

West's Track & Field Inc.
Trading as

ASICS WESTS

Wyatt Park, Auburn

ABN: 91 264 657 457



Founded 1904

P.O Box 113
St Clair 2759

Ph: 0416096704

E-mail: awests@tpg.com.au



Charlie Hunter
Australian Championships 2022
Sydney Olympic Park

ONE HUNDRED AND EIGHTEENTH ANNUAL REPORT 2021 – 2022



OFFICE BEARERS FOR 2021 – 2022

Patron: Asics Oceania Member

President: J Murray

Senior Vice-President: W Crandell

Vice Presidents: P Donelan, W Gross, F Clark, J Vassella, D Brodie,
G Vernon, F Martin, CEO Asics Oceania Pty Ltd, J Sheedy

Honorary Secretary: C Gardiner

Honorary Assistant Secretary: J Pillon

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/F Pye

Senior Teams Manager: (Men): W Myant (Women) K Fioravanti

Publicity Officer: F Pye

General Committee Members: K Fioravanti, S Pye, J Crandell

Awards Officer: K Fioravanti

Honorary Solicitor: D Lewis

Honorary Auditor: Vacant

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. Pearson	2020
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, Firomena & Scarlett Pye, Kevin Wills and William Myant. Special mention also to our partner club Tiger Wests Little Athletics - particularly committee member Alan Patterson who sits on both boards. I would like to also mention Western Suburbs athletes, officials & administrators who have passed during the year - Bob Lay. Asics Wests remains one of the top clubs in NSW and Australia with over 200 members, including about half were Dual Little Athletics members from Tiger Wests, Inner West (Concord), Kurrajong Bilpin, Ku-ring-gai Little Athletics, Holroyd, Greystanes and Emu Plains to name a few.

In the last 7 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. Covid-19 meant again that we had a shortened school carnival season in 2021 but Term 2 in 2022 returned to near pre Covid level bookings for the track.

Thanks to a lot of hard work from Alan Patterson we were awarded a large grant of \$500,000 in the Greater Cities Sport Facility Fund 2020/2021. Works included replace the existing Discus cage, extending the Javelin and High Jump runways and laying new synthetic surfaces on the Javelin, High Jump, Long Jump and Pole Vault runways. The upgrade will also include a new irrigation system to protect the fields' environment and increase its sustainability. This work commenced only recently on the 1st August due to delays from Covid & rain in 1st half of 2022.

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. Summer Track Season started late and thus there was no Treloar Shield or Club v Club competition in 21/22. Due to Covid there were only a limited number of winter championship events in 2021. Thanks to all those athletes who represented us in these competitions, including our Dual Little Athletics members and our master's athletes.

On the first morning of the NSW Summer Relays, Phil Donelan was presented with Life Membership of Athletics NSW. The presentation was made by David Lewis, Director on the Board of Athletics NSW.

Thanks also to all our coaches who are doing a great job especially Fred Martin, Kevin Wills, Marilyn Pearson, Alan Patterson, Matthew Pye, Scarlett Pye, Rhys Stein, Hayden Perry, Jim & Barbara Day, Deb Walsham, Nicole Fagan (who was on the Birmingham Commonwealth Games staff), Wayne Crandell and Belinda Cosgrove.

Congratulations also to our athlete of the year, Central Coast's Charlie Hunter who was a Tokyo Olympian in 2021 and is now based in the US with the Nike squad. Charlie was coached by Kevin Wills before he left for College in the US. He ran the 800m at the Olympics and made the semi-finals. He was the Silver medallist in the 800m at Nationals.

Also, special mention to -

- Two National U18 medallists – Olivia Dimech (Triple Jump) and Zoe Woods (5000m Walk);
- 2 NSW Open Champions – Elizabeth Baral (Pole Vault) in her 14th year at the club and Will Roberts in the 100m;
- Renato Pane who won the NSW U20 Men Long Jump and Bianca Packer who won the NSW U20 Women Javelin.

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

Thank you to all our members, athletes, coaches, officials, committee and their families for being part of our club for the 2021-22 season. It was one that again was affected with lockdown in Sydney due to the COVID -19 pandemic.

Congratulations to Charlie Hunter on his achievements this season and becoming our Athlete of the Year. He has had some amazing runs, setting records and moving up the all-time Australian rankings. Well done Charlie!

I would like to congratulate some of our committee members for their off field achievements. John Crandell and Kiara Fioravanti tied the knot this year. All the best for your future together and I'm looking forward to third generation Crandell members. On the topic of babies, I would like to welcome Elena, daughter of Jeff and Emily Pillon. Congratulations.

You may have seen the field in closed at present, receiving some well needed upgrades on the field event areas. I would like to thank Alan Patterson for his continued work on this project. I thought that getting the grant was a difficult and amazing task, but it seems keeping the upgrade progressing has also been difficult, with wet weather and rising costs. Fingers crossed for fine weather over the next few weeks. Then hopefully by summer the ground will be complete and our club may be able to host some event specific Athletics NSW competitions.

If anyone would like to be a part of the committee, help out in any way or have suggestions on improving our club, please let us know.

Finally I would like to thank and acknowledge the support our club and athletes have received from Asics Oceania over the past 35 years. It has been an enduring sponsorship, that I know from personal experience has changed lives and helped our members achieve goals and dreams. Thank you.

Stay safe and good luck for season 2022-2023.

Cathy Gardiner



ATHLETE OF THE YEAR

CHARLIE HUNTER

Congratulations on a fantastic 2021/2022 season, to our athlete of the year, Charlie Hunter.

'OLYMPICS'—a young Charlie Hunter focused on his sign over his bedroom door every day. Fifteen years on, his dream was realised at the 2021 Olympics 800m in Tokyo Japan.

As a boy, Charlie heard of professional coach, Kevin Wills' strong gold-winning team of athletes and his unique training methods. Charlie was inspired by the dedication and incredible results the team made. He joined Kevin's Junior Men's squad and Asics Wests in 2011. Charlie delved into a whole range of disciplines under Kevin's direction: focus, goal setting, work ethics, swimming (six days a week in Gosford 50m outdoor pool), cycling, running, cross-country running, anatomy, remedial massage, rest, recovery, sleep, nutrition and diet, specific exercises (improving results and avoiding injuries), winning strategies and having fun. Under Kevin's coaching, Charlie blossomed - his sheer persistence and dedication resulted in incremental improvements. Competing in Australian Cross-Country Charlie came 24th. The following year, with more specific hill training, he came 2nd in U20 Australian Cross country Trials for World XC and later that year won the under 20's National 1500m championship. Three years ago, Charlie enrolled in University of Oregon and competed in the Duck team. Earlier this year he was selected as a professional track and field athlete representing Nike and training alongside many elite international athletes including fellow Aussie Jessica Hull. His life goal was realised.

"Every year we chipped away until I beat three Australian records. Earlier this year I was chosen from Oregon University Duck team to participate in the Nike Union Athletics Club, Inc. I'm on track for my second Olympics in Paris. I love running but it does hurt. I run an average of 120km each week plus three workouts in the pool. The recovery process is very important. I have an amazing team of experts supporting me with my own individual program - personal coach, sports psychologist, nutritionist, sports masseur and so on. I get regular blood tests and V02 max test to measure my progress. I make sure I get 8 hours sleep every night and eat good, healthy food. To deal with the hurt, I lean into the running and just roll with it. It's a process and I'm driven to be a better person every day. Unfortunately, the Aussie culture gives priority to footy, cricket but not athletics. So there are very few facilities to support us. That's why I am highly honoured to train in the exclusive USA Nike Union Athletics Club with such elite athletes as Raymond Rogers. I'll always call Australia home though."

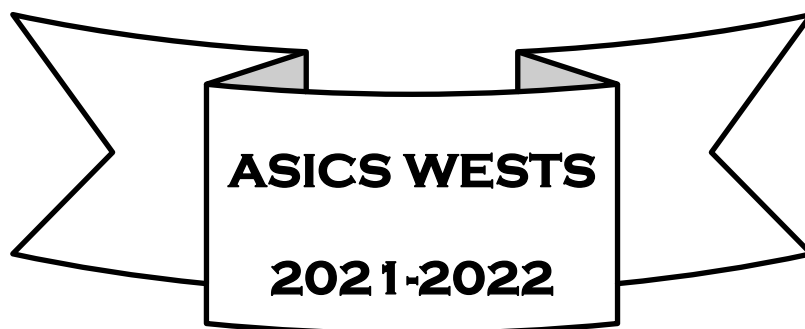
Charlie represented Australia at the Olympic Games in Tokyo in July-August 2021 where he ran the 800m in 1:45.91 for 4th in his heat and then 1:46.73 for 7th in his semi-final. Charlie claimed his place in the Australian Olympic team by running a personal best 1:44.35 in the 800m in June 2021 in Portland, Oregon. He is now the third fastest Australian ever over 800m (behind Peter Bol's 1:44.0 in June 2022 and Joseph Deng's 1:44.21 in 2018).

In February 2021 in Arkansas, USA running for the Ducks he set the Australian indoor record for 800m 1:45.59. He also twice broke the Australian one mile indoor record ultimately running 3:53.49 (however the mile record has since been broken by Oliver Hoare). In March 2022 Charlie ran at the World Athletics Indoor Championships in Belgrade where he placed sixth in his heat in 1:49.07. At the Australian Championships in March-April 2022 Charlie claimed Silver finishing second in the 800m final in 1:49.31 behind Peter Bol. At the Brisbane Track Classic on 9 April 2022 in the 800m Charlie Hunter was 4th (2nd Australian) in 1:46.93 behind Peter Bol and 2 New Zealanders.

His personal best time in the 1500m is 3:34.32 which he ran in Los Angeles in July 2022.

At the Commonwealth Games in Birmingham in August 2022 in the 800m he ran 1:49.94 for 5th place in his heat, missing out on qualification for the final.

Congratulations Charlie



SPECIAL AWARDS

Athlete of the Year 2021-2022

Is presented to ***Charlie Hunter***

Presidents Trophy

At the 30th 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

John and Kiara Crandell

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

Marcello Ottaviano

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:-

Bianca Packer

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

Ivan Balic

The Merv Lee-Archer Award

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

Olivia Dimech

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

Zoe Woods

The Treasurers Trophy

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

Lucas Duong

The Bob Lay Trophy

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

Will Roberts

The Marlene Mathews Trophy

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

Kiara Crandell

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

Olivia Dimech

The Secretary's Trophy

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

Saxon Ward

The Frank Clark Trophy

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

Zoe Woods

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

Charlie Hunter

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

Sienna Scahill

Coaches Award: Nicole Fagan

Summer Male Participation Award: No award given

Summer Female Participation Award: No award given

WOMEN'S CLUB CHAMPIONS

Event	Open	Under 20
100m	Kiara Fioravanti 12.15	Angelina Windshuttle 12.39
200m	Caitlyn Ferrier 24.28	Caitlyn Ferrier 24.29
400m	Chanel Charles 60.10	Chanel Charles 60.10
800m	Sienna Scahill 2:10.99	Sienna Scahill 2:10.99
1500m	Sienna Scahill 4:27.65	Sienna Scahill 4:27.65
3000m	Sienna Scahill 9:45.14	Sienna Scahill 9:45.14
5000m	No eligible athlete	No eligible athlete
10000m	No eligible athlete	NA
100m Hurdles	No eligible athlete	No eligible athlete
400m Hurdles	Sara Klein 58.41	Holly Dalrymple 66.50
3000m Steeple	No eligible athlete	No eligible athlete
5000m Walk	Zoe Woods 24:18.53	Zoe Woods 24:18.53
10000m Walk	Zoe Woods 57:34.02	Zoe Woods 57:34.02
High Jump	Olivia Dimech 1.65m	Olivia Dimech 1.65m
Long Jump	Olivia Dimech 5.57m	Olivia Dimech 5.57m
Triple Jump	Olivia Dimech 12.03m	Olivia Dimech 12.03m
Pole Vault	Elizabeth Baral 3.95m	Summer Sivaraj 2.40m
Shot Put	Emily Granger 7.01m	No eligible athlete
Discus	Catherine Pane 35.61m	Catherine Pane 35.61m
Hammer	No eligible athlete	No eligible athlete
Javelin	Bianca Packer 42.91m	Bianca Packer 42.91m
Heptathlon	No eligible athlete	No eligible athlete
	Under 18	Under 16
100m	Angelina Windshuttle 12.39	Nastasia Grima 13.32
200m	Angelina Windshuttle 25.63	Ella Standish 27.85
400m	Chanel Charles 60.10	Chanel Charles 60.10
800m	Sienna Scahill 2:10.99	Sienna Scahill 2:10.99
1500m	Sienna Scahill 4:27.65	Sienna Scahill 4:27.65
3000m	Sienna Scahill 9:45.14	Sienna Scahill 9:45.14
100m Hurdles	No eligible athlete	NA
90m Hurdles	NA	Jaide Almeida 13.47
200m Hurdles	NA	Jaide Almeida 31.05
400m Hurdles	Holly Dalrymple 66.50	NA
2000m Steeple	Sophia Slater 7:15.76	Sophia Slater 7:15.76
3000m Walk	Zoe Woods 13:55.17	Zoe Woods 13:55.17
5000m Walk	Zoe Woods 24:18.53	NA
High Jump	Olivia Dimech 1.65m	Jaide Almeida 1.49m
Long Jump	Olivia Dimech 5.57m	Jaide Almeida 5.08m
Triple Jump	Olivia Dimech 12.03m	Lily Stewart 10.93m
Pole Vault	Summer Sivaraj 2.40m	Summer Sivaraj 2.40m
Shot Put	Bianca Packer 9.98m	Lily Stewart 8.93m
Discus	Catherine Pane 35.61m	Catherine Pane 35.26m
Hammer	No eligible athlete	No eligible athlete
Javelin	Bianca Packer 42.08m	Siena Mace 36.46m
Heptathlon	No eligible athlete	Jaide Almeida 2188

MEN'S CLUB CHAMPIONS

Event	Open		Under 20	
100m	Will Roberts	10.33	Marcello Ottaviano	11.31
200m	Will Roberts	21.20	Ivan Balic	22.51
400m	Ivan Balic	50.27	Ivan Balic	50.27
800m	Charles Hunter	1:45.91	William Browning	2:06.51
1500m	William Browning	4:26.02	William Browning	4:26.02
3000m	Earl O'Brien	10:09.81	Dylan Allabush	10:24.24
5000m	Robert Mason	27:57.53	No eligible athlete	
10000m	Robert Mason	58:52.99	NA	
110m Hurdles	Donald Ohmer	20.61	No eligible athlete	
400m Hurdles	Caleb Fairweather	58.96	No eligible athlete	
3000m Steeple	Robert Mason	16:52.89	No eligible athlete	
5000m Walk	Darcy Bell	24:37.90	Darcy Bell	24:37.90
High Jump	Donald Ohmer	1.62m	Thomas Comer	1.60m
Long Jump	Renato Pane	7.03m	Renato Pane	7.03m
Triple Jump	Christopher Winkle	11.90m	Christopher Winkle	11.90m
Pole Vault	Donald Ohmer	3.30m	No eligible athlete	
Shot Put	Donald Ohmer	11.24m	No eligible athlete	
Discus	Lucas Rose	44.30m	Lucas Rose	49.75m
Hammer	Anatoly Kirievsky	34.33m	No eligible athlete	
Javelin	Saxon Ward	69.83m	Toby Camilleri	53.11m
Decathlon	Donald Ohmer	4699	No eligible athlete	

	Under 18		Under 16	
100m	Marcello Ottaviano	11.31	Lynden Wiesenhaan	11.64
200m	Ivan Balic	22.51	Ivan Balic	23.13
400m	Ivan Balic	50.27	Ivan Balic	51.15
800m	William Browning	2:06.51	Lucas Duong	2:16.50
1500m	William Browning	4:26.02	Arlo Merewether	4:48.42
3000m	Dylan Allabush	10:24.24	Dylan Allabush	10:44.24
100m Hurdles	NA		No eligible athlete	
110m Hurdles	No eligible athlete		NA	
200m Hurdles	NA		Lucas Duong	27.95
400m Hurdles	Travis Hargrave	58.40	NA	
2000m Steeple	No eligible athlete		Dylan Allabush	7:00.51
3000m Walk	Darcy Bell	15:00.16	Darcy Bell	15:00.16
5000m Walk	Darcy Bell	24:37.90	NA	
High Jump	Thomas Comer	1.60m	Luca de Burnay	
Long Jump	Renato Pane	7.03m	Thompson/Nate Gill	1.55m
Triple Jump	Christopher Winkle	11.90m	Ivan Balic	5.72m
Pole Vault	No eligible athlete		Luca de Burnay Thompson	11.23m
Shot Put	Alexander Kirievsky	11.85m	No eligible athlete	
Discus	No eligible athlete		Alexander Kirievsky	13.48m
Hammer	No eligible athlete		Lachlan Green	49.25m
Javelin	Finlay Hahn	56.44m	Alexander Kirievsky	33.90m
Decathlon	No eligible athlete		Toby Camilleri	54.92m
Heptathlon	NA		NA	
			No eligible athlete	

REGISTRAR'S REPORT

A lot of great things to celebrate this season, after 2 seasons of cancellations and postponements, it was finally wonderful to have a full season of athletics and just in time with the relaxation of some Covid-19 restrictions.

The season hit the ground running with all our favourites back for pre-Christmas events; NSW All Schools, Relay Championships, Nitro Schools Relays, 3,000m & 10k Championships.

Many highlights of the season, special mention to club stalwart Phil Donelan, honoured by Athletics NSW with Life Membership for over 50 years of service to the athletics community, congratulations Phil!

We had great representation across all age groups, with many medallists, PB's and SB's. Some of our biggest stand out's, Charlie Hunter, continuing to build on his Tokyo Olympic success, with Australian selection for World Indoors and Commonwealth Games.

We saw National Track Classic selections for Elizabeth Baral, Sarah Klein, Saxon Ward, Charlie Hunter and Will Roberts. Our Juniors and Masters also strong with National & Oceania titles going, Sienna Scahill, Zoe Woods (National/Oceania), Grace Beck, Maisie Mitchell, Kenneth Vuong (Oceania) and John Crandell (Oceania).

Total membership numbers for season 2021-2022 was 235.

Breakdown of numbers showed;
118 Male Members (50.2%)
117 Female Members (49.8%)
Average Age - 22 years

Again as previous season the highest number of memberships came through our dual members (12 years to 17 years).

To all our athletes, coaches and volunteers, thank you for your continued support for our club.

Thank you to the Asics Wests committee for your commitment and hard work, without you we could not run our club.

Best wishes for 2023

Firomena Pye

SUMMER 2021-2022

SCHOOLS AND CLUB NITRO CHALLENGE 6 NOVEMBER 2021 SOPAC WARM-UP TRACK

The Nitro Challenge was the first event since lockdown. This was a team competition with points scored across a selection of events. It included some races not usually held such as the 2 x 800m Relay, 1000m and the Swedish 1000m Relay (100m, 300m, 200m, 400m)

The results of our teams were: Female Junior (U15) Division 4th, Female Senior (U19) Division 4th, and Male Senior (U19) Division 6th.

The members of our teams were:

Female Junior: Maisie Mitchell, Grace Beck, Annabelle Stewart, Lily Stewart, Chanel Charles, Zoe Woods.

Female Senior: Sienna Scahill, Summer Sivaraj, Ella Young, Holly Dalrymple, Olivia Dimech, Bianca Packer, Siena Mace.

Male Senior: Alex Sinnett, Luca de Burnay Thompson, Darcy Bell, Ivan Balic, Lucas Duong, Travis Hargrave, Thomas Cromer, Toby Camilleri, Alexander Kirievsky, Cameron Ferrier.

NSW 3000M CHAMPIONSHIPS 13 NOVEMBER 2021 SYDNEY OLYMPIC PARK ATHLETIC CENTRE WARMUP TRACK

Sienna Scahill was our fastest runner at the 3000m championships breaking 10 minutes to place second in the women's B race.

Group	Event	Name	Place	Performance
Women	3000m	Sienna Scahill	B race 2 nd	9:57.76
		Abby Ballhausen	B race 5 th	10:03.62
		Sophia Slater	B race 9 th	10:19.49
		Caitlyn Tan	C race 12 th	10:33.41
		Zoe Woods	C race 18 th	10:56.11
		Grace Beck	D race 7 th	10:50.44
		Maisy Wright-Smith	E race 15 th	11:21.42
		Maisie Mitchell	F race -	DNF
Men	3000m	Earl O'Brien	H race 16 th	10:09.81
		Dylan Allabush	K race 13 th	10:24.24
		William Derbyshire	K race 14 th	10:28.08
		Jerra Wright-Smith	M race 20 th	11:28.68
		Edward Lee	M race 21 st	11:50.72
		Robert Mason	N race 22 nd	15:42.22

NSW RELAYS CHAMPIONSHIPS
20 TO 21 NOVEMBER 2021
SYDNEY OLYMPIC PARK ATHLETIC CENTRE

At the State Relays this year the Club won 6 Gold medals and 4 Silver medals. This included 4 Javelin Gold with the team in the 160+ Men Javelin breaking the meet record, bettering the previous record by almost 8 metres. Our other Gold medals were for the U14 Men 4x1500m Walk and the U16 Women 4x800m. The four Silver medals were for the Open Women 4x1500m Walk, U18 Men 4x1500m Walk, U18 Men Long Jump and the 200+ Men 4x800m.

Group	Event		Place	Performance
U14	4 x 100m		10 th	1:02.93
Women	Discus	A Stewart, L Stewart, C Fatai, I Cochrane	5 th	53.76m
U16	4 x 100m		-	DQ
Women	4 x 200m		7 th	1:57.36
	4 x 400m		6 th	4:50.81
	4 x 800m	S Slater, S Scahill, Z Woods, G Beck	1 st	9:47.96
	4 x 800m		7 th	11:33.84
U18	Long Jump	O Dimech, E Young, C Reid, A Teuma	6 th	18.33m
Women	Shot Put	A Stewart, L Stewart, C Fatai, Z Woods	6 th	30.26m
	Javelin	B Packer, J Packer, I Pye, C Fatai	4 th	97.68m
Open	4 x 100m		Prelim 8 th	50.00
Women	4 x 200m		Prelim 4 th	1:44.94
	4 x 200m		Final 7 th	1:44.83
	4 x 400m		4 th	4:17.49
	4 x 1500m Walk	B Bell, N Fagan, G Beck, Z Woods	2 nd	32:47.64
Open	4 x 100m		5 th	46.51
Mixed				
U14	4 x 800m		10 th	10:35.79
Men	4 x 1500m Walk	A Sinnett, A Braendle, M Mitchell, I Cochrane	1 st	33:03.04
U16	4 x 100m		11 th	55.36
Men	4 x 200m		7 th	1:50.33
U18	4 x 100m		Prelim 8 th	44.98
Men	4 x 100m		Final 8 th	45.25
	4 x 1500m Walk	D Bell, D Allabush, A Hickson, S Sivaraj	2 nd	31:46.07
	Long Jump	I Balic, C Winkle, C Ferrier, L de Burnay Thompson	2 nd	21.17m
	Javelin	T Camilleri, J Tockuss, F Hahn, F Scholle	1 st	168.18m
U20	4 x 100m		6 th	45.13
Men				
Open	4 x 100m		Prelim 5 th	42.64
Men	4 x 100m		Final 4 th	42.41
	4 x 200m		Prelim 8 th	1:32.32
	4 x 200m		Final 9 th	1:31.81
	4 x 400m		6 th	3:39.44

Group	Event		Place	Performance
Open Men	Discus	L Rose, Anatoly Kirievsky, F Saldana, Alexander Kirievsky	5 th	92.48m
	Javelin	B Baker, J Crandell, H Perry, F Saldana	1 st	177.12m
120+ Men	Javelin	B Baker, J Crandell, A Kirievsky, K Vuong	1 st	146.69m
160+ Men	4 x 100m		8 th	50.18
	Javelin	B Baker, J Crandell, A Kirievsky, R Mason	1 st	143.22m
200+ Men	4 x 800m	M Doggett, D Lewis, R. Mason, E Lee	2 nd	11:21.69

Thank you to the team managers Kiara Fioravanti and Scarlett Pye – organising relays teams is a big job. And to Firomena Pye for the great effort in assisting prior to the event, on the day and posting information, encouragement, results and pictures on social media.

On the first morning of the NSW Relays, Phil Donelan was presented with Life Membership of Athletics NSW. The presentation was made by David Lewis, Director on the Board of Athletics NSW. Phil joined Western Suburbs Athletic Club in 1960 and ever since has made an enormous contribution as an athlete, committee member, official and serving in other positions for the Club and the sport of athletics in NSW. He was first elected to the Western Suburbs Club committee in 1964/65 and served until the 1996/97 season.

NSW 10000M CHAMPIONSHIPS 27 NOVEMBER 2021 THE RIDGE ATHLETICS TRACK

Group	Event	Name	Place	Performance
Men	10000m	Robert Mason	B race 11 th	58:52.99
		Etienne Blumstein-Jones	-	DNF

NSW 10000M RACE WALKING CHAMPIONSHIPS 15 JANUARY 2022 THE RIDGE ATHLETICS TRACK

Zoe Woods finished in second place for Silver in the Women's 10000m Walk championship.

Group	Event	Name	Place	Performance
Women	10000m Walk	Zoe Woods	2 nd	57:34.02
		Bridget Bell	4 th	1:04:24.75



ILLAWARRA TRACK CHALLENGE
15 JANUARY 2022
KERRYNN MCCANN ATHLETIC CENTRE

The meet was to include the NSW 60m and Mile Championships. The heats of the 60m were held before the meet was abandoned due to a severe storm with intense rain. The 60m finals were later rescheduled for the Sydney Track Challenge in March.

Group	Event	Name	Place	Performance
U18 Women	60m	Angelina Windshuttle	Prelim 8 th	7.97 (1.7)
U20 Women	60m	Michaela Cosgrove	Prelim 7 th	8.03 (1.6)
Open Women	60m	Kiara Fioravanti	Prelim 4 th	7.69 (1.7)
U18 Men	60m	Thomas Comer	10 th	7.32 (1.3)
	60m	Evan Vukovic	13 th	7.43 (0.1)
	60m	Ivan Balic	16 th	7.49 (0.1)
U20 Men	60m	Marcello Ottaviano	14 th	7.28 (2.0)
Open Men	60m	Will Roberts	Prelim 2 nd	6.73 (0.8)
	60m	Kenneth Vuong	Prelim 5 th	6.85 (2.3)
	60m	William Myant	Prelim 39 th	7.37 (1.3)

ACT AND NSW COMBINED EVENT CHAMPIONSHIPS
15 TO 16 JANUARY 2022
WODEN PARK ATHLETICS FIELD

Well done to Jaide Almeida for her Silver medal in the U16 Girls Heptathlon at these championships.

Group	Event	Name	Place	Performance
Girls 14-15	Heptathlon	Jaide Almeida	2 nd	2188
		Lily Stewart	4 th	2042
Open Men	Decathlon	Donald Ohmer	4 th	4699

NSW 5000M CHAMPIONSHIPS
12 FEBRUARY 2022
SYDNEY OLYMPIC PARK ATHLETIC CENTRE

Our only competitor in the 5000m was Robert Mason.

Group	Event	Name	Place	Performance
Men	5000m	Robert Mason	E race 17 th	27:57.73



NSW OPEN, U23 & PARA CHAMPIONSHIPS
18 TO 20 FEBRUARY 2022
SYDNEY OLYMPIC PARK ATHLETIC CENTRE

NSW State Champions in 2022 for Asics Wests were Elizabeth Baral in the Pole Vault with 3.80m and Will Roberts in the 100m in 10.33. Other medals went to Lynda Holt in the Women's seated Wheelchair Shot Put and in the Open Men's Javelin Saxon Ward 2nd and Rhys Stein 3rd.

Group	Event	Name	Place	Performance
Open	100m	Kiara Fioravanti	Prelim 22 nd	12.49 (-0.9)
Women	100m	Michaela Cosgrove	Prelim 41 st	13.20 (-0.9)
	100m	Ella Standish	Prelim 46 th	13.45 (-1.2)
	100m	Kiara Fioravanti	Semi-Final 15 th	12.32 (-0.4)
	200m	Caitlyn Ferrier	Prelim 10 th	24.53 (-0.1)
	200m	Scarlett Pye	30 th	25.77 (1.2)
	200m	Ella Standish	45 th	27.00 (0.7)
	200m	Caitlyn Ferrier	B Final 2 nd	24.28 (1.3)
	400m Hurdles	Scarlett Pye	Prelim 7 th	63.25
	400m Hurdles	Scarlett Pye	Final 7 th	64.38
	5000m Walk	Zoe Woods	6 th	25:23.99
	5000m Walk	Grace Beck	8 th	26:32.46
	5000m Walk	Bridget Bell	9 th	27:29.97
	5000m Walk	Alannah Hickson	11 th	30:08.66
	5000m Walk	Summer Sivaraj	13 th	31:20.28
	Pole Vault	Elizabeth Baral	1 st	3.80m
	Pole Vault	Summer Sivaraj	10 th	2.40m
	Javelin	Bianca Packer	8 th	37.91m
	Women seated Wheelchair	Shot Put	Lynda Holt	2 nd
Open Men	100m	Will Roberts	Prelim 11 th	11.13 (-4.4)
	100m	Kenneth Vuong	Prelim 22 nd	11.42 (-4.0)
	100m	Ruwan Gunsinghe	Prelim 55 th	11.48 (-0.4)
	100m	Thomas Comer	Prelim 65 th	11.67 (-1.8)
	100m	Evan Vukovic	Prelim 82 nd	11.92 (-1.8)
	100m	Will Roberts	Semi-Final 5 th	10.42 (0.4)
	100m	Kenneth Vuong	Semi-Final 30 th	11.09 (0.0)
	100m	Will Roberts	Final 2 nd (1 st NSW)	10.33 (0.1)
	200m	Evan Vukovic	56 th	23.64 (0.5)
	400m Hurdles	Caleb Fairweather	7 th	58.96
	5000m Walk	Darcy Bell	6 th	25:09.13
	5000m Walk	Dylan Allabush	9 th	29:57.88
	Long Jump	Renato Pane	10 th	6.59m (0.7)

Group	Event	Name	Place	Performance
	Javelin	Saxon Ward	2 nd	69.83m
	Javelin	Rhys Stein	3 rd	65.45m
	Javelin	Kane Simmons	5 th	56.32m
	Javelin	Samuel Capararo	11 th	44.31m
	Javelin	Fernando Saldano	12 th	35.74m



**NSW JUNIOR CHAMPIONSHIPS
25 TO 27 FEBRUARY 2022
SYDNEY OLYMPIC PARK ATHLETIC CENTRE**

Our Club's State champions at these championships were Sienna Scahill with a double in the U16 Women 1st 1500m 4:34.67 and 1st 3000m 10:02.66; U20 Women Bianca Packer 1st Javelin 42.91m; U18 Women Olivia Dimech 1st Triple Jump 11.72m; U17 Women Abby Ballhausen 1st 3000m 10:15.04; U17 Women Ambulant Yi Ying Lim 1st 1500m 7:24.34; U16 Women Summer Sivaraj 1st Pole Vault 2.40m; U15 Women Grace Beck 1st 2000m Steeplechase 7:26.95 and 1st 3000m Walk 15:01.86; U14 Women Maisie Mitchell 1st 3000m Walk 15:28.60, Jemma Camilleri 1st Javelin 31.77m; U20 Men Renato Pane 1st Long Jump 6.81m; U17 Men Darcy Bell 1st 5000m Walk 24:37.90, Toby Camilleri 1st Javelin 53.59m; U16 Men Alexander Kirievsky 1st Hammer Throw 33.59m; U14 Men Alexander Braendle 1st 3000m Walk, Ryan Cloey 1st Javelin 33.76m.

Group	Event	Name	Place	Performance
U14 Women	100m	Louise Ringbauer	Prelim 21 st	13.83 (0.3)
	200m	Chanel Charles	Prelim 16 th	28.27 (-0.2)
	200m	Louise Ringbauer	Prelim 21 st	29.26 (-0.7)
	400m	Chanel Charles	Prelim 1 st	62.08
	400m	Chanel Charles	Final 3 rd	62.69
	80m Hurdles	Louise Ringbauer	Prelim 15 th	15.28 (-0.9)
	3000m Walk	Maisie Mitchell	1 st	15:28.60
	3000m Walk	Lily Horne	6 th	17:20.21
	3000m Walk	Imogen Cochrane	10 th	17:56.75
	Discus	Louise Ringbauer	2 nd	31.21m
	Discus	Jemma Camilleri	4 th	28.72m
	Javelin	Jemma Camilleri	1 st	31.77m

Group	Event	Name	Place	Performance
U15 Women	100m	Rekha Levine	Prelim 22 nd	13.76 (0.2)
	2000m Steeple	Grace Beck	1 st	7:26.95
	3000m Walk	Grace Beck	1 st	15:01.86
	Long Jump	Rekha Levine	7 th	4.65m (-0.7)
	Shot Put	Annabelle Stewart	12 th	8.90m
	Javelin	Kaylee Harwood	9 th	25.42m
	Javelin	Annabelle Stewart	12 th	20.53m
U16 Women	100m	Alexandra Smith	Prelim 21 st	13.85 (-0.3)
	200m	Alexandra Smith	Prelim 22 nd	28.22 (0.5)
	800m	Sienna Scahill	3 rd	2:11.62
	800m	Zoe Woods	8 th	2:18.55
	1500m	Sienna Scahill	1 st	4:34.67
	1500m	Zoe Woods	7 th	4:41.84
	3000m	Sienna Scahill	1 st	10:02.66
	90m Hurdles	Jaide Almeida	Prelim 3 rd	13.86 (0.4)
	90m Hurdles	Lily Stewart	Prelim 5 th	14.10 (0.4)
	90m Hurdles	Jaide Almeida	Final 3 rd	13.69 (-0.2)
	90m Hurdles	Lily Stewart	Final 4 th	13.98 (-0.2)
	200m Hurdles	Jaide Almeida	5 th	31.05 (0.4)
	200m Hurdles	Lily Stewart	6 th	31.32 (0.5)
	2000m Steeplechase	Summer Sivaraj	6 th	8:41.51
	3000m Walk	Summer Sivaraj	4 th	16:13.27
	Long Jump	Lily Stewart	4 th	4.93m (0.0)
	Long Jump	Jaide Almeida	10 th	4.75m (0.0)
	Triple Jump	Lily Stewart	3 rd	10.93m (0.0)
	Pole Vault	Summer Sivaraj	1 st	2.40m
	Discus	Jaide Almeida	5 th	30.17m
Javelin	Siena Mace	2 nd	33.12m	
U17 Women	100m	Ella Standish	Prelim 12 th	13.23 (-0.4)
	200m	Ella Standish	Prelim 11 th	27.11 (-0.4)
	1500m	Abby Ballhausen	3 rd	4:48.32
	3000m	Abby Ballhausen	1 st	10:15.04
	5000m Walk	Chelsea Roberts	3 rd (2 nd NSW)	27:03.82
	Discus	Catherine Pane	5 th	34.39m
U17 Ambulant	1500m	Yi Ying Lim	1 st	7:24.34
U18 Women	100m	Angelina Windshuttle	Prelim 2 nd	12.48 (-0.9)
	100m	Angelina Windshuttle	Final 4 th	12.39 (0.4)
	200m	Angelina Windshuttle	Prelim 4 th	26.06 (-1.2)
	200m	Angelina Windshuttle	Final 4 th	25.63 (-1.4)
	400m	Emma Wheadon	6 th	64.10
	800m	Emma Wheadon	12 th	2:39.37
	3000m	Caitlyn Tan	4 th	10:54.81
	400m Hurdles	Holly Dalrymple	5 th	66.50
	400m Hurdles	Indyanna Pye	6 th	68.71
	5000m Walk	Alannah Hickson	4 th	31:05.53

Group	Event	Name	Place	Performance
U18 Women	High Jump	Olivia Dimech	2 nd	1.65m
	Long Jump	Olivia Dimech	2 nd	5.30m (0.0)
	Triple Jump	Olivia Dimech	1 st	11.72m (0.7)
	Javelin	Ariana Levy	3 rd	37.76m
	Javelin	Jacinta Packer	4 th	35.52m
U20 Women	100m	Michaela Cosgrove	Prelim 19 th	13.11 (-0.5)
	200m	Michaela Cosgrove	Prelim 19 th	27.00 (-1.2)
	Long Jump	Ella Young	9 th	4.85m (0.0)
	Long Jump	Charli Reid	12 th	4.35m (0.0)
	Triple Jump	Ella Young	3 rd	10.82m (-0.2)
	Javelin	Bianca Packer	1 st	42.91m
	Javelin	Ashleigh Vanderburg	7 th	30.97m
U14 Men	3000m Walk	Alexander Braendle	1 st	17:05.64
	High Jump	Luca de Burnay Thompson	6 th	1.50m
	Javelin	Ryan Cloey	1 st	33.76m
U15 Men	200m	Henri Carli	Prelim 18 th	26.52 (-0.6)
	400m	Lucas Duong	Prelim 5 th	55.23
	400m	Henri Carli	Prelim 11 th	60.81
	400m	Lucas Duong	Final 5 th	54.85
	800m	Henri Carli	16 th	2:28.52
	200m Hurdles	Lucas Duong	2 nd	28.31 (1.0)
	200m Hurdles	Samuel Kay	9 th	34.83 (1.0)
	2000m Steeplechase	Dylan Allabush	3 rd	7:00.51
	3000m Walk	Alexander Sinnett	2 nd	15:44.95
	3000m Walk	Dylan Allabush	3 rd	15:45.27
	Long Jump	Luca de Burnay Thompson	5 th	5.13m (0.0)
	Triple Jump	Luca de Burnay Thompson	3 rd	11.23m (0.5)
	Discus	Elijah Pallister	4 th	43.19m
	Javelin	Elijah Pallister	4 th	34.55m
U16 Men	High Jump	Nate Gill	6 th	1.50m
	Shot Put	Alexander Kirievsky	5 th	12.36m
	Discus	Lachlan Green	5 th	47.86m
	Hammer	Alexander Kirievsky	1 st	33.59m
	Javelin	Alexander Kirievsky	8 th	35.13m
U17 Men	200m	Ivan Balic	Prelim 6 th	22.94 (-1.8)
	200m	Ivan Balic	Final 6 th	22.89 (-1.1)
	400m	Ivan Balic	Prelim 1 st	51.12
	400m	Ivan Balic	Final 3 rd	50.62
	5000m Walk	Darcy Bell	2 nd (1 st NSW)	24:37.90
	Javelin	Toby Camilleri	1 st	53.59m
U17 Men Ambulant	200m	Adnan Darwiche	5 th	46.23 (-0.5)
	400m	Adnan Darwiche	-	DQ
	800m	Adnan Darwiche	3 rd	3:48.75

Group	Event	Name	Place	Performance
U18 Men	100m	Travis Hargrave	Prelim 6 th	11.48 (-1.1)
	100m	Keanu Roberts-Lintmeijer	Prelim 12 th	11.60 (-1.0)
	100m	Samuel Dam	Prelim 26 th	12.44 (-0.3)
	100m	Travis Hargrave	Final 9 th	11.45 (1.0)
	200m	Keanu Roberts-Lintmeijer	Prelim 8 th	22.73 (-0.1)
	200m	Travis Hargrave	Prelim 10 th	22.90 (-0.4)
	200m	Samuel Dam	Prelim 23 rd	25.86 (1.1)
	200m	Keanu Roberts-Lintmeijer	Final 7 th	22.96 (-0.6)
	800m	William Browning	12 th	2:06.51
	1500m	William Browning	9 th	4:26.02
	Triple Jump	Travis Hargrave	3 rd	11.65m (0.0)
	Javelin	Finlay Hahn	3 rd	54.04m
U20 Men	100m	Marcello Ottaviano	Prelim 25 th	11.61 (-0.9)
	200m	Marcello Ottaviano	Prelim 22 nd	23.87 (-1.3)
	400m	Cameron Ferrier	Prelim 14 th	53.61
	Long Jump	Renato Pane	1 st	6.81m (0.4)
	Long Jump	Christopher Winkle	7 th	5.76m (-2.2)
	Discus	Lucas Rose	4 th (3 rd NSW)	48.81m
	Javelin	Samuel Capararo	9 th	44.31m



NSW MASTERS CHAMPIONSHIPS
11 TO 13 MARCH 2022
SYDNEY OLYMPIC PARK ATHLETICS CENTRE
WARMUP TRACK

At the NSW Masters Championships medals went to 30-34 Men Kenneth Vuong Gold 60m and Silver 200m, Ruwan Gunsinghe Gold 200m and 2 Silver, John Crandell Gold Javelin; 40-44 Men Anatoly Kirievsky Gold Weight Throw plus 3 Silver and 3 Bronze; 45-49 Men Michael Doggett Bronze 1500m; 50-54 Men Lindsay Scholle Gold 1500m and James Jeffery Silver 1500m; 55-59 Men Robert Mason 1 Silver and 3 Bronze.

Group	Event	Name	Place	Performance
30-34 Men	60m	Kenneth Vuong	1 st	7.00 (0.0)
	60m	Ruwan Gunsinghe	2 nd	7.15 (0.0)
	100m	Ruwan Gunsinghe	2 nd	11.32 (0.3)
	200m	Ruwan Gunsinghe	1 st	23.40 (1.7)
	200m	Kenneth Vuong	2 nd	23.42 (1.7)
	Javelin	John Crandell	1 st	54.73m
40-44 Men	High Jump	Anatoly Kirievsky	2 nd	1.15m
	Long Jump	Anatoly Kirievsky	4 th	3.78m (0.9)
	Triple Jump	Anatoly Kirievsky	3 rd	7.27m (1.3)
	Shot Put	Anatoly Kirievsky	3 rd	9.10m
	Discus	Anatoly Kirievsky	2 nd	30.74m
	Hammer	Anatoly Kirievsky	3 rd	31.84m
	Javelin	Anatoly Kirievsky	2 nd	29.54m
	Weight Throw	Anatoly Kirievsky	1 st	9.58m
45-49 Men	800m	Michael Doggett	4 th	2:19.38
	1500m	Michael Doggett	3 rd	4:51.31
50-54 Men	800m	James Jeffery	3 rd	2:36.14
	1500m	Lindsay Scholle	1 st	4:48.82
	1500m	James Jeffery	2 nd	5:29.28
55-59 Men	100m Hurdles	Robert Mason	3 rd	28.73 (0.5)
	400m Hurdles	Robert Mason	3 rd	1:50.23
	3000m Steeple	Robert Mason	2 nd	16:52.89
	Triple Jump	Robert Mason	3 rd	5.45m (0.0)
	Weight Throw	Robert Mason	4 th	7.10m



SYDNEY TRACK CLASSIC
12 MARCH 2022
SYDNEY OLYMPIC PARK ATHLETIC CENTRE

The Sydney Track Classic included the finals of the NSW 60m Championships that had been washed out at the Illawarra Track Challenge in January.

Group	Event	Name	Place	Performance
U18 Women	60m	Angelina Windshuttle	7 th	7.89 (1.5)
U20 Women	60m	Michaela Cosgrove	4 th	8.02 (1.3)
Open Women	60m	Kiara Fioravanti	5 th	7.73 (0.0)
Open Men	60m	Kenneth Vuong	4 th	6.97 (-1.7)

In other events at the Track Classic in the Open Women Elizabeth Baral was 6th in the Pole Vault with 3.55m.

AUSTRALIAN TRACK AND FIELD CHAMPIONSHIPS
26 MARCH TO 3 APRIL 2022
SYDNEY OLYMPIC PARK ATHLETIC CENTRE

In the Open our best placed athlete was Charlie Hunter with Silver (behind Peter Bol) in the 800m in 1:49.31. Our other athletes to take medals at these championships were U16 Women Sienna Scahill with double Gold 1st 1500m 4:27.65 and 1st 3000m 9:45.14, Zoe Woods 1st 3000m Walk 13:55.17 and 2nd in the U18 5000m Walk; U18 Women Olivia Dimech 3rd Triple Jump; U15 Women Grace Beck 1st 3000m Walk 15:35.50 and 3rd 2000m Steeplechase; U14 Women Maisie Mitchell 1st 3000m Walk 15:22.08; U17 Men Toby Camilleri 3rd Javelin; U15 Men Alexander Sinnett 3rd 3000m Walk and U14 Men Alexander Braendle 2nd 3000m Walk.

Group	Event	Name	Place	Performance
Open Women	100m	Kiara Fioravanti	Prelim	12.31 (2.0)
	200m	Caitlyn Ferrier	Prelim	24.93 (0.4)
	400m Hurdles	Scarlett Pye	Prelim	63.93
	Pole Vault	Elizabeth Baral	Prelim 6 th	3.75m
	Pole Vault	Elizabeth Baral	Final 9 th	3.60m
	10000m Walk	Bridget Bell	8 th	57:38.19
U20 Women	Triple Jump	Ella Young	8 th	11.27m (0.0)
	Javelin	Bianca Packer	15 th	33.89m
U18 Women	3000m	Abby Ballhausen	8 th	10:15.78
	3000m	Caitlyn Tan	14 th	11:08.22
	400m Hurdles	Holly Dalrymple	Prelim	68.74
	400m Hurdles	A'laa Andrist	Prelim	71.36
	400m Hurdles	Indyanna Pye	Prelim	68.96
	High Jump	Olivia Dimech	-	DNS
	Long Jump	Olivia Dimech	10 th	5.15m (-1.6)
	Triple Jump	Olivia Dimech	3 rd	12.03m (-0.3)
	Javelin	Ariana Levy	8 th	35.66m
	5000m Walk	Zoe Woods	2 nd	24:18.53
	5000m Walk	Summer Sivaraj	13 th	29:06.46
	5000m Walk	Alannah Hickson	16 th	31:19.61

Group	Event	Name	Place	Performance
U17 Women	1500m	Abby Ballhausen	11 th	4:47.77
	Discus	Catherine Pane	6 th	35.61m
	5000m Walk	Chelsea Roberts	4 th	26:54.14
	5000m Walk	Grace Beck	5 th	27:37.73
U16 Women	800m	Sienna Scahill	Prelim	2:14.41
	800m	Sienna Scahill	Final 4 th	2:10.99
	1500m	Sienna Scahill	2 nd (1 st Aust.)	4:27.65
	1500m	Zoe Woods	12 th	4:39.10
	3000m	Sienna Scahill	1 st	9:45.14
	90m Hurdles	Jaide Almeida	Prelim	13.52 (-0.1)
	90m Hurdles	Lily Stewart	Prelim	13.67 (1.3)
	90m Hurdles	Jaide Almeida	Final 7 th	13.47 (-0.1)
	Pole Vault	Summer Sivaraj	6 th	2.40m
	Triple Jump	Lily Stewart	8 th	10.92m (0.3)
	Javelin	Siena Mace	5 th	36.46m
	3000m Walk	Zoe Woods	1 st	13:55.17
	3000m Walk	Lyla Williams	4 th	15:02.08
	3000m Walk	Summer Sivaraj	14 th	17:32.34
U15 Women	2000m Steeple	Grace Beck	3 rd	7:26.97
	3000m Walk	Grace Beck	1 st	15:35.50
U14 Women	400m	Chanel Charles	Prelim	60.69
	400m	Chanel Charles	Final 5 th	60.10
	Discus	Louise Ringbauer	11 th	25.44m
	Javelin	Jemma Camilleri	8 th	31.75m
	3000m Walk	Maisie Mitchell	1 st	15:22.08
	3000m Walk	Lily Horne	11 th	17:15.48
Open Women Seated	Shot Put	Lynda Holt	4 th	5.82m 64.23%
Open Men	100m	Kenneth Vuong	Qualification	10.87 (1.3)
	100m	Will Roberts	Prelim	10.32 (2.8)
	100m	Will Roberts	Semi-final	10.44 (2.6)
	800m	Charles Hunter	Prelim	1:49.46
	800m	Charles Hunter	Final 2 nd	1:49.31
	400m Hurdles	Caleb Fairweather	Prelim	59.30
	Javelin	Saxon Ward	Prelim 8 th	64.20m
	Javelin	Rhys Stein	Prelim 12 th	59.49m
	Javelin	Kane Simmons	Prelim 14 th	51.61m
	Javelin	Saxon Ward	Final -	DNS
U20 Men	Long Jump	Renato Pane	8 th	6.71m (2.1)
	Discus	Lucas Rose	8 th	47.20m
	Javelin	Samuel Capararo	12 th	47.49m
U18 Men	200m	Travis Hargrave	Prelim	23.35 (-0.6)
	200m	Keanu Roberts-Lintmeijer	Prelim	23.59 (-1.1)
	200m	Benjamin Iveson	Prelim	23.49 (0.2)
	400m Hurdles	Benjamin Iveson	Prelim	DNS
	400m Hurdles	Travis Hargrave	Prelim	59.17

Group	Event	Name	Place	Performance
	Triple Jump	Travis Hargrave	-	DNS
	Javelin	Finlay Hahn	4 th	56.44m
U17 Men	200m	Ivan Balic	Prelim	22.94 (0.6)
	400m	Ivan Balic	Prelim	50.27
	400m	Ivan Balic	Final 6 th	50.54
	Javelin	Toby Camilleri	3 rd	54.63m
	5000m Walk	Dylan Allabush	7 th	25:54.29
	5000m Walk	Darcy Bell	-	DQ
U16 Men	Discus	Lachlan Green	5 th	49.25m
U15 Men	400m	Lucas Duong	Prelim	55.28
	400m	Lucas Duong	Final 6 th	54.47
	200m Hurdles	Lucas Duong	Prelim	28.25 (0.2)
	200m Hurdles	Lucas Duong	Final 4 th	27.95 (0.0)
	2000m Steeple	Dylan Allabush	12 th	7:06.90
	Triple Jump	Luca de Burnay Thompson	-	FOUL
	Discus	Elijah Pallister	-	DNS
	Javelin	Elijah Pallister	-	DNS
	3000m Walk	Alexander Sinnett	3 rd	15:55.94
	3000m Walk	Dylan Allabush	-	DQ
U14 Men	Javelin	Ryan Cloey	6 th	36.17m
	3000m Walk	Alexander Braendle	2 nd	16:28.20



OTHER RESULTS DURING SUMMER 2021-22

At the Olympic Games in Tokyo in July-August 2021 Charlie Hunter competed in the 800m with 1:45.91 for 4th in his heat and 1:46.73 for 7th in his semi-final.

At the AACT U20m and Open Championships in Canberra from 28 to 30 January 2022 the results of our athletes were: Open Women Sara Klein 3rd 400m Hurdles 58.55, Scarlett Pye 6th 400m Hurdles 1:02.07, Bridget Bell 2nd 10000m Walk 1:03:48.14, Kiara Fioravanti 26th 100m 12.33 and 23rd 200m 25.70, Elizabeth Baral Pole Vault NH; Open Men John Crandell 1st Javelin 56.43m Will Roberts 4th 100m 10.53, Kenneth Vuong 24th 100m 11.09 and 27th 200m 22.90, Will Myant 47th 100m 11.59 and 44th 200m 23.96; U20 Men Lucas Rose 2nd Discus 47.30m, Keanu Roberts-Lintmeijer 18th 100m 11.49 and 25th 200m 23.20, Marcello Ottaviano 24th 100m 11.67 and 32nd 200m 24.04.

At the Australian U15 to U18 Combined Event Championships at Sydney Olympic Park on 14 February 2022 in the U16 Women Heptathlon Jaide Almeida was 7th while Lily Stewart finished 10th.

At the Australian Masters Athletics Championships at QSAC Stadium in Nathan, Brisbane from 1 to 4 April 2022 in the 30-34 Men Kenneth Vuong took double Gold with 1st in the 60m in 7.03 (0.1) and 1st in the 100m in 10.97 (1.2). In addition to his 2 Gold medals Kenneth placed 4th in the Men's Champion of Champions 100m.

At the Brisbane Track Classic on 9 April 2022 in the Open Men's 800m Charlie Hunter was 4th (2nd Aust.) in 1:46.93

At the Australian and Oceania 35km Race Walk Championships on 15 May 2022 at Fawkner Park, Melbourne in the Open Women's 20km Walk Bridget Bell was 6th in 1:55:11. In the U18 Women's 5km Walk Zoe Woods was 1st in 24:27 and Grace Beck was 2nd in 26:46. In the U18 Men's 5km Walk Dylan Allabush was 4th in 25:52.



THE HARRIER REPORT, WINTER 2021

WEST METROPOLITAN 2021 RUNNING SEASON

The West Metropolitan series was again held as a self-timed series with David Archbold (West Met XC Club) marking out courses at various venues ranging from Ermington, Rydalmere, Dundas, Concord, Bella Vista, North Ryde and Castle Hill. Each week competitors had from Wednesday afternoon until Saturday afternoon to run the course although Saturday afternoon was still the most popular time to compete. This series lasted for 11 weeks from the last weekend in March until 19th June after which Sydney went into lockdown due to Covid-19 outbreaks.

Regular competitors in these first 11 weeks were:

Short distance (2km) – M10U Bobby Doggett 10 weeks; M65+ David Lewis 11 weeks; W20+ Belinda Scott 5 weeks.

Medium distance (4km) – M40+ Michael Haines 9 weeks; M50+ Lindsay Scholle 9 weeks, John Murray 9 weeks

Longer distance (8km) – W40+ Susan Tulloch 7 weeks; Michael Doggett 10 weeks

Then for 6 weeks during July – August due to lockdowns David Archbold was running the West Met Covid19 Delta Series with competitors choosing their own venue close to home.

CHAMPIONSHIP EVENTS

A number of championship events were not held in Winter 2021 because of COVID-19 lockdowns between the end of June and October. The only events held were the Sydney 10, St George Classic, NSW Cross Country Relay Championships and the NSW Short Walks.

SYDNEY: 10 SUNDAY 2 MAY 2021 SYDNEY OLYMPIC PARK

The U16 Girls team of Abby Ballhausen, Sophia Slater, Adelaide Marshall and Zoe Woods claimed Silver for second in their ANSW teams' category.

Event	Name	Place	Chip Time
10km	Robin Whiteley	58 th , ANSW 1 st 45-49 M	32:27
	Alexander Marshall	319 th , 278 th Male, 18 th U20 M	38:52
	Earl O'Brien	438 th , 372 nd Male	41:13
	Susan Tulloch	608 th , 105 th Female	44:57
	Jen North	616 th , 106 th Female, ANSW 3 rd 50-54 F	45:06
5km	Abby Ballhausen	43 rd , 8 th Female, 5 th U16 F	17:37
	Sophia Slater	69 th , 25 th Female, 14 th U16 F	18:41
	Dylan Allabush	75 th , 47 th Male, 22 nd U16 M	18:59
	Adelaide Marshall	77 th , 29 th Female, 17 th U16 F	19:08
	Zoe Woods	90 th , 37 th Female, 24 th U16 F	19:54
	Grace Beck	91 st , 38 th Female, 25 th U16 F	19:55
	Summer Sivaraj	107 th , 47 th Female, 33 rd U16 F	20:50

**ST GEORGE CLASSIC AND NSW NOVICE
CHAMPIONSHIPS
SATURDAY 22 MAY 2021
SCARBOROUGH PARK, RAMSGATE**

Robin Whiteley was our best placed athlete with 4th overall in the Albie Thomas 10km cross country Classic and 2nd place in the 40-49 age group.

Group	Distance	Name	Place	Time
Boys 12-13	3km	Jerra Wright-Smith	10 th	12:27
Women 14-15	3km	Maisy Wright-Smith	11 th	12:20
Men	10km Classic	Robin Whiteley	4 th (2 nd 40-49)	33:51
		Earl O'Brien	16 th (4 th 30-39)	38:35
	10km Novice	Michael Doggett	22 nd	43:55

**NSW CROSS COUNTRY RELAY CHAMPIONSHIPS
SATURDAY 5 JUNE 2021
NORTH RYDE COMMON**

The Cross Country Relay Championships were held at North Ryde Common where we had six teams compete with the 30+ Men taking Silver in their 4x4km. Robin Whiteley and Earl O'Brien backed up from running in the 30+ team to finish our Open Men's team in the same 4x4km race. Also thank you to Kev Wills for running twice – third leg in the 50+ Men 4x4km at 1.30pm then second leg in the Open Men 4x4km at 3pm.

Group	Distance	Name	Place	Time
U14 Boys	4 x 2km	Lucas Duong		7:11
		Grace Beck		7:55
		Alexander Sinnett		8:26
		Dylan Allabush		7:15
		Asics Wests	5th	30:47
U16 Women	4 x 2km	Tessa Newitt		11:53
		Summer Sivaraj		13:21
		Sophia Slater		11:35
		Abigail Ballhausen		11:12
		Asics Wests	4th	48:01
U16 Men	3km indiv	Campbell Wilson	-	11:44
	3km indiv	Darcy Bell	DNF	-
U18 Women	3km indiv	Emma Wheadon	-	12:16
Open Women	4km indiv	Belinda Scott	-	21:13
40+ Women	4 x 4km	Susan Tulloch	5th	19:14
		Deb Walsham		19:48
		Jen North		18:27
		Emily Granger		20:12
		Asics Wests		1:17:41

Group	Distance	Name	Place	Time
50+ Men	4 x 4km	Lindsay Scholle		15:44
		David Lewis		20:53
		Kevin Wills		21:48
		John Murray		20:16
		Asics Wests	10th	1:18:41
Open Men	4 x 4km	Jack Brown		14:15
		Kev Wills		24:00
		Robin Whiteley		14:23
		Earl O'Brien		15:56
		Asics Wests	21st	1:08:34
30+ Men	4 x 4km	Robin Whiteley		13:30
		Earl O'Brien		15:09
		Michael Haines		21:39
		Michael Doggett		16:12
		Asics Wests	2nd	1:06:30

Michael Doggett, Cross Country Secretary



WINTER WALKS 2021

The NSW Short Walks were held at Chipping Norton on 23rd May 2021. In the Open Women 15000m Walk Bridget Bell was 4th in 1:28:04; Masters Women 5000m Walk Nicole Fagan 1st in 24:34; U17 Girls 3000m Walk Alannah Hickson 2nd 16:53; U15 Girls 3000m Walk Zoe Woods 2nd 15:55, Summer Sivaraj 5th 17:19; U14 Girls 2000m Walk Grace Beck 1st 9:53; U13 Girls Maisie Mitchell 1st 9:56; U16 Boys 3000m Walk Darcy Bell 1st 15:34; U14 Boys 2000m Walk Dylan Allabush 1st 10:21, Alexander Sinnett 3rd 10:33.







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.