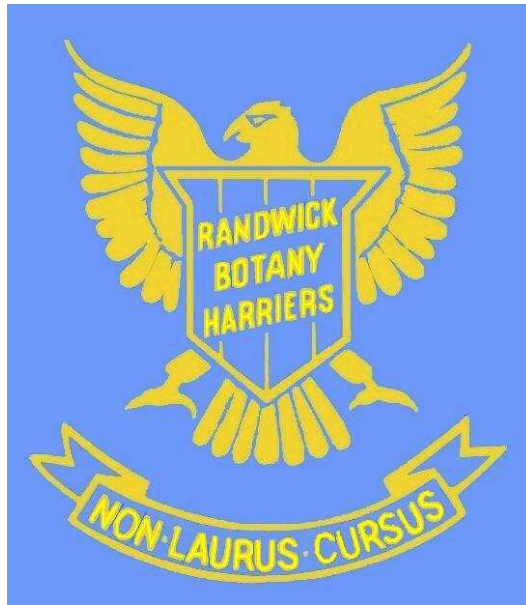


RANDWICK-BOTANY HARRIERS inc.



30th ANNUAL REPORT AND FINANCIAL STATEMENT

**FOR THE YEAR ENDING
31st MARCH 2017**

SEASON 2016-2017

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*	A A Henlsey	1953*	M Little	1995
J P Grinton	1918*	T S London	1953*	N Ellison	1996
R Coombes	1918*	D Dickings	1954*	M Rabbitt	1997
C G Weyman	1921*	J Howlin	1955*	P Sandstrom	1997
A S Baldick	1921*	C Devitt	1957*	Mrs A Saville	2000
J Siddins	1922*	W Dunn	1964*	H Stanley	2000
W F Siddins	1922*	G C Marshall	1965*	A Kajan	2010
J J Walshe	1922*	R E Cartwright	1971*	S Williams	2010
J Chegwyn	1924*	L H Irwin	1975	P Spehr	2010
R C Corish	1926*	A Southwood	1977*	Mrs J Saville	2010
W Cartwright	1928*	P Arthur	1978*	Mrs G McDarra	2010
H H Hayden	1935*	Miss T Bell	1978	P Piper	2010
G Hunt	1937*	Mrs D Smith	1980	B Butchart	2010
C D Spicer	1938*	Mrs J Norman	1982*	I Currota	2011
C D Patterson	1938*	G Ryan	1983	Mrs G Spehr	2011
H C Parker	1939*	RJ Crawford OAM	1984	K Green	2011
C D Hensley AM	1940*	K Morris	1993	J McGrath	2012
R Fazakerley	1946*	H Liu	1993*	J Dwyer	2012
A G Hayes	1946*	J Russell	1994	T Hyndes	2012
E F Magee	1947*	K Goldman	1994	G Griffin	2014
E J Winter	1948*	Mrs D Haar	1995*	Mrs B Kajan	2014
				J Hunt	2016
				J Roff	2016

*deceased

Honorary Members

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



OFFICE BEARERS 2016/2017

President

J Dawes

Vice Presidents

A Kajan, P Feain, J Broberg

Patrons

Cr B Notley-Smith
M Daley MLA

General Secretary

P O'Reilly

General Treasurer

N Lynch

Registrar

G Griffin

Member Protection Officer

D Evans

Track Coordinator

A Kajan

Winter Coordinator

A Kajan

Delegates to Athletics NSW

J Dawes

Male Captain

Jeremy Roff

Female Captain

Tracy Robinson

Purchasing & Equipment

R Crawford, M Rabbitt

Auditor

-

Honorary Solicitor

T Olabinri

Coaching Coordinator

A Kajan

Publicity Committee

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

Winter Race Registrar

N Ellison

The Committee of Management

James Dawes

Guy Griffin

Julianne Broberg

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



Another proud year for the Club saw nine of our members either compete internationally or qualify to do so, two members were National Champions, two other members received Athletics NSW (ANSW) awards, three Club records were broken - which is a good effort considering we have been around for over 100 years, we dominated the Open category in ANSW cross country and six of our members were State Champions.

Off the track, we found four new ways to promote the Club to the public, hosted a successful ANSW event and preserved Club history dating back to 1907.

Achievements in International Competition

- Selma Kajan competed in the 800m in Rio at her first Olympic Games. Her qualification was made all the more remarkable as she did so with only two weeks before the cut-off and she subsequently received our coveted Outstanding Achievement Award. Although Selma was ill during the Games and didn't run at her best, we are certain this won't be her last Olympics.
- Of the 24 Australians who qualified for the World Cross Country Championships this year, one-sixth of them hailed from our Club! Lexie Gilmour competed (80th) in the Open Women's event and Zac Facioni (65th) and Georgia Evans (67th) both competed in the Juniors. Emily Hopper also qualified but unfortunately suffered an injury leading up to the Championships. Thank you to the Doncaster Hotel for providing a nice venue to recognise these athletes at our farewell function for the Championships.
- Molly Blakey and Amy Harding-Delooze competed in the World Junior Championships, Molly in the 400m (7th/Heat 5) and Amy in the 1500m (11th/Heat 2).
- In the World Masters Championships, Anna Fitzgerald and Gary Howard both earned medals. Anna won gold in the W35 5k and 10k events, and Gary earned silver in the M40 800m.

Special mentions regarding Olympic qualification must go to Steve Solomon and Jeff Hunt. In the 400m, Steve missed out by just 0.04 of a second. Jeff ran a marathon qualification time of 2hrs:16mins but sadly was not in the first three selected for the Games.



Achievements in National Competition

Our three National Champions were Steve Solomon in the Open 400m, Lora Storey in the Open 800m and Zac Facioni in the U18 Cross Country Championships.

Club Records

- Morgan McDonald broke the Club's 5k Senior record with 13:29.79 at an American College meet. It should also be noted that he ran 7:51.19 over there in a 3k event. This would also be a Club Senior record if he hadn't been running indoors!
- Kate Spencer's 5000m 15:28.47 was close to an Olympic Qualifier and bettered our existing Club Senior record.
- Katelyn Simpson broke the Senior 1500m record in running 4:11.82.

Achievements in State Competition

Our domination of the State Cross Country events had to be seen to be believed. Thanks to Harry Summers and Kate Spencer, we won gold in the open men and women at both the Short Course and Long Course Championships.

In addition, at the Short Course our Open Women finished 4 out of the top 5 – Lexy Gilmour finished second, Lauren McKillop third in a huge comeback and Audrey a close finishing fifth.

We finished in high standings at the sharp end of the Winter Premiership, with our Open Men finishing 2nd, our Open Women in 3rd and our U/20 Women placing 2nd.

On the track, we had another four State Champions. Matt Hudson won the Open 5k and we had three 800m Champions: Lora Storey Opens – Lora's effort was no mean feat given that she had recently stepped up from the 400m hurdles; Amy Harding-Delooze in the U20's and Bailey Hubler in the U14's.

On a final note regarding state competition, our Open Men's team extended our streak of winning the State Road Relays for the 11th consecutive year and I can see no reason why this won't continue next year.

ANSW Awards

Kate Spencer was named Female Cross Country Athlete of the Year and Amy Harding-Delooze was named Junior Female Middle Distance Athlete of the Year.



City to Surf

Harry Summers had been trying to win this prestigious race for many years, and finally did so in emphatic fashion. I have been watching this race for many years and I can't recall anyone destroying the field up the first climb and going on to win. A nice aside to this victory was Harry thanking his Coach by giving him the wrist-watch awarded for first prize.

ANSW Event at ES Marks

The Club provided 14 volunteers to help ANSW host an interclub meet at our local field, ES Marks. This was nearly three times as many volunteers as we provided at the previous such event. Not only was there a notable improvement in the camaraderie of those volunteering, it earned the Club over \$700 after sharing the proceeds of the event with ANSW. In future, the Club plans to host one ANSW event annually.

Club Promotion

The Committee agreed this year to replace our existing marquee with one double the size. We predict that a larger marquee will attract more members, and we have incorporated our website address and social network accounts in the marquee's design in order to better engage with the public. The company which designed the marquee, Betta Marquees, also digitised the club logo which we can now use to improve the graphics on our uniforms and merchandise.

This year, we received a number of glowing testimonials that are now located on our website. We plan to also conduct some oral history interviews of our Life Members to supplement these testimonials to further promote the Club. We recently learned that many of our members are users of Instagram and have now opened an account with this network.

Club History

A transcript of the Club's original minute book, dating 1907-1909, was transcribed in its entirety for our website. Members can now look back in time, discover our origins and re-live the workings of our first ever Committee.

To conclude, I would like to thank you all for bringing me such joy every week that I'm out there training and competing. We have all signed up for a tough sport. However, I can assure you that the positivity in seeing you all smile despite the hard work and all the fine people I've met in this Club far outweighs the pain!

Yours gratefully,



Jim Dawes

SECRETARY’S REPORT



Another successful season for RBH athletes, in competition home and abroad.

Paul Feain has decided to finish up on the Committee. Paul's broad experience, commitment to running and health, and constant striving to improve and seek out new opportunities for RBH will be sorely missed. We wish you well Paul, and sincerely thank you for your great service and commitment over many years.

We welcomed Jeremy Roff vacancy into the vacant Vice Presidential position. Jeremy's athletic and coaching experience, and deep commitment to RBH, have been great and welcome additions to the Committee in the past 12 months.

Out Treasurer, Neil Lynch, has relocated to New Zealand as a great career opportunity lured him across the ditch. Many thanks and much gratitude to Neil for his conscientious and prudential oversight of all things financial. Neil will, across the coming months, hand over the Treasurer's reigns to fellow banker Julianne Broberg.

The Committee has been active on a number of fronts this past year. These include:

- + Exploring further social media platforms for the Club, for both informational and promotional purposes
- + Seeking additional coaches, and professional development opportunities for our coaches and officials
- + Furthering and capturing the history of RBH, especially through photograph and narrative sourced from older or ex RBH members.

I would also like to thank the Doncaster Hotel for the use of their meeting room!

Pat O'Reilly



REGISTRAR'S REPORT



Following some wholesale changes by ANSW we have a huge increase in reported registration numbers for this year. ANSW have associated a large number of Little Athletes with our club. We now have 135 Dual LAANSW athletes. We may never see any of these athletes & they may never run with the senior club but obviously we hope as they continue in athletics that they stay with the club.

Athletics NSW has continued to franchise more clubs from schools and colleges. Unfortunately some of these clubs have been able to entice some talented athletes away from RBH. We hope that these athletes will remember the support that they received at our club and may return in the future.

ANSW have now been able to offer very tangible benefits in their new Run NSW Membership which is the equivalent of the old Winter memberships.

While including eligibility to enter all 'traditional' Athletics NSW and Athletics Australia over the winter season this now offers free entry into 12 RunNSW events and a free RunNSW/Greater Running Shirt for competitors in the Sydney10. This has given us a larger Winter numbers than we have had in earlier years.

	2017	2016	2015	2014
Senior	44	48*	66*	49
Winter only / Run NSW	16	20	15	13
Juniors to U20	31	24	38	41
Dual LAANSW	135	15	25	20
total	227	115	146	145

The female to male athlete ratio continues to increase. This year we have higher 105 females to 122 males (2016 we had 44 females and 63 males). 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. We now sponsor 23 athletes. This has been reflected in great competitive results across a range of age groups.

In terms of demographics the homes of our athletes has changed a little. These are our most popular source suburbs.

Randwick	30 athletes
Bondi	20 athletes
Maroubra	18 athletes
Vaucluse	12 athletes
Paddington	11 athletes
Little Bay	11 athletes
Coogee	10 athletes

Guy Griffin



TREASURER'S REPORT

As at 31 March 2017



Following loss of **\$2,215** in the year to 31 March 2016, the Club returned another loss in **FY2017 of \$3,953**, reducing our net assets to \$45,578.

Our largest cost this year was Club funded registration fees for athletes meeting performance criteria set by the committee. As a result the Club paid \$3,210 of registration fees on behalf of its high performing athletes.

On the revenue side, we were pleased the Doncaster Hotel continued to offer a \$1000 financial sponsorship. The club held all club functions and all committee meetings at the Doncaster Hotel. We hope this relationship continues. Further, the Club successfully hosted and provided volunteers to Round 4 of the Treloar Shield at ES Marks. The profits from the day were split 50:50 between RBH and ASNW. Our share was \$758.

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
Treasurer

Career opportunities take me across the ditch to New Zealand. As such I anticipate this will be my last Treasurer's Report.

*It has been a pleasure to serve this famous club the last four years, to have club mates become mates, to be part of a great committee who are totally selfless and only want the best for RBH. I leave with confidence the club will continue to achieve its mission; **"To provide a pathway to excellence in all disciplines officiated by Athletics NSW"***



RANDWICK BOTANY HARRIERS Inc.
STATEMENT OF FINANCIAL POSITION
As at 31 March 2017

Current Assets		31/03/2017
Cash at Bank	\$	889.60
Uniforms	\$	7,019.00
TOTAL	\$	7,908.60
Non Current Assets		
Investments [^]	\$	35,549.66
Equipment	\$	2,120.00
TOTAL	\$	37,669.66
Net Assets	\$	45,578.26
Accumulated Funds		
Retained Surplus start of year	\$	49,531.26
Surplus/Loss arising		-\$3,953.00
TOTAL Members' Equity end of year	\$	45,578.26

[^]Investments refers to an ING savings account



RANDWICK BOTANY HARRIERS Inc.
STATEMENT OF FINANCIAL PERFORMANCE
For the year ended 31 March 2017

REVENUE

Registration + Club Fees	\$ 930.86
Club Runs	\$ 33.50
Fun Run Assistance	\$ 500.00
Committee Sponsorser Athletes	\$ 300.00
Doncaster Hotel Sponserhip	\$ 1,000.00
ES Marks Event Profit Share	\$ 782.50
Uniform Sales	\$ 1,030.00

Increase in Value of Investments & Interest \$ 861.17

TOTAL \$5,438.03

EXPENDITURE

Sundries	\$ 173.64
Registration Fees	\$ 3,210.00
ANSW Affiliation Fees	\$ 1,073.71
Plaques, Trophies & Awards	\$ 308.00
Coaching Fees (Level 1)	\$ 229.68
Sporting Injuries Insurance	\$ 165.00
State Relay's Entry	\$ 648.00
Mutch Park hire fee	\$ 372.00
Athletes Assistance	\$ 2,400.00
Equipment (Tent)	\$ 2,120.00

TOTAL \$10,700.03

Preliminary LOSS for the year -\$5,262.00

add back purchase vlaue of equipment (tent)* \$ 2,120.00

less depreciation on equipment (tent) \$ -

Write off on Uniforms -\$ 811.00

Final LOSS for the year -\$3,953.00

*one off item



RANDWICK BOTANY HARRIERS Inc.
BALANCE SHEET
As at 31 March 2017

Assets

Cash at Bank	\$889.60
Uniforms	\$7,019.00
Investments	\$35,549.66
Equipment	\$2,120.00

TOTAL **\$45,578.26**

Liabilities \$0.00

Excess of Assets over Liabilities **\$45,578.26**



**RANDWICK BOTANY HARRIERS Inc.
GENERAL TREASURER’S ACCOUNT
STATEMENT OF RECEIPTS and PAYMENTS
For the year ended 31 March 2017**

Receipts		Payments	
Balance @ 31 March 2016	\$ 2,012.67	Sundries	\$ 173.64
Registration + Club Fees	\$ 930.86	Registration Fees	\$ 3,210.00
Club Runs	\$ 33.50	ANSW Affiliation Fees	\$ 1,073.71
Fun Run Assistance	\$ 500.00	Plaques, Trophies & Awards	\$ 308.00
Committee Sponsorser Athletes	\$ 300.00	Coaching Fees (Level 1)	\$ 229.68
Doncaster Hotel Sponserhip	\$ 1,000.00	Sporting Injuries Insurance	\$ 165.00
ES Marks Event Profit Share	\$ 782.50	State Relay's Entry	\$ 648.00
Uniform Sales	\$ 1,030.00	Mutch Park hire fee	\$ 372.00
Interest received on transaction account	\$ 0.10	Athletes Assistance	\$ 2,400.00
Deposits from ING Savings account	\$ 5,000.00	Equipment (Tent)	\$ 2,120.00
		Balance Current (Cash at Bank)	\$ 889.60
TOTAL	\$ 11,589.63		\$ 11,589.63

**RANDWICK BOTANY HARRIERS Inc.
GENERAL TREASURER’S ACCOUNT
APPENDIX 1 – Proposed Depreciation Schedule for Club Tent
For the year ended 31 March 2017**

	Item Tent
	Date Purchased 27/02/2017
	Purchase Price \$2,120.00
	Effective Life(years) 5
	Rate of Deprication 20%
Remaining Value	Year 0 \$2,120.00
	Year 1 \$1,696.00
	Year 2 \$1,272.00
	Year 3 \$ 848.00
	Year 4 \$ 424.00
	Year 5 \$ -



TRACK AND FIELD REPORT



2016/17 season was very exciting to follow. Obviously, being the Olympic year there was a lot happening.

Several of our top athletes had an Olympic team spot in their sights and rightly so.

The first one to achieve an Olympic qualifying standard was Jeff Hunt with his 2:16:09 marathon that he ran in Hamburg on 17th April. Unfortunately for him, there were other 3 athletes who ran faster times and Jeff missed out on his second Olympics.

Steven Solomon, who made London Olympics 400m final in 2012, was nearly a certain bet to make an Olympic team. At the beginning of June he clocked 45.44 in Townsville which was only 0.04 sec off the qualifier. We were absolutely certain that he would run faster in Europe but somehow it didn't happen. He had another five sub 46 sec races but simply luck wasn't on his side; at few of these meetings the weather conditions were atrocious.

We had two RBH girls chasing 800m qualifier which stood at 2:01.50. Selma Kajan was pretty dominant during domestic season winning races in Hobart, Brisbane and Perth before coming 2nd in very tactical National Championships. Also Lora Storey, who made the switch from 400m hurdles, was improving rapidly and with her 2:02.68 time during domestic season had realistic chance to reach qualifying standard. Both girls went to US for some altitude training before continuing racing. Lora ran fantastic PB in Palo Alto (USA) on 1st May clocking 2:01.67 just 0.17 shy of the Olympic standard. Interestingly enough, Selma ran exactly same time in Montreuil (France) on 7th June.

After that Lora had a string of 2:02.xx races but the elusive qualifier just wasn't coming. Selma was running even slower with few races at 2:06-2:07 level, the reason was virus that she couldn't shake off for few weeks. The time was running out for both girls.

Finally on 30th June at race in Barcelona, Selma clocked 2:01.27 in pretty messy race, thus securing spot in the Olympic team. Unfortunately, three days before her race in Rio, she got sick again and wasn't able to perform at her best. She ran 2:05.20 and was eliminated in the first round.

Another quality athlete in pursuit of Olympic qualifier was Kate Spencer who was agonisingly close to 5000m standard (missing it only for 4.47 sec) with her tremendous race in Portland (USA) on 12th June. Her time of 15:28.47 was new club record.

Molly Blakey and Amy Harding-Delooze competed in the World Junior Championships, Molly in the 400m (7th/Heat 5 with time 55.49) and Amy in the 1500m (11th/Heat 2 with time 4:25.38). Both girls had less than ideal preparation leading to this big competition because of injuries.



At the World Cross Country Championships in Kampala (Uganda) this year, we had three athletes from our club representing Australia. Lexie Gilmour competed in Open Women (80th) event and Zac Facioni (65th) and Georgia Evans (67th) both competed in the juniors division. Emily Hopper also qualified but unfortunately had to miss due to injury.

In the World Masters Championships, Anna Fitzgerald won gold in the W35 5k and 10k events while Gary Howard won silver in the M40 800m.

At Australian Open Track and Field Championships in Sydney we end up with 2 gold medals: Steven Solomon in 400m (his 5th title) and Lora Storey in 800m. Also worth mentioning was 7th place for Edward Vining in 1500m and 8th place for Abigail Regan in 800m.

In the winter season our club came 9th for the Winter Club Trophy. In the Winter Premiership our Open Men team came 2nd behind Sydney University. U20 girls were also 2nd. Open Women's team was 3rd, same like last season.

Few of the highlights of winter season include 11th consecutive win for our Open Men team at State Road Relays, Open Men team victories at Novice and State Long cross country championships.

Many thanks to our club coaches especially Ken Green and Gary Howard who helped to put together our relay teams.

Alija Kajan



2016 –2017 Annual Report

Rank	Club	2016 Winter Club Trophy																								
		Novice Champs			Sydney 10			XC Relays			XC Champs			Road Relays			Short Course			Half Mara			Marathon			Total
		Team Points	Participation	Total	Team Points	Participation	Total	Team Points	Participation	Total	Team Points	Participation	Total	Team Points	Participation	Total	Team Points	Participation	Total	Team Points	Participation	Total	Team Points	Participation	Total	
1st	Banestown	228	54	282	57	307	317	103	420	246	60	306	261	72	333	301	58	359	150	35	185	25	5	30	2222	
2nd	Sydney Striders	186	45	231	89	454	324	84	408	133	38	167	245	56	301	175	42	217	20	17	37	62	9	71	1886	
3rd	Sutherland	97	57	154	89	432	308	76	384	96	34	134	44	11	55	120	36	156	4	4					1020	
4th	Kembla Joggers	25	10	35	67	24	91	282	64	346	166	51	217	4	4	203	52	255							949	
5th	St George	25	24	49	83	29	112	282	81	363	40	25	65	130	34	164	85	37	122						879	
6th	Hills District	0	4	4	120	34	154	181	41	222	92	24	116	172	36	208	25	13	38	68	14	82	18	5	23	847
7th	Norwa	0	2	2	0	3	3	219	64	283	222	64	286													821
8th	Sydney Uni	48	16	64	96	25	121	113	36	149	45	14	59	72	20	92	86	19	105						595	
9th	Randwick Botany	15	11	26	45	19	64	341	38	179	50	27	77	104	23	127	70	23	93						567	
10th	Asics West	0	4	4	18	19	37	137	42	179	60	24	84	150	36	186	38	14	52						544	
11th	Athletics East	49	20	69	73	16	89	90	28	118	35	7	42	86	24	110	79	11	90						528	
12th	UTS Norths	0	6	6	18	11	29	154	45	199	20	22	42	113	28	141	12	12	7						432	
13th	Mingara	0	1	1	0	5	5	7	4	11	11	11	11	176	45	221	7	7							258	
14th	Macquarie Hunter	0	14th	0	0	6	6	25	10	35	11	11	79	19	98	6	6								156	
15th	Ryde	0	1	1	0	3	3	46	13	59	5	5	5	43	11	54									123	
16th	Girraween	0	2	2	0	8	8	21	12	33	3	3	36	16	52	3	4								107	
17th	Sydney Pacific	0	4	4	0	6	6	41	17	58	6	6	15	10	25	5	5								105	
=18th	Illawong	0	7	7	0	5	5	52	20	72	6	6	6	4	4	4									94	
=18th	Trinity Athletics	0	0	0	0	1	1	25	4	29	25	6	31	2	2	25	6	31							94	
20th	Balmain	0	1	1	0	4	4	13	4	17	20	5	25	25	6	31									82	
21st	Westfields	0	0	0	12	12	16	9	25	14	10	24	1	1	1	1	1	6	6						68	
22nd	Blue Mountains	0	1	1	0	4	4	0	0	0	4	4	4	1	1	1	1	3	3						14	
23rd	Illawarra Blue Stars	0	3	3	0	3	3	1	4	5	1	1	1	1	1	1	1	1	1						13	
=24th	Glenbrook	0	0	0	0	0	0	0	0	0	2	2	2	2	2	2	2	2	2						7	
=24th	Nepean	0	0	0	7	7	0	0	0	0	0	0	0	0	0	0	0	0	0						7	
=26th	Cherrybrook	0	1	1	0	1	1	0	0	0	2	2	2	2	2	2	2	2	2						6	
=26th	Woodstock Runners	0	0	0	4	4	0	0	0	0	0	0	0	0	0	0	0	0	0						6	
28th	Newcastle Runners	0	0	0	0	3	3	0	0	0	0	0	0	1	1	1	1	1	1						6	
=29th	Armidale	0	0	0	0	0	0	0	0	0	2	2	2	2	2	2	2	2	2						4	
=29th	Armidale	0	0	0	0	0	0	0	0	0	2	2	2	2	2	2	2	2	2						4	
=29th	Paramatta City	0	0	0	1	1	0	1	1	1	1	1	1	1	1	1	1	1	1						4	
31st	Campbelltown	0	0	0	0	0	0	0	0	0	3	3	3	3	3	3	3	3	3						3	
=32nd	Adamstown New Lambton	0	0	0	0	0	0	0	0	0	2	2	2	2	2	2	2	2	2						2	
=32nd	Athletics Wollongong	0	0	0	0	0	0	0	0	0	1	1	1	1	1	1	1	1	1						2	
=32nd	Orange Runners	0	0	0	0	0	0	0	0	0	1	1	1	1	1	1	1	1	1						2	
=32nd	Orange Runners	0	0	0	0	0	0	0	0	0	1	1	1	1	1	1	1	1	1						2	
=32nd	Raymond Terrace	0	0	0	0	0	0	0	0	0	2	2	2	2	2	2	2	2	2						2	
=32nd	Score	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0						2	
=32nd	South Sydney	0	0	0	0	2	2	0	0	0	0	0	0	0	0	0	0	0	0						2	
=32nd	Uni of NSW	0	1	1	0	1	1	0	0	0	0	0	0	0	0	0	0	0	0						2	
=32nd	Westlakes	0	0	0	0	1	1	0	0	0	1	1	1	1	1	1	1	1	1						2	
=41st	Camden	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0						1	1
=41st	Douglas Park	0	0	0	0	0	0	0	0	0	1	1	1	1	1	1	1	1	1						1	1
=41st	Edgeworth	0	0	0	0	0	0	0	0	0	1	1	1	1	1	1	1	1	1						1	1
=41st	NSW Masters	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0						1	1
=41st	Tamworth	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0						1	1
=41st	Woolgoolga	0	0	0	0	0	0	0	0	0	1	1	1	1	1	1	1	1	1						1	1

Total participation 275 447 806 478 461 396 108 77



2016 Winter Premiership					
Novice + Sydney:10 + XC Relays + XC Champs + Road Relays + Short Course + Half marathon (opens + masters only) + Marathon (open only)					
	Girls U12	Points		Boys U12	Points
1	SGD A	115	1	SUT A	95
2	SSR A	103	2	SSR A	79
3	SSR B	68	3	SGD A	53
4	SUT A	53	4	KEJ A	45
5	KEJ A	42	5	ASW A	20
6	MHA A	18	6	NOW A	17
7	SUT B	15	7	BAN A	14
8	SGD B	14			
9	BLM A	13			
10	SSR C	12			
11	NOW A	11			
12	BAN A	10			
	Girls U14	Points		Boys U14	Points
1	SSR A	136	1	SSR A	121
2	SGD A	101	2	TGS A	75
3	SSR B	57	3	ASW A	43
4	ASW A	68	4	KEJ A	57
5	RYD A	32	5	NOW A	32
6	KEJ A	31	6	KEJ B	30
7	SGD B	27	7	SUT A	37
8	MHA A	25	8	GLE A	15
9	MIN A	20	9	NOW B	14
10	RBH A	17	10	RYD A	14
11	MIN B	14	11	SSR B	12
12	ASW B	10	12	SGD A	11
13	ILL A	9			
14	SSR C	8			
15	BAN A	7			
16	KEJ B	6			
	Girls U16	Points		Boys U16	Points
1	SSR A	119	1	SSR A	123
2	ASW A	86	2	KEJ A	100
3	SUT A	81	3	SSR B	68
4	KEJ A	63	4	SUT A	37
5	NOW A	47	5	NOW A	28
6	MHA A	25	6	MIN A	25
7	UTN A	16	7	ASW A	18
8	SUT B	15	7	BAN A	18
9	KEJ B	13	9	WES A	16
10	NOW B	12	10	KEJ B	14
11	SGD A	11	11	SGD A	13
			12	SSR C	12
			13	SSR D	10



Girls U18		Points	Boys U18		
1	KEJ A	100	1	SSR A	123
2	RYD A	43	2	KEJ A	100
3	ASW A	35	3	BLM A	45
4	SUT A	20	4	BAN A	37
5	HIL A	18	5	SGD A	18
6	UTN A	17	6	HIL A	17
7	NOW A	16			
8	SSR A	14			
9	SGD A	13			
10	RBH A	12			
Girls U20		Points	Boys U20		Points
1	SYU A	50	1	SSR A	108
2	RBH A	25	2	BAN A	57
3	MIN A	25	3	SGD A	55
4	KEJ A	20	4	RBH A	38
5	SUT A	18	4	KEJ A	38
6	ASW A	17	6	SUT A	17
7	SYP A	16	7	HIL A	16
			8	ASW A	15
Women's Open		Points	Men's Open		Points
1	SYU A	143	1	SYU A	130
2	AEA A	138	2	RBH A	123
3	RBH A	87	3	AEA A	121
4	SSR A	55	4	BAN A	87
5	SYU B	54	5	UTN A	83
6	BAN A	44	6	SUT A	69
6	UTN A	34	7	SSR A	62
6	AEA B	34	8	SYU B	47
9	HIL A	32	9	RBH B	34
10	SYU C	27	9	HIL A	34
11	SYP A	24	11	SGD A	30
12	NOW A	20	11	BAN B	30
13	MHA A	18	13	NOW A	29
14	NOW B	16	14	UTN B	27
15	RBH B	15	15	MIN A	22
16	MIN A	14	16	KEJ A	20
16	SUT A	14	16	UTN C	20
18	SYP B	11	18	SYU C	19
19	SYU D	10	19	MHA A	18
20	ASW A	9	19	SUT B	18
21	MIN B	7	21	SSR B	17
22	GIR A	6	22	NOW B	16
22	ILL A	6	23	ILL A	15
24	SGD A	5	24	ASW A	11
			24	MIN B	11
			26	AEA B	9
			27	BAN C	8
			28	BAN D	6
			28	GIR A	6
			30	SYP A	5
			31	SYU D	3
			32	SYU E	2
			33	IBS A	1



	Women's 35-44	Points		Men's 35-44	Points
1	BAN A	141	1	BAN A	157
2	AEA A	88	2	SUT A	145
3	NOW A	42	3	BAN B	93
4	SGD A	25	4	SSR A	65
4	SSR A	25	5	ASW A	57
6	MIN A	20	6	HIL A	50
6	SUT A	20	7	AEA A	47
8	HIL A	16	8	RBH A	39
			9	GIR A	22
			10	KEJ A	18
			11	SUT B	17
			12	SSR B	14
			13	NOW A	12
			14	ILL A	10
			15	BAN C	8
	Women's 45-54	Points		Men's 45-54	Points
1	BAN A	83	1	BAN A	128
2	HIL A	75	2	HIL A	113
3	NOW A	25	3	KEJ A	62
4	AEA A	20	4	SGD A	58
5	BAN B	17	5	RBH A	50
			6	NOW A	35
			7	UTN A	32
			8	SUT A	30
			9	SSR A	27
			10	GIR A	23
			11	SGD A	20
			12	BAN B	18
			13	ASW A	14
			14	MIN A	13
			14	SGD B	13
			16	ILL A	12
			17	NOW B	9
			18	SGD C	8
			19	BAN C	6
	Women's 55-64	Points		Men's 55-64	Points
1	BAN A	138	1	HIL A	150
2	SSR A	50	2	BAN A	138
3	HIL A	40	3	BAN B	114
4	NOW A	20	4	BAN C	61
5	UTN A	17	5	HIL B	55
			6	SUT A	51
			7	NOW A	40
			8	SSR A	35
			9	UTN A	31
			10	SGD A	17
			11	UTN B	15
			12	SGD B	13
			13	MIN A	12



		2016 Treloar Shield Trophy																	
		Overall			Round 1			Round 2			Round 3			Round 4			Round 5		
Club	Rank	Points	TS Points	Participation	Total	TS Points	Participation	Total	TS Points	Participation	Total	TS Points	Participation	Total	TS Points	Participation	Total		
Asics Wests	1st	12715	2402	43	2445	2506	50	2556	3274	77	3351	2301	28	2329	1999	35	2034		
UTS Norths	2nd	12137.5	1805	40	1845	2966.5	71	3037.5	3671	88	3759	1611	34	1645	1810	41	1851		
Sydney University	3rd	5086	454	8	462	505	12	517	2006	41	2047	1184	20	1204	839	17	856		
Sydney Pacific	4th	4419.5	434	8	442	1335.5	37	1372.5	1619	42	1661	203	11	214	720	10	730		
Campbelltown	5th	4333.5	1957.5	52	2009.5	785	31	816	1008	39	1047	43	2	45	407	9	416		
Cherrybrook	6th	3762	1088	20	1108	724	20	744	1295	28	1323	24	1	25	553	9	562		
St George	7th	3473.5	1076.5	20	1096.5	533	17	550	776	26	802	759	14	773	248	4	252		
Hills	8th	3450	515	16	531	775	16	791	1529	50	1579	117	5	122	415	12	427		
Trinity Athletics	9th	3307	128	3	131	610	26	636	1479	70	1549	668	20	688	295	8	303		
Illawong	10th	3183	630	14	644	614	21	635	908	33	941	329	8	337	616	10	626		
Bankstown	11th	3032	775	20	795	544	14	558	692	21	713	184	8	192	758	16	774		
Westfields	12th	2276	551	19	570	606	16	622	425	25	450	198	6	204	421	9	430		
Athletics East	13th	2097	220	8	228	188	2	190	575	25	600	754	17	771	296	12	308		
Sutherland	14th	1987	455	11	466	494	15	509	480	27	507	210	5	215	280	10	290		
Randwick Botany Harriers	15th	1890	204	4	208	135	4	139	719	27	746	386	11	397	390	10	400		
Mingara	16th	1876	545	8	553	374	8	382	349	17	366	399	15	414	157	4	161		
Sydney Striders	17th	1440	326	12	338	235	11	246	450	24	474	259	10	269	109	4	113		
The Scots College	18th	1328				249	18	267	605	36	641	329	18	347	70	3	73		
Mounties	19th	1292	373	9	382	190	5	195	481	11	492			0	218	5	223		
Blue Mountains	20th	1272	229	11	240	490	13	503	432	21	453			0	74	2	76		
Ryde	21st	935	90	3	93	218	7	225	406	13	419	101	3	104	92	2	94		
Forster	22nd	853				416	2	418	322	7	329			0	104	2	106		
NSW Masters	23rd	825	235	5	240	121	3	124	128	3	131	144	4	148	180	2	182		
Nepean	24th	823				173	5	178	466	19	485	66	4	70	86	4	90		
University of NSW	25th	781	280	3	283	216	2	218	58	2	60	200	2	202	17	1	18		
Nowra	26th	765	138	4	142				394	13	407	17	1	18	192	6	198		
Kembla Joggers	27th	726	60	3	63	132	4	136	321	17	338			0	184	5	189		
South Sydney	28th	682	137	3	140	20	2	22	177	9	186	236	6	242	90	2	92		
Blacktown	29th	616	24	1	25	158	4	162	41	2	43	54	2	56	326	4	330		
Epping	30th	581	196	3	199	92	1	93	115	2	117	30	2	32	137	3	140		
Athletics Wollongong	31st	555	202		202	95	4	99	194	7	201	50	3	53			0		
Balmain	32nd	527		1	1	138	4	142	170	9	179	144	5	149	53	3	56		
Barker	33rd	514				236	3	239	270	5	275			0			0		
Knox	34th	501				100	17	117	297	22	319	37	2	39	24	2	26		
Girraween	35th	479	48	1	49	139	3	142	278	10	288			0			0		
Macquarie Hunter	36th	380				88	1	89	71	5	76			0	212	3	215		
Camden	37th	313	108	7	115	36	3	39	128	6	134			0	24	1	25		
Gosford	38th	222							82	4	86	14	1	15	120	1	121		
Newington	=39th	215	20	1	21	74	5	79	96	3	99	15	1	16			0		
Westlakes	=39th	215							150	2	152	60	3	63			0		
Mosman	41st	183				80	1	81	79	2	81	20	1	21			0		
Parramatta City	42nd	159	96	1	97				24	1	25			0	36	1	37		
Illawarra Blue Stars	43rd	127		4	4	41	1	42	80	1	81			0			0		
Glenbrook	44th	100							66	3	69			0	30	1	31		
Adamstown New Lambton	45th	71							38	2	40			0	30	1	31		
Newcastle Runners	46th	59								1	1			0	56	2	58		
Maitland	47th	56				24	1	25			0			0	30	1	31		
Woodstock	48th	55	48	7	55						0			0			0		
Wyong	49th	49							17	1	18	30	1	31			0		
Hooked On Running	50th	39							37	2	39			0			0		
Edgeworth	51st	22							20	1	21			1	1		0		
Singleton	52nd	7				6	1	7			0						0		



2016/17 Treleor Shield Junior Pointscore - Men and Women

Rank	Club	Round 1			Round 2			Round 3			Round 4			Round 5			Total
		Track	Field	Overall	Track	Field	Overall	Track	Field	Overall	Track	Field	Overall	Track	Field	Overall	
1st	UTS Norths	307	47	354	676	264.5	940.5	1027	357	134	491	276	158	434	3246.5		
2nd	Trinity Athletics	68	60	128	416	194	610	1279	331	337	668	141	54	195	2880		
3rd	Asics Wests	322	265	587	220	339	559	944	202	207	409	75	105	180	2679		
4th	Campbelltown	680.5	365	1045.5	308	261	569	741	13	30	43			0	2398.5		
5th	St George	148.5	421	569.5	246	170	416	435	78	155	233			0	1653.5		
6th	Westfields	333	122	455	198	80	278	357	54	144	198	173		173	1461		
7th	Cherrybrook	358	219	577	168	122	290	372			0	124	24	148	1387		
8th	Hills	249	50	299	129	80	209	651		60	60	135	24	159	1378		
9th	Bankstown	142	217	359	106	174	280	395	120	24	144	116	60	176	1354		
10th	Sydney Pacific	64		64	292	164.5	456.5	506	12	47	59	30		30	1115.5		
11th	Illawong	117	40	157	211	24	235	556	15	30	45	16	30	46	1039		
12th	The Scots College				199	50	249	286	226	86	312	70		70	917		
13th	Sutherland	150		150	119		119	360	114		114	140		140	883		
14th	Sydney Striders	198		198	104		104	250	229		229	24	30	54	835		
15th	Randwick Botany Harriers	30	24	54	25	30	55	309	172	30	202	86		86	706		
16th	Sydney University	126		126	61		61	199	30		30	125	84	209	625		
17th	Nowra	114		114				274	17		17	192		192	597		
18th	Ryde	75	15	90	126	12	138	256		71	71	24		24	579		
19th	Nepean				29	20	49	346	66		66	15	54	69	530		
20th	Kembla	60		60	68		68	265			0	120		120	513		
21st	South Sydney	57	80	137	20		20	161	90	50	140		30	30	488		
22nd	Athletics Wollongong	96	46	142	44	51	95	194	50		50			0	481		
23rd	Mingara	48		48	95	20	115	221	83		83			0	467		
24th	Blue Mountains	115		115	118		118	215			0			0	448		
25th	Athletics East	54	30	84				246	30		30	74		74	434		
26th	Balmain				14	24	38	170	98	46	144	36		36	388		
27th	Knox Grammar							297	37		37	24		24	358		
28th	Girraween					78	78	163			0			0	241		
29th	Newington	20		20	74		74	96		15	15			0	205		
30th	Camden	92		92	16		16	74			0			0	182		
31st	Forster							106			0	74		74	180		
32nd	The Kings Grammar				100		100				0			0	100		
33rd	Gosford							82	14		14			0	96		
34th	Westlakes							30	30	30	60			0	90		
35th	Illawarra Blue Stars	83		83							0			0	83		
36th	Adamstown New Lambton							38			0		30	30	68		
37th	Glenbrook							66			0			0	66		
38th	Maitland					24	24				0		30	30	54		
39th	Epping							20			0		30	30	50		
40th	Blacktown				30		30	17			0			0	47		
40th	Wyong							17		30	30			0	47		
42nd	Macquarie Hunter							19			0	24		24	43		
43rd	Barker							34			0			0	34		
44th	Mosman							11		20	20			0	31		
45th	University of NSW							10			0	17		17	27		
46th	Parramatta City							24			0			0	24		
47th	Edgeworth							20			0			0	20		
48th	Hooked On Running							7			0			0	7		
49th	Singleton				6		6				0			0	6		



2016 –2017 Annual Report

2016/17 Treloar Shield Open Pointscore - Men and Women

Rank	Club	Round 1			Round 2			Round 3	Round 4			Round 5			Total
		Track	Field	Overall	Track	Field	Overall	Overall	Track	Field	Overall	Track	Field	Overall	
1st	Asics Wests	178	218	396	278	144	422	521	100	333	433	880	665	1545	3317
2nd	UTS Norths	194		194	237	123	360	524	71	139	210	884	45	929	2217
3rd	Sydney University		77	77	106		106	440	176	78	254	576		576	1453
4th	Sydney Pacific	80		80	93		93	237			0	480	120	600	1010
5th	Bankstown	41	48	89	42	24	66	70			0	368	184	552	777
6th	Illawong	54		54	52		52	53	20	30	50	524		524	733
7th	Cherrybrook	65	30	95	40	30	70	178			0	224	120	344	687
8th	Campbelltown	182		182	39		39	63			0	180	96	276	560
9th	St George	67	30	97	25		25	58	84	24	108	248		248	536
10th	Randwick Botany Harriers		30	30		20	20	88	46		46	188	68	256	440
11th	Westfields		24	24	65	17	82	17			0	248		248	371
12th	Hills				9	108	117	157			0	48		48	322
13th	Sutherland	48	20	68	74		74	25	24		24	80		80	271
14th	Athletics Easts				47		47	40	129		129	40		40	256
=15th	Macquarie Hunter					22	22	13			0	68	120	188	223
=15th	Mounties	24		24	24		24	59			0	116		116	223
17th	University of NSW	70		70	54		54	12	50		50			0	186
18th	Forster					104	104	54			0			0	158
19th	Trinity Athletics							50			0	80		80	130
=20th	Blacktown											120		120	120
=20th	Gosford											120		120	120
22nd	Barker College				59		59	59			0			0	118
23rd	Ryde				5		5	30			0		68	68	103
24th	Kembla Joggers				16		16	14			0	64		64	94
25th	South Sydney							4	24		24	60		60	88
26th	The Scots College							76			0			0	76
27th	Parramatta City		24	24							0	36		36	60
28th	Newcastle Runners											56		56	56
29th	Blue Mountains				41		41	13			0			0	54
=30th	Mingara				10		10	11	16		16			0	37
=30th	Mosman				20		20	17			0			0	37
=32nd	Nepean							30			0			0	30
=32nd	Nowra							30			0			0	30
=32nd	Sydney Striders							30			0			0	30
=32nd	Westlakes							30			0			0	30
36th	Illawarra Blue Stars							20			0			0	20

Treloar Shield 2016/17 Masters Pointscore - Men and Women

Rank	Club	Round 1			Round 2			Round 3	Round 4			Round 5			Total
		Track	Field	Overall	Track	Field	Overall	Overall	Track	Field	Overall	Track	Field	Overall	
1st	UTS Norths	391	284	675	469	117	586	548	93	187	280	378	54	432	2521
2nd	Mingara	270		270	85	134	219	84	84	168	252	127	30	157	1209
3rd	Asics Wests	207	24	231	166	93	259	246	50	110	160	195	78	273	1169
4th	Sydney Pacific	50		50	477	30	507	165	114	30	144	60	30	90	956
5th	Hills	216		216	98		98	250	57		57	94	120	214	835
6th	Mounties	227	50	277	94		94	245			0	102		102	718
7th	Athletics East	136		136				169	208		208	182		182	695
8th	NSW Masters	181	54	235	91	30	121	128	144		144	30	30	60	688
9th	Cherrybrook	47	84	131	50	104	154	211		24	24	37	24	61	581
10th	Illawong	139		139	103	68	171	140	84		84	46		46	580
11th	Blue Mountains	114		114	184	24	208	165			0	74		74	561
12th	Epping	74	122	196	61	31	92	95		30	30	47	60	107	520
13th	Blacktown	24		24	74	54	128	24	30	24	54	206		206	436
14th	Sydney Striders	128		128	131		131	80	30		30	31	24	55	424
15th	Campbelltown	160	24	184		60	60	15			0	60	71	131	390
16th	St George	41	78	119	17		17	109	70	24	94			0	339
17th	Sydney University	20		20	20		20	47	138		138	54		54	279
18th	Girraween	31	17	48	31	30	61	115			0			0	224
19th	Sutherland	33		33	55	24	79	20			0	60		60	192
20th	Bankstown		60	60				17	40		40		30	30	147
21st	Nepean				44	80	124				0	17		17	141
22nd	Randwick Botany	30		30				58			0	48		48	136
23rd	Ryde					60	60	30		30	30			0	120
24th	Balmain				31	69	100				0	17		17	117
25th	Camden	16		16	20		20	54			0		24	24	114
26th	Illawarra Blue Stars	35		35	41		41				0			0	76
27th	Athletics Wollongong	30	30	60							0			0	60
28th	Woodstock	48		48							0			0	48
29th	The Scots College							15	17		17			0	32
=30th	Forster												30	30	30
=30th	Glenbrook												30	30	30
32nd	Nowra	24		24							0			0	24



RBH Winter Results

Novice Championships 2016

Novice Female 7km

1. Anna Fitzgerald 27:01

Novice Male 10k

3. Mark De Luca 33:53
13. Daniel Hazan 36:24
15. Michael Hazan 36:54
18. James Dawes 37:42
38. Patrick O'Reilly 42:00

Invitational 4k

3rd/U18 Ryan Beatson 13:53
6th/U14 Jade Cameron 16:20
12th/55+ John McGrath 22:51

Invitational Female 10k

6. Audrey Amiya-Hall 39:48

Novice Male 10k team

1st Randwick Botany Harriers 3,13,15,18

Invitational Male 10k

3rd/U20 Rory Wiley 40:00



NSW Road Championships 2016

10km Open Men

3. Matthew Hudson	30:06
8. Courtney Carter	30:44
10. Hary Summers	31:34
16. Mark De Luca	31:54
19. Nic Cope	32:03
28. Liam Ridings	32:41
83. Daniel Hazan	35:04
84. Michael Hazan	35:04
104. Manu Sivaraj	35:54
133. Jim Dawes	36:55
226. Roberto Spina	40:14
244. Patrick O'Reilly	41:00

Open Men 10k team

2nd Randwick Botany Harriers 1,4,10,27

10km Men 40-44

41. Roberto Spina	40:14
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10km Men 45-49

1. Nic Cope	32:03
6. James Dawes	36:55

10km Men 50-54

1. Manu Sivaraj	35:54
11. Patrick O'Reilly	41:00

Men 45-54 10k team

1st Randwick Botany Harriers 1,6,8,22

10km Men U20

8. Daniel Hazan	35:04
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10km Open Women

14. Audrey Amiya-Hall	37:49
36. Louise Arnott	39:19
42. Nicola Haris	41:08
87. Heidi Hunt	45:00
114. Biba Kajan	46:52

10km Women 40-44

12. Heidi Hunt	45:00
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10km Women 45-49

2. Louise Arnott	39:19
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10km Women 55-59

2. Kajan Biba	46:52
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2.5k U14 Girls

9. Jade Cameron	9:16
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5km U16 Boys

1. Drew Fryer	16:14
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Matthew Hudson in leading pack



Cross Country Relays, Miranda, 28 May 2016

Open Men A, 4 x 4k, 48:37, 3rd

1. Gerard McPherson 12:53
2. Harry Summers 11:41
3. Courtney Carter 12:01
4. Matthew Hudson 12:02

Open Men B, 4 x 4k, 58:36, 16th

1. Lloyd Kempson 12:50
2. Michael Hazan 13:42
3. Roberto Spina 15:55
4. Neil Lynch 16:09

Men 35+, 4 x 4k, 1:01:17, 7th

1. Manu Sivaraj 14:15
2. Warren Williams 16:22
3. Patrick O'Reilly 15:50
4. Martin Considine 14:50

U20 Men, 4 x 3k, 42:01, 3rd

1. Kurt Fryer, 9:44
2. Patrick Xia, 11:45
3. Daniel Hazan, 10:26
4. Ryan Beetson, 10:06

Individual runs:

- Paul Feain 4k (65+), 22:44
Brooklyn Norton 3k (U16 boys), 11:50

Open Women A, 4 x 4k, 58:56, 4th

1. Lexy Gilmour 13:49
2. Lauren McKillop 14:40
3. Audrey Amiya-Hall 15:07
4. Anna Fitzgerald 15:20

Open Women B, 4 x 4k, 1:04:00, 6th

1. Louise Arnott 15:48
2. Nicola Harris 16:07
3. Cecily Buttler 15:16
4. Heidi Hunt 16:49

U20 Women, 4 x 3k, 45:12, 1st

1. Emily Hopper 10:59
2. Georgia Evans 11:46
3. Ruby Swadling 11:34
4. Lily Harding-Delooze 10:53

U18 Women, 4 x 3k, 58:00, 9th

1. Ellen Kriedemann, 12:56
2. Hannah Parker, 15:40
3. Kate Arnol, 16:10
4. Stacey Daunt, 13:14

U14 Women, 4 x 2k, 30:31, 4th

1. Jade Cameron 7:15
2. Lily Finati 7:51
3. Sophie Ferenczi 8:04
4. Paris Tier 7:21



Open Men team: Harry Summers, Courtney Carter, Gerard McPherson, Matt Hudson



U20 Women: Emily Hopper, Ruby Swadling, Lily Harding-Delooze, Georgia Evans



Long Course Cross Country, Nowra, 26 June 2016

U14 Female, 3k

14. Jade Cameron	11:41
16. Paris Tier	11:51

U17 Female, 4k

10. Stacey Daunt	17:26
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U18 Female, 4k

6. Georgia Evans	16:02
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U20 Female, 6k

4. Lily Harding-Delooze	23:17
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U15 Male, 4k

15. Patrick Xia	15:18
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U16 Male, 4k

3. Drew Fryer	13:44
12. Brooklyn Norton	15:50

U17 Male, 6k

5. William Keir	20:54
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U18 Male, 6k

1. Zachary Facioni	19:26
12. Ryan Beetson	21:20

U20 Male, 8k

5. Kurt Fryer	27:42
17. Daniel Hazan	30:11

Open Female, 10k, 1st as team

1. Kate Spencer	36:57
2. Katelyn Simpson	37:44
5. Lexy Gilmour	39:18
12. Audrey Amiya-Hall	43:15
23. Heidi Hunt	47:16

Open Male, 10k, 1st as team

1. Harry Summers	32:07
3. Courtney Carter	33:03
6. Mark De Luca	33:59
9. Nic Cope	34:54
15. Loyd Kempson	36:20
29. Michael Hazan	38:23
33. Manu Sivaraj	39:07
48. Jim Dawes	41:24

45-49 Male, 10k

1. Nic Cope	34:54
7. Jim Dawes	41:24

50+ Male, 10k

1. Manu Sivaraj	39:07
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Open Men race winner Harry Summers



NSW Road Relays, Ourimbah, 16 July 2016

Open Men A, 4 x 4k, 47:05, 1st

Jeffrey Hunt	11:45
Courtney Carter	11:43
Ben Moreau	11:52
Zac Facioni	11:45

Individual Men Open , 4k

Harry Summers	11:33
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Open Men B, 4 x 4k, 52:08, 7th

Michael Hazan	13:27
Lloyd Kempson	12:51
Sam Byrne	12:41
Gerald Macpherson	13:09

35+ Men, 4 x 4k, 53:59, 1st

Nic Cope	12:15
Many Sivaraj	13:43

U20 Men, 4 x 4k, 52:04, 2nd

Stefan Music	12:38
Ryan Beetson	13:36
Kurt Fryer	12:32
Daniel Hazan	13:18

James Dawes	14:29
Garry Howard	13:32

Open Women, 4 x 4k, 56:27, 2nd

Georgia Evans	14:53
Kate Spencer	13:00
Emily Hopper	14:18
Lexy Gilmour	14:16

Individual Women Open , 4k

Mikayla Hopper	15:53
Heidi Hunt	16:06



11th consecutive victory: Jeff Hunt, Zac Facioni, Courtney Carter and Ben Moreau



NSW Short Course Cross Country, UpJohn Park, 30 July 2016

U14 Female 2.5k

13. Jade Cameron	9:25
14. Paris Tier	9:38
23. Sophie Ferenczi	10:28

U16 Male 2.5k

1. Drew Fryer	8:03
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U18 Female 2.5k

2. Georgia Evans	8:48
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U18 Male 5k

1. Zac Facioni	15:20
12. William Keir	16:46
17. Ryan Beetson	17:14

U20 Male 5k

3. Kurt Fryer	15:56
12. Daniel Hazan	17:10

Open Female 7.5k, 1st as team

1. Kate Spencer	27:01
2. Lexie Gilmour	27:44
3. Lauren McKillop	28:59
5. Audrey Amiya-Hall	29:34
22. Heidi Hunt	32:56
20. Emma Jenkins	20:01
29. Julianne Broberg	20:56
33. Cecily Butler	21:04

40-44 Female

3. Heidi Hunt	32:56
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Open Male 7.5k, 3rd as team

1. Harry Summers	22:43
6. Courtney Carter	23:47
9. Jeff Hunt	24:07
13. Nic Cope	24:31
28. Sam Byrne	25:25
47. Manu Sivaraj	27:33
60. James Dawes	29:00
71. Patrick O'Reilly	31:23

45-49 Male 7.5k

1. Nic Cope	24:31
8. Jim Dawes	29:00

50+ Male 7.5k

1. Manu Sivaraj	27:33
2. Patrick O'Reilly	31:23



Australian Cross Country Championships, Canberra, 20 August 2016

Girls 12 years 3k

18. Sophie Ferenczi 11:43

U14 Female 3k

50. Jade Cameron 12:01

U18 Female 4k

8. Georgia Evans 14:33

U20 Female 6k

9. Emily Hopper 22:24

U23 Female 10k

1. Kate Spencer 35:38

3. Kaitlyn Simpson 36:25

Open Female 10k

3. Kate Spencer 35:38

6. Kaitlyn Simpson 36:25

12 Lexy Gilmour 37:30

Boys 12 years 3k

4. Bailey Hubler 10:35

U16 Male 4k

25. Drew Fryer 13:28

U18 Male 6k

1. Zachary Facioni 18:59

U20 Male 8k

17. Kurt Fryer 26:11

48. Daniel Hazan 28:24



Zac Facioni winning National U18 title



**Randwick Botany Harriers Track and Field Performance - Men
2016/2017 Season**

<i>Event</i>	<i>Wind</i>	<i>Name</i>	<i>Age</i>	<i>Place</i>	<i>Date</i>	<i>Venue</i>
60m						
7.29	-0.5	Lachlan Little	22	2nd/H3	18/02/2017	SOPAC
100m						
11.64	0.0	Lachlan Little	22	7th/H1	18/02/2017	SOPAC
11.87	-2.2	Declan Stupak-Horgan	18	6th/H3	21/01/2017	Bankstown
12.17	0.5	Greg Allen	16	6th/H1	3/02/2017	SOPAC
12.23	-4.0	Declan Stupak-Horgan	17	6th/H2	8/10/2016	Campbelltown
12.43	0.3	Xavier Zuccon	16	6th/H3	3/02/2017	SOPAC
16.43	-2.5	Graham Ryan	74	3rd/70-74	4/03/2017	SOPAC
200m						
22.45	1.3	Declan Stupak-Horgan	17	6th	15/10/2016	SOPAC
22.75	-0.2	Declan Stupak-Horgan	18	4th/H2	4/02/2017	SOPAC
22.84	-3.3	Declan Stupak-Horgan	18	4th/H2	25/02/2017	SOPAC
24.90	-0.4	Greg Allen	16	5th/H3	4/02/2017	SOPAC
29.82	-0.6	Rory Willey	13	2nd/H11	21/01/2017	Bankstown
33.81	-0.6	Graham Ryan	74	1st/60+	18/12/2016	SOPAC
<i>wind assisted</i>						
22.52	2.1	Declan Stupak-Horgan	17	4th/H2	15/10/2016	SOPAC



Steve Solomon winning his 4th National title

400m						
45.44		Steven Solomon	23	1st	4/06/2016	Townsville
45.52		Steven Solomon	23	4th/r2	23/06/2016	Madrid
45.61		Steven Solomon	23	1st	11/07/2016	Oordegem, BEL
45.72		Steven Solomon	23	1st	3/06/2016	Townsville



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45.91	Steven Solomon	23	1st	2/07/2016	Nottwil, SWI
45.98	Steven Solomon	23	1st	16/04/2016	Canberra
46.66	Steven Solomon	24	1st	1/04/2017	SOPAC
46.16	Steven Solomon	23	7th	23/07/2016	London, UK
46.18	Steven Solomon	24	1st	4/03/2017	Turlock, USA
46.22	Steven Solomon	23	2nd	26/06/2016	Murcia, ESP
46.26	Steven Solomon	23	2nd/r2	9/07/2016	Kortrijk, BEL
46.36	Steven Solomon	23	3rd/H1	11/06/2016	Geneva, SWI
51.33	Declan Stupak-Horgan	17	6th/H1	16/10/2016	SOPAC
51.38	James Roff	31	7th/H2	24/02/2017	SOPAC
51.50	Declan Stupak-Horgan	18	7th/H3	24/02/2017	SOPAC
51.52	Declan Stupak-Horgan	18	7th/H1	4/02/2017	SOPAC
53.34	Declan Stupak-Horgan	18	1st/H3	11/02/2017	SOPAC
54.43	Gary Howard	42	1st/40+	17/12/2016	SOPAC
55.34	Gary Howard	43	5th/H3	11/02/2017	SOPAC
65.94	Rory Wylie	12	3rd/U14	18/12/2016	SOPAC

800m

1.51.57	Edward Vining	27	3rd	26/02/2017	SOPAC
1.52.32	Edward Vining	27	2nd	18/02/2017	SOPAC
1.53.36	Edward Vining	27	1st/H2	24/02/2017	SOPAC
1.54.20	Anthony Vlatko	16	4th	18/03/2017	Bankstown
1.55.21	Anthony Vlatko	16	6th	18/02/2017	SOPAC
1.55.59	Stefan Music	18	6th	18/12/2016	SOPAC
1.56.44	Anthony Vlatko	16	2nd	4/02/2017	SOPAC
1.56.51	Anthony Vlatko	16	3rd/H1	24/02/2017	SOPAC
1.56.59	Stefan Music	19	3rd/H2	4/02/2017	SOPAC
1.57.05	Stefan Music	18	5th	19/11/2016	ES MARKS
1.57.37	Anthony Vlatko	15	2nd	12/11/2016	SOPAC
1.59.04	Anthony Vlatko	15	2nd	16/10/2016	SOPAC
1.59.94	Stefan Music	19	9th/H1	11/03/2017	SOPAC
2.00.25	Michael Hazan	27	1st/H3	11/03/2017	SOPAC
2.00.42	Stefan Music	19	5th/H1	24/02/2017	SOPAC
2.00.59	Anthony Vlatko	16	2nd/H2	3/02/2017	SOPAC
2.01.21	Gary Howard	42	1st/40+	18/12/2016	SOPAC
2.02.14	Stefan Music	19	6th	5/02/2017	SOPAC
2.02.29	Lloyd Kempson	22	9th	19/11/2016	ES MARKS
2.02.77	Michael Hazan	27	7th/H1	24/02/2017	SOPAC
2.02.78	Charles McGrath	16	7th/H3	11/03/2017	SOPAC
2.04.09	Drew Fryer	16	6th/H4	11/03/2017	SOPAC
2.04.17	Gary Howard	42	4th	25/09/2016	Bankstown
2.04.82	Anthony Vlatko	15	1st/H2	15/10/2016	SOPAC
2.06.99	Alex Talbot	15	1st/H6	11/03/2017	SOPAC
2.07.63	Charles McGrath	16	5th/H1	3/02/2017	SOPAC
2.07.87	Charles McGrath	16	11th/H2	18/02/2017	SOPAC
2.12.27	Alex Talbot	15	8th/H3	18/02/2017	SOPAC
2.12.94	Patrick Xia	14	4th/H4	19/11/2016	ES MARKS



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2.13.41	Bailey Hubler	13	3rd/H6	11/03/2017	SOPAC
2.14.08	Patrick Xia	15	6th/H2	3/02/2017	SOPAC
2.14.93	Bailey Hubler	13	3rd/H3	18/02/2017	SOPAC
2.15.43	Patrick Xia	14	1st/U14	18/12/2016	SOPAC
2.15.50	Bailey Hubler	12	7th/H4	19/11/2016	ES MARKS
2.15.66	Bailey Hubler	13	1st	3/02/2017	SOPAC
2.15.74	Rory Wylie	13	5th/H6	11/03/2017	SOPAC
2.26.21	Jack Davis	13	4th/H7	11/03/2017	SOPAC
2.32.21	Rory Wylie	12	9th/H5	19/11/2016	ES MARKS
1000m					
2.37.01	Gary Howard	43	4th/H2	28/01/2017	Glendale
1500m					
3.40.17	Joshua Wright	25	3rd/B	17/06/2016	Burnaby, CAN
3.42.45	Edward Vining	27	2nd	19/01/2017	Melbourne
3.43.56	Edward Vining	27	4th	4/02/2017	SOPAC
3.43.82	Edward Vining	26	5th	28/01/2017	Glendale
3.44.10	Edward Vining	26	3rd	18/03/2017	Bankstown
3.46.37	Morgan McDonald	20	3rd	15/05/2016	Lincoln, USA
3.47.47	Morgan McDonald	20	2nd	14/05/2016	Lincoln, USA
3.51.51	Zac Facioni	18	8th	19/01/2017	Melbourne
3.54.86	Zac Facioni	18	3rd/H2	23/02/2017	SOPAC
3.55.87	Matthew Hudson	32	5th	11/02/2017	SOPAC
3.57.78	Stefan Music	19	5th/H2	23/02/2017	SOPAC
3.58.92	Matthew Hudson	32	6th/H4	23/02/2017	SOPAC
3.59.07	Stefan Music	19	4th/H1	21/01/2017	Bankstown
3.59.39	Zac Facioni	18	1st	15/09/2016	SOPAC
4.00.08	Zac Facioni	18	9th	25/02/2017	SOPAC
4.00.16	Stefan Music	19	4th	3/02/2017	SOPAC
4.01.03	Kurt Fryer	19	5th	3/02/2017	SOPAC
4.03.88	Kurt Fryer	19	7th/H1	21/01/2017	Bankstown
4.05.00	Sam Byrne	21	7th/H1	23/02/2017	SOPAC
4.09.04	Anthony Vlatko	16	2nd	5/02/2017	SOPAC
4.09.57	Stefan Music	19	10th/B	18/03/2017	Bankstown
4.10.71	Drew Fryer	16	2nd	18/03/2017	Bankstown
4.13.67	Anthony Vlatko	15	3rd	14/10/2016	SOPAC
4.16.53	Charles McGrath	16	7th	18/03/2017	Bankstown
4.17.53	Drew Fryer	16	6th	5/02/2017	SOPAC
4.18.47	Michael Hazan	27	3rd/H2	11/02/2017	SOPAC
4.20.02	Ryan Beetson	17	7th	15/10/2016	SOPAC
4.22.80	Charles McGrath	15	4th/H2	13/10/2016	SOPAC
4.25.45	Anthony Vlatko	15	1st/H1	13/10/2016	SOPAC
4.26.06	Charles McGrath	16	10th	5/02/2017	SOPAC
4.28.02	Alex Talbot	14	4th	15/10/2016	SOPAC
4.28.30	Lloyd Kempson	22	9th	17/06/2017	Bankstown
4.31.63	Bailey Hubler	13	7th/H2	21/01/2017	Bankstown



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4.33.85	Bailey Hubler	13	1st	5/02/2017	SOPAC
4.35.72	Rory Wylie	13	10th/H3	23/02/2017	SOPAC
4.35.76	Alex Talbot	15	10th/H2	21/01/2017	Bankstown
4.36.52	William Keir	17	1st/H5	22/10/2016	SOPAC
4.39.80	Rory Wylie	13	7th/H2	18/03/2017	Bankstown
4.40.48	Patrick Xia	15	12th	5/02/2017	SOPAC
4.40.54	Rory Wylie	13	6th	5/02/2017	SOPAC
4.41.83	Patrick Xia	15	4th/H3	22/10/2016	SOPAC
4.43.37	Charles McGrath	15	12th	14/10/2016	SOPAC
4.47.88	Rory Wylie	13	14th/H2	11/02/2017	SOPAC
4.54.71	Alex Talbot	15	4th	5/02/2017	SOPAC
5.05.07	Rory Wylie	13	8th/H3	21/01/2017	Bankstown
5.08.40	Rory Wylie	12	10th	17/12/2016	SOPAC
9.13.83	Graham Ryan	74	3rd/60+	18/12/2016	SOPAC

mile

4.05.45	Edward Vining	26	5th	10/12/2016	Sydney
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mile indoors

4.10.74	Morgan McDonald	21	2nd	21/01/2017	Madison, USA
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3000m

8.20.39	Martin Mashford	30	11th/A	10/11/2016	Melbourne
8.27.31	Zac Facioni	17	1st	15/09/2016	SOPAC
8.28.51	Edward Vining	26	3rd/B	12/11/2016	SOPAC
8.32.02	Zac Facioni	17	14th/A	12/11/2016	SOPAC
8.35.68	Zac Facioni	17	5th	8/12/2016	Melbourne
8.51.56	Lloyd Kempson	22	12th/B	12/11/2016	SOPAC
8.55.29	Nicholas Cope	47	8th/C	12/11/2016	SOPAC
8.57.34	Sam Byrne	21	1st	18/03/2017	Bankstown
8.57.96	Mark De Luca	27	14th/B	12/11/2016	SOPAC
9.02.30	Drew Fryer	16	4th	3/02/2017	SOPAC
9.10.58	Drew Fryer	15	3rd	13/10/2016	SOPAC
9.14.57	Drew Fryer	15	5th/D	12/11/2016	SOPAC
9.20.70	Ryan Beetson	17	7th	14/10/2016	SOPAC
9.28.62	Kurt Fryer	18	17th/B	12/11/2016	SOPAC
9.31.33	William Keir	17	1st/F	12/11/2016	SOPAC
9.34.07	Charles McGrath	15	7th/E	12/11/2016	SOPAC
9.40.92	Alex Talbot	15	3rd	3/02/2017	SOPAC
9.47.20	Michael Hazan	26	13th/D	12/11/2016	SOPAC
9.50.18	Alex Talbot	14	7th	13/10/2016	SOPAC
9.54.17	Bailey Hubler	12	5th/F	12/11/2016	SOPAC
10.17.26	Patrick Xia	14	17th/F	12/11/2016	SOPAC
10.41.44	Jim Dawes	45	14th/G	12/11/2016	SOPAC
10.56.10	Rory Wylie	12	4th	18/12/2016	SOPAC

3000m indoors



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7.51.19	Morgan McDonald	21	2nd	4/02/2017	New York, USA
8.12.58	Morgan McDonald	21	1st	24/02/2017	Geneva, USA



Morgan McDonald lowered 5000m record this season

5000m

13.29.79	Morgan McDonald	20	5th	10/06/2016	Eugene, USA
13.34.78	Morgan McDonald	20	3rd/B	1/05/2016	Palo Alto, USA
14.11.73	Morgan McDonald	20	2nd/H2	28/05/2016	Eugene, USA
14.13.20	Matthew Hudson	32	1st	18/02/2017	SOPAC
14.36.1h	Matthew Hudson	32	8th	2/03/2017	Melbourne
14.36.91	Jeremy Roff	33	20th/A	12/06/2016	Portland, USA
14.46.11	Zac Facioni	18	11th	18/02/2017	SOPAC
14.53.65	Matthew Hudson	31	1st	18/12/2016	SOPAC
15.00.75	Mark De Luca	28	5th/B	18/02/2017	SOPAC
15.14.35	Mark De Luca	27	2nd	19/11/2016	ES MARKS
15.30.61	Sam Byrne	21	5th/C	18/02/2017	SOPAC
15.41.40	Liam Ridings	27	6th	18/12/2016	SOPAC
15.44.32	William Keir	18	3rd/D	18/02/2017	SOPAC
15.54.99	Ryan Beetson	18	6th/D	18/02/2017	SOPAC
15.58.38	William Keir	17	8th	19/11/2016	ES MARKS
16.28.47	Damien Simpson	40	3rd/E	18/02/2017	SOPAC
16.39.31	Michael Hazan	27	6th/E	18/02/2017	SOPAC
19.24.34	Peter Spehr	56	17th/F	18/02/2017	SOPAC
19.14.74	Peter Spehr	55	3rd	4/03/2017	SOPAC

5000m indoors

14.04.44	Morgan McDonald	21	1st	25/02/2017	Geneva, USA
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Half Marathon

66.15	Courtney Carter	29	7th	3/07/2016	Gold Coast
68.05	Ben Moreau	35	4th	16/10/2016	Melbourne
68.24	Ben Moreau	35	4th	18/09/2016	Sydney



2016 –2017 Annual Report

68.53	Mark De Luca	27	18th	3/07/2016	Gold Coast
69.13	Matthew Hudson	32	4th	15/05/2016	Sydney



Jeff Hunt leading our team to 11th consecutive Road Relays victory

Marathon

2.16.09	Jeff Hunt	34	17th	17/04/2016	Hamburg, GER
2.19.43	Ben Moreau	35	26th	24/04/2016	London

4x1500m

20.03.94	Manu Sivaraj, Patrick O'Reilly, Roger Moresi, Gary Howard	160+	3rd	27/11/2016	Blacktown
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Long Jump

7.19	1.5	Lachlan Little	22	5th	24/02/2017	SOPAC
3.02	-0.5	Graham Ryan	74	1st/60+	18/12/2016	SOPAC

wind assisted

2.88	2.6	Graham Ryan	74	1st/70-74	4/03/2017	SOPAC
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Triple Jump

7.91	-0.4	Rory Wylie	12	5th/U14	18/12/2016	SOPAC
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High Jump

1.85		Nicholas Kollias	16	3rd	3/02/2017	SOPAC
1.60		Louis Goldsmith	14	3rd	4/02/2017	SOPAC

Shot Put (5kg)

10.32		Daniel Jennings	20	2nd	24/02/2017	SOPAC
9.61		Daniel Jennings	20	3rd	21/01/2017	Bankstown

Shot Put (4kg)

9.77		Daniel Jennings	20	2nd	18/02/2017	SOPAC
10.16		Daniel Jennings	19	1st/U20	8/08/2016	Greystanes



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10.69	Daniel Jennings	19	3rd	22/10/2016	SOPAC
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Discus (1kg)

20.79	Daniel Jennings	20	6th	25/02/2017	SOPAC
20.31	Daniel Jennings	20	2nd	18/02/2017	SOPAC
15.60	Graham Ryan	74	4th/60+	18/12/2016	SOPAC
13.57	Rory Wylie	12	5th/U14	18/12/2016	SOPAC

Javelin (600g)

13.64	Graham Ryan	74	4th/60+	18/12/2016	SOPAC
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Pole Vault

3.40	Anthony Rizzo	24	1st	22/10/2016	SOPAC
2.90	Anthony Rizzo	24	2nd	8/10/2016	Campbelltown
3.30	Anthony Rizzo	25	2nd	21/01/2017	Bankstown

Pentathlon

1543	Graham Ryan	74	2nd/60+	18/12/2016	SOPAC
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**Randwick Botany Harriers Track and Field Performance - Women
2016/2017 Season**

<i>Event</i>	<i>Wind</i>	<i>Name</i>	<i>Age</i>	<i>Place</i>	<i>Date</i>	<i>Venue</i>
100m						
12.66	2.0	Mia Economou	15	2nd/H3	13/10/2016	SOPAC
12.72	-1.0	Charlotte McGill	14	2nd/H2	13/10/2016	SOPAC
12.87	1.8	Charlotte McGill	14	9th	13/10/2016	SOPAC
12.97	1.2	Charlotte McGill	15	7th/H1	3/02/2017	SOPAC
13.01	-0.2	Mia Economou	16	3rd/H1	4/02/2017	SOPAC
13.03	0.9	Mia Economou	15	10th	13/10/2016	SOPAC
13.09	-0.1	Mia Economou	16	8th	4/02/2017	SOPAC
13.18	-1.2	Charlotte McGill	15	6th/H2	24/02/2017	SOPAC
13.33	-2.5	Charlotte McGill	15	10th/H2	11/03/2017	SOPAC
13.34	-4.1	Mia Economou	16	2nd/H3	21/01/2017	Bankstown
13.35	-2.8	Charlotte McGill	14	3rd/H3	8/10/2016	Campbelltown
13.46	-2.3	Rachel MacCulloch	17	9th/H1	14/02/2017	SOPAC
13.62	NWI	Mia Economou	15	4th	1/10/2016	SOPAC
14.72	-1.7	Sharna-Lea Chandler	17	8th/H6	21/01/2017	Bankstown
<i>wind assisted</i>						
12.72	2.5	Mia Economou	15	5th	17/12/2016	SOPAC
200m						
26.18	-2.1	Mia Economou	15	1st	21/10/2016	SOPAC
26.21	-0.4	Mia Economou	15	3rd/H3	14/10/2016	SOPAC
26.30	-0.3	Mia Economou	15	3rd	17/12/2016	SOPAC
26.45	1.9	Mia Economou	15	9th	14/10/2016	SOPAC
26.55	0.1	Mia Economou	16	3rd/H4	21/01/2017	Bankstown
26.86	0.8	Charlotte McGill	15	5th/H2	11/02/2017	SOPAC
26.98	-0.8	Mia Economou	16	3rd/H1	5/02/2017	SOPAC
30.02	-1.8	Sharna-Lea Chandler	17	7th/H8	21/01/2017	Bankstown
<i>wind assisted</i>						
25.42	2.1	Charlotte McGill	14	4th/H2	12/11/2016	SOPAC



Lora Storey on her way to win at Nationals

400m

53.71	,Lora Storey	27	1st	24/02/2017	SOPAC
54.51	Lora Storey	27	4th	27/02/2017	SOPAC
54.35	Molly Blakey	19	1st	1/07/2016	Suwalki, POL
54.61	Lora Storey	27	1st	17/12/2016	SOPAC
55.35	Lora Storey	27	2nd	10/12/2017	SOPAC
55.49	Molly Blakey	19	7th/H6	19/07/2016	Bydgoszcz, POL
55.52	Lora Storey	27	1st	26/02/2017	SOPAC
60.29	Rebecca Touma	14	4th	5/02/2017	SOPAC
55.92	Molly Blakey	19	4th	5/06/2016	Townsville
56.92	Molly Blakey	19	5th	5/06/2016	Mannheim, GER
61.56	Rebecca Touma	14	1st/H1	4/02/2017	SOPAC
63.18	Amelia Stynes	14	5th/H2	14/10/2016	SOPAC
64.73	Sharna-Lea Chandler	17	1st/H5	14/01/2017	Wollongong
66.30	Sharna-Lea Chandler	17	7th/H1	4/02/2017	SOPAC
69.15	Hannah Parker	14	7th/U16	17/12/2016	SOPAC



Selma Kajan on the start line in Rio

800m



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2.01.27	Selma Kajan	25	4th	30/06/2016	Barcelona, Spain
2.01.67	Lora Storey	27	1st	1/05/2016	Palo Alto, USA
2.01.67	Selma Kajan	25	5th	7/06/2016	Montreuil, France
2.01.90	Lora Storey	27	2nd	11/03/2017	Canberra
2.02.58	Lora Storey	27	4th	12/06/2016	Portland, USA
2.02.62	Lora Storey	27	2nd	23/06/2016	Portland, USA
2.02.92	Lora Storey	27	5th	19/06/2016	Victoria, CAN
2.03.12	Selma Kajan	25	4th	13/07/2016	Lignano, Italy
2.03.44	Lora Storey	27	1st	17/02/2017	Canberra
2.03.49	Lora Storey	27	1st	10/07/2016	Gold Coast
2.03.51	Selma Kajan	25	2nd	14/06/2016	Nancy, France
2.03.62	Lora Storey	27	1st	28/01/2017	Glendale
2.04.65	Selma Kajan	25	2nd	18/05/2016	Nijmegen, Netherland
2.04.76	Selma Kajan	25	7th	17/07/2016	Padova, Italy
2.04.87	Lora Storey	27	8th	20/05/2016	Los Angeles, USA
2.04.99	Lora Storey	27	8th	17/06/2016	Burnaby, CAN
2.05.11	Lora Storey	27	1st	31/03/2017	SOPAC
2.05.20	Selma Kajan	25	7th/H3	17/08/2016	Rio de Janeiro, Brasil
2.05.30	Abigail Regan	26	5th	17/02/2017	Canberra
2.05.32	Abigail Regan	26	7th	11/03/2017	Canberra
2.05.36	Abigail Regan	26	3rd	28/01/2017	Glendale
2.05.56	Lora Storey	27	1st	3/04/2017	SOPAC
2.06.00	Selma Kajan	25	10th	9/06/2016	Oslo, Norway
2.06.33	Selma Kajan	25	11th	29/05/2016	Oordegem, Belgium
2.06.69	Abigail Regan	27	3rd/H1	31/03/2017	SOPAC
2.06.92	Lora Storey	27	1st	25/02/2017	SOPAC
2.07.21	Selma Kajan	25	9th	18/06/2016	Nivelles, Belgium
2.07.64	Amy Harding-Delooze	18	5th	28/01/2017	Glendale
2.08.42	Abigail Regan	27	8th	2/04/2017	SOPAC
2.09.26	Abigail Regan	26	1st	18/12/2016	SOPAC
2.09.29	Abigail Regan	27	5th	25/02/2017	SOPAC
2.09.54	Amy Harding-Delooze	18	6th	17/02/2017	Canberra
2.11.33	Lora Storey	27	1st	24/02/2017	SOPAC
2.11.52	Abigail Regan	26	2nd/H2	25/02/2017	SOPAC
2.12.06	Amy Harding-Delooze	18	1st	5/02/2017	SOPAC
2.14.19	Lily Harding-Delooze	18	3rd/H1	28/03/2017	SOPAC
2.14.59	Lily Harding-Delooze	18	7th	29/03/2017	SOPAC
2.14.80	Georgia Evans	17	4th	19/11/2016	ES MARKS
2.16.00	Lily Harding-Delooze	18	4th	18/03/2017	Bankstown
2.17.80	Georgia Evans	17	1st	15/10/2016	SOPAC
2.25.23	Amelia Stynes	14	1st/H1	16/10/2016	SOPAC
2.27.60	Amelia Stynes	14	1st/H1	15/10/2016	SOPAC
1500m					
4.11.82	Katelyn Simpson	22	8th/rA	12/06/2016	Portland, USA
4.16.89	Abigail Regan	27	3rd	4/02/2017	SOPAC
4.18.06	Abigail Regan	27	1st	21/01/2017	Bankstown



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4.23.20	Amy Harding-Delooze	18	8th	4/02/2017	SOPAC
4.25.37	Abigail Regan	27	5th	12/03/2017	Canberra
4.25.38	Amy Harding-Delooze	18	11th/H2	22/07/2016	Bydgoszcz, POL
4.25.57	Amy Harding-Delooze	18	6th	17/06/2017	Bankstown
4.27.23	Georgia Evans	18	5th	26/02/2017	SOPAC
4.27.77	Georgia Evans	18	9th	4/02/2017	SOPAC
4.29.34	Amy Harding-Delooze	18	5th	2/07/2016	Suwalki, POL
4.32.84	Georgia Evans	18	3rd/H1	24/02/2017	SOPAC
4.37.86	Lily Harding-Delooze	18	12th	10/12/2016	SOPAC
4.42.62	Lily Harding-Delooze	18	4th	27/03/2017	SOPAC
4.43.65	Lily Harding-Delooze	18	4th/H1	26/03/2017	SOPAC
4.44.95	Georgia Evans	17	3rd	16/10/2016	SOPAC
4.48.99	Anna Fitzgerald	39	3rd	10/12/2016	SOPAC
4.49.08	Anna Fitzgerald	40	3rd	11/02/2017	SOPAC
4.59.41	Davina Smith	25	11th	17/12/2016	SOPAC
5.03.23	Mikayla Hopper	16	5th	15/10/2016	SOPAC

3000m

9.18.16	Katelyn Simpson	22	2nd/A	12/11/2016	SOPAC
9.43.60	Abigail Regan	26	5th/A	12/11/2016	SOPAC
9.49.27	Lauren McKillop	26	8th/A	12/11/2016	SOPAC
9.58.36	Lily Harding-Delooze	18	13th	12/11/2016	Homebush
10.03.67	Audrey Amiya-Hall	23	14th/A	12/11/2016	SOPAC
10.12.32	Anna Fitzgerald	39	2nd/B	12/11/2016	SOPAC
10.40.49	Anna Fitzgerald	39	3rd	25/09/2016	Bankstown



Kate Spencer broke club's 5000m record this season

5000m

15.28.47	Kate Spencer	21	7th/rA	12/06/2016	Portland, USA
15.33.40	Kate Spencer	21	9th	20/05/2016	Eagle Rock, USA
15.59.73	Kate Spencer	21	3rd	1/05/2016	Palo Alto, USA
16.36.28	Kate Spencer	22	18th	18/05/2016	Los Angeles, USA
17.38.82	Audrey Amiya-Hall	23	5th	18/12/2017	SOPAC
17.40.8h	Anna Fitzgerald	40	8th	2/03/2017	Melbourne
17.44.02	Anna Fitzgerald	40	9th	18/02/2017	SOPAC
18.03.72	Anna Fitzgerald	40	1st	4/03/2017	SOPAC



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10000m

37.45.4h	Anna Fitzgerald	39	1st	31/10/2016	Perth
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Half Marathon

1.34.38	Heidy Hunt		11th	28/08/2016	Homebush
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Marathon

2.54.01	Julianne Broberg	23	1st	14/08/2016	Adelaide
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90m hurdles

wind assisted

13.53	2.4	Mia Economou	15	5th	14/10/2016	SOPAC
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100m hurdles (84cm)

15.76	0.5	Tullia Votano	18	4th	3/02/2017	SOPAC
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100m hurdles (76.2)

15.92	-0.1	Mia Economou	16	3rd	21/01/2017	Bankstown
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16.05	-0.2	Mia Economou	15	3rd/H2	12/11/2016	SOPAC
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16.38	1.0	Mia Economou	16	2nd	18/02/2017	SOPAC
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17.08	-0.2	Mia Economou	16	5th	5/02/2017	SOPAC
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3000m walk

16.27.71		Olivia Thomson	13	3rd	4/02/2017	SOPAC
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16.42.13		Hannah Parker	14	2nd	21/10/2016	ES Marks
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16.55.23		Olivia Thomson	13	7th	21/01/2017	Bankstown
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16.59.12		Olivia Thomson	12	7th	19/11/2016	ES Marks
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17.02.85		Olivia Thomson	12	3rd	21/10/2016	ES Marks
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17.09.96		Hannah Parker	14	5th	15/10/2016	SOPAC
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17.28.48		Hannah Parker	14	4th	1/10/2016	SOPAC
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17.40.27		Hannah Parker	14	9th	19/11/2016	ES Marks
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17.43.46		Hannah Parker	15	5th	11/03/2017	SOPAC
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17.49.47		Hannah Parker	14	1st/U16	18/12/2016	SOPAC
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18.08.24		Hannah Parker	15	12th	21/01/2017	Bankstown
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Long Jump

5.33	1.8	Charlotte McGill	14	2nd	19/11/2016	ES MARKS
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5.27	1.5	Charlotte McGill	15	6th	25/02/2017	SOPAC
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5.25	0.9	Charlotte McGill	15	10th	26/02/2017	SOPAC
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5.21	-0.2	Charlotte McGill	15	1st	11/02/2017	SOPAC
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5.20	NWI	Charlotte McGill	15	2nd	4/02/2017	SOPAC
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4.68	NWI	Rebecca Touma	14	11th	5/02/2017	SOPAC
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wind assisted

5.51	2.2	Charlotte McGill	14	1st	13/10/2016	SOPAC
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5.32	2.4	Charlotte McGill	14	4th	8/10/2016	Campbelltown
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High Jump



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1.60	Samantha Kiss	17	4th	4/02/2017	SOPAC
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Triple Jump

11.30	1.2	Charlotte McGill	15	9th	23/02/2017	SOPAC
11.03	0.0	Charlotte McGill	15	1st	11/03/2017	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	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	Morgan McDonald	13.29.79	2016
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	02:00.59	1984
U20	Selma Kajan	02:05.19	2009
U18	Amy Harding-Delooze	02:06.84	2015
U16	Selma Kajan	02:09.75	2005
1500 m			



Senior	Katelyn Simpson	04:11.82	2016
U20	Amy Harding-Delooze	04:16.18	2016
U18	Amy Harding-Delooze	04:18.02	2015
U16	Claire Doyle	04:27.52	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	Kate Spencer	15:28.47	2016
U20	Lauren McKillop	16:55.7	2009
10000 m			
Senior	Rebecca Lowe	32:24.7	2009
U20			
Half Marathon			
Senior	Victoria Mitchell	1:16:07	2015
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	Lora Storey	57.44	2016
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	09:36.52	2015
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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