPAC



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14.09	-3.0	Tullia Votano	14	5th/H2	9/11/2013	SOPAC
17.84	-0.3	Tamsin Colley	12	3rd	15/03/2014	SOPAC

wind assisted

12.36	3.8	Ella Regan-Lacey	19	2nd/H2	8/02/2014	SOPAC
14.93	2.5	Ashley Younger	12	7th	2/11/2013	ES Marks

200m

24.12	1.0	Molly Blakey	16	2nd	6/12/2013	Townsville
24.25	0.2	Molly Blakey	17	2nd	9/02/2014	SOPAC
24.42	1.9	Molly Blakey	16	2nd/H1	2/11/2013	ES Marks
24.45	0.4	Molly Blakey	16	2nd	13/10/2013	SOPAC
24.71	0.4	Molly Blakey	17	7th/H1	1/02/2014	SOPAC
24.76	1.4	Molly Blakey	16	1st/H2	6/12/2013	Townsville
24.91	-0.4	Molly Blakey	16	3rd/H1	19/10/2013	SOPAC
24.94	1.2	Molly Blakey	16	3rd/H1	26/10/2013	Illawong
25.00	-2.3	Molly Blakey	17	3rd/H2	15/03/2014	SOPAC
25.21	0.3	Molly Blakey	16	1st/H1	13/10/2013	SOPAC
25.29	0.0	Molly Blakey	16	3rd	5/10/2013	SOPAC
25.50	0.1	Molly Blakey	17	1st/H2	9/02/2014	SOPAC
26.54	1.5	Ella Regan-Lacey	19	2nd/H1	25/05/2013	Glendale
26.78	1.3	Ella Regan-Lacey	20	5th/H1	1/02/2014	SOPAC
26.88	-0.2	Ella Regan-Lacey	20	6th/H2	9/02/2014	SOPAC
27.73	0.0	Lily Harding-Delooze	15	1st/H6	2/11/2013	ES Marks
28.06	0.8	Tullia Votano	15	6th/H4	8/02/2014	SOPAC
28.19	-0.4	Manon Wilson	15	1st/H3	26/10/2013	Illawong
28.69	0.0	Amy Harding-Delooze	15	2nd/H6	2/11/2013	ES Marks
32.36	-1.0	Ashley Younger	12	5th	2/11/2013	ES Marks
38.85	1.8	Tamsin Colley	12	1st/U19	1/03/2014	SOPAC

wind assisted

24.77	2.6	Molly Blakey	17	1st/H2	25/05/2013	Glendale
27.25	3.0	Manon Wilson	15	2nd/H5	2/11/2013	ES Marks
28.33	2.6	Tullia Votano	14	4th	19/10/2013	SOPAC



Molly Blakey had a stellar season breaking several club records and winning Australian Junior Championships

400m

53.88		Molly Blakey	17	1st	14/03/2014	SOPAC
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54.39	Molly Blakey	16	1st	8/12/2013	Townsville
54.76	Molly Blakey	17	2nd	1/03/2014	SOPAC
54.79	Molly Blakey	17	1st	8/02/2014	SOPAC
54.85	Molly Blakey	17	3rd	18/01/2014	Glendale
55.02	Molly Blakey	16	1st	9/11/2013	SOPAC
55.40	Molly Blakey	17	1st/H2	28/02/2014	SOPAC
55.59	Molly Blakey	17	1st/H2	12/03/2014	SOPAC
55.91	Molly Blakey	17	1st	25/05/2013	Glendale
56.08	Molly Blakey	16	1st	14/10/2013	SOPAC
56.41	Molly Blakey	16	1st/H1	7/12/2013	Townsville
57.19	Molly Blakey	17	1st/H2	8/02/2014	SOPAC
59.89	Lily Harding-Delooze	15	4th/H2	12/10/2013	SOPAC
60.16	Manon Wilson	15	2nd/H2	28/09/2013	SOPAC
61.22	Manon Wilson	15	2nd	26/10/2013	Illawong
62.36	Lily Harding-Delooze	15	2nd/H2	28/09/2013	SOPAC
62.64	Lily Harding-Delooze	15	6th/H1	26/10/2013	Illawong
62.64	Samantha King	16	2nd/H2	11/01/2014	SOPAC
63.03	Amy Harding-Delooze	15	3rd/H2	26/10/2013	Illawong
63.23	Amy Harding-Delooze	15	5th/H3	28/09/2013	SOPAC
64.79	Lily Harding-Delooze	15	8th	13/10/2013	SOPAC
65.06	Georgia Evans	14	5th/H4	28/09/2013	SOPAC
66.88	Georgia Evans	14	6th/H2	26/10/2013	Illawong
75.05	Tamsin Colley	12	1st	14/03/2014	SOPAC
88.55	Tamsin Colley	12	1st/U19	2/03/2014	SOPAC



Second placed at Australian Championships 800m, Selma Kajan

800m

2.02.59	Selma Kajan	23	2nd	6/04/2014	Melbourne
2.03.64	Selma Kajan	22	5th/H2	17/05/2013	Eagle Rock (USA)
2.04.09	Selma Kajan	23	9th	15/03/2014	SOPAC
2.04.20	Selma Kajan	23	4th	2/03/2014	Melbourne
2.05.73	Selma Kajan	22	10th	17/07/2013	Dublin (Ireland)
2.06.11	Selma Kajan	22	4th	25/06/2014	Belfast (Ireland)
2.06.40	Selma Kajan	23	4th	15/02/2014	Adelaide
2.07.56	Selma Kajan	23	1st	1/03/2014	Melbourne



2.07.67	Selma Kajan	23	2nd	4/04/2014	Melbourne
2.08.62	Selma Kajan	22	8th	2/07/2013	Cork (Ireland)
2.09.60	Amy Harding-Delooze	16	1st	14/03/2014	SOPAC
2.09.72	Hayley Arden	17	1st	13/10/2013	SOPAC
2.10.37	Selma Kajan	23	8th	22/03/2014	Melbourne
2.10.49	Amy Harding-Delooze	16	1st/H2	1/02/2014	SOPAC
2.11.62	Hayley Arden	18	7th/H1	1/02/2014	SOPAC
2.11.80	Lily Harding-Delooze	16	2nd/H2	1/02/2014	SOPAC
2.11.97	Lily Harding-Delooze	16	3rd/H3	1/03/2014	SOPAC
2.12.19	Georgia Evans	15	4th/H3	1/03/2014	SOPAC
2.12.26	Amy Harding-Delooze	16	2nd/H1	13/03/2014	SOPAC
2.12.42	Lily Harding-Delooze	16	3rd/H1	13/03/2014	SOPAC
2.12.49	Hayley Arden	17	2nd/H2	8/12/2013	Townsville
2.12.50	Hayley Arden	17	3rd	30/11/2013	SOPAC
2.12.56	Manon Wilson	16	4th/H1	1/03/2014	SOPAC
2.12.63	Amy Harding-Delooze	15	5th	13/10/2013	SOPAC
2.12.90	Manon Wilson	15	7th	13/10/2013	SOPAC
2.13.03	Manon Wilson	15	4th/H1	2/11/2013	ES Marks
2.13.54	Manon Wilson	16	5th/H2	1/02/2014	SOPAC
2.13.78	Lily Harding-Delooze	15	6th	13/10/2013	SOPAC
2.13.87	Georgia Evans	15	3rd	16/03/2014	SOPAC
2.13.89	Lily Harding-Delooze	16	6th	14/03/2014	SOPAC
2.14.02	Amy Harding-Delooze	16	1st	9/02/2014	SOPAC
2.14.16	Georgia Evans	15	7th/H2	1/02/2014	SOPAC
2.14.53	Manon Wilson	16	4th/H1	13/03/2014	SOPAC
2.15.02	Lily Harding-Delooze	15	4th/H1	14/12/2013	SOPAC
2.15.09	Samantha King	16	7th/H2	1/03/2014	SOPAC
2.15.12	Lily Harding-Delooze	16	1st/H1	9/02/2014	SOPAC
2.15.44	Samantha King	16	6th/H2	13/03/2014	SOPAC
2.15.64	Georgia Evans	14	1st	12/10/2013	SOPAC
2.15.77	Georgia Evans	15	3rd/H2	15/03/2014	SOPAC
2.15.80	Amy Harding-Delooze	16	1st/H2	9/02/2014	SOPAC
2.15.82	Manon Wilson	16	3rd	9/02/2014	SOPAC
2.15.91	Manon Wilson	15	3rd/H1	12/10/2013	SOPAC
2.16.05	Samantha King	16	4th/H3	1/02/2014	SOPAC
2.16.06	Manon Wilson	15	5th/H1	14/12/2013	SOPAC
2.16.17	Lily Harding-Delooze	15	4th/H1	12/10/2013	SOPAC
2.16.31	Hayley Arden	18	2nd/H1	9/02/2014	SOPAC
2.16.35	Lily Harding-Delooze	16	4th	9/02/2014	SOPAC
2.16.42	Georgia Evans	15	3rd	8/02/2014	SOPAC
2.16.72	Hayley Arden	18	5th	9/02/2014	SOPAC
2.16.78	Amy Harding-Delooze	15	1st/H2	12/10/2013	SOPAC
2.16.90	Samantha King	16	4th/H2	9/02/2014	SOPAC
2.17.10	Manon Wilson	16	3rd/H1	9/02/2014	SOPAC
2.17.44	Lily Harding-Delooze	15	7th/H1	2/11/2013	ES Marks



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2.17.62	Manon Wilson	16	9th	14/03/2014	SOPAC
2.18.44	Hayley Arden	17	1st/H1	12/10/2013	SOPAC
2.19.13	Georgia Evans	14	8th/H1	8/02/2014	SOPAC
2.19.43	Georgia Evans	15	1st/H1	2/11/2013	ES Marks
2.19.89	Georgia Evans	15	8th	7/12/2013	Townsville
2.23.06	Georgia Evans	14	1st?H1	11/10/2013	SOPAC
2.23.77	Ellen Kriedemann	14	4th/H1	8/02/2014	SOPAC
2.24.68	Ellen Kriedemann	14	7th/H1	15/03/2014	SOPAC
2.24.69	Ellen Kriedemann	13	4th/H1	10/10/2013	SOPAC
2.25.45	Ellen Kriedemann	13	6th	11/10/2013	SOPAC
2.27.01	Audrey Amiya-Hall	21	5th/H4	1/02/2014	SOPAC
2.28.14	Ellen Kriedemann	14	7th	8/02/2014	SOPAC
2.31.96	Audrey Amiya-Hall	20	10th/H1	14/12/2013	SOPAC
3.20.23	Tamsin Colley	12	1st	16/03/2014	SOPAC
3.20.82	Tamsin Colley	12	1st/U19	1/03/2014	SOPAC



Left to Right: Samantha King, Amy Harding-Delooze, Manon Wilson, Georgia Evans

1500m

4.24.59	Amy Harding-Delooze	16	4th	1/03/2014	SOPAC
4.25.43	Selma Kajan	22	3rd	9/06/2013	Joensu (Finland)
4.25.50	Amy Harding-Delooze	16	1st	16/03/2014	SOPAC
4.32.96	Lily Harding-Delooze	16	6th	16/03/2014	SOPAC
4.33.53	Amy Harding-Delooze	15	1st	11/10/2013	SOPAC
4.33.72	Victoria Mitchell	32	3rd/H1	11/01/2014	SOPAC
4.34.63	Manon Wilson	16	2nd	20/03/2014	SOPAC
4.34.82	Amy Harding-Delooze	16	4th/H1	28/02/2014	SOPAC
4.34.88	Manon Wilson	16	8th	16/03/2014	SOPAC
4.34.90	Manon Wilson	16	4th/H1	11/01/2014	SOPAC
4.35.58	Amy Harding-Delooze	16	3rd	8/02/2014	SOPAC
4.35.86	Amy Harding-Delooze	15	5th	8/12/2013	Townsville
4.35.91	Georgia Evans	15	8th/H1	11/01/2014	SOPAC
4.37.86	Samantha King	16	9th	16/03/2014	SOPAC
4.38.35	Amy Harding-Delooze	15	4th	2/11/2013	ES Marks



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4.38.52	Hayley Arden	17	2nd	11/10/2013	SOPAC
4.39.19	Georgia Evans	15	5th	9/02/2014	SOPAC
4.40.32	Samantha King	15	2nd	28/09/2013	SOPAC
4.40.51	Hayley Arden	17	5th	6/12/2013	Townsville
4.40.69	Manon Wilson	15	3rd	28/09/2013	SOPAC
4.41.02	Lily Harding-Delooze	16	4th	8/02/2014	SOPAC
4.41.30	Manon Wilson	16	5th	8/02/2014	SOPAC
4.42.08	Amy Harding-Delooze	15	3rd	26/10/2013	Illawong
4.42.10	Georgia Evans	14	6th	14/03/2014	SOPAC
4.44.21	Georgia Evans	14	4th	26/10/2013	Illawong
4.46.01	Georgia Evans	14	5th	28/09/2013	SOPAC
4.47.11	Ellen Kriedemann	13	4th	7/12/2013	Townsville
4.47.21	Ellen Kriedemann	14	4th	6/03/2014	Bankstown
4.47.73	Amy Harding-Delooze	15	6th	28/09/2013	SOPAC
4.48.16	Lily Harding-Delooze	15	6th	11/10/2013	SOPAC
4.48.50	Samantha King	16	9th	8/02/2014	SOPAC
4.48.65	Manon Wilson	15	5th	26/10/2013	Illawong
4.48.65	Samantha King	16	13th/H1	11/01/2014	SOPAC
4.48.68	Ellen Kriedemann	14	9th	14/03/2014	Bankstown
4.49.24	Audrey Amiya-Hall	22	4th?h2	11/01/2014	SOPAC
4.51.05	Ellen Kriedemann	13	3rd	12/10/2013	SOPAC
4.54.02	Audrey Amiya-Hall	22	5th	6/03/2014	Bankstown
4.54.58	Ellen Kriedemann	14	8th	9/02/2014	SOPAC
4.55.58	Samantha King	15	8th	11/10/2013	SOPAC
4.56.17	Nikita Spalvins	15	9th	9/02/2014	SOPAC
4.56.35	Lily Harding-Delooze	15	7th	28/09/2013	SOPAC
4.59.65	Nikita Spalvins	14	5th	14/10/2013	SOPAC
5.05.32	Nikita Spalvins	14	2nd/H2	13/10/2013	SOPAC
5.06.36	Audrey Amiya-Hall	21	12th	21/12/2013	SOPAC
mile					
5.25.1	Amity Delaney	18	3rd	10/12/2013	Bankstown
3000m					
10.10.41	Samantha King	15	3rd	6/12/2013	Townsville
10.17.53	Samantha King	15	1st	10/10/2013	SOPAC
10.25.63	Ellen Kriedemann	14	5th	12/03/2014	SOPAC
10.45.98	Nikita Spalvins	15	7th	7/02/2014	SOPAC
11.09.48	Audrey Amiya-Hall	20	2nd	9/11/2013	SOPAC
11.21.45	Nikita Spalvins	14	5th	11/10/2013	SOPAC
5000m					
15.49.13	Victoria Mitchell	32	8th	15/03/2014	SOPAC
18.13.58	Audrey Amiya-Hall	21	7th	15/02/2014	SOPAC
18.23.45	Julianne Broberg	31	8th	15/02/2014	SOPAC



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19.29.27	Julianne Broberg	30	3rd	7/12/2013	Campbelltown
19.32.24	Audrey Amiya-Hall	22	3rd	6/03/2014	Bankstown

10000m

38.09.11	Julianne Broberg	31	2nd	1/03/2014	SOPAC
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80m hurdles

16.42	Elsa Measday	13	4th	28/09/2013	SOPAC
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90m hurdles

14.26	1.8	Tullia Votano	14	5th	12/10/2013	SOPAC
14.71	1.0	Tullia Votano	14	4th	28/09/2013	SOPAC
14.76	0.4	Tullia Votano	14	6th/H2	8/02/2014	SOPAC
15.09	-1.0	Tullia Votano	14	2nd	19/10/2013	SOPAC
15.79	-4.2	Tullia Votano	14	5th/H1	9/11/2014	SOPAC

wind assisted

13.96	2.6	Tullia Votano	14	1st/H1	12/10/2013	SOPAC
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100m hurdles (76.2)

15.11	NW!	Courtney Young	17	2nd	1/02/2014	SOPAC
16.64	-1.6	Matilda Measday	16	7th	12/10/2013	SOPAC
16.68	-0.6	Matilda Measday	16	6th	28/09/2013	SOPAC



Victoria Mitchell, Australian 3000m steeple champion

3000m steeple

9.42.01	Victoria Mitchell	32	1st	4/04/2014	Melbourne
9.46.98	Victoria Mitchell	32	1st	6/03/2014	Bankstown
9.56.24	Victoria Mitchell	32	1st	22/03/2014	Melbourne
10.22.76	Victoria Mitchell	32	3rd	18/01/2014	Glendale
13.14.76	Ellen Kriedemann	14	3rd	6/03/201	Bankstown
13.15.40	Audrey Amiya-Hall	22	4th	6/03/2014	Bankstown



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1500m walk

8.44.71	Hannah Parker	11	2nd	14/12/2013	ES Marks
9.03.54	Hannah Parker	11	3rd	2/11/2013	ES Marks

4x800m

8.59.40	Georgia Evans, Lily Harding-Delooze, Manon Wilson, Amy Harding-Delooze	U16	1st	17/11/2013	SOPAC
10.45.86	Ellen Kriedemann, Amelia Stynes, Ruby Burgess-Hoar, Ruby Swalding	U14	6th	16/11/2013	SOPAC

4x1500m

18.37.21	Manon Wilson, Samantha King, Georgia Evans, Amy Harding-Delooze	U16	1st	16/11/2013	SOPAC
19.59.13	Hayley Arden, Audrey Amiya-Hall, Ellen Kriedemann, Amity Delaney	Open	4th	16/11/2013	SOPAC

Medley Relay

4.00.55	Courtney Young, Tara Holt, Molly Blackey, Hayley Arden	Open	2nd	16/11/2013	SOPAC
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Pole Vault

2.90	Matilda Measday	16	1st	13/10/2013	SOPAC
2.75	Matilda Measday	16	5th	24/11/2013	Bankstown
2.70	Matilda Measday	18	5th	15/03/2014	SOPAC
2.70	Isabella Murrell	15	6th	22/12/2013	Bankstown
2.60	Matilda Measday	17	3rd	19/10/2013	SOPAC
2.60	Matilda Measday	16	6th	1/02/2014	SOPAC
2.60	Jessica Dawe	18	1st	9/11/2014	SOPAC
2.60	Isabella Murrell	16	4th	29/03/2014	SOPAC
2.60	Isabella Murrell	15	6th	1/12/2013	Bankstown
2.60	Isabella Murrell	15	1st	14/12/2013	Bankstown
2.50	Isabella Murrell	16	5th	8/03/2014	SOPAC
2.50	Isabella Murrell	15	3rd	7/12/2013	Townsville
2.50	Isabella Murrell	15	6th	5/10/2013	SOPAC
2.50	Isabella Murrell	15	1st	12/10/2013	SOPAC
2.50	Isabella Murrell	16	5th	13/03/2014	SOPAC
2.40	Elsa Measday	13	9th	5/10/2013	SOPAC
2.40	Isabella Murrell	16	4th	15/02/2014	SOPAC
2.40	Jessica Dawe	19	6th	8/03/2014	SOPAC
2.40	Isabella Murrell	15	5th	19/10/2013	SOPAC
2.40	Isabella Murrell	16	4th	9/11/2014	SOPAC
2.40	Isabella Murrell	16	4th	7/02/2014	SOPAC



2.40	Elsa Measday	14	3rd	7/02/2014	SOPAC
2.40	Elsa Measday	13	8th	24/11/2013	Bankstown
2.20	Elsa Measday	14	5th	15/02/2014	SOPAC
2.20	Elsa Measday	14	7th	8/03/2014	SOPAC
2.20	Elsa Measday	14	6th	14/03/2014	SOPAC
2.10	Elsa Measday	14	1st	9/11/2014	SOPAC
2.10	Elsa Measday	14	2nd	1/02/2014	SOPAC

Long Jump

5.79	NW1	Courtney Young	16	1st	26/10/2013	Illawong
5.64	0.3	Courtney Young	17	1st	9/11/2014	SOPAC
5.48	-0.5	Courtney Young	16	1st	13/10/2013	SOPAC
5.43	0.3	Courtney Young	17	4th	1/02/2014	SOPAC
5.39	-0.7	Courtney Young	16	2nd	28/09/2013	SOPAC

Male Records

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	3:44.46	2014
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	Youcef 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	Morgan McDonald	14.07.11	2014
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			



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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	6:09.73	2011
U16 (2000m, 76 cm)	Nathan Derriman	6:18.25	2009
Long Jump			
Senior	Murray Tolbert	7.91 m	1972
U20	Lachlan Little	7.59 m	2014
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 m	1989
Pole Vault			
Senior	Frank Chapman	4.05 m	1981
U20	Frank Chapman	4.00 m	1974
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
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			
20k Walk			
Senior	Ron Crawford	1:34:08	1964
50k Walk			
Senior	Ron Crawford	4:24:20	1964
Decathlon			
Senior	Geoff Jones	7165 pts.	1984

Female Records

100 m			
Senior	Michelle Dalrymple	11.94	2001
U20	Molly Blakey	12.05	2013
U18	Molly Blakey	12.05	2013
U16	Molly Blakey	12.13	2012
200 m			
Senior	Michelle Dalrymple	24.02	2002
U20	Molly Blakey	24.12	2013
U18	Molly Blakey	24.12	2013
U16	Molly Blakey	24.45	2012
400 m			
Senior	Kaylene Coster	52.94	1984
U20	Rebecca Irwin	53.83	2002
U18	Molly Blakey	53.88	2014
U16	Molly Blakey	54.94	2012
800 m			
Senior	Kaylene Coster	2:00.57	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	Amy Harding-Delooze	4:24.59	2014
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	Victoria Mitchell	9:42.01	2014
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	1.69m	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
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			
20k Walk			
Senior	Jane Saville	1:27:44	2004
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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