



West's Track & Field Inc.  
Trading as

**ASICS WESTS**

Wyatt Park, Auburn

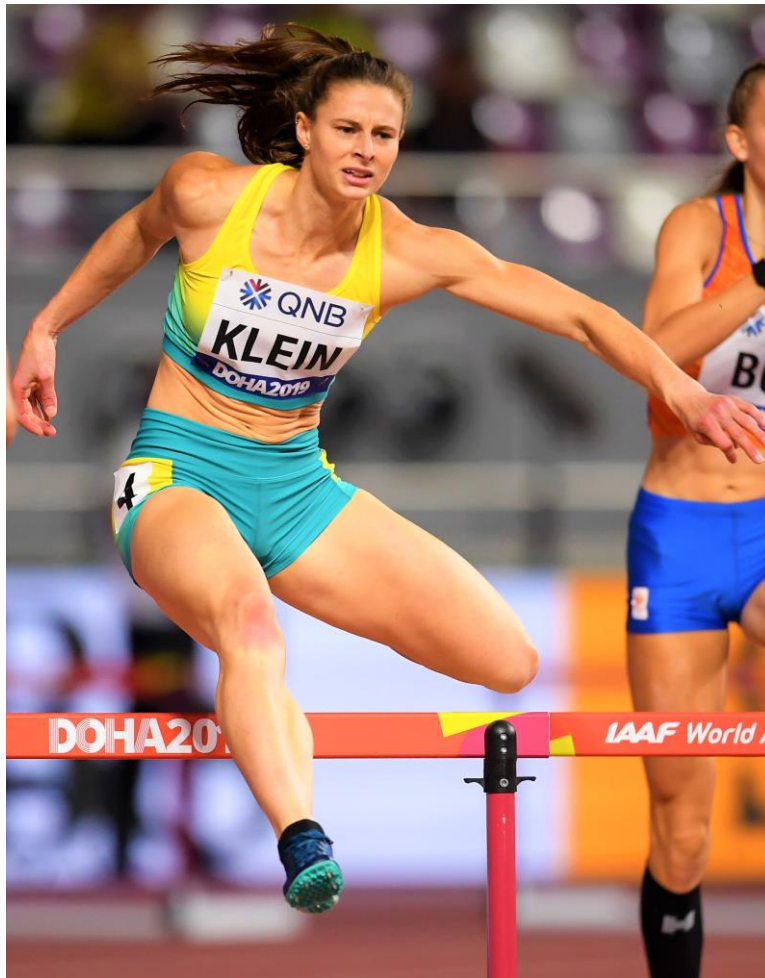
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**Sara Klein**  
IAAF World Athletics Championships  
Doha, Qatar 2019

# ONE HUNDRED AND SIXTEENTH ANNUAL REPORT 2019 – 2020



Graham "GT" Taylor



# OFFICE BEARERS FOR 2019 – 2020

*Patron:* Asics Oceania Member

*President:* J Murray

*Senior Vice-President:* Vacant

*Vice Presidents:* P Donelan, W. Gross, R.N. Haddrick AM, V. Sparks,  
V. J. Plummer, G. Taylor, CEO Asics Oceania Pty Ltd, D Hawthorne,

*Honorary Secretary:* C Gardiner

*Honorary Assistant Secretary:* J Luu

*Honorary Treasurer:* C Gardiner

*Honorary Registrar:* F Pye

*Club Captain:* W Myant and S Pye

*Honorary Cross Country Secretary:* M Doggett

*Social Secretary:* J Crandell

*Senior Teams Manager:* (Men): S Pye (Women) K Fioravanti

*Publicity Officer:* J Luu

*General Committee Members:* W Crandell, M Pye, J Crandell

*Awards Officer:* K Fioravanti

*Honorary Solicitor:* D Lewis

*Honorary Auditor:* K Williams

*Committee of Management:* President, Senior Vice-President, Honorary Secretary,  
Honorary Treasurer, Assistant Secretary, Cross-Country Secretary, Registrar, Men's team  
Manager, Women's team manager, Three General Committee Members

*Delegates to Athletics NSW:* M Doggett, W Crandell, J Murray

# LIFE MEMBERS

* R.J. Fitzsimmons	1927	G. Vernon	1993
* B. McCarthy	1929	L. Newey (Mrs)	1994
* M.J. MacKenzie	1931	L. Haddrick	1997
* G.P.S. Parke	1932	G. Newey	1997
* O.H. Millgate	1933	J. Adams	1998
* A.J. Hodsdon MBE	1935	* D. Jamieson	2001
* A.E. Carmichael	1944	* P. Waters	2001
* C.M. Eyles	1944	C. Gardiner	2002
* R. McLeod	1944	J. Jamieson	2004
* E.N. McGuckin	1948	* E. McGrath (Mrs)	2004
* J. Darvall-Hunt	1954	* J. McGrath	2004
W.A. Cartwright	1957	W. McGrath	2004
* N.E. Gadsden	1957	* B. Simpson	2004
* M.R. Lee-Archer OAM	1959	G. Ritchie	2006
D.L. Brodie OAM	1961	T. Sheedy	2006
* K. Ollerenshaw	1961	M. Doggett	2007
* V.J. Plummer	1961	J. Murray	2007
V.R. Sparks	1961	W. Crandell	2011
J.R. Ferguson	1965	B. Cassell	2012
* L.C. Waddell	1968	R. Cassell	2012
* E. Brodie (Mrs)	1968	D. Lewis	2012
* J.W. Eccles	1969	B. Gardiner (Mrs)	2015
* D.A. Shipway	1969	J. Crandell	2017
* A.S. Graves	1975	J. Pillon	2017
D.H. Hartwig	1976		
M. Willard	1978		
G. Wigney	1978		
J. Ramsey Scott	1978		
* D. Staples	1978		
R. Griffiths	1978		
C. Bergman	1978		
* E. Wearne	1978		
* A. Tanner	1978		
* V. Murray	1978		
S. Henry	1978		
* W. Harrison	1978		
* R. Maher	1978		
* N. Cooke	1978		
E. Staples	1978		
* G.G. Taylor	1979		
P. Donelan	1980		
* J. Carver	1985		
A.R. Turnbull	1985		
* D. Hawthorne	1985		
W. Gross	1988		
R. Newey	1989		

# **PRESIDENT'S REPORT**

I commence this report to thank the rest of the committee – Michael Doggett, Cathy Gardiner, Jeff Pillon, Wayne & John Crandell, Kiara Fioravanti, Matthew, Firomena & Scarlett Pye, Kevin Wills, Jackie Luu and William Myant. Special mention also to our partner club Tiger Wests Little Athletics - particularly, Paul Oreshkin (President) and committee member Alan Patterson.

I would like to also mention Western Suburbs athletes, officials & administrators who have passed during the year: Graham Taylor, Desmond Bede Moroney, Ray Land, Ron Haddrick, Ron Gray, Victor John Plummer, Jim McGrath and Don Hawthorne.

Asics Wests remains one of the top clubs in NSW and Australia with 285 members, including 170 Dual Little Athletics members from Tiger Wests, Inner West, Kurrajong Bilpin, Holroyd, Greystanes and Emu Plains to name a few.

In the last 5 years we have continued a positive relationship with the Australian Catholic University (ACU) and the Australian College of Physical Education (ACPE) who both have used our track for teaching the next generation of sport teachers. Also, PCYC – Auburn have been using our track for school holiday programs. Covid-19 meant that we have only had a handful of schools booking for the track in 2020.

The relationship with the new Cumberland council has been positive so far with a Wyatt Park Redevelopment Review and plans in development for the future, including safer access to the track and even some more shade. The maintenance of the track particularly the discus cage is a high priority going forward.

The club continues to do well in track and field, cross country and walking events, taking out a good share of medals in NSW and Australian Junior, Senior and master's Championship events. In the summer season we were 2<sup>nd</sup> in the Treloar Shield Point score behind UTS Norths. We did win the first 4 rounds, but after that they brought out the big guns. We were 4<sup>th</sup> in Juniors, 1<sup>st</sup> in Opens & 4<sup>th</sup> in the master's pennant.

In the 2019 winter season we were 13<sup>th</sup> club in NSW. U14 girls were 2<sup>nd</sup> over the season. Thanks to all those athletes who represented us in these competitions, including our Dual Little Athletics members and our master's athletes.

Thanks also to all our coaches who are doing a great job especially Kevin Wills, Marilyn Pearson, Alan Patterson, Matthew Pye, Scarlett Pye, Hayden Perry, Jim & Barbara Day, Deb Walsham who has a huge group of middle distance runners and the Crandell's – Wayne & John. Just recently one of our former members & Olympians has started coaching at Wyatt Park – Fred Martin.

Congratulations also to our athlete of the year, hurdler – Sara Klein who was one of our 6 female NSW State Medallists in 2020 just before Covid-19 hit and was Oceania Champion 400m Hurdles Champion in 2019 in her personal best of 56.07. Good Luck to Sara breaking 56 in 2021. Also, special mention to –

- Charlie Hunter who is in his 3<sup>rd</sup> year at Oregon University in the USA (currently ranked No 1 indoors in US for the mile – 3:55.41; and
- 4 NSW Open Champions – Elizabeth Baral (Pole) in her 12<sup>th</sup> year at the club, Lianna Davidson (Javelin), walker Beki Smith (Lee) and Belinda Scott (AWD). Plus Nicole Robertson (F38) for three State Medals.

Again, I want to thank the Asics Wests committee especially Cathy who has organised today and Michael who put a lot of work into the Annual Report.

**John Murray**

# **SECRETARY'S REPORT**

Season 2019 – 2020 had it all! Not really! There were some great results in both winter and summer seasons as you will find throughout this report and thanks to Michael Doggett for his major contribution. But I don't think any of us would have predicted how the season would end. With summer being affected by extreme heat days, devastating bushfires throughout NSW and then the COVID19 pandemic. Cancelling and postponing events across NSW, Australia and the world, including the 2020 Tokyo Olympics. Well done and thank you to all athletes who participated.

Life has changed a lot in 2020 and we have adapted the way we do things, to be able to continue to do the things we love, in a safe way. Postponing our AGM from June to September has allowed us to have members present at the ground as long as we observe social distancing measures. Big thanks to Alan Patterson our club COVID Marshall for all of his continuing work on ensuring our club is COVID Safe and compliant. With restrictions changing so rapidly Alan has been very busy. Thanks Alan, appreciate your work.

Congratulations to Sara Klein our Athlete of the Year again. It was great to see you represent Australia at the World Athletics Championships in Doha in 2019. Keep up the fantastic work and we hope to see you representing Australia again very soon.

Once again Asics Oceania Pty Ltd has continued to provide sponsorship and support for our club, which is greatly appreciated, and I thank them for this and encourage all club members to display our support for Asics, and gain exposure for the company when the opportunity exists.

To our members of the Committee thanks for your efforts in your various roles to keep the club moving forward. Thanks to Jeff Pillon who was our "International correspondent" in assisting me, even though he was on the other side of the world. To all the club coaches and officials, we appreciate your time and commitment to our sport and hope you keep doing a great job, all year round. Congratulations to David Lewis for his recent selection on the Athletics NSW Board of Directors.

Finally thanks to all our members and their families who continue to stay involved in our wonderful sport of athletics. Good luck for a somewhat different looking 2020-2021 season and hopefully on Olympic year. Just a reminder for those that were around, it will be 20 years on 15<sup>th</sup> September since Sydney hosted the most amazing Olympic Games ever.

Stay safe, practice good hygiene and if you are not well, get tested and stay at home. Enjoy and keep on following your dreams!!

**Cathy Gardiner**



# **ATHLETE OF THE YEAR**

## **SARA KLEIN**

Our athlete of the year has long impressed with her tenacity and hard work ethic.

A great ambassador for her club, always making herself available to wear the black and white at Club Championships, State Relays and Treloar Shields, a terrific mentor for our juniors.

Breaking Jana Pittman's National Junior record in the 400m hurdles was an early indication of Sarah's incredible talent.

Coming off a fantastic 2018/2019 season, there was no doubt that 2020/2021 would be a successful year especially after posting PB's in the 400m hurdles (56.07), 100m sprints (12.24) and 400m flat (54.77), all performances that have cemented Sarah's place in Australian Athletics including a top 10 placing in the Australian archives of all-time best 400m hurdlers.

Stand out season performances:

Gold Medal 2019 Oceania Games

Gold Medal 2019 Australian Open Championships

1<sup>st</sup> 2020 Illawarra Track Classic

3<sup>rd</sup> 2020 Canberra Track Classic

Silver Medal 2020 Jandakot Airport Perth Track Classic

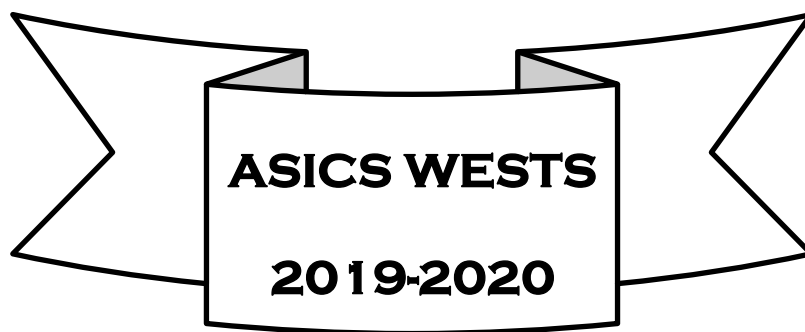
Silver Medal 2020 NSW Open Championships

Australian representative 2019 IAAF World Championships – Doha

A season cut short due to COVID-19 has meant we will wait another season to see this talented young lady in action.

Congratulations Sara





## **SPECIAL AWARDS**

### ***Athlete of the Year 2019-2020***

Is presented to ***Sara Klein***

### ***Presidents Trophy***

At the 30<sup>th</sup> Annual Meeting of our Club, then President Mr R McLeod instituted an annual award to the Club Member who was considered to exemplify most strikingly the qualities of leadership, sportsmanship and loyalty and service to our Club. The award is made to ***Anatoly Kirievsky***

### ***Senior Vice President***

This trophy is presented annually to honour the memory of the McLeod brothers. These young men, who lost their lives in World War II, specialised in hurdling. It is therefore fitting that the trophy is awarded to the Club's top hurdler. The recipient of this award is ***Sara Klein***

### ***The E Brodie Trophy***

This trophy is presented annually to the Male Athlete (U/20) who is, by their conduct and Club spirit, an example to others of the Club. The E Brodie Trophy is awarded to ***Toby Hamblin***

### ***The Committee Trophy***

This trophy is presented annually to the most outstanding Female Athlete (U/20) for their performances during the Season. This year the award goes to:- ***Caitlyn Ferrier***

### ***The D L Brodie Trophy***

This trophy is presented annually to the Male Athlete (U/18) who is, by their conduct and Club spirit, an example to others of the Club. The D L Brodie Trophy is awarded to ***Cameron Ferrier***

### ***The Merv Lee-Archer Award***

This trophy is presented to the Club's most outstanding Under 18 Female Athlete. The Award goes to ***Ella Young***

### ***The Ron Maher Trophy***

This trophy is presented to the Under 16 Female Athlete who, by her performance and Club spirit, is voted the top athlete in this category. This year the Award goes to ***Olivia Dimech***



***The Treasurers Trophy***

This trophy is presented to the Club's most outstanding Under 16 Male Athlete. This year the award goes to

***Ivan Balic***

***The Bob Lay Trophy***

This trophy is awarded annually to the Club's top Male Sprinter at Senior Level. The winner this year is

***Kenneth Vuong***

***The Marlene Mathews Trophy***

This perpetual trophy is presented to the Club's top Female Sprinter at Senior Level. The winner this year is

***Caitlyn Ferrier***

***The Registrars Trophy***

This annually awarded trophy is to honour the memory of Bill Harrison, one of Western Suburbs greatest coaches. The trophy is presented to the Club's outstanding jumper. The recipient this year is

***Elizabeth Baral***

***The Secretary's Trophy***

This annual award is for the Club's top thrower. This year the award goes to

***Lianna Davidson***

***The Frank Clark Trophy***

This trophy is awarded to the Clubs Top Race walker. This year the award goes to

***Beki Smith***

***The Keith Ollerenshaw Trophy***

This trophy is presented to the Club's winter athlete for overall consistency in placing in the State Championships in both Road and Cross-Country running (including relays). The recipient of this award is

***Robin Whiteley***

***The John Plummer Middle Distance Runners Award***

This trophy is awarded to the Club's top 800m and 1500m runner. The recipient of this award is

***Jessica Bird***

***The Goodwin Trophy***

This trophy is presented to the athlete who exhibits a constant and persistent effort in all situations and is highly committed to the club, and all its efforts. This year the award goes to

***Robert Mason***

***Coaches Award: Matthew Pye***

***Summer Male Participation Award: Kev Wills***

***Summer Female Participation Award: Morgan Charlton***

# WOMEN'S CLUB CHAMPIONS

Event	Open		Under 20	
100m	Caitlyn Ferrier	12.08	Caitlyn Ferrier	12.08
200m	Caitlyn Ferrier	24.17	Caitlyn Ferrier	24.17
400m	Caitlyn Ferrier	54.55	Caitlyn Ferrier	54.55
800m	Jessica Bird	2:13.69	Jessica Bird	2:13.69
1500m	Lauren Young	4:42.40	Lauren Young	4:42.40
3000m	Renee Lewis	10:17.31	Renee Lewis	10:17.31
5000m	Nicola Christou	20:30.87	Nicola Christou	20:30.87
10000m	No eligible athlete		NA	
100m Hurdles	No eligible athlete		No eligible athlete	
400m Hurdles	Sara Klein	56.07	Scarlett Pye	64.44
3000m Steeple	No eligible athlete		No eligible athlete	
5000m Walk	Beki Smith	22:32.03	Bridget Bell	28:05.88
10000m Walk	Beki Smith	45:45.50	Bridget Bell	59:31.21
High Jump	Olivia Dimech	1.69m	Olivia Dimech	1.69m
Long Jump	Ella Young	5.67m	Ella Young	5.67m
Triple Jump	Ella Young	11.98m	Ella Young	11.98m
Pole Vault	Elizabeth Baral	3.70m	No eligible athlete	
Shot Put	Kiara Fioravanti	10.10m	No eligible athlete	
Discus	Olivia Pinto	37.07m	Olivia Pinto	37.07m
Hammer	No eligible athlete		No eligible athlete	
Javelin	Lianna Davidson	52.89m	Lianna Davidson	52.89m
Heptathlon	No eligible athlete		No eligible athlete	

	Under 18		Under 16	
100m	Caitlyn Ferrier	12.08	Emma Wheadon	13.15
200m	Caitlyn Ferrier	24.17	Emma Wheadon	27.24
400m	Caitlyn Ferrier	54.55	Jessica Bird	60.09
800m	Jessica Bird	2:13.69	Jessica Bird	2:13.69
1500m	Lauren Young	4:42.40	Abigail Ballhausen	4:46.59
3000m	Renee Lewis	10:17.31	Maisy Wright-Smith	10:52.13
100m Hurdles	Erin Hamilton	15.54	NA	
90m Hurdles	NA		Erin Hamilton	13.68
200m Hurdles	NA		Indyanna Pye	32.18
400m Hurdles	Indyanna Pye	70.31	NA	
2000m Steeple	No eligible athlete		No eligible athlete	
3000m Walk	Bridget Bell	15:56.43	Grace Beck	16:06.05
5000m Walk	Bridget Bell	28:05.88	NA	
High Jump	Olivia Dimech	1.69m	Olivia Dimech	1.69m
Long Jump	Ella Young	5.67m	Ella Young	5.67m
Triple Jump	Ella Young	11.98m	Ella Young	11.98m
Pole Vault	No eligible athlete		No eligible athlete	
Shot Put	Olivia Pinto	9.80m	Kiara Shine	8.34m
Discus	Olivia Pinto	37.07m	Catherine Pane	31.55m
Hammer	No eligible athlete		No eligible athlete	
Javelin	Lianna Davidson	57.15m	Kiara Shine	37.30m
Heptathlon	No eligible athlete		No eligible athlete	

# MEN'S CLUB CHAMPIONS

Event	Open		Under 20	
<b>100m</b>	Kenneth Vuong	10.87	Renato Pane	11.50
<b>200m</b>	Kenneth Vuong	22.30	Thomas Comer	24.31
<b>400m</b>	Caleb Fairweather	51.72	Caleb Fairweather	51.72
<b>800m</b>	Lachlan Plew	2:06.88	Lachlan Plew	2:06.88
<b>1500m</b>	Jack Brown	3:59.57	Lucas Duong	5:07.26
<b>3000m</b>	Jack Brown	8:40.95	Lucas Duong	11:43.50
<b>5000m</b>	Jack Brown	16:14.28	Will Kay	20:39.46
<b>10000m</b>	No eligible athlete		NA	
<b>110m Hurdles</b>	Jeff Pillon	20.95	No eligible athlete	
<b>400m Hurdles</b>	Caleb Fairweather	58.97	Caleb Fairweather	58.97
<b>3000m Steeple</b>	Jack Brown	9:18.21	No eligible athlete	
	Cameron Ferrier / Jeff Pillon / Thomas Comer	1.45m	Cameron Ferrier / Thomas Comer	1.45m
<b>High Jump</b>			Renato Pane	6.44m
<b>Long Jump</b>	Renato Pane	6.44m	Kienan Brown	12.93m
<b>Triple Jump</b>	Kienan Brown	12.93m	No eligible athlete	
<b>Pole Vault</b>	No eligible athlete		No eligible athlete	
<b>Shot Put</b>	John Crandell	10.85m	No eligible athlete	
<b>Discus</b>	Simon Stewart	35.20m	No eligible athlete	
<b>Hammer</b>	Anatoly Kirievsky	34.13m	No eligible athlete	
<b>Javelin</b>	Saxon Ward	67.40m	No eligible athlete	
<b>Decathlon</b>	No eligible athlete		No eligible athlete	
	<b>Under 18</b>		<b>Under 16</b>	
<b>100m</b>	Renato Pane	11.50	Renato Pane	11.58
<b>200m</b>	Thomas Comer	24.31	Thomas Comer	24.31
<b>400m</b>	Hugh Harrold	52.64	Hugh Harrold	52.86
<b>800m</b>	Lachlan Plew	2:06.88	Lachlan Plew	2:06.88
<b>1500m</b>	Lucas Duong	5:07.26	Lucas Duong	5:07.26
<b>3000m</b>	Lucas Duong	11:43.50	Lucas Duong	11:43.50
<b>100m Hurdles</b>	NA		Renato Pane	13.84
<b>110m Hurdles</b>	Renato Pane	15.50	NA	
<b>200m Hurdles</b>	NA		No eligible athlete	
<b>400m Hurdles</b>	No eligible athlete		NA	
<b>2000m Steeple</b>	Thomas Dorahy	6:41.30	Oliver Lawler	7:33.65
<b>3000m Walk</b>	Darcy Bell	17:04.22	Darcy Bell	17:04.22
	Cameron Ferrier / Thomas Comer	1.45m	Cameron Ferrier / Thomas Comer	1.45m
<b>High Jump</b>			Renato Pane	6.34m
<b>Long Jump</b>	Renato Pane	6.44m	Renato Pane	12.04m
<b>Triple Jump</b>	Toby Hamblin	12.90m	No eligible athlete	
<b>Pole Vault</b>	No eligible athlete		No eligible athlete	
<b>Shot Put</b>	No eligible athlete		No eligible athlete	
<b>Discus</b>	Renato Pane	43.90m	Lachlan Green	34.83m
<b>Hammer</b>	No eligible athlete		No eligible athlete	
<b>Javelin</b>	Liam Coburn	34.16m	Liam Coburn	34.16m
<b>Decathlon</b>	No eligible athlete		NA	
<b>Heptathlon</b>	NA		No eligible athlete	

# **REGISTRAR'S REPORT**

2019/2020 season will most definitely be remembered as unprecedented which saw many State, National and International meets either postponed or cancelled most notably the 2020 Olympic Games due to COVID-19.

As an athletics' community we have shown resilience and ingenuity adjusting to life in the shadow of COVID-19. The importance of our physical and mental wellbeing has never been more relevant than during these past months.

Hopefully 2020/2021 will bring some form of normality and we can again enjoy all aspects of Track and Field.

Great support from our Little A's Club's and coaches again saw the junior category dominate our membership numbers. Junior Dual Memberships totaling 201 (27 which went on to compete in the new Junior Run NSW category). Many thanks to our supporting Little A's Clubs, Tiger Wests, Inner West, Kurrajong-Bilpin, Holroyd, Greystanes, Woy Woy, Emu Plains and Central Coast.

Our club membership numbers for season 2019/2020:

Dual Junior Membership	174
Junior Run NSW Membership	27
Open Membership	38
2020 Run NSW Membership	6
Concession Membership	23
Club Volunteer Membership	11
Club Membership	4
Community Membership	2

My many thanks to the committee for your continued support.

My best wishes to all for the 2020/2021 season.

**Firomena Pye**



# **SUMMER 2019-2020**

## **2019-20 TRELOAR SHIELD**

The Treloar Shield was held on 7 Saturdays commencing on 12 October and completed on 1 February. Round 7 was initially scheduled for 4 January however was postponed due to the forecasted extremely hot day as well as the smoky conditions from bushfires that had been out of control in NSW in late 2019 and early 2020.

After 7 rounds of the Treloar Shield Asics Wests were placed second behind UTS Norths. We had won the first 4 rounds however UTS Norths won the final 3 rounds while Asics Wests had a disappointing 5th in Round 7 with the final overall 2019/20 Treloar Shield Trophy points being UTS Norths 16,483 to Asics Wests 12,968.

In the 2019/20 Treloar Shield age pennants Asics Wests were first in the Open Age Pennant, fourth in the Junior Age Pennant and fourth in the Masters Age Pennant.

Asics Wests athletes who competed in 4 or more rounds were:

7 – Anatoly Kirievsky

6 – William Myant, Renato Pane, Scarlett Pye, Robert Mason, Caitlyn Ferrier

5 – Kev Wills, Jackie Luu, Kiara Shine, Santino Nyor, Sofia Watts, Indyanna Pye, Emma Wheadon, Michael Doggett

4 – Jeff Pillon, Jethro Abdon, Morgan Charlton, Kiara Fioravanti, Tessa Newitt, Lindsay Scholle. Jack Brown also competed on 4 of the 6 Saturdays if including the NSW 3000m Championships that were held at SOPAC on the same evening as TS5.

## **NSW 3000M CHAMPIONSHIPS 9 NOVEMBER 2019 SYDNEY OLYMPIC PARK ATHLETIC CENTRE**

<b>Group</b>	<b>Event</b>	<b>Name</b>	<b>Place</b>	<b>Performance</b>
Open Female	3000m	Nicola Christou	E race 8 <sup>th</sup>	11:31.93
Open Male	3000m	Jack Brown	C race 6 <sup>th</sup>	8:50.02
		Trent Bird	G race 8 <sup>th</sup>	9:39.31

**NSW RELAY CHAMPIONSHIPS**  
**23 & 24 NOVEMBER 2019**  
**CAMPBELLTOWN ATHLETICS CENTRE**

Asics Wests won 4 Gold, 2 Silver and 1 Bronze. The Gold medals came in the Open Women 4x1500m Walk, U14 Women 4x1500m Walk, Open Men Javelin and the 120+ Men Javelin. Silver medals went to our teams in the 120+ Men 200m and 160+ Men 1500m while a Bronze medal was gained in the 200+ Men 1500m.

Group	Event		Place	Performance
Open Female	4 x 100m	K Fioravanti, H Kougiouis, S Hiley, S Pye	Prelim	50.16
	4 x 100m	K Fioravanti, I Pye, S Pye, S Luxford	Final 4 <sup>th</sup>	50.28
	4 x 200m	K Fioravanti, S Pye, S Luxford, S Klein	4 <sup>th</sup>	1:40.96
	1600m Medley	K Fioravanti, I Pye, S Pye, S Luxford	5 <sup>th</sup>	4:23.45
	4 x 1500m Walk	B Bell, N Fagan, S Crichton, A Hickson	1 <sup>st</sup>	30:48.31
U14 Female	4 x 1500m Walk	Z Woods, G Beck, S Sivaraj, A Stewart	1 <sup>st</sup>	34:19.25
U16 Female	4 x 200m	I Pye, E Wheadon, E Darwiche, Z Darwiche	10 <sup>th</sup>	1:57.38
	4 x 400m	M Wright-Smith, E Darwiche, Adelaide Marshall, Z Darwiche	5 <sup>th</sup>	4:35.73
U18 Female	Long Jump	E Young, O Dimech, E Standish, R Coyte	4 <sup>th</sup>	19.03m
	Discus	O Pinto, C Pane, K Shine, Adelaide Marshall	6 <sup>th</sup>	105.07m
120+ Male	4 x 200m	J Pillon, M Doggett, J Luu, R Mason	2 <sup>nd</sup>	1:52.92
	Javelin	B Baker, J Pillon, A Kirievsky, R Mason	1 <sup>st</sup>	133.14m
160+ Male	4 x 800m	T Bird, D Kay, J Jeffery, M Doggett	4 <sup>th</sup>	10:09.42
	4 x 1500m	J Pillon, R Mason, J Jeffery, M Doggett	2 <sup>nd</sup>	23:00.93
	Shot Put	J Jeffery, T Bird, M Doggett, J Luu	4 <sup>th</sup>	19.01m
200+ M	4 x 1500m	J Luu, M Doggett, D Lewis, Kev Wills	3 <sup>rd</sup>	23:53.48
Open Male	4 x 100m	J Crandell, S Nyor, W Myant, K Vuong	Prelim 6 <sup>th</sup>	44.19
	4 x 100m		Final 6 <sup>th</sup>	43.92
	4 x 200m	S Nyor, K Vuong, W Myant, R Pane	Prelim 7 <sup>th</sup>	1:32.10
	4 x 200m		Final 6 <sup>th</sup>	1:31.11
	1600m Medley	J Brown, S Nyor, W Myant, K Vuong	4 <sup>th</sup>	3:35.17
	Javelin	S Ward, B Baker, J Crandell, A Kirievsky	1 <sup>st</sup>	187.68m
U14 Male	4 x 200m	S Kay, I Balic, J Broadbent, Alexander Marshall	11 <sup>th</sup>	1:55.36
	4 x 800m	J Broadbent, Alexander Marshall, W Kay, I Balic	5 <sup>th</sup>	10:12.91
	Discus	F Scholle, W Kay, S Kay, Alexander Marshall	9 <sup>th</sup>	88.68m
	4x 1500m Walk	M Walter, D Bell, Z Murphy, I Cochrane	-	DQ
U16 Male	4 x 100m		Prelim 4 <sup>th</sup>	51.49
	4 x 100m	I Balic, I Pye, I Duong, S Kay	Final 7 <sup>th</sup>	51.43
	4 x 400m	I Balic, I Pye, I Duong, Alexander Marshall	5 <sup>th</sup>	4:06.73

Thank you to our organising team of Scarlett Pye, Kiara Fioravanti and Jeff Pillon. Putting teams together is a huge job that takes many hours of work. Also a big thank you to Firomena Pye for her time and effort at the track over the weekend.

The names of the athletes in each team are correct as far as possibly known since there were changes to some of the teams after originally selected. The 4x1500m Walks are usually the first event of the weekend at 9am Saturday but at late notice were rescheduled to Sunday 8.15am because air quality was expected to be poor.



**NSW CLUB CHAMPIONSHIPS  
14 DECEMBER 2019  
SYDNEY OLYMPIC PARK ATHLETICS CENTRE**

Our best performing team were the U14 boys who won Gold in their division while the U14 girls had a very close contest in their division placing second with 368.5 points behind Cherrybrook on 369 points. The U14 girls had no individual wins but did win the medley relay showing the importance of all team members contributing to the performance. The U11 Boys were placed third while the Open Men finished in 11<sup>th</sup> place in their division.

**NSW 10000M RACE WALKING CHAMPIONSHIPS  
11 JANUARY 2020  
MINGARA ATHLETICS TRACK**

Beki Smith is the NSW State Champion in the Women's 10000m Walk with a time of 45:45.50

Group	Event	Name	Place	Performance
Open Female	10000m Walk	Beki Smith	1 <sup>st</sup>	45:45.50
		Bridget Bell	8 <sup>th</sup>	59:31.21

**ILLAWARRA TRACK CLASSIC**  
**11 JANUARY 2020**  
**KERRY McCANN ATHLETIC CENTRE**

The event included the NSW 60m and 1 Mile Championship events. Our top male sprinter Kenneth Vuong finished in 6<sup>th</sup> place in the 60m with a time of 7.01 seconds.

Group	Event	Name	Place	Performance
Men 14-15	60m	Ivan Balic	6 <sup>th</sup>	(w: 0.0) 8.09
Men 20+	60m	Kenneth Vuong	6 <sup>th</sup>	(w: 1.5) 7.01
	60m	Santino Nyor	16 <sup>th</sup>	(w: 1.1) 7.23
	60m	Jethro Abdon	23 <sup>rd</sup>	(w: 1.1) 7.42
	60m	William Myant	27 <sup>th</sup>	(w: 0.0) 7.62

**NSW 5000M CHAMPIONSHIPS**  
**25 JANUARY 2020**  
**SYDNEY OLYMPIC PARK ATHLETIC CENTRE**

Group	Event	Name	Place	Performance
Open Men	5000m	Jack Brown	A race 19 <sup>th</sup>	16:14.28

Also competing in the 5000m races were Nicola Christou 20<sup>th</sup> in mixed race 1 in 20:30.87 and Will Kay 2<sup>nd</sup> in mixed race 2 in 20:39.46

**NSW COMBINED EVENT CHAMPIONSHIPS**  
**25 AND 26 JANUARY 2020**  
**SYDNEY OLYMPIC PARK ATHLETIC CENTRE**

Our only competitor was Lindsay Scholle with Silver in the Pentathlon.

Group	Event	Name	Place	Performance
50+ Men	Outdoor Pentathlon	Lindsay Scholle	2 <sup>nd</sup>	2188

**NSW MASTERS CHAMPIONSHIPS**  
**7 FEBRUARY TO 8 MARCH 2020**  
**SYDNEY OLYMPIC PARK ATHLETIC CENTRE**

The Masters Championships were scheduled for 7-9 February however some events were postponed until 7-8 March due to very heavy rain on Sunday 9 February.

Anatoly Kirievsky claimed 7 medals - Gold in the Long Jump and Triple Jump as well as four Silver medals and one Bronze. Our other Gold medal winner was Roussos Alexopoulos winning Gold in the 5000m in 17:12.06.



Group	Event	Name	Place	Performance
30-34	60m	Jackie Luu	4 <sup>th</sup>	(-2.5) 8.19
Male	100m	Jackie Luu	5 <sup>th</sup>	(-2.0) 13.00
40-44	High Jump	Anatoly Kirievsky	2 <sup>nd</sup>	1.20m
Male	Long Jump	Anatoly Kirievsky	1 <sup>st</sup>	(0.0) 3.37m
	Triple Jump	Anatoly Kirievsky	1 <sup>st</sup>	(0.2) 8.10m
	Shot Put	Anatoly Kirievsky	4 <sup>th</sup>	8.75m
	Discus	Anatoly Kirievsky	3 <sup>rd</sup>	28.66m
	Hammer	Anatoly Kirievsky	2 <sup>nd</sup>	32.06m
	Javelin	Anatoly Kirievsky	2 <sup>nd</sup>	27.73m
	Weight Throw	Anatoly Kirievsky	2 <sup>nd</sup>	9.77m
45-49	400m	Roussos Alexopoulos	4 <sup>th</sup>	63.80
Male	800m	Michael Doggett	3 <sup>rd</sup>	2:27.96
	1500m	Trent Bird	2 <sup>nd</sup>	4:29.90
	1500m	Roussos Alexopoulos	3 <sup>rd</sup>	4:44.32
	1500m	Michael Doggett	4 <sup>th</sup>	5:02.14
	5000m	Roussos Alexopoulos	1 <sup>st</sup>	17:12.06
50-54 M	5000m	Lindsay Scholle	3 <sup>rd</sup>	19:18.80

**NSW JUNIOR CHAMPIONSHIPS  
21 TO 23 FEBRUARY 2020  
SYDNEY OLYMPIC PARK ATHLETIC CENTRE**

Gold medals went to Caitlyn Ferrier U20 200m and 400m, Lianna Davidson U20 Javelin, Olivia Dimech U16 High Jump and Triple Jump, Amber Halliday U14 800m and Belinda Scott U20 Para Amb 1500m.

Group	Event	Name	Place	Performance
U14	1500m	Maisy Wright-Smith	7 <sup>th</sup>	5:05.08
Female	1500m	Tessa Newitt	8 <sup>th</sup>	5:05.18
	3000m Walk	Grace Beck	3 <sup>rd</sup>	16:16.55
	3000m Walk	Zoe Woods	7 <sup>th</sup>	17:15.10
	400m	Zoe Woods	Prelim	64.58
	400m	Amber Halliday	Prelim	61.95
	400m	Amber Halliday	Final 2 <sup>nd</sup>	61.54
	800m	Amber Halliday	1 <sup>st</sup>	2:24.22
	800m	Maisy Wright-Smith	3 <sup>rd</sup>	2:33.30
	800m	Tessa Newitt	-	DQ
	80m Hurdles	Sarah Lovell	4 <sup>th</sup>	(-0.9) 14.05
	80m Hurdles	Louise Lovell	6 <sup>th</sup>	(-0.9) 14.39
	80m Hurdles	Lily Stewart	10 <sup>th</sup>	(-0.9) 15.34
	High Jump	Louise Lovell	3 <sup>rd</sup>	1.50m
	Javelin	Charlotte Ranginui	6 <sup>th</sup>	22.65m
	Long Jump	Sarah Lovell	4 <sup>th</sup>	(0.2) 4.52m
	Long Jump	Rebecca Coyte	8 <sup>th</sup>	(1.5) 4.14m
	Long Jump	Louise Lovell	11 <sup>th</sup>	(3.9) 3.91m
	Long Jump	Lily Stewart	12 <sup>th</sup>	(2.1) 3.78m
	Triple Jump	Rebecca Coyte	7 <sup>th</sup>	(0.3) 9.01m

<b>Group</b>	<b>Event</b>	<b>Name</b>	<b>Place</b>	<b>Performance</b>
U14 Male	3000m Walk	Matthew Walter	6 <sup>th</sup>	17:29.52
	400m	Alexander Marshall	Prelim	61.84
	400m	Alexander Marshall	Final 6 <sup>th</sup>	62.72
	800m	Alexander Marshall	5 <sup>th</sup>	2:24.32
	Discus	Lachlan Green	2 <sup>nd</sup>	34.83m
	Discus	Alexander Kirievsky	3 <sup>rd</sup>	33.56m
	Discus	Tarik Demiryurek	10 <sup>th</sup>	16.38m
	Hammer Throw	Alexander Kirievsky	4 <sup>th</sup>	21.71m
	Javelin	Tarik Demiryurek	10 <sup>th</sup>	16.11m
	Shot Put	Tarik Demiryurek	6 <sup>th</sup>	9.14m
U15 Female	100m	Ella Standish	Prelim	(1.6) 14.03
	1500m	Abigail Ballhausen	4 <sup>th</sup>	4:46.59
	1500m	Nicola Christou	13 <sup>th</sup>	5:27.44
	1500m	Isabella Christou	14 <sup>th</sup>	5:44.26
	200m	Ella Standish	Prelim	(0.7) 28.67
	200m Hurdles	Sarah Lovell	6 <sup>th</sup>	(0.6) 34.09
	200m Hurdles	Lily Stewart	7 <sup>th</sup>	(0.6) 35.52
	200m Hurdles	Louise Lovell	9 <sup>th</sup>	(0.6) 36.93
	3000m	Maisy Wright-Smith	9 <sup>th</sup>	10:52.13
	3000m	Nicola Christou	13 <sup>th</sup>	11:32.91
	800m	Abigail Ballhausen	8 <sup>th</sup>	2:26.62
	800m	Isabella Christou	18 <sup>th</sup>	2:49.31
	Discus	Catherine Pane	8 <sup>th</sup>	31.18m
	U15 Male	3000m Walk	Darcy Bell	2 <sup>nd</sup>
400m		Ivan Balic	Prelim	56.27
400m		Max Rawlings	Prelim	58.77
400m		Ivan Balic	Final 5 <sup>th</sup>	55.20
800m		Ivan Balic	4 <sup>th</sup>	2:12.39
800m		Max Rawlings	9 <sup>th</sup>	2:23.61
U16 Female	100m	Indyanna Pye	Prelim	(0.0) 13.46
	200m	Emma Wheadon	Prelim	(0.3) 27.71
	200m Hurdles	Indyanna Pye	7 <sup>th</sup>	(-2.9) 32.18
	400m	Adelaide Marshall	Prelim	65.06
	400m	Emma Wheadon	Prelim	61.54
	400m	Emma Wheadon	Final 7 <sup>th</sup>	61.40
	800m	Jess Needham	9 <sup>th</sup>	2:27.56
	High Jump	Olivia Dimech	1 <sup>st</sup>	1.68m
	Long Jump	Olivia Dimech	3 <sup>rd</sup>	(1.0) 5.22m
	Triple Jump	Olivia Dimech	1 <sup>st</sup>	(0.7) 11.67m
U16 F Para Amb	Javelin	Nicole Robertson	2 <sup>nd</sup>	18.32m
U16 Male	100m	Thomas Comer	Prelim	(0.2) 11.83
	800m	Lachlan Plew	7 <sup>th</sup>	2:08.36
	Javelin	Liam Coburn	7 <sup>th</sup>	34.16m
U17 Female	100m Hurdles	Erin Hamilton	6 <sup>th</sup>	(0.4) 15.54
	5000m Walk	Alannah Hickson	4 <sup>th</sup>	29:13.19
	Discus	Ashleigh Vanderburg	7 <sup>th</sup>	24.86m

Group	Event	Name	Place	Performance
	Javelin	Kiara Shine	2 <sup>nd</sup>	37.21m
	Javelin	Ashleigh Vanderburg	6 <sup>th</sup>	33.00m
	Long Jump	Ella Young	2 <sup>nd</sup>	(1.1) 5.44m
	Shot Put	Ashleigh Vanderburg	5 <sup>th</sup>	9.12m
	Triple Jump	Ella Young	2 <sup>nd</sup>	(0.0) 11.46m
U17 Male	100m	Renato Pane	Prelim	(-1.0) 11.84
	100m	Renato Pane	Final 6 <sup>th</sup>	(-1.2) 11.80
	110m Hurdles	Renato Pane	4 <sup>th</sup>	(-0.9) 15.99
	2000m Steeple	Thomas Dorahy	11 <sup>th</sup>	6:52.42
	400m	Hugh Harrold	Prelim	52.64
	400m	Hugh Harrold	Final 5 <sup>th</sup>	52.92
	Discus	Renato Pane	4 <sup>th</sup>	43.90m
	Long Jump	Renato Pane	2 <sup>nd</sup>	(0.0) 6.44m
	Triple Jump	Cameron Ferrier	5 <sup>th</sup>	(NWI) 11.33m
U18 Female	1500m	Lauren Young	4 <sup>th</sup>	4:42.40
	800m	Lauren Young	6 <sup>th</sup>	2:20.65
	Discus	Olivia Pinto	4 <sup>th</sup>	34.56m
	Shot Put	Olivia Pinto	8 <sup>th</sup>	9.80m
U18 M	Triple Jump	Toby Hamblin	5 <sup>th</sup>	(-1.3) 11.60m
U20 Female	200m	Caitlyn Ferrier	Prelim	(1.5) 25.08
	200m	Caitlyn Ferrier	Final 1 <sup>st</sup>	24.59
	3000m	Renee Lewis	3 <sup>rd</sup>	10:21.71
	400m	Caitlyn Ferrier	1 <sup>st</sup>	55.17
	5000m Walk	Bridget Bell	4 <sup>th</sup>	28:15.66
	Javelin	Lianna Davidson	1 <sup>st</sup>	49.69m
	Long Jump	Michelle Lee	8 <sup>th</sup>	(0.0) 4.83m
U20 Female Para Amb	1500m	Belinda Scott	1 <sup>st</sup>	5:38.96
	800m	Belinda Scott	3 <sup>rd</sup>	2:43.29
	Discus	Nicole Robertson	5 <sup>th</sup>	22.03m
	Shot Put	Nicole Robertson	4 <sup>th</sup>	7.78m
U20 Male	Long Jump	Kienan Brown	10 <sup>th</sup>	(0.0) 5.81m
	Triple Jump	Kienan Brown	6 <sup>th</sup>	(0.1) 12.42m



**NSW OPEN, U23 & PARA CHAMPIONSHIPS**  
**6 TO 8 MARCH 2020**  
**SYDNEY OLYMPIC PARK ATHLETIC CENTRE**

NSW State Champions in 2020 for Asics Wests were Open Women Elizabeth Baral Pole Vault 3.70m, Lianna Davidson Javelin 52.89m and Beki Smith 5000m Walk 22:32.03 and in the Para-Amb Women Belinda Scott won the 800m / 1500m double. Other top 3 place getters were in the Open Women Sara Klein 2<sup>nd</sup> 400m Hurdles, Open Men's Javelin Rhys Stein 2<sup>nd</sup> NSW and Ben Baker 3<sup>rd</sup> while in the Para-Amb Women Nicole Robertson 2<sup>nd</sup> Shot Put, 2<sup>nd</sup> Discus and 3<sup>rd</sup> Javelin. Scarlett Pye was awarded Bronze in the Women's U23 400m Hurdles

Group	Event	Name	Place	Performance
Open Female	100m	Kiara Fioravanti	Prelim 19 <sup>th</sup>	(2.4) 12.32
	100m	Scarlett Pye	Prelim 30 <sup>th</sup>	(2.4) 12.88
	100m	Kiara Fioravanti	Semi 19 <sup>th</sup>	(1.8) 12.39
	200m	Sarah Luxford	Prelim 17 <sup>th</sup>	(-1.7) 26.11
	400m	Caitlyn Ferrier	Prelim 8 <sup>th</sup>	56.48
	400m	Sarah Luxford	Prelim 18 <sup>th</sup>	60.05
	400m Hurdles	Sara Klein	Prelim 1 <sup>st</sup>	58.46
	400m Hurdles	Scarlett Pye	Prelim 6 <sup>th</sup>	63.39
	400m Hurdles	Sara Klein	Final 2 <sup>nd</sup>	57.24
	400m Hurdles	Scarlett Pye	Final 8 <sup>th</sup>	63.53
	Pole Vault	Elizabeth Baral	1 <sup>st</sup>	3.70m
	Triple Jump	Ella Young	9 <sup>th</sup>	(0.1) 11.65m
	Triple Jump	Melissa Smith	23 <sup>rd</sup>	(0.0) 9.93m
	Discus	Catherine Pane	12 <sup>th</sup>	31.55m
	Javelin	Lianna Davidson	1 <sup>st</sup>	52.89m
	Javelin	Kiara Shine	7 <sup>th</sup>	35.96m
	5000m Walk	Beki Smith	1 <sup>st</sup>	22:32.03
	5000m Walk	Bridget Bell	10 <sup>th</sup>	28:12.27
Women Para-Amb	800m	Belinda Scott	1 <sup>st</sup>	2:43.78
	1500m	Belinda Scott	1 <sup>st</sup>	5:46.61
	Shot Put	Nicole Robertson	2 <sup>nd</sup>	7.87m
	Discus	Nicole Robertson	2 <sup>nd</sup>	23.41m
	Javelin	Nicole Robertson	3 <sup>rd</sup>	20.00m
Open Male	100m	Kenneth Vuong	Prelim 16 <sup>th</sup>	(2.8) 10.98
	100m	William Myant	Prelim 34 <sup>th</sup>	(2.6) 11.36
	100m	Santino Nyor	Prelim 37 <sup>th</sup>	(2.6) 11.42
	100m	Kenneth Vuong	Semi 16 <sup>th</sup>	(0.5) 11.02
	200m	Santino Nyor	Prelim 31 <sup>st</sup>	(-1.8) 23.39
	200m	Kenneth Vuong	Prelim 32 <sup>nd</sup>	(-0.8) 23.43
	200m	William Myant	Prelim 34 <sup>th</sup>	(-2.3) 23.64
	400m	Caleb Fairweather	Prelim 29 <sup>th</sup>	51.72
	Javelin	Rhys Stein	3 <sup>rd</sup> (2 <sup>nd</sup> NSW)	64.68m
	Javelin	Benjamin Baker	4 <sup>th</sup> (3 <sup>rd</sup> NSW)	62.60m
	Javelin	John Crandell	6 <sup>th</sup>	61.17m

## **OTHER RESULTS DURING SUMMER 2019-20**

At the Oceania Athletics Championships in Townsville from 25 to 28 June 2019 Sara Klein won Gold in the Senior Women's 400m Hurdles in a personal best time of 56.07 seconds. Also winning Gold was Lianna Davidson in the U18 Javelin in 47.92m. Other results were in the U20 Women's 5000m Ella Heeney 3<sup>rd</sup> 17:33.17, U18 Women's 3000m Renee Lewis 2<sup>nd</sup> 10:32.08. In the Open Women's 10000m Walk Beki Smith 48:18.95.

At the IAAF World Athletics Championships, Doha 2019 held in Doha, Qatar from 27<sup>th</sup> September to 6<sup>th</sup> October 2019 Sara Klein competed in the 400m Hurdles women and finished 29<sup>th</sup> overall after being 7<sup>th</sup> in Heat 4 with 56.97 on 1<sup>st</sup> October.

At the 2020 Australian 20km Road Walking Championships at War Memorial Park, Adelaide on Sunday 9 February 2020 Beki Smith claimed Bronze in 1:35:06.

The 2020 Australian Track & Field Championships were due to be held in Sydney in March however were cancelled due to the outbreak of COVID-19.



# THE HARRIER REPORT, WINTER 2019

In March in an effort to promote Asics Wests three Club members John Murray, Deb Walsham and Michael Doggett volunteered to undertake pacing duties at the Parramatta parkrun (23/03/2019 #324) held at George Kendall Reserve, Ermington. Michael Doggett carried the 4 minute flag, John Murray 5 minutes and Deb Walsham 6 minutes. Results Michael Doggett 19:52, John Murray 24:48, Will Kay 27:40, Deb Walsham 29:43. We also put up our tent and handed out flyers at the end of the run.

## WEST METROPOLITAN 2019 RUNNING SEASON

The West Metropolitan series was conducted on 16 afternoons from the last Saturday in March until the last Saturday in August with trophy presentations on Saturday 7<sup>th</sup> September. For season point score awards the best 10 placings of each athlete are counted with 7 races required to be eligible for season awards. The Asics Wests athletes who finished at least 7 races in the West Metropolitan season:

Event		Name	Place
Shorter Event (typically 2km)	Female U14	Nicola Christou	1 <sup>st</sup>
		Isabella Christou	4 <sup>th</sup>
	Male U10	Bobby Doggett	4 <sup>th</sup>
	Male 60+	David Lewis	1 <sup>st</sup>
Medium Event (typically 4km)	Female U14	Sienna Scahill	3 <sup>rd</sup>
		Morgan Charlton	4 <sup>th</sup>
	Male U16	Cameron Ferrier	2 <sup>nd</sup>
	Male 30+	Rajitha De silva	1 <sup>st</sup>
	Male 40+	Michael Haines	1 <sup>st</sup>
	Male 50+	Lindsay Scholle	2 <sup>nd</sup>
Longer Event (typically 8km)	Female 40+	Susan Tulloch	1 <sup>st</sup>
	Male 45+	Michael Doggett	1 <sup>st</sup>
	Male 65+	Kev Wills	1 <sup>st</sup>

Included in the West Met series were the West Met Handicap races which were held at George Kendall Reserve, Ermington on 17 August. In the 2km race the handicap winner was Bobby Doggett while in the 4km race Sienna Scahill was awarded the trophy for fastest female, Morgan Charlton fastest girl and Lindsay Scholle fastest male 40+. In the 8km race Susan Tulloch won the trophy for fastest female while Michael Doggett was the fastest male 40-49.



## CHAMPIONSHIP EVENTS

In the ANSW 2019 Winter Club Trophy Asics Wests finished in 13<sup>th</sup> place while in Winter Premierships the best performing Asics Wests team was the U14 Girls in 2<sup>nd</sup> place.

### ST GEORGE CLASSIC SATURDAY 13 APRIL 2019 SCARBOROUGH PARK, RAMSGATE

The St George Classic incorporates the NSW Novice Cross Country Championships.

Event / Distance	Name	Place	Time
2km	Lucas Duong	4 <sup>th</sup>	7:20
3km	Maisy Wright-Smith	23 <sup>rd</sup>	12:08
	Isabella Christou	44 <sup>th</sup>	13:45
4km	Marc Mardini	20 <sup>th</sup>	14:24
	Isabella Mardini	84 <sup>th</sup>	18:29
10km	Peter Miller	26 <sup>th</sup>	46:00
	Kevin Wills	34 <sup>th</sup>	58:58
7km Novice Female	Alley Miller	9 <sup>th</sup>	29:30
	Nicola Christou	14 <sup>th</sup>	32:23
10km Novice Male	Michael Doggett	25 <sup>th</sup>	44:07

### SYDNEY: 10 SATURDAY 4 MAY 2019 SYDNEY OLYMPIC PARK

Distance	Group	Name	Place	Chip Time
10km	Men	Roussos Alexopoulos	104 <sup>th</sup>	35:14
		Trent Bird	145 <sup>th</sup>	36:27
		Keegan Ross	228 <sup>th</sup>	39:22
		Michael Doggett	340 <sup>th</sup>	41:35
		Kev Wills	579 <sup>th</sup>	51:01
5km	Men	Marc Mardini	45 <sup>th</sup>	18:09
		Cameron Ferrier	56 <sup>th</sup>	19:38
		John Murray	81 <sup>st</sup>	23:15
5km	Women	Renee Lewis	9 <sup>th</sup>	18:15
		Nicola Christou	51 <sup>st</sup>	20:51
		Cate Wheadon	57 <sup>th</sup>	21:39
		Isabella Christou	64 <sup>th</sup>	22:12
		Emma Wheadon	66 <sup>th</sup>	22:56
		Sofia Watts	77 <sup>th</sup>	25:29
2km	Men	Sam Kay	23 <sup>rd</sup>	8:07
2km	Women	Sienna Scahill	1 <sup>st</sup>	6:53
		Morgan Charlton	2 <sup>nd</sup>	6:57
		Summer Sivaraj	31 <sup>st</sup>	9:02
		Belinda Scott	34 <sup>th</sup>	9:07

**NSW CROSS COUNTRY RELAY CHAMPIONSHIPS**  
**SATURDAY 25 MAY 2019**  
**MIRANDA PARK, MIRANDA**

At the NSW Cross Country Relays Championships the best performed Asics Wests team was the U20 Girls who took Bronze for their third place with Morgan and Sienna backing up from their run in the U14 4 x 2km.

Group	Distance	Name	Place	Time
U14 Female	4 x 2km	Nicola Christou		8:19
		Morgan Charlton		7:41
		Isabella Christou		9:13
		Sienna Scahill		7:37
		<b>Asics Wests</b>	<b>4<sup>th</sup></b>	<b>32:50</b>
U14 Female	2km indiv	Jessie Blackwell		8:03
U18 Female	4 x 3km	Renee Lewis		11:42
		Lillian Patterson		12:15
		Emma Wheadon		14:10
		Cate Wheadon		12:48
		<b>Asics Wests</b>	<b>10<sup>th</sup></b>	<b>50:55</b>
U20 Female	4 x 3km	Belinda Scott		14:43
		Summer Sivaraj		14:58
		Morgan Charlton		12:03
		Sienna Scahill		11:54
		<b>Asics Wests</b>	<b>3<sup>rd</sup></b>	<b>53:38</b>
50+ Male	4 x 4km	Lindsay Scholle		16:12
		Kev Wills		20:43
		John Murray		20:35
		David Lewis		22:13
		<b>Asics Wests</b>	<b>10<sup>th</sup></b>	<b>79:43</b>
Open Male	4 x 4km	Marc Mardini		15:52
		Kev Wills		22:49
		Roussos Alexopoulos		15:56
		Michael Doggett		18:51
		<b>Asics Wests</b>	<b>19<sup>th</sup></b>	<b>73:28</b>
40+ Male	4 x 4km	Roussos Alexopoulos		15:25
		Michael Doggett		16:48
		Michael Haines		21:29
		Peter Miller		18:12
		<b>Asics Wests</b>	<b>8<sup>th</sup></b>	<b>71:54</b>





**NSW CROSS COUNTRY CHAMPIONSHIPS**  
**SATURDAY 22 JUNE 2019**  
**TAPITALLEE CROSS COUNTRY COURSE (NOWRA)**

At the 2019 NSW Cross Country Championships our Cross Country champions were Sienna Scahill in the U14 Girls 3km and Belinda Scott first in the Para Athlete 3km. The U14 Girls team of Sienna, Morgan, Maisy and Nicola were placed third.

Group	Distance	Name	Place	Time
U14 Female	3km	Sienna Scahill	1 <sup>st</sup>	10:18
		Morgan Charlton	3 <sup>rd</sup>	10:21
		Maisy Wright-Smith	41 <sup>st</sup>	12:18
		Nicola Christou	43 <sup>rd</sup>	12:28
		Isabella Christou	51 <sup>st</sup>	13:09
Female Para	3km	Belinda Scott	1 <sup>st</sup>	14:19
Open Male	10km	Robin Whiteley	35 <sup>th</sup> 3 <sup>rd</sup> 45+	38:01
		Roussos Alexopoulos	39 <sup>th</sup> 6 <sup>th</sup> 45+	38:42
		Michael Doggett	60 <sup>th</sup> 13 <sup>th</sup> 45+	45:14
U18 Female	4km	Renee Lewis	10 <sup>th</sup>	15:47
		Lauren Young	15 <sup>th</sup>	16:22
		Lillian Patterson	20 <sup>th</sup>	16:39
65+ Male	8km	Kev Wills	3 <sup>rd</sup>	47:45

**NSW ROAD RELAY CHAMPIONSHIPS**  
**SATURDAY 13 JULY 2019**  
**UNIVERSITY OF NEWCASTLE**  
**OURIMBAH, CENTRAL COAST**

At the 2019 NSW Road Relay Championships the Club only had 3 teams competing with the U18 Girls team led by Lauren Young placing 2<sup>nd</sup> for Silver. The Open Women's team placed 4<sup>th</sup> after incorrectly being awarded Bronze medals and getting to take the medals home since the results weren't corrected until later.

Group	Distance	Name	Place	Time
U18 Female	4 x 2km	Lauren Young		7:21
		Ashlyn Hyland		8:08
		Emma Wheadon		8:18
		Cate Wheadon		8:00
		<b>Asics Wests</b>	<b>2<sup>nd</sup></b>	<b>31:47</b>
Open Female	4 x 4km	Ella Heeney		14:01
		Nicola Christou		16:12
		Isabella Christou		17:37
		Susan Tulloch		17:12
		<b>Asics Wests</b>	<b>4<sup>th</sup></b>	<b>65:02</b>
40+ Male	4 x 4km	Robin Whiteley		12:58
		Michael Haines		17:51
		John Murray		18:28
		Michael Doggett		15:14
		<b>Asics Wests</b>	<b>4<sup>th</sup></b>	<b>64:31</b>

**ANSW SHORT COURSE AND  
LITTLE ATHLETICS NSW CROSS COUNTRY  
CHAMPIONSHIPS  
3 AUGUST 2019  
UPJOHN PARK, DUNDAS**

At the NSW Short Course Country Championships Sienna Scahill won Gold in the U13 Girls 3km and Lindsay Scholle Gold in the 50-54 Men 4km.

<b>Group</b>	<b>Distance</b>	<b>Name</b>	<b>Place</b>	<b>Time</b>
U13 Female	3km	Sienna Scahill	1 <sup>st</sup>	11:13
		Morgan Charlton	2 <sup>nd</sup>	11:14
		Jessie Blackwell	5 <sup>th</sup>	11:39
		Maisy Wright-Smith	13 <sup>th</sup>	12:41
50-54 Male	4km	Lindsay Scholle	1 <sup>st</sup>	15:47
		John Murray	8 <sup>th</sup>	19:44
U17 Male	5km	Jack Mantarro	4 <sup>th</sup>	19:58
Open Male	6km	Robin Whiteley	21 <sup>st</sup> 2 <sup>nd</sup> 45+	21:34
		Michael Nicholas	23 <sup>rd</sup>	22:00
		Michael Doggett	41 <sup>st</sup> 9 <sup>th</sup> 45+	25:18
U16 Male	4km	Cameron Ferrier	8 <sup>th</sup>	17:19
U17 Female	4km	Lauren Young	4 <sup>th</sup>	17:37

The U13 Girls team of Sienna Scahill, Morgan Charlton, Jessie Blackwell and Maisy Wright-Smith won Gold in the 3km.

Belinda Scott competed in the 2km Fun Run and finished 8<sup>th</sup> in 9:24.

**AUSTRALIAN CROSS COUNTRY CHAMPIONSHIPS  
SATURDAY 24 AUGUST 2019  
KEMBLA GRANGE, NSW**

In the Girls 12 years 3km Sienna Scahill won Gold in 10:25. The results of other Asics Wests athletes were U14 Girls 3km Morgan Charlton 4<sup>th</sup> in 10:30 and a member of the second placed NSW team, U18 Girls 4km Renee Lewis 27<sup>th</sup> 14:58 and Lauren Young 83<sup>rd</sup> 16:29. In the U20 Girls AWD Para 3km Belinda Scott was 5<sup>th</sup> in 14:03 (37.36%).

# **SYDNEY HALF MARATHON SUNDAY 25 AUGUST 2019 SYDNEY OLYMPIC PARK**

In the Half Marathon in the Women's 40-49 years our finishers were Susan Tulloch 9<sup>th</sup> in 1:39:11 then one second behind was Shannon Whiteley 10<sup>th</sup> in 1:39:12 while Deb Walsham was 19<sup>th</sup> in 1:45:42.

In the U30 Men Keegan Ross was 60<sup>th</sup> in 1:44:54. In the 7km Fun Run Michael Nicholas 24:22, Jack Brown 24:58, Trent Bird 25:25, Nicola Christou 31:30, Isabella Christou 35:09 while John Murray's name didn't appear in the results.

**Michael Doggett, Cross Country Secretary**



## **WINTER WALKS 2019**

The NSW Team Walks were held at Angle Park, Chipping Norton on Sunday 19<sup>th</sup> May 2019. Bridget Bell was placed 5<sup>th</sup> in the Open Women's 10km Race Walk in a time of 60:32 while in the U14 Girls 3km Grace Beck 4<sup>th</sup> 16:57, Zoe Woods 7<sup>th</sup> 19:18 and Summer Sivaraj 8<sup>th</sup> 20:04 combined to be the second placed team of 3 walkers.

The NSW Short Walks Championships were held at Chipping Norton on 23<sup>rd</sup> June 2019. In the U20 Women's 10000m Walk Bridget Bell was 1<sup>st</sup> in 58:21 while in the U15 Women's 3km Alannah Hickson 4<sup>th</sup> 17:19 and U14 Women's 2km Sofia Watts 7<sup>th</sup> 12:47. Summer Sivaraj received a DQ in her U13 2km. This was also the Little Athletics NSW Road Walks Championships and dual members who were competing with Ku-ring-gai LA were in the U11 Women's 1500m Walk Grace Beck 1<sup>st</sup> 8:09 and in the U10 Women's 1200m Walk Zoe Murphy 5<sup>th</sup> 7:22.

The NSW Long Walks were held at Angle Park on 28<sup>th</sup> July 2019 and in the U18 Girls 8km Bridget Bell was 3<sup>rd</sup> in 46:19 while in the U16 Girls 5km Walk Alannah Hickson 8<sup>th</sup> in 30:11

The 2019 Australian Winter Walking Championship was held at Lake Kawana on the Sunshine Coast in Queensland on 8<sup>th</sup> September 2019. In the Open Women's 10000m Race Walk Bridget Bell was 3<sup>rd</sup> in 58:37.03 and in the U14 Boys 3000m Race Walk Darcy Bell DQ.







## TRACK & FIELD



### SPIVEY LD

The Spivey LD is best suited to middle to longer distance events. A full length EVA midsole provides a cushioned and supported ride while the mesh upper means this shoe is lightweight and breathable. Additionally, a removable sock liner makes this shoe fast drying.



### JAPAN LITE-NING 4

The Japan Lite-Ning 4 is the sprint model of this top of line range with the best full length plate system that ASICS has to offer. The overall image of the shoe and components used are super lightweight and fast. Perfect for shorter distances such as 100m, 200m and 400m.



### CYBER HIGH JUMP

An Elite performance high jump spike designed specifically for high calibre athletes. The Cyber Hi Jump London weighs less than its predecessor, features a new Asymmetrical Upper to improve support to the 'take-off' foot and improved SharkDuo outsole for enhanced traction. An adjustable strap provides a snug and custom fit.



### CYBER JUMP

An elite performance jump spike designed specifically for high calibre athletes. The Cyber Jump London weighs less than its predecessor and features a new lightweight upper. There is also an improved dual density plate for enhanced responsiveness and energy return. Additionally a shoelace concealing zip pocket provides a snug and comfortable fit.



### CYBER JAVELIN

An elite performance javelin spike designed for high calibre athletes. Feeling more like a shoe than a traditional boot, the Cyber Javelin weighs in lighter than its predecessor due to a new lightweight upper. This shoe has been asymmetrically engineered to improve foot stabilization and durability and features a new dual density plate for maximum energy return. Additionally, an adjustable strap and a shoelace concealing zip pocket provide a snug and comfortable fit. Generating excellent traction this shoe provides an exceptional throwing platform.



### CYBER THROW

An elite performance throw shoe designed specifically for high calibre athletes. Suitable for both shot put and discus, The Cyber Throw London features a new lightweight upper and a new dual density outsole for improved rotation and feel. A forefoot pivot point provides greater stability and durability. Additionally, an adjustable strap and a shoelace concealing zip pocket provide a snug and comfortable fit. Currently worn by former discus world champion Dani Samuels.