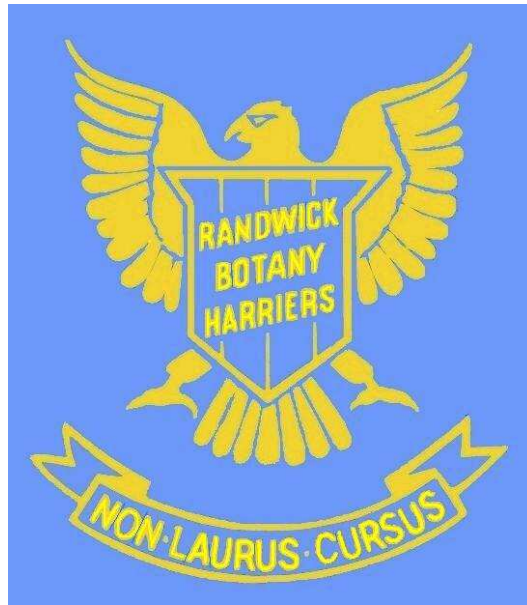


RANDWICK-BOTANY HARRIERS inc.



28th ANNUAL REPORT AND FINANCIAL STATEMENT

**FOR THE YEAR ENDING
31st MARCH 2015**

SEASON 2014-2015

CLUB MOTTO

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

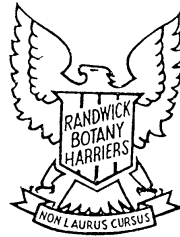
<http://www.rbharriers.com>



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
				G Griffin	2014
				Mrs B Kajan	2014

*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 2014/2015

President

J Dawes

Vice Presidents

A Kajan, P Feain, P O'Reilly

Patrons

Cr B Notley-Smith
M Daley MLA

General Secretary

J Crackett

General Treasurer

N Lynch

Registrar

G Griffin

Member Protection Officer

D Evans

Track Coordinator

Alija Kajan

Winter Coordinator

D Evans

Delegates to Athletics NSW

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

Guy Griffin

Joanne Crackett

Alija Kajan

Mark Carmody

Patrick O'Reilly

Paul Feain

Neil Lynch

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 represented another bumper year for the Club as we continued to build, improve and excel! We drafted a new mission statement, elected a new Secretary, sent six international representatives overseas, dominated the Men's NSW 3,000m, Road Relays and Novice Championships, smashed a NSW record and ten club records, enjoyed a couple of new venues at our social events and gained some important traction in social media.

Mission Statement

Athletics Australia recommends that all affiliated Athletics Clubs review their practises compared to the standards set by the Australian Sports Commission. The Commission provides guidelines in the form of a "Club Health Check" which details all the factors that have produced the best clubs in Australian sport.

All good clubs have a mission statement to assist in their decision making. After much consideration and discussion, the Committee agreed that our mission should be this:

"To provide a pathway to excellence in all disciplines officiated by Athletics NSW."

By catering for all athletics disciplines, we gain a market difference to those clubs who solely cater for one discipline such as distance running or clubs who represent the social jogging community. A challenge for the Club will be to provide coaches for all these disciplines.

The definition of excellence will depend on the athlete and could range from a personal best time to world records and Olympic gold.

The Committee will refer to our mission statement when it reviews the Club's policies, constitution, finances, goals, performance and succession planning as part of our health check.

New Secretary

Joanne Crackett, a former Open State medallist, joined the Committee as Secretary. On top of coaching Club athletes and competing herself, Joanne has brought to the Committee a genuine passion for Club improvement and has quickly proved herself as an excellent administrator. Joanne is a pleasure to work with and it's great to have her on board.

International Representatives

The Club was well represented by three members competing at the Commonwealth Games in Scotland:



Victoria Mitchell, 3000m Steeple – 9th
Ben Moreau, Marathon – 14th
Harry Summers – 18th

We also sent two members to the World Juniors Championships in Oregon, USA:

Morgan McDonald, 5000m final - 10th
Jack Stapleton, 1500m heat – 7th

Three members qualified for the World Cross Country Championships to be held at Guiyang, China:

Harry Summers, Victoria Mitchell and Morgan McDonald.

Also, Selma Kajan represented Australia at Intercontinental Cup in Marocco (1500m) and World Relays Championships where she ran 3rd leg for 4x800m team – they came 4th with new Australian record.

NSW 3000m Championships

With as many as ten grades of races for the State 3000m, making the start line of the A race can be an achievement in itself. In a very proud moment for the Club, we represented half the A race field! Not only that, we filled five of the first ten placings (note the winner was Victorian and thus ineligible for NSW champs):

1st Josh Wright
2nd Jack Stapleton
4th Matthew Hudson
6th Jeremy Roff
9th Harry Summers.

NSW Road Relay Championships

For the ninth year running, the Club won the Open Men's State Road Relay Championships. The Club will be throwing everything at the event next time to make it ten out of ten! To put that achievement in perspective, if we win again, we will have prevented more than 70 clubs from tasting gold in this event for a decade.

NSW Novice Championships

The Novice race has a prestigious history spanning more than a century and many athletes win this event on their way to senior stardom. This year, the first two positions in the men's race were contested by runners from our Club with Morgan McDonald narrowly beating Matthew Hudson. In a true demonstration of Club camaraderie, when Matthew's shoe came loose during the race, Morgan stopped and waited for him to put it back on again!

NSW Record

Selma Kajan, a former Australian junior champion, is now stamping her authority as senior! Selma broke the women's senior state record by nearly two seconds: 1000m 2:40.74



A special mention in masters category needs to go to Nick Cope. As a 45-50 year old category athlete, Nick ran 15:19 for 5000m! The current record for Nick's age group is 15:33. However, records can only be set by NSW Master's members.

Club Records

A relatively new member to the Club, Katelyn Simpson didn't take long to create history by lowering a Senior Women's record:
1500m 4:12.09

(Note that Selma Kajan had only recently set this record with 4:13.16, a long-standing record originally owned by Elizabeth Miller)

Victoria Mitchell bettered a senior record she set last year:
3000m Steeple 9:42.01

Jack Stapleton was all class bettering three under 20 records this year:
1500m 3:44.01
Mile 4:01.29
3000m 8:08.93

Lachlan Little also broke an under 20 record, no surprise from such a fine athlete:
Long Jump 7.59m

Molly Blakey added to her amazing habit of breaking records each year, this time as an under 18:
400m 53.88

Amy Harding-Delooze is running brilliantly and broke an under 20 and under 18 record with the same performance, an effort that was also a World Youth qualifying time:
1500m 4:21.18

Ellen Kriedemann started a record tally that will no doubt be the first of many:
U16 2000m Steeple 7:33.84.

Social Events

For the Commonwealth Games broadcast, we decided to meet at the newly refurbished Duke of Gloucester Hotel in Randwick. We effectively filled the hotel with our members and watching Michael Shelley's gold medal performance as a group was very special. Our presentation night this year was held at the 18 Footers Yacht Club on the harbour at Double Bay. This was a very enjoyable night with an increase in attendance numbers over previous years.



Social Media

Up until this year, the Club's ability to engage with social media has been largely unsuccessful. However, our Twitter account has turned that trend around emphatically and we have now found a medium that is followed by a good percentage of members and has attracted many followers outside the Club.

To conclude, I'd like to thank you all for your efforts; the President's report is a joy to write each year as success is everywhere you look. Stay tuned for big things from our Senior Women's team – our ranks in this category are building nicely in both quantity and quality!



SECRETARY’S REPORT



This is my first year as club secretary so I will keep this brief. Firstly let me start by introducing myself, Joanne Crackett, Mother and Runner (sometimes not sure which comes first), and lover of our sport. It is very unfortunate to see that our sport is vastly underrepresented at the club level and not just our club but all clubs.

If you look at the participation in the local “fun runs” there are thousands of people out there wanting and loving to run, so why are they not joining clubs? And why do we want them too? Let’s start with the second question. To be blunt it comes down to numbers and money, if we can increase club numbers we can increase the club bank balance (directly through fees and indirectly through fundraising) and if we have a better bank balance then the club is in a position to offer more and better athlete assistance to elite athletes that are representing our club, which in turn will hopefully attract more athletes and keep the junior athletes interested and coming through the ranks, this means more athletes participating at the top level which will hopefully lead to more medals- state, national, and on the World stage! This brings me back to the first question of why people do not join clubs. It was very exciting to see that a subcommittee was formed this year to specifically target club growth with regards to funds and numbers. I would like to personally thank all those involved on the subcommittee who give up their time to help keep the club and the sport growing, I look forward to the year ahead, working with the committee and subcommittee to keep this club going strong!

Also I would like to thank the Vice Presidents who all assisted me in taking minutes in my first year as Secretary while I was learning the ropes and thanks to Carmody Lawyers for providing an excellent meeting place. Also to Alija who does an amazing job of keeping the club updated with all the results!

Joanne Crackett,
Club’s Secretary



REGISTRAR'S REPORT



Registration numbers have remained steady in 2014 / 2015. In the next year we all hope new opportunities and ideas both from within the club and from ANSW may give us more potential for growth than we have seen in the last few years. After contending with schools claiming ownership of young athletes in 2014 we have had to withstand more aggressive acquisition of athletes by universities who have wide scope in what they can offer to our young guns.

	2015	2014	2013
Senior	66*	49	50
Winter only / Run NSW	15	13	9
Juniors to U20	38	41	52
Dual LAANSW	25	20	22
Officials, Coaches & Associates	22*	22	27
total	146	145	151

- Please note that 20 of our officials, coaches and associates not only provide official capacities but are also keen and talented competitors. Based on this they are included twice above.

The female to male ratio is at a more even level than it has been in the past with 62 females to 84 males (2014 - 50 females to 95 males) so this is also very positive.

With our prime events being the winter distance events more club members have chosen to only renew for the winter season. We have steered our members who have joined later in the season to this subscription type as the most cost effective option.

Aided by our coaches who have been actively seeking out talented athletes we have increased our numbers of club sponsored athletes over the last few years and especially in 2015. This has been reflected in great competitive results across a range of age groups.

Guy Griffin,
Club's Registrar



TREASURER'S REPORT As at 31 March 2015



Following loss of **\$651.85** in the year to 31 March 2014, the Club returned a larger loss in the **FY2015 year of \$5,038.46**, reducing our net assets to approximately \$52,000.

Athletes Assistance totalling \$5,900 was the driver of this year's loss. The Club offered a gratuity to each athlete who attended the National Cross Country Championships in Albany, WA last year. Additionally, the Club offered financial assistance to our athletes that competed at the Commonwealth Games, World Championships and other significant competition. FY2015 Athletes Assistance spend was comparable with FY2013 spend - where Nationals were held in Perth.

The Club continues to generate enough revenue to cover the cost of ANSW affiliation fees and team entries at all State Relay competitions.

Please find more detail in the following pages.

Neil Lynch
Club Treasurer



RANDWICK BOTANY HARRIERS Inc.
STATEMENT OF FINANCIAL POSITION
As at 31 March 2015

Current Assets	31-March-2015
Cash at Bank	\$ 2,556.74
Uniforms	\$ 7,445.00
TOTAL	\$ 10,001.74
Non Current Assets	
Investments^	\$ 41,745.05
Equipment	
TOTAL	\$ 41,745.05
Net Assets	\$ 51,746.79
Accumulated Funds	
Retained Surplus start of year	\$ 56,785.25
Loss arising	-\$ 5,038.46
TOTAL Members' Equity end of year	\$ 51,746.79

^Investments refers to an ING savings account



RANDWICK BOTANY HARRIERS Inc.
STATEMENT OF FINANCIAL PERFORMANCE
For the year ended 31 March 2015

REVENUE

Registration + Club Fees	\$ 1,604.63
Club Runs	\$ 15.00
Interest Received	\$ 0.15
Fun Run Assistance	\$ 932.00
Increase in Value of Investments	\$ 1,210.45

TOTAL **\$3,762.23**

EXPENDITURE

Sundries	\$ 348.50
Registration Fees	\$ 46.98
ANSW Affiliation Fees	\$ 1,073.71
Plaques, Trophies & Awards	\$ 473.50
Presentation Night	\$ 330.00
State Relays Entry	\$ 1,347.00
Randwick Girls High Award	\$ 200.00
Athletes Assistance	\$ 5,900.00
Advertising	\$ 165.00
Bank Fees	\$ 2.50
Write Off on Uniforms	\$ -

TOTAL **\$9,887.19**

Preliminary LOSS for the year **-\$6,124.96**

Add back "Write Up" on Uniforms* \$ 1,086.50

Final LOSS for the year **-\$5,038.46**

*Usually the club reports a small write off on uniforms, however this year various factors lead to a "Write Up". Those factors included the following; the club was gifted five free uniforms from the supplier. Additionally a comprehensive stock take revealed some "found" uniforms not considered last year which have now been valued as part of RBH assets. Finally, existing stock was sold marginally above cost / book valuation.



RANDWICK BOTANY HARRIERS Inc.
BALANCE SHEET
As at 31 March 2015

Assets

Cash at Bank	\$2,556.74
Uniforms	\$7,445.00
Investments	\$41,745.05

TOTAL **\$51,746.79**

Liabilities \$0.00

Excess of Assets over Liabilities **\$51,746.79**



RANDWICK BOTANY HARRIERS Inc.
GENERAL TREASURER'S ACCOUNT
STATEMENT OF RECEIPTS and PAYMENTS
For the year ended 31 March 2015

Receipts		Payments	
Balance @ 31 March 2014	\$ 2,745.65	Sundries	\$ 348.50
Registration + Club Fees	\$ 1,604.63	Registration Fees	\$ 46.98
Uniforms	\$ 2,275.00	ANSW Affiliation Fees	\$ 1,073.71
Club Runs	\$ 15.00	Uniforms	\$ 2,128.50
Interest Received	\$ 0.15	Plaques, Trophies & Awards	\$ 473.50
Fun Run Assistance	\$ 932.00	Advertising	\$ 165.00
Presentation Dinner	\$ 870.00	Presentation Dinner	\$ 1,200.00
Deposits from ING Savings acct	\$ 7,000.00	State Relay's Entry	\$ 1,347.00
		Randwick Girls High Award	\$ 200.00
		Bank Fees	\$ 2.50
		Athletes Assistance	\$ 5,900.00
		Balance Current	\$ 2,556.74
TOTAL	\$ 15,442.43		\$ 15,442.43



TRACK AND FIELD REPORT



2014/2015 season brought numerous good performances across many events. This was a big season that included World Junior Championships and Commonwealth Games. Let start with juniors first.

Three of our junior athletes got selected for World Junior Championships in Eugene (US) in July. Molly Blakey, Jack Stapleton and Morgan McDonald got selected in 400m, 1500m and 5000m respectively. Unfortunately Molly had to withdraw because of injury but she is still

eligible for World Juniors next year. Jack Stapleton (coached by Ken Green) came 7th in his very tactical heat and didn't progress to final. Morgan McDonald (coached by Sean Williams) finished credible 10th in 5000m final dominated by African runners.

Also we have another two junior athletes selected to compete at Commonwealth Youth Games to be held in September in Samoa. Twin sisters, Amy and Lily Harding-Delooze were selected to compete in 1500m and 800m respectively.

Commonwealth Games in Glasgow were little bit disappointing for our selected athletes. Victoria Mitchell came 9th at 3000m steeplechase in 9.49.05. Harry Summers was 18th at 10000m in 29:00.56. Both, Victoria and Harry are coached by Sean Williams. Ben Moreau (coached by Ken Green) finished 14th in marathon, running for his native England, with time of 2:16:50.

Victoria Mitchell won at World cross country selection trial and was best placed Australian girl at World cross country in China, coming 40th. Harry Summers, who came second at trials, pulled out due to illness. Also, in junior race Morgan McDonald came respectable 40th and was best placed Australian junior men.

Selma Kajan (coached by Alija Kajan) was another international representative running for teams at World Relay Championships (Australian 4x800m team, 4th in new Australian record of 8:13.26) and also Intercontinental Cup (8th place).

New State records achieved this season:

1000m Open Female – Selma Kajan, 2:40.74

New club records achieved this season:

1500m U20 Male - Jack Stapleton, 3:44.01

3000m U20 Male - Jack Stapleton, 8:08.93

Mile U20 Male – Jack Stapleton, 4:01.29

1500m Open Female – Katelyn Simpson, 4:12.09

1500m U18 & U20 Female – Amy Harding-Delooze, 4:21.18

2000m steeple U16 Female – Ellen Kriedemann, 7:33.84



In the winter season our club came 11th for the Winter Club Trophy. In the Winter Premiership our Open Men team came respectable 4th behind Sydney University, Sutherland and Bankstown while Open Women’s team was 7th. Many thanks to our club coaches especially Anne Saville, Ken Green and Joel Maybury who helped to put together our State Track Relay teams.

Alija Kajan

2014 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	38	59	326	0	306	0	247	337	0	297	128	28	67	1833
2	KEJ	0	3	225	0	474	0	305	228	0	223	0	1	0	1459
3	SSR	0	24	256	0	388	0	164	287	0	274	2	23	0	1418
4	HIL	78	33	189	0	276	0	63	175	0	157	32	2	81	1086
5	SUT	16	74	109	0	407	0	147	51	0	105	0	1	0	910
6	SGD	0	15	72	0	406	1	64	203	1	132	3	3	1	901
7	ASW	2	3	111	3	225	5	69	260	4	99	0	1	1	783
8	NOW	0	0	3	0	346	0	334	29	0	59	1	0	0	772
9	SYU	48	71	155	4	128	1	42	103	1	108	54	24	30	769
10	AEA	48	44	92	0	110	0	27	90	0	50	84	29	28	602
11	RBH	1	4	47	1	231	1	125	124	0	42	1	0	1	578
12	UTN	29	13	12	2	207	4	16	106	2	18	1	0	30	440
13	MIN	0	1	7	7	58	6	8	260	7	6	1	1	3	365
14	GIR	0	4	27	0	50	0	7	75	1	12	1	0	0	177
15	MHA	0	0	0	0	81	0	9	31	0	9	0	0	6	136
16	RYD	0	0	26	0	41	0	5	21	0	9	0	0	0	102
17	NEP	0	1	3	52	12	9	0	0	5	2	0	0	1	85
18	ILL	1	4	7	0	54	0	1	1	0	7	3	0	0	78
19	CHE	0	0	5	0	19	0	3	29	0	5	0	0	0	61
20	SYP	0	17	2	5	3	5	5	2	6	3	0	0	0	48
21	SOS	0	0	3	26	0	3	4	0	2	0	0	0	0	38
22	BLM	0	0	1	0	22	0	4	0	0	3	0	0	0	30
23	PAR	0	0	1	3	3	3	3	0	3	3	0	0	0	19
24	WTL	0	1	1	2	1	0	0	0	2	1	0	0	2	10
25	IBS	0	0	1	0	1	1	6	0	0	0	0	0	0	9
25	UNS	0	0	1	0	2	0	4	0	0	1	1	0	0	9
27	WES	0	0	2	0	0	2	1	0	0	2	0	0	0	7
27	WOL	0	0	2	0	1	0	2	0	0	2	0	0	0	7
29	ANL	0	0	0	0	0	1	2	0	1	2	0	0	0	6
29	TGS	0	0	0	0	0	0	6	0	0	0	0	0	0	6
29	WYO	0	0	0	3	0	1	0	0	2	0	0	0	0	6
32	TSC	0	0	0	0	0	0	2	2	0	1	0	0	0	5
33	BMA	1	0	1	0	0	0	0	0	0	2	0	0	0	4
33	GOS	0	0	0	1	0	2	0	0	1	0	0	0	0	4
33	TAM	0	0	1	0	0	0	1	1	0	1	0	0	0	4
36	CBT	0	0	2	0	0	0	0	0	0	0	0	0	0	2
36	COH	0	0	0	0	0	0	0	0	1	1	0	0	0	2
36	NAM	0	0	0	1	0	0	0	0	1	0	0	0	0	2
36	SJC	0	0	0	0	0	0	2	0	0	0	0	0	0	2
36	NEV	0	0	0	0	0	0	1	0	0	0	0	0	1	2
36	WOR	0	0	0	0	0	0	0	0	0	0	0	1	1	2
42	NRI	0	0	0	0	0	0	0	0	0	0	0	1	0	1
42	CAM	0	0	0	0	1	0	0	0	0	0	0	0	0	1
42	EPP	0	0	0	0	0	0	0	0	0	1	0	0	0	1
42	BLA	0	0	0	0	0	0	0	0	0	0	0	1	0	1



2014 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	BAN A	112	1	KEJ	110	1	HIL A	175	1	BAN A	150	1
SUT A	111	2	SSR A	75	2	HIL A	89	2	BAN A	117	2	BAN B	90	2
BAN A	111	2	HIL A	67	3	SSR	70	3	BAN B	96	3	SGD A	60	3
RBH A	95	4	ASW	57	4	SGD A	63	4	SUT	64	4	BAN C	51	4
UTN A	88	5	AEA A	49	5	SUT A	61	5	BAN C	54	5	HIL	38	5
SYU B	72	6	RBH	45	6	SGD B	47	6	SGD	51	6	SUT	18	6
HIL A	66	7	NOW A	36	7	NOW A	45	7	GIR	43	7	SGD B	16	7
AEA	52	8	GIR	19	8	BAN	41	8	NOW	38	8			
SSR	43	9	SUT A	18	9	ASW	31	9	MIN A	35	9			
BAN B	37	10	BAN B	17	10	NOW B	24	10	BAN D	25	10			
SYU C	29	11	MIN	16	11	SGD C	20	11	UTN	25	10			
MIN A	29	11	SYU	14	12	HIL B	15	12	HIL B	14	12			
RBH B	25	13	KEJ	12	13	ILL	12	13	MIN B	11	13			
SGD A	24	14	HIL B	10	14	GIR	12	13						
HIL B	20	15	SUT B	9	15	RBH	11	15						
ASW	15	16	SSR B	8	16	SUT B	8	16						
MIN B	14	17	AEA B	7	17									
SUT B	13	18	UTN	6	18									
HIL C	12	19	NOW B	4	19									
GIR A	10	20												
KEJ	8	21												
GIR B	8	21												
NEP	7	23												
SGD B	6	24												
SUT C	5	25												
BAN C	3	26												
BAN D	2	27												
BAN E	1	28												

Men's Junior

U12	Points	Place	U14	Points	Place	U16	Points	Place	U18	Points	Place	U20	Points	Place
KEJ A	125	1	KEJ A	120	1	KEJ	120	1	SSR	105	1	NOW	92	1
ASW	58	2	SSR A	95	2	SSR	77	2	NOW A	50	2	SSR	70	2
SSR	49	3	SUT A	63	3	SGD A	28	3	KEJ	38	3	KEJ	62	3
SUT A	40	4	SSR B	50	4	MHA	25	4	SGD	36	4	BAN	49	4
SUT B	32	5	BLM	18	5	SUT	18	5	HIL	34	5	RBH	40	5
HIL	31	6	KEJ B	16	6	KEJ B	18	5	ASW	25	6	SYU	25	6
NOW	18	7	SUT B	14	7	ASW	18	5	SYP	25	6	SGD	16	7
MIN	18	7	ASW	13	8	MIN	17	8	NEP	20	8	ASW	16	7
KEJ B	17	9	UTN	12	9	RYD	16	9	RBH	20	8	SUT	15	9
SGD A	14	10	NOW	11	10	HIL	15	10	BAN	17	10			
SGD B	12	11	KEJ C	10	11	NOW	14	11	UTN	15	11			
			SSR C	9	12	RBH	13	12	NOW B	14	12			
			SGD	8	13	SGD B	11	13	ILL	13	13			



Women's

Open	Points	Place	35+	Points	Place	45+	Points	Place	55+	Points	Place	65+	Points	Place
SYU A	206	1	KEJ	82	1	AEA	115	1	BAN A	125	1			
AEA A	206	1	SGD	50	2	HIL	88	2	UTN	40	2			
BAN A	114	3	HIL	45	3	SSR	79	3	BAN B	18	3			
SYU B	69	4	NOW	34	4	BAN	70	4						
HIL	67	5	MIN	34	4	NOW A	35	5						
SSR	52	6	ASW	20	6	KEJ	18	6						
RBH A	43	7	SUT	18	7	BAN B	17	7						
UTN	33	8	SSR	17	8	MIN	16	8						
SGD	32	9	BAN	13	9	NOW B	14	9						
AEA B	44	10				SGD	13	10						
BAN B	26	10												
ASW A	21	12												
MHA	17	13												
SUT	14	14												
CHE	14	14												
MIN	13	16												
SYP	12	17												
RBH B	11	18												
ASW B	6	19												
GIR	4	20												

Women's Junior

U12	Points	Place	U14	Points	Place	U16	Points	Place	U18	Points	Place	U20	Points	Place
SGD A	103	1	ASW A	125	1	KEJ A	120	1	RBH	100	1	KEJ A	50	1
SSR A	83	2	KEJ A	80	2	NOW	52	2	KEJ	76	2	SSR	40	2
ASW	51	3	SSR	71	3	SUT	43	3	RYD	54	3	BAN	35	3
MHA	50	4	ASW B	53	4	ASW	40	4	SSR	46	4	CHE	25	4
SSR B	44	5	SUT A	34	5	HIL	36	5	SUT	40	5	HIL	18	5
KEJ A	40	6	NOW A	29	6	SGD	29	6	UTN	40	5	KEJ B	17	6
UTN	17	7	NEP	25	7	SSR	18	7	ASW	29	7	NOW	16	7
MIN	16	8	BAN	23	8	RBH	17	8	SOS	25	8			
NOW A	14	9	NOW B	23	8	MIN	16	9	HIL	16	9			
SUT	13	10	MIN	18	10	KEJ B	15	10	BAN	15	10			
SGD B	11	11	KEJ B	15	11	UTN	13	11						
KEJ B	10	12	UTN	13	12	BAN	11	12						
SSR C	9	13	SGD A	12	13	ILL	10	13						
NOW B	8	14	SUT B	11	14									
			RBH	10	15									
			SUT C	8	16									
			SGD B	7	17									



2014/15 NSW SUMMER PREMIERSHIP - OPEN MEN

Athletics NSW Club	2014 State Relays			2015 Club Championships			2015 Open Championships			Total	Ranking
	Track	Field	Overall	Track	Field	Overall	Track	Field	Overall		
Sydney University	30	30	30	30	30	30	30	30	30	270	1
UTS Northern Suburbs	24	20	24	24	24	24	24	16	24	204	2
Asics Wests	4	24	20	17	20	20	12	24	20	161	3
Hills District	14	16	17	9	11	10	16	15	17	125	4
Mingara	16	13	14	16	15	16	17	0	14	121	5
Cherrybrook	17	0	13	20	15	17	10	13	10	115	6
Illawong and Districts	20	0	15	8	16	15	15	13	13	115	6
Westfields	8	17	16	0	17	13	8	17	11	107	8
Sydney Pacific	14	0	9	14	12	14	14	14	12	103	9
Randwick Botany Harriers	16	0	10	15	0	11	20	7	15	94	10
Macquarie Hunter	0	0	0	7	0	5	13	20	17	62	11
Sutherland District Athletics	11	0	7	10	0	7	7	9	9	60	12
Ryde	0	15	12	0	13	7	0	7	0	54	13
Bankstown Sports	8	0	4	12	0	9	11	0	7	51	14
University of NSW	0	0	0	13	11	12	6	1	6	49	15
Blacktown	0	15	12	0	0	0	0	0	0	27	16
Athletics East	11	0	7	5	0	3	0	0	0	26	17
Athletics Wollongong	0	0	0	0	0	0	5	11	8	24	18
Trinity	0	12	3	0	0	0	0	7	0	22	19
Sydney Striders	0	0	0	7	0	5	5	0	4	21	20
Mounties	12	0	8	0	0	0	0	0	0	20	21
Old Barker College	0	0	0	11	0	8	0	0	0	19	22
Campbelltown Collegians	0	11	1	0	0	0	2	0	3	17	23
Girraween	0	0	0	4	0	2	10	0	0	16	24
Nepean District	9	0	5	0	0	0	0	0	0	14	25
Parramatta City	0	0	0	0	0	0	0	11	3	14	25
St Joseph's College	0	0	0	0	0	0	0	8	1	9	27
Kembla Joggers	0	0	0	4	0	1	3	0	0	8	28
Edgeworth	0	0	0	0	0	0	0	7	0	7	29
Illawara Blue Stars	5	0	2	0	0	0	0	0	0	7	29
Westlakes	0	0	0	0	0	0	0	0	5	5	31
Forster	0	0	0	0	0	0	0	3	0	3	32
South Sydney	0	0	0	0	0	0	0	2	0	2	33
NSW Masters	0	0	0	0	0	0	1	0	0	1	34



Athletics
New South Wales



2014/15 NSW SUMMER PREMIERSHIP - OPEN WOMEN

Athletics NSW Club	2014 State Relays			2015 Club Championships			2015 Open Championships			Total	Ranking
	Track	Field	Overall	Track	Field	Overall	Track	Field	Overall		
Sydney University	30	30	30	30	30	30	30	30	30	270	1
Illawong and Districts	20	15	20	24	24	24	20	20	20	187	2
UTS Northern Suburbs	24	24	24	20	0	20	24	12	24	172	3
Hills District	8	20	17	8	17	16	0	24	17	127	4
Asics Wests	16	7	17	15	0	12	16	9	15	107	5
Randwick Botany Harriers	17	0	15	16	0	15	17	7	16	103	6
Bankstown Sports	15	0	14	17	0	17	15	5	13	96	7
Westfields	0	16	12	0	12	2	12	17	15	86	8
Illawara Blue Stars	13	0	6	6	14	9	8	15	11	82	9
St George District	0	20	13	4	11	6	13	2	8	77	10
Mingara	6	14	11	6	16	13	0	0	0	66	11
Sydney Pacific	11	11	10	12	0	6	8	4	4	66	11
Nepean District	12	0	5	0	10	0	11	12	9	59	13
Sutherland District Athletics	10	0	3	14	0	11	14	0	7	59	13
South Sydney	0	11	5	0	0	0	8	16	12	52	15
Forster	0	0	0	0	20	14	0	8	2	44	16
Ryde	0	0	0	9	0	2	9	13	10	43	17
Cherrybrook	5	0	0	11	0	4	0	15	6	41	18
Mounties	14	0	9	11	0	4	0	0	0	38	19
Old Barker College	0	0	0	8	15	11	0	1	0	35	20
Trinity	8	0	2	4	13	7	0	0	0	34	21
Kembla Joggers	0	0	0	13	0	8	4	0	0	25	22
Gosford	0	14	9	0	0	0	0	0	0	23	23
Macquarie Hunter	0	0	0	0	0	0	11	7	5	23	23
Wallsend RSL	0	12	7	0	0	0	0	0	0	19	25
Athletics Wollongong	0	0	0	2	0	0	0	12	3	17	26
Campbelltown Collegians	0	9	1	0	0	0	0	2	0	12	27
NSW Masters	0	9	1	0	0	0	0	0	0	10	28
Girraween	0	0	0	0	9	0	0	0	0	9	29
Parramatta	0	0	0	0	0	0	5	0	2	7	30
Adamstown New Lambton	0	0	0	0	0	0	4	0	0	4	31
Maitland	0	0	0	0	0	0	0	4	0	4	31
Westlakes	0	0	0	0	0	0	4	0	0	4	31
Armidale	0	0	0	0	0	0	0	1	0	1	34
Nambucca	0	0	0	0	0	0	1	0	0	1	34



Athletics
New South Wales





2014/15 NSW SUMMER PREMIERSHIP - JUNIOR BOYS

Athletics NSW Club	2014 State Relays			2015 Club Championships				2015 Junior Championships				Total	Ranking
	Track	Field	Overall	Track	Field	Overall	Track	Field	Overall				
UTS Northern Suburbs	24	20	30	12	20	17	30	30	30	30	213	1	
Hills District	20	24	20	30	15	30	24	13	20	196	2		
Trinity	30	10	24	20	24	20	17	24	24	193	3		
Asics Wests	17	30	17	15	14	14	1	17	13	138	4		
Cherrybrook	2	11	2	24	30	24	13	14	15	135	5		
Sydney Pacific	13	15	16	10	16	13	15	15	17	130	6		
St George District	6	17	14	11	17	16	9	20	16	126	7		
Illawong and Districts	15	14	15	17	12	15	3	7	4	104	8		
Sydney Striders	16	0	13	15	0	10	16	0	7	77	9		
Westfields	5	14	6	0	13	8	6	11	9	72	10		
Mingara	0	0	0	15	11	12	12	10	11	71	11		
Bankstown Sports	8	0	5	16	0	11	14	6	10	70	12		
Kembla Joggers	14	0	12	5	0	0	20	0	14	65	13		
Parramatta City	0	16	7	1	8	5	0	12	8	57	14		
The Scots College	13	0	11	7	1	4	9	3	5	53	15		
Nepean District	9	12	9	0	0	0	11	2	6	49	16		
Mounties	3	8	1	8	10	10	0	5	0	45	17		
Nowra	11	0	10	0	0	0	10	0	4	35	18		
Forster	0	0	0	0	0	0	3	16	13	32	19		
Randwick Botany Harriers	10	0	8	0	5	0	7	0	2	32	19		
South Sydney	0	0	0	6	6	6	0	8	0	26	21		
Cambelltown Collegians	4	9	3	0	2	0	0	4	0	22	22		
Sydney University	0	0	0	9	0	7	0	2	0	18	23		
Athletics East	0	0	0	5	5	3	0	0	0	13	24		
Girraween	1	0	0	0	9	2	0	0	0	12	25		
Illawarra Blue Stars	7	0	4	0	1	0	0	0	0	12	25		
Ryde Athletics	0	0	0	2	0	0	0	9	1	12	25		
St Joseph's College	0	0	0	0	5	2	0	0	0	7	28		
Wyang	0	0	0	0	7	0	0	0	0	7	28		
Gosford	0	0	0	5	0	0	0	0	0	5	30		
Armidale	0	0	0	0	0	0	4	0	0	4	31		
Macquarie Hunter	0	0	0	0	0	0	0	1	0	1	32		



Athletics
New South Wales



2014/15 NSW SUMMER PREMIERSHIP - JUNIOR GIRLS

Athletics NSW Club	2014 State Relays			2015 Club Championships				2015 Junior Championships				Total	Ranking
	Track	Field	Overall	Track	Field	Overall	Track	Field	Overall				
Cherrybrook	14	13	14	30	24	30	24	30	24	203	1		
UTS Northern Suburbs	30	0	30	24	16	24	30	17	30	201	2		
Illawong and Districts	15	20	16	16	30	20	17	24	20	178	3		
Asics Wests	24	24	24	15	17	17	15	13	16	165	4		
Hills District	12	30	17	20	0	14	12	20	17	142	5		
Sydney Pacific	17	15	20	13	20	16	9	5	11	126	6		
Athletics Wollongong	11	8	9	14	0	13	16	3	13	87	7		
Ryde	13	11	13	1	6	0	14	14	14	86	8		
Westfields	10	15	11	1	14	5	0	10	7	73	9		
Kembla Joggers	16	0	12	9	0	3	20	0	12	72	10		
Cambelltown Collegians	0	16	9	0	13	4	0	16	10	68	11		
Bankstown Sports	20	0	15	10	3	10	7	0	1	66	12		
Macquarie Hunter	1	9	6	0	0	0	13	15	15	59	13		
South Sydney	4	0	0	11	6	12	2	9	9	53	14		
Mingara	4	0	0	17	7	15	3	1	5	52	15		
Nepean District	9	0	7	8	9	11	1	4	2	51	16		
Parramatta City	0	12	3	13	0	9	6	0	0	43	17		
Girraween	0	7	0	0	15	7	0	11	0	40	18		
Randwick Botany Harriers	5	0	0	7	3	6	11	0	8	40	18		
St George District	0	20	10	2	0	0	0	8	0	40	18		
Nowra	7	0	4	5	0	0	5	3	6	30	21		
Trinity	0	0	0	0	12	2	0	12	0	26	22		
Blue Mountains	0	0	0	4	11	8	0	0	0	23	23		
Athletics East	4	0	0	6	0	8	0	4	22	24	24		
Sutherland District Athletics	0	0	0	6	0	2	10	0	3	21	25		
Illawarra Blue Stars	0	17	3	0	0	0	0	0	0	20	26		
Sydney Striders	8	0	6	0	0	0	4	0	0	18	27		
Wallsend	0	0	0	0	11	0	0	0	0	11	28		
Tamworth	0	0	0	0	8	0	0	0	0	8	29		
Camden	6	0	1	0	0	0	0	0	0	7	30		
Wyang	0	0	0	0	0	0	0	7	0	7	30		
Mounties	0	6	0	0	0	0	0	0	0	6	32		
Sydney University	0	0	0	0	0	0	0	6	0	6	32		
Armidale	0	0	0	3	1	0	0	0	0	4	34		



Athletics
New South Wales





RBH Winter Results

Novice Championships 2014

Novice Female 7km

No competitors

Novice Male 10k

- | | |
|--------------------|-------|
| 1. Morgan McDonald | 32:08 |
| 2. Matthew Hudson | 32:10 |
| 10. Jim Dawes | 35:50 |

Invitational 10k

- | | |
|-----------------------|-------|
| 16. Audrey Amiya-Hall | 38:35 |
|-----------------------|-------|

Invitational 4k

- | | |
|--------------------------|-------|
| 1. Courtney Carter | 12:10 |
| 4. Kurt Fryer | 12:44 |
| 5. Dave Hazan | 13:34 |
| 9. Samantha King | 13:54 |
| 15. Manon Wilson | 14:24 |
| 18. Lily Harding-Delooze | 13:04 |
| 22. Georgia Evans | 14:50 |
| 23. Joel Xuereb | 14:51 |
| 27. Ellen Kriedemann | 15:09 |
| 65. John McGrath | 21:30 |



Morgan McDonald and Matthew Hudson were 1st and 2nd at Novice



NSW Road Championships 2014

10km – Open Men

1. Harry Summers	29:34
4. Ben Moreau	29:47
6. Jeff Hunt	30:22
7. Matthew Hudson	30:27
18. Liam Ridings	31:31
191. Joel Xuereb	38:52

10km Men 40-44

13. Gary Howard	35:36
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10km Men 45-49

5. Sean Williams	34:53
18. Patrick O'Reilly	39:21

10km Men 50-54

6. Alija Kajan	40:20
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10km Open Women

19. Audrey Amiya-Hall	36:58
21. Tracey Robinson	37:29

10km Women 35-39

34. Cecily Butler	38:52
26. Heidi Hunt	51:38

10km Women 45-49

6. Adrienne Torda	42:17
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10km Women 50-54

19. Helen Banks	56:44
20. Glenda Spehr	59:05

5k Fun U16 Girls

6. Ellen Kriedemann	19:11
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5km U16 Boys

9. Gregory Klugman	18:13
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5km U18 Boys

2. Kurt Fryer	16:02
12. Daniel Hazan	17:27
19. Stefan Music	18:00

2.5k U14 Boys

3. Drew Fryer	8:46
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Sydney 10k winner Harry Summers



Cross Country Relays, Miranda, 31 May 2014

U14 Female, 4x2k, 11th

1 Jade Cameron	08:12	08:12
2 Hannah Parker	10:12	18:24
3 Ruby Burges-Hoar	08:19	26:43
4 Amelia Stynes	08:10	34:53

U16 Male, 4x3k, 8th

1 Harry Armstrong	10:32	10:32
2 Gregory Klugman	10:38	21:10
3 William Keir	10:14	31:24
4 Sebastian Spina	13:43	45:07

U16 Female, 4x3k, 4th

1 Georgia Evans	11:18	11:18
2 Ruby Swadling	12:03	23:21
3 Stacey Daunt	12:22	35:43
4 Ellen Kriedemann	11:29	47:12

Open Female, 4x4k, 3rd

1 Audrey Amiya-Hall	14:44	14:44
2 Amity Delaney	15:22	30:06
3 Cecily Parsons	15:30	45:36
4 Tracey Robinson	15:06	60:42

Open Male 'A', 4x4k, 1st

1 Morgan McDonald	11:43	11:43
2 Jack Stapleton	12:11	23:54
3 Jeffrey Hunt	11:58	35:52
4 Ben Moreau	11:53	47:45

U20 Male, 4x3k, 2nd

1 Patrick Elliott	09:38	09:38
2 Daniel Hazan	10:02	19:40
3 Ryan Beetson	10:06	29:46
4 Sam Gottlieb	09:34	38:53

45+ Male, 4x4k, 10th

1 Patrick O'Reilly	15:34	15:34
2 Alija Kajan	15:22	30:56
3 Mark Carmody	17:20	48:16
4 John McGrath	21:48	1:10:04
Indiv. Peter Spehr	18:51	

U18 Female, 4x3k, 1st

1 Lily Harding-Delooze	10:34	10:34
2 Manon Wilson	10:36	21:10
3 Amy Harding-Delooze	10:22	31:32
4 Samantha King	10:27	41:59

Open Male 'B', 4x4k, 5th

1 Courtney Carter	11:57	11:57
2 Matthew Hudson	12:01	23:58
3 Sam Strutt	13:01	36:59
4 Neil Lynch	14:45	51:44

35+ Male, 4x4k, 2nd

1 Nicholas Cope	12:28	12:28
2 James Dawes	13:44	26:12
3 Gary Howard	13:29	39:41
4 Manu Sivaraj	14:46	54:27



Always reliable Jeff Hunt, seen here in action at Miranda Park



Long Course Cross Country, Nowra, 21 June 2014

U12 Male, 2k			Open Female, 8k, 1 st as team	
25. Sebastian Spina	9:01		9. Audrey Amiya-Hall	32:21
U14 Female, 3k			11. Cecily Butler	32:41
7. Ruby Swadling	11:19		12. Tracey Robinson	32:51
U14 Male, 3k			24. Adrienne Torda	37:01
7. Drew Fryer	10:40		35+ Female, 8k	
U16 Female, 4k			1. Cecily Butler	32:41
4. Ellen Kriedemann	15:38		13. Glenda Spehr	48:04
12. Georgia Evans	16:25		45+ Female, 8k	
U16 Male, 4k			4. Adrienne Torda	37:01
21. Ryan Beetson	14:46		Open Male, 12k, 2 nd as team	
24. Gregory Klugman	14:58		2. Ben Moreau	38:39
U18 Female, 4k, 1 st as team			4. Matt Hudson	39:14
1. Samantha King	14:27		8. Courtney Carter	40:41
2. Amy Harding-Delooze	14:39		43. Neil Lynch	51:06
4. Lily Harding-Delooze	14:54		40+ Male, 12k	
5. Manon Wilson	15:03		2. James Dawes	45:55
U18 Male, 6k, 2 nd as team			45+ Male, 12k	
1. Kurt Fryer	19:34		7. Patrick O'Reilly	51:38
14. Daniel Hazan	21:03		50+ Male, 12k	
28. Stefan Music	22:43		2. Manu Sivaraj	47:52
32. David Murray	24:31		5. Alija Kajan	50:03
U20 Male, 8k			65+ Male, 8k	
5. Patrick Elliott	28:43		6. Peter Gottlieb	43:29
6. Sam Gottlieb	28:46			



U18 girls were winners of Winter Premiership



NSW Road Relays, Ourimbah, 12 July 2014

U18 Female 4x2k 1 st	27:00
1. Georgia Evans	06:59
2. Manon Wilson	06:43
3. Lily Harding-Delooze	06:45
4. Amy Harding-Delooze	06:33

U20 Male 4x4k 2 nd	53:17
1. Alexander Langdon	13:16
2. Sam Gottlieb	13:26
3. Sam Byrne	13:24
4. Patrick Elliott	13:11

Open Male A team 4x4k 1 st	48:06
1. Kurt Fryer	12:24
2. Liam Ridings	12:16
3. Jeff Hunt	11:49
4. Ben Moreau	11:37

Open Male B team 4x4k 12 th	1:07:36
1. Neil Lynch	14:44
2. Patrick O'Reilly	15:35
3. Heidi Cayzer - Hunt	18:14
4. Alija Kajan	19:03

35+ Male A team 4x4k 1 st	54:05
1. Nicholas Cope	12:26
2. Gary Howard	13:32
3. Manu Sivaraj	14:15
4. Jim Dawes	13:52



9th Consecutive Road Relay title for our Open Men team



NSW Short Course Cross Country, UpJohn Park, 2 August 2014

U14 Male 2.5k		Open Female 5k	
3. Kurt Fryer	8:45	5. Katelyn Simpson	18:24
U16 Female 2.5k		Open Male 7.5k	
4. Georgia Evans	8:57	2. Jeremy Roff	23:47
6. Ellen Kriedeman	9:13	22. Neil Lynch	30:09
U16 Male 2.5k		35+ Male 7.5k	
13. Harry Armstrong	8:38	8. Jim Dawes	27:38
15. Gregory Klugman	8:44		
U18 Female 2.5k		45+ Male 7.5k	
1. Amy Harding-Delooze	8:22	14. Patrick O'Reilly	31:09
2. Samantha King	8:23		
4. Manon Wilson	8:35		
5. Lily Harding-Delooze	8:40		
U18 Male 2.5k			
8. Daniel Hazan	17:28		
U20 Male 5k			
3. Patrick Elliott	16:38		



Australian Cross Country Championships, Albany, 23 August 2014

Girls 12 years Para 3k

1. Tamsyn Colley 10:47

U14 Female 3k

21. Ruby Swadling 11:17

U16 Female 4k

8. Georgia Evans 14:44

9. Ellen Kriedemann 14:44

U18 Female 4k

4. Samantha King 14:06

9. Amy Harding-Delooze 14:22

19. Manon Wilson 14:38

27. Lily Harding-Delooze 14:57

U14 Male 3k

32. Drew Fryer 10:37

U16 Male 4k

61. Gregory Klugman 14:53

U18 Male 6k

34. Kurt Fryer 20:30

46. Daniel Hazan 21:19



Samantha King, 4th at Australian Cross Country Championship



Randwick Botany Harriers Track and Field Performance - Men
2014/2015 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	3rdd/H3	15/02/2014	SOPAC
10.04	1.3	Graham Ryan	72	3rd/60+	22/02/2015	SOPAC
100m						
10.99	1.0	Lachlan Little	19	2nd/H2	13/12/2014	SOPAC
11.08	0.7	Lachlan Little	19	3rd	25/10/2014	SOPAC
11.10	1.6	Lachlan Little	19	9th/H1	1/11/2014	SOPAC
11.14	0.0	Lachlan Little	19	2nd/H2	8/11/2014	SOPAC
11.42	1.9	Timothy Vrachnas	21	2nd/H3	8/11/2014	SOPAC
11.47	1.9	James Roff	28	7th/H2	6/12/2014	SOPAC
11.63	1.5	Jack Kerry	15	11th	4/10/2015	SOPAC
11.72	0.6	Nathan Vougdis	15	1st/H4	1/11/2014	SOPAC
11.79	1.8	Declan Stupak-Horgan	15	2nd/H3	1/11/2014	SOPAC
11.85	-1.3	Timothy Vrachnas	22	4th/H2	7/03/2015	SOPAC
11.88	1.3	Declan Stupak-Horgan	16	7th/H2	6/02/2015	SOPAC
12.16	0.6	Dylan Quirk	15	2nd/H4	1/11/2014	SOPAC
12.40	1.6	Xavier Zuccon	14	3rd/H1	6/02/2015	SOPAC
12.57	-0.1	Xavier Zuccon	13	3rd/H1	20/12/2014	SOPAC
12.60	0.6	Xavier Zuccon	14	8th/U15	6/02/2015	SOPAC
13.30	0.0	Lienley Crowder	48	8th/45+	21/02/2015	SOPAC
14.96	1.3	Daniel Jennings	18	5th/H2	28/03/2015	Brisbane
15.27	-1.1	Daniel Jennings	18	1st/U20Para	6/02/2015	SOPAC
15.43	-0.4	Daniel Jennings	17	1st	11/10/2014	SOPAC
15.52	-0.4	Daniel Jennings	18	5th/Para	1/03/2015	SOPAC
15.59	0.4	Daniel Jennings	18	9th/H8	7/03/2015	SOPAC
16.35	0.2	Graham Ryan	72	2nd/60+	22/02/2015	SOPAC
wind assisted						
11.41	4.4	Timothy Vrachnas	21	8th/H2	1/11/2014	SOPAC
12.38	2.5	Declan Stupak-Horgan	15	5th/H1	9/02/2014	SOPAC
15.31	2.3	Daniel Jennings	17	13th	25/10/2014	SOPAC
200m						
22.24	-1.7	Lachlan Little	19	3rd	18/10/2014	SOPAC
22.26	1.7	Lachlan Little	19	4th	25/10/2014	SOPAC
22.30	-0.7	Lachlan Little	19	3rd/H1	29/11/2014	SOPAC
23.45	-0.7	John Brann	19	6th/H2	7/03/2015	SOPAC
23.50	0.6	Declan Stupak-Horgan	16	9th/U17	7/02/2015	SOPAC
23.55	-0.4	Jack Kerry	15	11th	4/10/2015	SOPAC



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23.60	0.3	Declan Stupak-Horgan	16	5th/H1	7/02/2015	SOPAC
23.90	-0.9	Jacob Hoenig	15	4th/H2	20/12/2014	SOPAC
23.91	0.5	Declan Stupak-Horgan	15	18th	12/10/2014	SOPAC
24.09	1.9	Nathan Vougdis	15	1st/H3	1/11/2014	SOPAC
24.19	-2.1	Timothy Vrachnas	22	4th/H5	7/03/2015	SOPAC
24.54	1.9	Dylan Quirk	15	2nd/H3	1/11/2014	SOPAC
25.11	-0.1	Xavier Zuccon	14	2nd/H1	7/02/2015	SOPAC
25.15	0.8	Xavier Zuccon	14	4th/U15	7/02/2015	SOPAC
26.06	-2.1	Xavier Zuccon	13	3rd/H1	20/12/2014	SOPAC
28.94	0.0	Mark Carmody	54	4th/H2	29/11/2014	SOPAC
29.37	1.0	Patrick O'Reilly	49	4th/H2	29/11/2014	SOPAC
29.59	0.8	Patrick O'Reilly	49	3rd/H2	13/12/2014	SOPAC
30.69	0.5	Daniel Jennings	17	1st	12/10/2014	SOPAC
31.76	0.9	Daniel Jennings	18	3rd/Para	2/03/2015	SOPAC
32.12	-0.8	Daniel Jennings	17	23rd	4/10/2014	SOPAC
35.11	-0.8	Graham Ryan	72	2nd/60+	22/02/2015	SOPAC

wind assisted

21.90	3.6	Lachlan Little	19	5th/H1	1/11/2014	SOPAC
21.91	2.6	Lachlan Little	20	3rd/H1	7/03/2015	SOPAC
23.78	2.2	Declan Stupak-Horgan	15	2nd/H2	1/11/2014	SOPAC
23.86	4.2	Timothy Vrachnas	21	4th/H3	1/11/2014	SOPAC
31.11	2.1	Daniel Jennings	18	1st/U20Para	7/02/2015	SOPAC
31.22	2.3	Daniel Jennings	17	4th/H1	29/01/2015	Illawong
32.21	2.1	Daniel Jennings	17	7th	25/10/2014	SOPAC



Lachlan Little switched to 400m with great success

400m

47.88		Lachlan Little	20	1st/H2	7/02/2015	Canberra
48.11		Lachlan Little	20	5th/SF3	27/03/2015	Brisbane
48.62		Lachlan Little	20	5th/H3	26/03/2015	Brisbane
48.71		Lachlan Little	20	4th/H1	2/03/2015	SOPAC
49.22		Lachlan Little	20	4th/H1	10/01/2015	SOPAC
49.43		Lachlan Little	20	2nd/H4	1/03/2015	SOPAC



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49.83	Lachlan Little	20	9th/H1	20/12/2014	SOPAC
50.05	John Brann	19	2nd	14/10/2014	SOPAC
53.51	Jacob Hoenig	15	1st/H2	20/12/2014	SOPAC
53.56	John Brann	19	7th/H1	6/02/2015	SOPAC
82.52	Graham Ryan	72	2nd/60+	21/02/2015	SOPAC



Promising junior Stefan Music

800m

1.49.39	Josh Wright	24	8th	7/02/2015	Canberra
1.51.12	Josh Wright	24	2nd	14/02/2015	SOPAC
1.56.34	Fraser Garland-Barnes	18	5th/H1	14/02/2015	SOPAC
1.57.02	Fraser Garland-Barnes	18	4th/U20	8/02/2015	SOPAC
1.57.29	Sam Strutt	24	6th/H1	14/02/2015	SOPAC
1.57.80	Fraser Garland-Barnes	17	3rd	12/10/2014	SOPAC
1.58.11	Matt Cole	32	8th	11/01/2015	SOPAC
1.58.25	Fraser Garland-Barnes	18	1st/H2	7/02/2015	SOPAC
1.58.32	Stefan Music	17	4th	19/03/2015	SOPAC
1.58.49	Sam Strutt	24	4th/H1	7/03/2015	SOPAC
1.58.55	Stefan Music	17	1st/H2	6/02/2015	SOPAC
1.58.96	Stefan Music	17	6th/H1	12/03/2015	SOPAC
1.59.63	Stefan Music	16	2nd/H2	13/12/2014	SOPAC
2.00.09	Stefan Music	17	6th/H2	11/01/2015	SOPAC
2.00.13	Stefan Music	17	7th/H1	1/03/2015	SOPAC
2.00.46	Fraser Garland-Barnes	17	1st/U20	1/11/2014	SOPAC
2.02.15	Stefan Music	16	4th	13/10/2014	SOPAC
2.02.41	Stefan Music	16	1st/H2	12/10/2014	SOPAC
2.02.64	Stefan Music	17	4th/U18	7/02/2015	SOPAC
2.02.73	Sam Strutt	24	6th/H2	29/11/2014	SOPAC
2.02.79	Zac Facioni	16	1st/H4	14/02/2015	SOPAC
2.03.32	Stefan Music	16	5th/H1	1/11/2014	SOPAC
2.03.73	Stefan Music	16	7th/H2	29/11/2014	SOPAC
2.04.26	Sam Byrne	19	5th/H2	14/02/2015	SOPAC



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2.05.98	Sam Byrne	19	6th/H1	7/02/2015	SOPAC
2.11.02	Harry Armstrong	14	1st/U17	13/12/2014	SOPAC
2.12.14	Harry Armstrong	15	14th	4/10/2015	SOPAC
2.23.94	Greg Klugman	14	12th	10/10/2014	SOPAC
2.28.03	Mark Carmody	54	5th/50+	13/12/2014	SOPAC
2.31.23	Mark Carmody	54	4th/H1	29/11/2014	SOPAC
2.31.64	Roberto Spina	42	6th/35+	13/12/2014	SOPAC
2.34.71	Roberto Spina	42	3rd/H2	29/11/2014	SOPAC
2.35.68	Mark Carmody	55	1st	3/02/2015	Campbelltown
2.35.99	Patrick O'Reilly	50	4th/50+	10/01/2015	SOPAC
2.36.04	Patrick O'Reilly	49	5th/35+	1/11/2014	SOPAC
2.36.26	Roberto Spina	43	5th/35+	11/01/2015	SOPAC
2.36.85	Patrick O'Reilly	49	8th/35+	13/12/2014	SOPAC
2.36.71	Roberto Spina	42	6th/30+	1/11/2014	SOPAC
2.37.22	Patrick O'Reilly	49	6th/H2	29/11/2014	SOPAC
2.45.19	Peter Spehr	53	9th/50+	13/12/2014	SOPAC
2.49.68	Peter Spehr	53	7th/H2	29/11/2014	SOPAC



Huge season for Jack Stapleton, shown here winning his 1500m State title

1500m

3.39.05	Josh Wright	24	5th	14/03/2015	SOPAC
3.41.07	Jack Stapleton	20	8th	14/03/2015	SOPAC
3.41.82	Josh Wright	24	3rd	31/01/2015	Glendale
3.42.79	Jeremy Roff	32	11th	14/03/2015	SOPAC
3.42.83	Jack Stapleton	20	1st	28/02/2015	SOPAC
3.44.01	Jack Stapleton	19	1st	20/12/2014	SOPAC
3.45.11	Josh Wright	24	1st/H2	27/03/2015	Brisbane
3.45.40	Josh Wright	24	3rd	29/03/2015	Brisbane
3.45.64	Jack Stapleton	20	4th/H2	27/03/2015	Brisbane
3.45.76	Jack Stapleton	20	2nd	19/03/2015	SOPAC
3.46.09	Jack Stapleton	20	10th	31/01/2015	Glendale
3.46.54	Jeremy Roff	32	11th	31/01/2015	Glendale
3.47.40	Jeremy Roff	31	2nd	20/12/2014	SOPAC
3.47.57	Josh Wright	24	4th	28/02/2015	SOPAC
3.47.73	Jeremy Roff	32	5th/H1	27/03/2015	Brisbane



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3.48.57	Jeremy Roff	32	5th	28/02/2015	SOPAC
3.48.70	Jack Stapleton	20	9th	29/03/2015	Brisbane
3.49.63	Josh Wright	24	10th	9/05/2014	Eugene, USA
3.53.02	Jack Stapleton	20	2nd/H2	27/02/2015	SOPAC
3.53.82	Josh Wright	24	1st/H1	27/02/2015	SOPAC
3.55.31	Jeremy Roff	31	2nd/H1	27/02/2015	SOPAC
3.59.85	Sam Strutt	24	9th/H2	27/02/2015	SOPAC
3.59.97	Matt Cole	32	3rd	10/01/2015	SOPAC
4.00.17	Patrick Elliott	19	5th	1/11/2014	SOPAC
4.00.21	Fraser Garland-Barnes	18	7th/H1	27/02/2015	SOPAC
4.01.06	Sam Strutt	24	11th	19/03/2015	SOPAC
4.01.07	Courtney Carter	28	8th/H1	27/01/2015	SOPAC
4.01.44	Zac Facioni	16	3rd	15/03/2015	SOPAC
4.02.31	Sam Strutt	24	16th	17/02/2015	SOPAC
4.02.34	Sam Byrne	19	12th	19/03/2015	SOPAC
4.02.97	Sam Byrne	18	13th	20/12/2014	SOPAC
4.03.70	Patrick Elliott	19	1st	25/10/2014	SOPAC
4.03.86	Fraser Garland-Barnes	17	14th	20/12/2014	SOPAC
4.03.88	Fraser Garland-Barnes	18	3rd/U20	6/02/2015	SOPAC
4.04.10	Zac Facioni	16	10th/H2	27/02/2015	SOPAC
4.04.27	Stefan Music	17	8th/H1	13/03/2015	SOPAC
4.04.46	Sam Byrne	19	5th/U20	6/02/2015	SOPAC
4.04.62	Sam Strutt	23	15th	20/12/2014	SOPAC
4.05.44	Zac Facioni	16	2nd/U17	6/02/2015	SOPAC
4.05.47	Fraser Garland-Barnes	18	5th	10/01/2015	SOPAC
4.08.31	Stefan Music	17	6th	17/02/2015	SOPAC
4.09.90	Stefan Music	16	4th/H2	20/12/2014	SOPAC
4.10.91	Zac Facioni	16	1st	14/10/2014	SOPAC
4.11.17	Stefan Music	16	4th	14/10/2014	SOPAC
4.11.46	Sam Byrne	19	10th/H3	27/02/2015	SOPAC
4.12.56	Zac Facioni	16	2nd	13/03/2015	SOPAC
4.12.59	Stefan Music	17	3rd/U18	5/02/2015	SOPAC
4.14.03	Stefan Music	17	4th/H2	10/01/2015	SOPAC
4.14.35	Stefan Music	16	8th	6/12/2014	SOPAC
4.15.92	Zac Facioni	15	1st	10/10/2015	SOPAC
4.16.46	Kurt Fryer	16	3rd	10/10/2014	SOPAC
4.16.68	Stefan Music	16	7th	10/10/2014	SOPAC
4.18.07	Kurt Fryer	16	10th	14/10/2014	SOPAC
4.19.96	Hayden O'Neill	18	5th/H2	10/01/2015	SOPAC
4.22.66	Sam Byrne	19	11th/H1	10/01/2014	SOPAC
4.22.78	Harry Armstrong	15	11th	6/12/2014	SOPAC
4.23.77	Daniel Hazan	16	2nd/U17	1/11/2014	SOPAC
4.24.76	Joel Xuereb	35	1st/35+	21/02/2015	SOPAC
4.25.19	Harry Armstrong	15	12th	10/10/2014	SOPAC
4.25.47	Harry Armstrong	15	4th/U17	1/11/2014	SOPAC
4.25.89	Daniel Hazan	16	13th	27/09/2014	SOPAC
4.30.38	Martin Consididne	44	2nd/30+	10/01/2015	SOPAC



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4.31.41	Harry Armstrong	15	10th	14/10/2014	SOPAC
4.37.04	Joel Xuereb	36	6th/30+	10/01/2015	SOPAC
4.41.36	Martin Consididne	43	4th/35+	20/12/2014	SOPAC
4.48.70	Greg Klugman	14	12th	13/10/2014	SOPAC
4.49.62	Harry Armstrong	16	13th/U17	6/02/2015	SOPAC
4.52.77	Harry Armstrong	15	14th	27/09/2014	SOPAC
4.56.29	Drew Fryer	13	14th	10/10/2014	SOPAC
4.57.07	Drew Fryer	13	14th	10/10/2014	SOPAC
5.01.32	Roger Moresi	47	1st/35+	1/11/2014	SOPAC
5.01.82	Drew Fryer	14	7th/U15	6/02/2015	SOPAC
5.09.87	Mark Carmody	54	2nd/50+	6/12/2014	SOPAC
5.13.76	Peter Spehr	54	5th/50+	22/02/2015	SOPAC
5.18.55	Peter Spehr	54	8th/50+	10/01/2015	SOPAC
5.19.94	Roberto Spina	42	6th/35+	6/12/2014	SOPAC
5.21.12	Mark Carmody	54	4th	25/10/2014	SOPAC
5.22.49	Patrick O'Reilly	49	2nd/35+	1/11/2014	SOPAC
5.22.66	Patrick O'Reilly	49	5th	25/10/2014	SOPAC
5.32.65	Peter Spehr	53	6th/50+	20/12/2014	SOPAC
5.44.49	Peter Spehr	53	3rd/50+	6/12/2014	SOPAC



Stapleton and Wright running at Nationals in Brisbane, Wright end up winning bronze

mile

4.03.4	Josh Wright	24	1st	16/12/2014	Bankstown
4.33.70	Stefan Music	17	9th	17/01/2015	Wollongong

3000m

8.03.30	Josh Wright	24	2nd	8/11/2014	SOPAC
8.08.93	Jack Stapleton	19	3rd/A	8/11/2014	SOPAC
8.09.78	Matt Hudson	29	5th/A	8/11/2014	SOPAC
8.13.91	Jeremy Roff	31	7th/A	8/11/2014	SOPAC
8.17.64	Harry Summers	24	10th	8/11/2014	SOPAC
8.23.26	Matt Cole	31	1st/B	8/11/2014	SOPAC
8.24.36	Ben Moreau	33	13th/A	8/11/2014	SOPAC
8.26.62	Patrick Elliott	19	4th/B	8/11/2014	SOPAC
8.30.19	Keith McPherson	23	6th/B	8/11/2014	SOPAC
8.34.56	Liam Ridings	26	7th/B	8/11/2014	SOPAC



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8.48.71	Nicholas Cope	45	12th/B	8/11/2014	SOPAC
8.49.13	Sam Strutt	23	7th/C	8/11/2015	SOPAC
8.49.72	Patrick Elliott	19	2nd	18/10/2014	SOPAC
9.03.01	Kurt Fryer	17	6th/U18	5/02/2015	SOPAC
9.07.28	Sam Strutt	23	4th	18/10/2014	SOPAC
9.07.50	Sam Byrne	18	5th/D	8/11/2014	SOPAC
9.17.47	Fraser Garland-Barnes	17	9th/D	8/11/2014	SOPAC
9.18.13	Daniel Hazan	16	11th/D	8/11/2014	SOPAC
9.27.71	Daniel Hazan	16	2nd	18/10/2014	SOPAC
9.31.76	Daniel Hazan	16	9th	13/10/2014	SOPAC
9.33.00	Harry Armstrong	15	8th/E	8/11/2014	SOPAC
9.35.84	Gregory Klugman	14	2nd/F	8/11/2014	SOPAC
9.37.40	Daniel Hazan	17	10th/U18	5/02/2015	SOPAC
9.48.92	James Dawes	43	16th/D	8/11/2014	SOPAC
9.51.07	Daniel Hazan	17	2nd/U20	11/01/2015	SOPAC
9.56.21	Damien Simpson	37	5th/G	8/11/2014	SOPAC
10.00.42	Harry Armstrong	15	9th	4/10/2014	SOPAC
10.00.59	Harry Armstrong	15	11th	12/10/2014	SOPAC
10.04.57	Harry Armstrong	16	9th/U17	5/02/2015	SOPAC
10.06.51	Drew Fryer	14	13th/G	8/11/2014	SOPAC
10.24.74	Drew Fryer	14	6th/U15	7/02/2015	SOPAC
10.25.68	Gregory Klugman	14	9th	12/10/2014	SOPAC
11.05.26	Drew Fryer	13	13th	12/10/2014	SOPAC
11.23.00	Mark Carmody	54	16th/H	8/11/2014	SOPAC

3 miles

17.30.6h	James Dawes	43	3rd	16/12/2014	Bankstown
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5000m

14.04.69	Ben Moreau	34	11th	21/03/2015	Melbourne
14.38.14	Keith Macpherson	24	5th/A	14/02/2015	SOPAC
14.43.16	Courtney Carter	28	7th/A	14/02/2015	SOPAC
14.57.03	Jeff Hunt	33	9th/A	14/02/2015	SOPAC
15.06.37	Matt Cole	32	11th/A	14/02/2015	SOPAC
15.12.99	David Spence	32	3rd/B	14/02/2015	SOPAC
15.19.91	Nic Cope	46	15th/A	14/02/2015	SOPAC
15.43.59	Liam Ridings	27	1st	7/03/2015	SOPAC
15.44.52	Kurt Fryer	17	7th/B	14/02/2015	SOPAC
15.44.91	Kurt Fryer	17	12th	12/03/2015	SOPAC
15.50.23	Hamish MacDonald	34	8th/B	14/02/2015	SOPAC
16.19.56	David Spence	31	5th	6/12/2014	SOPAC
17.18.75	Martin Considine	43	1st/40+	21/02/2015	SOPAC
17.31.35	Martin Considine	43	5th	7/03/2015	SOPAC
17.38.57	James Dawes	44	1st/30+	10/01/2015	SOPAC
17.54.46	Manu Sivaraj	52	10th/C	14/02/2015	SOPAC
20.58.75	Peter Spehr	54	3rd/50+	11/01/2015	SOPAC
20.59.11	Peter Spehr	54	21st/C	14/02/2015	SOPAC



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10000m

29.00.56		Harry Summers	24	18th	1/08/2014	Glasgow
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Half Marathon

1.06.44		Jeffrey Hunt	32	7th	6/07/2014	Gold Coast
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1.09.20		Liam Ridings	26	15th	6/07/2014	Gold Coast
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1.31.19		Patrick O'Reilly	49	35th	7/09/2015	Bankstown
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Marathon

2.16.50		Ben Moreau	33	14th	27/07/2014	Glasgow
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80m H(76.2cm)

19.43	NWI	Graham Ryan	71	1st/(70-74)	22/02/2014	SOPAC
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100m H(84cm)

14.34	1.8	Dylan Quirk	15	5th	12/10/2014	SOPAC
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110m H(91.4cm)

17.45	0.5	Dylan Quirk	16	6th/U17	7/02/2015	SOPAC
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200m H

28.79	0.7	Dylan Quirk	15	6th	13/10/2014	SOPAC
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300m H

61.24		Graham Ryan	72	1st/60+	21/02/2015	SOPAC
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400m H

52.95		James Roff	29	3rd/H1	28/03/2015	Brisbane
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53.94		James Roff	20	7th	1/03/2015	SOPAC
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54.09		James Roff	28	1st	8/11/2014	SOPAC
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54.44		James Roff	28	2nd	13/12/2014	SOPAC
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55.52		James Roff	29	4th/H2	28/02/2015	SOPAC
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2000m steeple (91.4cm)

6.46.06		Stefan Music	16	1st/U20	13/12/2014	SOPAC
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3000m steeple

10.12.55		Hamish MacDonald	33	3rd	25/10/2014	SOPAC
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4x100 silver team, Dylan Quirk, Declan Stupak-Horgan, Caleb Bruce-James, Nathan Vougdis with coach Joel Maybury

4x100m

45.76	Dylan Quirk, Declan Stupak-Horgan, Caleb Bruce-James, Nathan Vougdis	U16	2nd	16/11/2014	SOPAC
45.31		Open	1st/H1	1/11/2014	SOPAC

4x200m

1.37.03	Dylan Quirk, Declan Stupak-Horgan, Caleb Bruce-James, Nathan Vougdis	U16	3rd	16/11/2014	SOPAC
1.36.83	Dylan Quirk, Declan Stupak-Horgan, Nathan Vougdis, John Brann	Open	10th	16/11/2014	SOPAC

4x400m

3.23.43	John Brann, James Roff, Lachlan Little, Declan Stupak-Horgan	Open	5th	15/11/2014	SOPAC
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4x800m

8.04.65	Fraser Garland Barnes, Stefan Music, Patrick Elliot, Sam Byrne	U20	1st	15/11/2014	SOPAC
9.19.22	Sean O'Neill, David Spence, Neil Lynch, Roberto Spina	120+	4th	16/11/2014	SOPAC

4x1500m

15.36.17	Matt Cole, Jeremy Roff, Jack Stapleton, Joshua Wright	Open	1st	16/11/2014	SOPAC
20.35.91	Patrick O'Reilly, Mark Carmody, Roger Moresi, Manu Sivaraj	200+	1st	15/11/2014	SOPAC
17.21.91	Hayden O'Neill, Sam Byrne, Stefan Music, Patrick Elliot	U20	2nd	16/11/2014	SOPAC
19.36.67	Sean O'Neill, Patrick O'Reily, Mark Carmody, Davidj Spence	160+	2nd	15/11/2014	SOPAC



Long Jump

5.48	NWI	Llanley Crowder	48	1st/45+	21/02/2015	SOPAC
3.57		Graham Ryan	72	1st/60+	21/02/2015	SOPAC

Triple Jump

7.57		Graham Ryan	72	1st/60+	21/02/2015	SOPAC
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High Jump

2.00		Sebastien Gray	18	3rd/U20	6/02/2015	SOPAC
1.94		Sebastien Gray	18	4th	1/03/2015	SOPAC
1.92		Sebastien Gray	18	5th	13/03/2015	SOPAC
1.90		Sebastien Gray	17	3rd	13/10/2014	SOPAC



Daniel Jennings in action at State Championships

Shot Put (6kg)

9.09		Daniel Jennings	18	1st/Para	2/03/2015	SOPAC
8.48		Daniel Jennings	18	1st/U20Para	11/01/2015	SOPAC

Shot Put (4kg)

9.52		Daniel Jennings	18	3rd	28/03/2015	Brisbane
9.15		Daniel Jennings	18	1st/U20Para	6/02/2015	SOPAC
8.48		Daniel Jennings	18	2nd	29/01/2015	Illawong
8.42		Daniel Jennings	17	2nd	13/12/2014	SOPAC
8.30		Daniel Jennings	17	2nd	11/10/2014	SOPAC
7.69		Daniel Jennings	17	4th	29/11/2014	SOPAC

Discus (1.5kg)

17.77		Mark Carmody	54	6th/50+	6/12/2014	SOPAC
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Javelin (500g)

28.04		Daniel Jennings	18	1st/U20Para	6/02/2015	SOPAC
26.13		Daniel Jennings	18	6th	27/03/2015	Brisbane

Pole Vault

2.30		Alexander Murrell	19	1st	11/10/2014	SOPAC
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Graham Ryan competing at State Master's Championships

**Randwick Botany Harriers Track and Field Performance - Women
2014/2015 Season**

<i>Event</i>	<i>Wind</i>	<i>Name</i>	<i>Age</i>	<i>Place</i>	<i>Date</i>	<i>Venue</i>
100m						
12.58	-0.7	Molly Blakey	17	2nd	11/01/2015	SOPAC
13.20	1.0	Charlotte McGill	12	5th	13/10/2014	SOPAC
13.31	2.0	Mia Economou	14	1st/H4	7/03/2015	SOPAC
13.37	0.4	Rachel MacCulloch	14	17th	12/10/2014	SOPAC
13.41	0.3	Tullia Votano	15	10th	4/10/2014	SOPAC
13.42	-1.1	Charlotte McGill	12	5th	13/10/2014	SOPAC
13.43	1.6	Charlotte McGill	13	4th/H1	6/02/2015	SOPAC
13.53	0.1	Tullia Votano	16	5th/H2	6/02/2015	SOPAC
13.54	-0.2	Tullia Votano	16	8th/H1	10/01/2014	SOPAC
13.59	-1.4	Charlotte McGill	13	9th/U14	6/02/2015	SOPAC
13.85	-1.4	Mia Economou	14	6th/H2	8/02/2015	SOPAC
13.93	-0.3	Mia Economou	14	7th/H2	10/01/2015	SOPAC
13.97	0.9	Sharna-Lea Chandler	14	15th	25/10/2014	SOPAC
13.98	2.0	Mia Economou	14	10th/U15	8/02/2015	SOPAC
14.14	0.4	Olivia Gracie	14	28th	12/10/2014	SOPAC
15.69	0.3	Hannah Parker	13	7th/H2	10/01/2015	SOPAC
17.61	-1.1	Tamsin Colley	13	7th	2/03/2015	SOPAC
18.41	0.3	Tamsin Colley	13	2nd/U16Para	6/02/2015	SOPAC
<i>wind assisted</i>						
13.04	4.2	Rachel MacCulloch	14	1st/H2	1/11/2014	SOPAC
13.43	2.3	Mia Economou	13	16th	12/10/2014	SOPAC
13.58	2.5	Mia Economou	13	4th/U14	1/11/2014	SOPAC
13.86	2.7	Sharna-Lea Chandler	14	3rd/U17	1/11/2014	SOPAC



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13.99

2.7

Olivia Gracie

14

4th/U17

1/11/2014

SOPAC



Molly Blakey, 2nd at State 400m Championships, narrowly missed the final at Nationals

200m

25.20	-1.9	Molly Blakey	17	3rd	31/01/2015	Glendale
27.37	0.4	Charlotte McGill	13	2nd/H1	7/02/2015	SOPAC
27.74	0.8	Tullia Votano	15	21st	13/10/2014	SOPAC
28.21	-0.9	Tullia Votano	15	15th	4/10/2014	SOPAC
28.23	0.6	Mia Economou	13	22nd	12/10/2014	SOPAC
28.59	1.0	Mia Economou	14	7th/H2	8/02/2015	SOPAC
28.63	1.3	Olivia Gracie	15	7th/H2	8/02/2015	SOPAC
28.81	-0.9	Sharna-Lea Chandler	14	18th	4/10/2014	SOPAC
28.90	-0.4	Mia Economou	13	3rd	18/10/2014	SOPAC
29.20	0.6	Sharna-Lea Chandler	15	5th/H5	7/03/2015	SOPAC
29.23	1.0	Mia Economou	13	6th/H2	20/12/2014	SOPAC
29.23	1.3	Mia Economou	13	8th/H1	29/11/2014	SOPAC
31.99	0.0	Rose Liu	13	6th/H3	29/11/2014	SOPAC
34.60	0.8	Tamsin Colley	13	4th/H1	28/03/2015	Brisbane
35.46	1.4	Tamsin Colley	13	8th/Para	2/03/2015	SOPAC
37.40	0.1	Tamsin Colley	13	1st/U16Para	6/02/2015	SOPAC

wind assisted

26.99	2.2	Charlotte McGill	13	5th/U14	7/02/2015	SOPAC
27.54	2.4	Rachel MacCulloch	14	1st/H2	1/11/2014	SOPAC
28.55	2.9	Sharna-Lea Chandler	14	6th/H2	29/11/2014	SOPAC
28.62	2.4	Sharna-Lea Chandler	14	5th/H2	1/11/2014	SOPAC
29.05	2.4	Olivia Gracie	14	6th/H2	1/11/2014	SOPAC
29.61	2.4	Mia Economou	13	6th/H1	1/11/2014	SOPAC
29.76	2.2	Sharna-Lea Chandler	14	11th	25/10/2014	SOPAC

400m

54.40		Molly Blakey	17	2nd	28/02/2015	SOPAC
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54.73	Molly Blakey	17	4th	26/03/2015	Brisbane
55.10	Molly Blakey	17	1st	17/01/2015	Wollongong
55.16	Molly Blakey	17	1st	13/03/2015	SOPAC
55.38	Molly Blakey	17	1st	11/03/2015	SOPAC
55.74	Molly Blakey	17	1st/U20	7/02/2015	SOPAC
55.84	Molly Blakey	17	1st	27/02/2015	SOPAC
57.31	Molly Blakey	17	1st	6/02/2015	SOPAC
65.29	Emma Grand	17	3rd/U20	20/12/2014	SOPAC
65.40	Emma Grand	18	7th/H1	6/02/2015	SOPAC
65.48	Sharna-Lea Chandler	14	4th/H2	6/12/2014	SOPAC
66.41	Sharna-Lea Chandler	15	9th/H2	7/02/2015	SOPAC
66.46	Olivia Payne	16	8th/H2	7/02/2015	SOPAC
66.56	Sharna-Lea Chandler	15	3rd/H4	17/01/2015	Wollongong
69.56	Sharna-Lea Chandler	14	6th	25/10/2014	SOPAC
74.98	Hannah Parker	13	5th/H2	10/01/2015	SOPAC
81.11	Tamsin Colley	13	4th	29/03/2015	Brisbane
83.33	Tamsin Colley	13	4th/Para	2/03/2015	SOPAC
86.63	Tamsin Colley	13	1st/U16Para	7/02/2015	SOPAC



4th place at World Relays, bronze at Nationals and 1000m State Record – Selma Kajan

800m					
2.01.96	Selma Kajan	23	2nd	11/07/2014	Dublin, IRE
2.02.13	Selma Kajan	23	2nd/H3	15/05/2014	Eagle Rock, USA
2.02.13	Selma Kajan	24	1st	7/09/2014	Rieti, ITA
2.02.47	Selma Kajan	23	2nd	2/05/2014	Bloomington, USA
2.02.98	Selma Kajan	23	2nd	2/07/2014	Belfast, NI
2.03.50	Selma Kajan	23	8th	14/07/2014	Linz, AUT
2.03.65	Selma Kajan	24	2nd	7/03/2015	Brisbane
2.04.04	Selma Kajan	24	2nd	1/03/2015	Melbourne
2.04.46	Selma Kajan	23	1st	24/07/2014	Joensuu, FIN
2.05.26	Selma Kajan	24	1st	27/03/2015	Brisbane
2.05.37	Selma Kajan	24	2nd	14/02/2015	Perth



2.05.43	Selma Kajan	24	3rd	29/03/2015	Brisbane
2.06.02	Selma Kajan	24	3rd	6/03/2015	Brisbane
2.06.09	Selma Kajan	23	7th	8/07/2014	Lignano, ITA
2.06.21	Selma Kajan	23	3rd	27/06/2014	Leixlip, IRE
2.07.34	Selma Kajan	23	9th	30/05/2014	Eugene, USA
2.07.52	Selma Kajan	24	10th	14/03/2015	Sydney
2.07.76	Selma Kajan	24	2nd	28/02/2015	Melbourne
2.08.75	Katelyn Simpson	21	2nd	14/02/2015	Sydney
2.09.73	Amy Harding-Delooze	17	2nd/H2	31/01/2015	Glendale
2.09.74	Amy Harding-Delooze	16	1st/R2	7/12/2014	Adelaide
2.09.84	Georgia Evans	15	2nd	13/12/2014	SOPAC
2.10.31	Lily Harding-Delooze	16	5th/H2	27/03/2015	Brisbane
2.10.36	Katelyn Simpson	21	4th	11/01/2015	Sydney
2.10.46	Katelyn Simpson	21	12th	31/01/2015	Glendale
2.11.06	Lily Harding-Delooze	17	4th/H2	31/01/2015	Glendale
2.11.06	Amy Harding-Delooze	16	1st/B	4/10/2014	SOPAC
2.11.36	Lily Harding-Delooze	16	3rd	13/12/2014	SOPAC
2.11.50	Georgia Evans	16	5th/B	31/01/2015	Glendale
2.11.94	Georgia Evans	16	1st	13/03/2015	SOPAC
2.12.10	Georgia Evans	16	3rd/H2	28/02/2015	SOPAC
2.12.19	Amy Harding-Delooze	16	1st	11/10/2014	SOPAC
2.12.24	Georgia Evans	16	8th	1/03/2015	SOPAC
2.12.39	Georgia Evans	16	4th/H1	14/02/2015	SOPAC
2.12.56	Lily Harding-Delooze	16	2nd	12/10/2014	SOPAC
2.12.65	Lily Harding-Delooze	16	2nd	13/03/2015	SOPAC
2.13.25	Lily Harding-Delooze	17	1st/U18	8/02/2015	SOPAC
2.13.28	Katelyn Simpson	21	2nd	1/11/2014	Sydney
2.13.48	Amy Harding-Delooze	17	7th/H1	14/02/2015	SOPAC
2.14.69	Georgia Evans	15	3rd	12/10/2014	SOPAC
2.15.18	Lily Harding-Delooze	17	1st/H1	12/03/2015	SOPAC
2.15.39	Lily Harding-Delooze	16	3rd/H1	1/11/2014	SOPAC
2.15.46	Lily Harding-Delooze	16	10th/H1	14/02/2015	SOPAC
2.15.48	Georgia Evans	15	4th	4/10/2015	SOPAC
2.15.76	Lily Harding-Delooze	16	7th/H2	28/02/2015	SOPAC
2.16.33	Georgia Evans	16	3rd	8/02/2015	SOPAC
2.16.80	Georgia Evans	16	1st/H2	12/03/2015	SOPAC
2.16.92	Lily Harding-Delooze	16	6th	4/10/2015	SOPAC
2.18.29	Georgia Evans	16	6th/H1	10/01/2015	SOPAC
2.18.61	Georgia Evans	15	7th/H1	1/11/2014	SOPAC
2.22.23	Nikita Spalvins	16	4th/U17	8/02/2015	SOPAC
2.23.24	Amy Harding-Delooze	16	7th	8/02/2015	SOPAC
2.25.02	Audrey Amiya-Hall	22	9th	19/03/2015	SOPAC
2.26.27	Nikita Spalvins	16	4th/H1	7/02/2015	SOPAC
2.38.31	Sharna-Lea Chandler	15	6th/H2	8/02/2015	SOPAC
2.39.46	Sharna-Lea Chandler	15	9th/H2	7/03/2015	SOPAC
3.12.84	Tamsin Colley	13	1st/Para	3/03/2015	SOPAC
3.16.40	Tamsin Colley	13	1st	28/03/2015	Brisbane



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3.16.96	Tamsin Colley	13	3rd/U16Para	7/02/2015	SOPAC
3.22.10	Tamsin Colley	13	7th/U14	10/01/2014	SOPAC

1000m

2.40.74	Selma Kajan	24	7th	22/08/2014	Amsterdam, NED
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Katelyn Simpson, 4th place at Nationals with club's 1500m record

1500m

4.12.09	Katelyn Simpson	22	4th	28/03/2015	Brisbane
4.13.16	Selma Kajan	23	1st	20/07/2014	Lapinlahti, FIN
4.13.88	Katelyn Simpson	22	1st	28/02/2015	Sydney
4.15.29	Katelyn Simpson	22	6th	21/03/2015	Melbourne
4.15.34	Katelyn Simpson	22	6th	7/02/2015	Canberra
4.17.03	Katelyn Simpson	21	1st	20/12/2014	Sydney
4.18.96	Selma Kajan	24	10th	2/09/2014	Rovereto, ITA
4.19.61	Selma Kajan	24	8th	14/09/2014	Marrakesh, MAR
4.20.09	Katelyn Simpson	22	4th	26/03/2015	Brisbane
4.20.74	Katelyn Simpson	21	3rd	25/01/2015	Hobart
4.21.18	Amy Harding-Delooze	16	10th	7/02/2015	Canberra
4.22.80	Katelyn Simpson	22	1st	27/02/2015	Sydney
4.24.25	Katelyn Simpson	21	3rd	11/12/2014	Melbourne
4.27.96	Selma Kajan	24	11th	7/02/2015	Canberra
4.28.14	Amy Harding-Delooze	16	2nd	6/12/2014	Adelaide
4.28.94	Amy Harding-Delooze	16	7th/H2	26/03/2015	Brisbane
4.29.01	Amy Harding-Delooze	16	6th	11/12/2014	Melbourne
4.29.12	Amy Harding-Delooze	16	2nd	15/03/2015	SOPAC
4.29.29	Amy Harding-Delooze	16	5th	28/02/2015	SOPAC
4.31.49	Lily Harding-Delooze	16	3rd	15/03/2015	SOPAC
4.32.16	Amy Harding-Delooze	16	1st	12/10/2015	SOPAC
4.34.81	Amy Harding-Delooze	16	2nd/H2	27/02/2015	SOPAC
4.37.44	Lily Harding-Delooze	17	2nd/U18	8/02/2015	SOPAC
4.37.61	Georgia Evans	16	2nd	15/03/2015	SOPAC
4.38.18	Samantha King	17	3rd/U18	8/02/2015	SOPAC
4.40.72	Samantha King	17	9th	10/01/2015	SOPAC
4.41.05	Georgia Evans	16	4th/U18	8/02/2015	SOPAC



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4.43.48	Georgia Evans	15	3rd	14/10/2014	SOPAC	
4.45.59	Lily Harding-Delooze	16	4th	14/10/2014	SOPAC	
4.46.13	Audrey Amiya-Hall	22	10th	10/01/2015	SOPAC	
4.52.34	Audrey Amiya-Hall	22	9th	19/03/2015	SOPAC	
4.54.36	Audrey Amiya-Hall	22	11th	20/12/2014	SOPAC	
4.57.99	Audrey Amiya-Hall	23	9th/H1	27/02/2015	SOPAC	
4.58.99	Nikita Spalvins	15	7th	14/10/2014	SOPAC	
5.00.74	Audrey Amiya-Hall	22	5th	1/11/2014	SOPAC	
5.06.39	Nikita Spalvins	16	8th/U17	8/02/2015	SOPAC	
5.13.05	Ellen Kriedemann	15	5th/U16	7/02/2015	SOPAC	
5.43.95	Jade Cameron	11	3rd/U14	1/11/2014	SOPAC	
6.36.00	Tamsin Colley	13	1st/Para	27/03/2015	Brisbane	
6.42.17	Tamsin Colley	13	1st/Para	1/03/2015	SOPAC	
7.35.31	Tamsin Colley	13	1st/Para	7/02/2015	SOPAC	
mile						
4.41.7h	Victoria Mitchell	32	3rd	16/12/2014	Bankstown	
4.54.89	Samantha King	17	4th	17/01/2015	Wollongong	
5.13.27	Audrey Amiya-Hall	22	1st	17/01/2015	Wollongong	
5.18.4h	Audrey Amiya-Hall	21	11th	16/12/2014	Bankstown	
3000m						
10.26.57	Nikita Spalvins	16	5th	20/03/2015	SOPAC	
10.30.62	Audrey Amiya-Hall	21	7th/B	8/11/2014	SOPAC	
10.40.70	Nikita Spalvins	16	5th	6/02/2015	SOPAC	
10.50.76	Nikita Spalvins	15	8th	11/10/2014	SOPAC	
10.52.25	Audrey Amiya-Hall	21	5th	18/10/2014	SOPAC	
11.13.59	Ellen Kriedemann	15	21st	11/03/2015	SOPAC	
5000m						
15.45.72	Victoria Mitchell	33	4th	14/03/2015	SOPAC	
15.55.60	Victoria Mitchell	33	3rd	31/01/2015	Glendale	
17.40.90	Audrey Amiya-Hall	22	10th	14/03/2015	SOPAC	
17.55.90	Audrey Amiya-Hall	22	2nd	11/01/2015	SOPAC	
18.12.17	Audrey Amiya-Hall	22	9th/A	14/02/2015	SOPAC	
10000m						
38.23.14	Audrey Amiya-Hall	22	2nd	1/03/2015	SOPAC	
80m hurdles (76.4cm)						
13.21	0.8	Mia Economou	14	2nd	19/03/2015	SOPAC
13.30	0.7	Mia Economou	13	1st/U14	20/12/2014	SOPAC
13.38	0.2	Mia Economou	13	7th	10/10/2014	SOPAC
13.67	-0.3	Mia Economou	13	8th	10/10/2014	SOPAC
14.26	0.9	Mia Economou	13	3rd	18/10/2014	SOPAC

90m hurdles



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18.36	NWI	Mia Economou	14	3rd	10/01/2015	SOPAC
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wind assisted

13.66	3.3	Tullia Votano	15	7th	12/10/2014	SOPAC
13.72	2.7	Tullia Votano	15	6th	12/10/2014	SOPAC

100m hurdles (76.2)

16.9	1.3	Olivia Payne	16	8th/U17	6/02/2015	SOPAC
17.35	1.3	Tullia Votano	16	10th/U17	6/02/2015	SOPAC
17.73	-1.3	Tullia Votano	16	3rd/U17	10/01/2015	SOPAC

2000m steeple

7.35.90		Ellen Kriedemann	14	3rd	25/10/2014	SOPAC
7.45.23		Ellen Kriedemann	14	1st	10/10/2014	SOPAC
7.50.06		Ellen Kriedemann	15	1st/U16	6/02/2015	SOPAC
7.53.22		Ellen Kriedemann	14	5th	27/09/2014	SOPAC



Victoria Mitchell, one of our most successful athletes last season

3000m steeple

9.39.78		Victoria Mitchell	33	3rd	21/03/2015	Melbourne
9.51.01		Victoria Mitchell	33	1st	17/02/2015	Bankstown

1500m walk

7.54.03		Hannah Parker	13	1st/U14	10/01/2015	SOPAC
8.57.86		Hannah Parker	12	2nd/U14	1/11/2014	SOPAC

3000m walk

17.06.44		Hannah Parker	13	3rd/U14	7/02/2015	SOPAC
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4x100m

59.63			Open	3rd	1/11/2014	SOPAC
52.13		Rachel MacCulloch, Charlotte McGill, Mia Economou, Sharna Lea- Chandler	U16	6th	15/11/2014	SOPAC



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4x200m

1.52.42	Rachel MacCulloch, Olivia Gracie, Mia Economou, Sharna Lea-Chandler	U16	8th	15/11/2014	SOPAC
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1.59.55	Sharna Lea-Chandler, Emma Grand, Rose Lui, Mia Economou	U18	8th	15/11/2014	SOPAC
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4x800m

8.50.62	Georgia Evans, Lily Harding-Delooze, Katelyn Simpson, Amy Harding-Delooze	Open	1st	16/11/2014	SOPAC
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4x1500m

18.29.82	Georgia Evans, Lily Harding-Delooze, Amy Harding-Delooze, Katelyn Simpson	Open	2nd	15/11/2014	SOPAC
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20.28.00	Audrey Amiya-Hall, Julianne Broberg, Bethany Grace Scott, Ellen Kriedemann	Open	5th	15/11/2014	SOPAC
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Pole Vault

3.10	Isabella Murrell	17	8th	11/03/2015	SOPAC
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3.00	Isabella Murrell	17	9th	13/03/2015	SOPAC
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3.00	Isabella Murrell	16	3rd	13/10/2014	SOPAC
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2.90	Isabella Murrell	17	3rd	19/03/2015	SOPAC
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2.90	Isabella Murrell	16	4th	1/03/2015	SOPAC
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2.80	Isabella Murrell	16	4th	18/10/2014	SOPAC
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2.80	Isabella Murrell	17	3rd	11/01/2015	SOPAC
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2.70	Isabella Murrell	17	3rd	18/02/2015	SOPAC
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2.10	Isabella Murrell	16	6th	4/10/2014	SOPAC
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Long Jump

4.66	0.4	Charlotte McGill	13	5th/U14	7/02/2015	SOPAC
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4.10	-1.2	Rachel MacCulloch	14	16th	13/10/2014	SOPAC
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3.06		Tamsin Colley	13	8th	29/03/2015	Brisbane
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2.74	0.7	Tamsin Colley	13	5th/Para	1/03/2015	SOPAC
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Triple Jump

10.21	1.2	Charlotte McGill	13	2nd/U14	8/02/2015	SOPAC
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Shot Put

4.93		Tamsin Colley	13	3rd/U16Para	8/02/2015	SOPAC
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Discus

9.89		Tamsin Colley	13	2nd/U16Para	8/02/2015	SOPAC
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Javelin

6.48		Tamsin Colley	13	3rd/U16Para	8/02/2015	SOPAC
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Tamsin Colley, gold medals at Nationals in 800m and 1500m Ambulant

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	01:45.6	1984
U20	Joshua Johnson	01:50.8	2009
U18	Joshua Johnson	01:50.8	2009
U16	Joshua Johnson	01:58.6	2007
		1500 m	
Senior	Jeremy Roff	03:34.4	2009
U20	Jack Stapleton	03:44.0	2014
U18	Morgan McDonald	03:50.7	2013
U16	Joshua Johnson	04:02.3	2007



		mile	
Senior	Jeremy Roff	03:55.0	2009
U20	Jack Stapleton	04:01.3	2014
		3000 m	
Senior	Youcef Abdi	07:54.3	2003
U20	Jack Stapleton	08:08.9	2014
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	28:13.2	2012
U20	Greg Dunford	30:01.2	1976
		Half Marathon	
Senior	Jeffrey Hunt	62:44:00	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	53.7	2009
U16 (200 m)	Clinton Sills	26.14	2005
		3000m Steeple	
Senior	Youcef Abdi	08:22.0	2006
U20 (2000m, 91 cm)	Greg Dunford	05:38.6	1977
U18 (2000m, 91 cm)	Nathan Derriman	06:09.7	2011
U16 (2000m, 76 cm)	Nathan Derriman	06:18.2	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	53.3	1999
3000m Walk			
Senior	D. Cox	12:50.4	1975
5000m Walk			
Senior	B. Richardson	22:58.0	1991
10k Walk			
Senior	Ron Crawford	47:19.8	1957
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	02:00.6	1984
U20	Selma Kajan	02:05.2	2009
U18	Selma Kajan	02:07.3	2008
U16	Selma Kajan	02:09.8	2005
1500 m			
Senior	Katelyn Simpson	04:12.1	2015
U20	Amy Harding-Delooze	04:21.2	2015
U18	Amy Harding-Delooze	04:21.2	2015
U16	Claire Doyle	04:27.5	2006
mile			
Senior	Elizabeth Rose (Miller)	04:49.6	1989
U20			
3000 m			
Senior	Emily Bricachek	09:06.4	2006
U20	Emily Bricachek	09:06.4	2006
U18	Emily Bricachek	09:06.4	2006
U16	Claire Doyle	09:48.3	2006
5000 m			
Senior	Tiffany Levette	15:56.3	2005
U20	Lauren McKillop	16:55.7	2009
10000 m			
Senior	Rebecca Lowe	32:24.7	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 (76 cm)	Alexis McKillop	06:53.1	2006
U18 (76 cm)	Alexis McKillop	06:53.1	2006
U16 (76 cm)	Ellen Kriedemann	07:33.8	2014
3000m Steeple			
Senior	Victoria Mitchell	09:42.0	2014
U20	Rebecca Lowe	10:48.2	2006
U18	Alexis McKillop	11:29.6	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
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	12:27.7	1993
U20	Jane Saville	12:27.7	1993
U18	Natalie Saville	12:36.2	1995
U16			



5000m Walk			
Senior	Jane Saville	21:32.3	1997
U20	Natalie Saville	21:44.6	1996
U18	Natalie Saville	22:11.3	1995
U16			
10k Walk			
Senior	Jane Saville	41:15:00	1999
U20			
20k Walk			
Senior	Jane Saville	1:27:44	2004
U20			
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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