

Wests Track & Field Inc.  
Trading as

**ASICS WESTS**

Wyatt Park, Auburn

ABN: 91 264 657 457



*sound mind, sound body*



Founded 1904

P.O Box 113  
St Clair 2759

Ph: 0416096704

E-mail: [awests@tpg.com.au](mailto:awests@tpg.com.au)



Crandell Family Oceania Championships 2015

**ONE HUNDRED AND  
NINETEENTH  
ANNUAL REPORT  
2022 – 2023**



# OFFICE BEARERS FOR 2022 – 2023

*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/J Pillon

*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 Crandell

*Publicity Officer:* F Pye

*General Committee Members:* K Wills, S Pye, J Crandell

*Awards Officer:* K Crandell

*Honorary Solicitor:* D Lewis

*Honorary Auditor:* T Nolan

*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 & Kiara Crandell, Firomena & Scarlett Pye 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, Wayne Crandell and Norm Windred.

Wests remains one of the top clubs in NSW and Australia with over two hundred members, including about half were Dual Little Athletics members from Tiger Wests, Inner West (Concord), Kurrajong Bilpin, Holroyd, Greystanes, Riverstone, and Emu Plains to name a few.

In the last 8 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. The school carnival season in 2022 and 2023 has returned to near pre Covid level bookings.

Thanks to a lot of challenging 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 also included a new irrigation system to protect the fields environment and increase its sustainability. This work finished in late 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 had a new Treloar Shield/Club v Club competition in 22/23, partly initiated by Athletics NSW Director and Wests member – David Lewis. We made 3 of 5 age group finals and finished 3rd in the U18, 4th in the Open & the 50+ were 5th.

2022 winter season we finished seventh overall of NSW clubs and the U18 girls, plus 30-39 men and 40-49 women were in first place. 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 an excellent 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, and Belinda Cosgrove (who recently retired from coaching).

Congratulations also to our athlete of the year for the second year the Central Coasts – 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 XXII Commonwealth Games, Alexander Stadium, Birmingham in 2022. He was fourth in the 800m at Nationals earlier this year.

Also, special mention to –

- Two National junior gold medallists – Grace Beck (U16 3km Walk) and Zoe Woods (U17 5000m Walk); and
- 2 NSW Open Champions – Elizabeth Baral (Pole Vault) in her 15th year at the club and Belinda Scott in the 1500m Para Ambulant and Silver to Jordan Sarmento in the 400m.

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

**John Murray**

## **SECRETARY'S REPORT**

First of all I want to say thank you to all our members for being members of our club for the 2022-23 season. There have been some fantastic individual and team performances, as you will read about in this report. I would like to thank Michael Doggett for his time and effort compiling the season summary. As you may have notice we have reverted back to Wests Track & Field Inc. as Asics decided to discontinue with their support of our club. We are in the process of updating our club logo and uniform for a new era. 120 years young!!

Congratulations to Charlie Hunter on his achievements this season and becoming our Athlete of the Year for the second year running and congratulations to all our members receiving awards today.

As John mentioned in his Presidents report the club received an Office of Sport grant for improvements and repairs to our ground at Wyatt Park, which is now complete. I would like to thank Alan Patterson for the many hours/days he has given up throughout the whole process from grant application to final sign off with Office of Sport. I know there have been many stressful moments in that time. The upgrade looks amazing.

I think it was fitting that the opening and first official competition to be held at the upgraded Wyatt Park was The Wayne Crandell Memorial Meet on the 25<sup>th</sup> March 2023. The news of Wayne's passing was a shock to me and a very sad time for the club, his family and friends. Wayne was always on the lookout for new club members and athletes he could coach. His enthusiasm for our sport and his love of Wests and the contributions he made will be remembered for many years to come. I hope that this meet will grow to something bigger and better each year and I know that John and Kiara will be a driving force behind it as they were for the inaugural meet. Rest in peace, great mate, you will be missed.

Thanks again to all our members and their families for supporting us. Please encourage your friends to join our fantastic club and if anyone would like to be a part of the committee, help out or have suggestions on improving our club, or know of potential sponsors, please let us know.

Thank you to my fellow committee members for their time given again this season. With all our lives getting busier, your efforts are appreciated. And a special mention to John Murray for his past 10 years as President of the club. Thanks for the support you have given me.

Stay safe and good luck for the season ahead.



**Cathy Gardiner**

# ATHLETE OF THE YEAR

## CHARLIE HUNTER

**‘Tokyo Olympian’** — Charlie Hunter consolidated his standing as one the best and consistent middle-distance runners in Australia and also very competitive on the world stage in 2022/2023 season.

In December 2021, Hunter signed with Nike, Inc. and moved to Portland, Oregon, to train with coach Pete Julian's group (formerly Nike Oregon Project) Union Athletic Club.

His 2022 season leading up to the Birmingham Commonwealth Games last August included a 3:34 1500m in Los Angeles and he also ran 800m races at famous meets like the Prefontaine Classic in Eugene, Portland Track Festival (1:45.58) and Nike Outdoor Nationals.

Charlie was run out in heats of the Commonwealth Games in Birmingham. He had a few good races after Birmingham with a 800m in London in 1:46 to make up for Commonwealth Games run and two 1500m runs one in Luzern, Switzerland 3:45 and a 3:41 in the Berlin Olympic Stadium meet to end the season on a high.

Charlie started 2023 in Australia running in the Maurie Plant Meet in Melbourne and then a return to form in Sydney Track Classic with a 1:46 coming from last to 2nd place in the last 120 metres.

At the Australian Championships in Brisbane, he finished 4th only 0.25 seconds from Gold. He then raced European Summer trying to qualify for Budapest World Athletics Champs but missed qualifying by a couple of spots on the rankings.

Good Luck to Charlie for 2024 and trying to make the Olympic team for Paris.

Congratulations Charlie





## **SPECIAL AWARDS**

### ***Athlete of the Year 2022-2023***

Is presented to ***Charlie Hunter***

### ***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

***William Myant***

### ***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

***Scarlett Pye***

### ***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

***Benjamin Iveson***

### ***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:-

***Olivia Dimech***

### ***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 Davies***

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

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

***Zoe Woods***

### ***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

***Grace Beck***



***The Treasurers Trophy***

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

***Luca de Burnay Thompson***

***The Bob Lay Trophy***

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

***Jordan Sarmento***

***The Marlene Mathews Trophy***

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

***Scarlett Pye***

***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

***Rhys Stein***

***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

***Kenneth Vuong***

***Coaches Award: Belinda Cosgrove***

***Summer Male Participation Award: Robert Mason***

***Summer Female Participation Award: Indyanna Pye***

# WOMEN'S CLUB CHAMPIONS

Event	Open	Under 20
100m	Scarlett Pye 12.22	Angelina Windshuttle 12.50
200m	Scarlett Pye 24.95	Angelina Windshuttle 25.24
400m	Caitlyn Ferrier 56.23	Sienna Scahill 58.28
800m	Sarah Baker 2:09.55	Sarah Baker 2:09.55
1500m	Sarah Baker 4:31.46	Sarah Baker 4:31.46
3000m	Abigail Ballhausen 10:07.15	Abigail Ballhausen 10:07.15
5000m	Abigail Ballhausen 17:59.11	Abigail Ballhausen 17:59.11
10000m	Kristen Piper 38:43.69	NA
100m Hurdles	No eligible athlete	No eligible athlete
400m Hurdles	Scarlett Pye 1:00.09	Indyanna Pye 1:07.76
3000m Steeple	No eligible athlete	No eligible athlete
5000m Walk	Zoe Woods 23:24.30	Zoe Woods 23:24.30
10000m Walk	Zoe Woods 49:47.73	Zoe Woods 49:47.73
High Jump	Marisa Pavela/Olivia Dimech 1.60m	Marisa Pavela/Olivia Dimech 1.60m
Long Jump	Olivia Dimech 5.49m	Olivia Dimech 5.49m
Triple Jump	Olivia Dimech 12.17m	Olivia Dimech 12.17m
Pole Vault	Elizabeth Baral 3.80m	Summer Sivaraj 2.10m
Shot Put	Kiara Crandell 10.18m	Summer Sivaraj 6.42m
Discus	Louise Ringbauer 36.51m	Louise Ringbauer 36.51m
Hammer	No eligible athlete	No eligible athlete
Javelin	Bianca Packer 41.62m	Bianca Packer 41.62m
Heptathlon	No eligible athlete	No eligible athlete
	<b>Under 18</b>	<b>Under 16</b>
100m	Angelina Windshuttle 12.50	Nastasia Grima 12.77
200m	Angelina Windshuttle 25.24	Bianka Pavela 26.00
400m	Sienna Scahill 58.28	Lana Pike 1:00.33
800m	Sarah Baker 2:09.55	Sarah Baker 2:11.09
1500m	Sarah Baker 4:31.46	Sarah Baker 4:31.85
3000m	Abigail Ballhausen 10:07.15	Sarah Baker 10:07.18
100m Hurdles	Lily Stewart 15.00	NA
90m Hurdles	NA	Lily Stewart 13.71
200m Hurdles	NA	Lily Stewart 31.23
400m Hurdles	Holly Dalrymple 1:08.08	NA
2000m Steeple	Sophia Slater 7:03.35	Sophia Slater 7:03.35
3000m Walk	Zoe Woods 14:27.76	Zoe Woods 14:27.76
5000m Walk	Zoe Woods 23:24.30	NA
High Jump	Marisa Pavela/Olivia Dimech 1.60m	Alexandra Smith 1.55m
Long Jump	Olivia Dimech 5.49m	Lily Stewart 5.15m
Triple Jump	Olivia Dimech 12.17m	Lily Stewart 11.20m
Pole Vault	Summer Sivaraj 2.10m	Summer Sivaraj 2.10m
Shot Put	Courtney Kitching 10.35m	Courtney Kitching 10.35m
Discus	Louise Ringbauer 36.51m	Louise Ringbauer 36.51m
Hammer	No eligible athlete	No eligible athlete
Javelin	Siena Mace 39.88m	Siena Mace 39.88m
Heptathlon	Lily Stewart 3877	No eligible athlete

# MEN'S CLUB CHAMPIONS

Event	Open	Under 20
100m	Ismail Dudu Kamara 10.26	Marcello Ottaviano 10.7
200m	Ismail Dudu Kamara 21.03	Marcello Ottaviano 21.8
400m	Jordan Sarmento 46.92	Benjamin Iveson 48.5
800m	Charles Hunter 1:46.18	William Browning 1:58.7
1500m	Oliver Ham 4:10.13	Oliver Ham 4:10.1
3000m	Oliver Ham 9:02.95	Oliver Ham 9:02.9
5000m	Earl O'Brien 18:31.69	Solomon Tan 19:29.7
10000m	Rajitha De Silva 43:11.27	NA
110m Hurdles	No eligible athlete	No eligible athlete
400m Hurdles	Travis Hargrave 59.07	Travis Hargrave 59.0
3000m Steeple	Lindsay Scholle 12:51.3h	No eligible athlete
5000m Walk	Dylan Allabush 24:33.88	Dylan Allabush 24:33.8
High Jump	Luca de Burnay Thompson 1.75m	Luca de Burnay Thompson 1.75m
Long Jump	Cameron Davies 6.37m	Cameron Davies 6.37m
Triple Jump	Luca de Burnay Thompson 13.00m	Luca de Burnay Thompson 13.00m
Pole Vault	No eligible athlete	No eligible athlete
Shot Put	Dean Milroy 11.90m	No eligible athlete
Discus	Dean Milroy 38.53m	No eligible athlete
Hammer	Anatoly Kirievsky 29.59m	No eligible athlete
Javelin	Rhys Stein 62.58m	Toby Camilleri 54.11m
Decathlon	No eligible athlete	No eligible athlete

Event	Under 18	Under 16
100m	Benjamin Iveson 11.21	Zaid Khan 11.8
200m	Benjamin Iveson 22.16	Amal Franchrist Albert Stephen 24.5
400m	Benjamin Iveson 48.59	Lucas Duong 53.4
800m	William Browning 2:00.20	Teaghan Negri 2:12.7
1500m	Oliver Ham 4:10.13	Cristiano Calcarao 4:29.0
3000m	Oliver Ham 9:02.95	Dylan Allabush 10:00.4
100m Hurdles	NA	No eligible athlete
110m Hurdles	Cameron Davies 14.41	NA
200m Hurdles	NA	Lucas Duong 27.5
400m Hurdles	Travis Hargrave 56.97	NA
2000m Steeple	No eligible athlete	Dylan Allabush 6:45.5
3000m Walk	Dylan Allabush 14:20.15	Dylan Allabush 14:20.1
5000m Walk	Dylan Allabush 24:33.88	NA
High Jump	Luca de Burnay Thompson 1.75m	Luca de Burnay Thompson 1.75m
Long Jump	Cameron Davies 6.37m	Luca de Burnay Thompson 6.32m
Triple Jump	Luca de Burnay Thompson 13.00m	Luca de Burnay Thompson 13.00m
Pole Vault	No eligible athlete	No eligible athlete
Shot Put	Tarik Demiryurek 13.28m	Elijah Pallister 12.05m
Discus	Freddie Benson Sparkes 47.89m	Lachlan Green 56.67m
Hammer	Alexander Kirievsky 30.89m	No eligible athlete
Javelin	Toby Camilleri 60.85m	Elijah Pallister 40.82m
Decathlon	No eligible athlete	NA
Heptathlon	NA	No eligible athlete

# REGISTRAR'S REPORT

2022-2023 season at Wests Track and Field, as a club were able to celebrate many wonderful achievements beginning with Athletics Australia honouring two of our very own, Don Brodie OAM and Frank Overton, with Platinum Service Awards in recognition of their lifelong commitment and dedication to athletics, we also take this time to thank them for their tireless service to our club and the greater athletics community.

We were well represented across all age categories, with standout performances; Congratulations to Charlie Hunter on selection to the 2022 Commonwealth Games in Birmingham UK, competing in the 800m also selected to run the 800m @ the Maurie Plant Meet - A World Continental Tour Meet Gold Meet.

Congratulations to Emily Granger, Robin Whiteley and Earl O'Brien who competed @ the 2023 World Masters Cross Country Championships in Bathurst, all coming away with top 10 world placings.

2022 Oceania Athletics Championships ~ Congratulations to Zoe Woods, an Oceania record in the U18's 5000m race walk and new Oceania Champs, Masters athletes - Kenneth Vuong taking the 100m and 200m double and John Crandell the Javelin.

Proud to have three Wests athletes selected as part of the World Athletics Continental Tour Meets - Sydney & Brisbane Track Classic's, Scarlett Pye 400m hurdles, Charlie Hunter 800m & Jordan Sarmiento 400m.

Congratulations also on the selection of Ismail Kamara~ 100m and 200m @ the 2023 Chemist Warehouse Adelaide Invitational.

Our Masters men, John Crandell, Ben Baker, Ruwan Gunasinghe & AD Malik, competing @ the 2022 Pan Pacific Masters Games and rewarded with a haul of medals and new games records. John Crandell also going on to win the Open Men's Javelin @ the 2023 Singapore Open's Championships.

We had three age categories making the Treloar Shield Finals (U18's, Opens & Masters). Congratulations to our fantastic U18's team taking Bronze in the 2022 Treloar Shield Final.

Not to be outdone, our race walkers, Zoe Woods U17's and Grace Beck U16's were crowned National Champions @ the 2023 Junior Track & Field Championships.

Our successful year tinged with sadness by the passing of Wayne Crandell, a Wests stalwart whose contribution to our club was invaluable. We were able to host the inaugural Wayne Crandell Memorial Meet. A wonderful day!

This season's numbers were up slightly from last season.

Total 2022-23 Registrations ~ 235
Total Female Registrations ~ 117 (49.8%)
Total Male Registrations ~ 118 (50.2%)
Average Member Age ~ 23 years
Largest Age Bracket ~ 14 to 17years

Thanks again to our wonderful Wests committee who dedicate many hours to our club, thank you for your continued support.  
See you all next season!

**Firomena Pye**

# SUMMER 2022-2023

## 2022-23 TRELOAR SHIELD

There was a different format to the Treloar Shield this year with six preliminary rounds during October and November and then a Treloar Shield Final on Saturday 17<sup>th</sup> December. Our teams to make the finals were the U18, Open and Masters 50+. The teams in each group consisted of both male and female athletes. Our results in the final were:

- Open 4<sup>th</sup>
- U18 3<sup>rd</sup>
- 50+ 5<sup>th</sup>

On the final Saturday the teams looked good in their new Wests black and white t-shirts with the traditional winged logo and the Club's establishment year of 1904.

Our athletes who competed in 4 or more of the 7 Treloar Shields were:

7 – Robert Mason

6 - Scarlett Pye, Indyanna Pye, Nikita Grima, Nastasia Grima, Samuel Dam, Jordan Sarmiento, Benjamin Iveson

5 - Lily Stewart, David Lewis, Cameron Ferrier, Travis Hargrave, Alexandra Smith, Ivan Balic

4 - Lindsay Scholle, Cameron Davies, Anatoly Kirievsky, Flynn Smith, Kenneth Vuong, Belinda Scott, Ruwan Gunasinghe, Sarah Baker, Michael Doggett, Grace Beck.

Special mention to Lindsay Scholle, who attended 4 Treloar Shield Saturdays and managed to compete in 18 individual events, including 5 individual events in the Treloar Shield Final. Competing in the next most individual events for Wests through the Treloar Shield series was Scarlett Pye 16 then Robert Mason and Lily Stewart 15 and David Lewis 13. These numbers exclude Treloar Shield relays where names aren't recorded.



**NSW 3000M CHAMPIONSHIPS**  
**29 OCTOBER 2022**  
**ES MARKS FIELD, KENSINGTON**

Sarah Baker was our best placed runner at the 3000m championships finishing third in the women's B race.

Group	Event	Name	Place	Performance
Women	3000m	Sarah Baker	B race 3 <sup>rd</sup>	10:07.18
		Sophia Slater	B race 4 <sup>th</sup>	10:10.89
		Grace Beck	C race 17 <sup>th</sup>	10:54.74
		Belinda Scott	G race 10 <sup>th</sup>	12:41.06
Men	3000m	Dylan Allabush	I race 4 <sup>th</sup>	10:00.41
		Jerra Wright-Smith	J race 5 <sup>th</sup>	10:28.02
		Rajitha De silva	K race 12 <sup>th</sup>	11:17.82
		Edward Lee	K race 13 <sup>th</sup>	11:20.11
		Alexander Braendle	K race 23 <sup>rd</sup>	12:19.22
Mixed	Community 3000m	Lily Horne	13 <sup>th</sup>	13:19.13
		Emily Granger	20 <sup>th</sup>	14:08.95

**NSW RELAYS CHAMPIONSHIPS**  
**19 TO 20 NOVEMBER 2022**  
**CAMPBELLTOWN**

Wests won 3 Gold (U16 4x1500m, Open Men Javelin, 120+ Men Javelin), 4 Silver and 4 Bronze medals. The Men's 120+ Javelin team broke the state relay record from 2018 that was already held by Wests.

Group	Event		Place	Performance
U16	4x200m		6 <sup>th</sup>	1:48.67
Women	4x400m		3 <sup>rd</sup>	4:09.04
	4x1500m		1 <sup>st</sup>	19:39.83
U18 Women	4x100m	A	Prelim 4 <sup>th</sup>	51.35
	4x100m	B	Prelim 5 <sup>th</sup>	51.46
	4x100m	A	Final 4 <sup>th</sup>	51.69
	4x100m	B	Final 5 <sup>th</sup>	53.58
	4x200m	A	3 <sup>rd</sup>	1:47.24
	4x200m	B	5 <sup>th</sup>	1:49.19
	4x400m		2 <sup>nd</sup>	4:19.30
	4x1500m Walk		3 <sup>rd</sup>	33:13.12
	Javelin	J Packer, A Levy, J Camilleri, K Richardson	2 <sup>nd</sup>	126.13m
Open Women	4x100m		Prelim 7 <sup>th</sup>	47.80
	4x100m		Final 8 <sup>th</sup>	48.25
	Long Jump	O Dimech, L Stewart, F Smith, A Smith	3 <sup>rd</sup>	18.81m
Open Mixed	4x100m		6 <sup>th</sup>	44.71
U18 Men	4x100m		9 <sup>th</sup>	48.70
	4x200m		11 <sup>th</sup>	1:42.49
	Discus	L Green, T Camilleri, B Iveson	6 <sup>th</sup>	100.13m
	Javelin	T Camilleri, J Stewart, A Levy, J Camilleri	2 <sup>nd</sup>	142.18m

Group	Event		Place	Performance
U20 Men	4x100m		6 <sup>th</sup>	44.26
	4x200m		5 <sup>th</sup>	1:46.18
	4x400m		4 <sup>th</sup>	3:50.15
Open Men	4x100m		Prelim 8 <sup>th</sup>	42.65
	4x100m		Final 5 <sup>th</sup>	42.17
	4x400m		6 <sup>th</sup>	3:23.59
	4x1500m Walk		2 <sup>nd</sup>	29:13.98
	High Jump	Luca de Burnay Thompson	5 <sup>th</sup>	1.75m
	Discus	Robert Mason	6 <sup>th</sup>	15.87m
	Javelin	J Crandell, B Baker, K Simmons, A Malik	1 <sup>st</sup>	190.45m
120+ Men	Javelin	J Crandell, B Baker, A Malik, A Kirievsky	1 <sup>st</sup>	178.90m
200+ Men	4x800m		DNF	-

Thank you to team managers Will Myant and Kiara Crandell. It's a challenging job organising relay teams with a lot of time spent putting teams together before the weekend. It's also a challenge when athletes named in teams don't make it to the track (e.g. only 1 athlete in each of our Open Men's High Jump and Discus teams) and last minute changes need to be made. Thank you to all those people that turned up and supported. Note that the official results only record names for the field events and not the track events.

## **NSW 10000M CHAMPIONSHIPS SATURDAY 8 OCTOBER 2022 SYDNEY OLYMPIC PARK ATHLETICS CENTRE**

The NSW 10000m Championship was held on the evening of 8<sup>th</sup> October after Treloar Shield Round 1 had been completed. Our only competitor in the 10000m was Raj De silva who finished 13<sup>th</sup> in 43:11.27.

Group	Event	Name	Place	Performance
Men	10000m	Rajitha De silva	13 <sup>th</sup>	43:11.27

## **NSW 10000M RACE WALK CHAMPIONSHIPS 26 NOVEMBER 2022 SYDNEY OLYMPIC PARK ATHLETIC CENTRE**

Bridget Bell finished in second place for Silver in the Women's 10000m Walk championship. Grace Beck was 5<sup>th</sup> in the Open Women's 10000m Walk in a time of 58:41.13 with this performance placing her third in the Under 20 Women's 10000m.

Group	Event	Name	Place	Performance
Women	10000m Walk	Bridget Bell	2 <sup>nd</sup>	53:21.12
		Grace Beck	5 <sup>th</sup>	58:41.13
		Alannah Hickson	6 <sup>th</sup>	1:01:55.10

**ILLAWARRA TRACK CLASSIC  
SATURDAY 14 JANUARY 2023  
KERRYN MCCANN ATHLETIC CENTRE, WOLLONGONG**

The Illawarra Track Challenge featured the NSW 60m and Mile Championships. Our mile runners Zoe Woods and Earl O'Brien each finished first in their respective age categories. U16 Women Zoe Woods 1<sup>st</sup> Mile 5:13.60 and 35-39 Men Earl O'Brien 1<sup>st</sup> Mile 5:25.60. Our best placed runner in the 60m was Marcello Ottaviano 4<sup>th</sup> in the U18 60m.

Group	Event	Name	Place	Performance
U18 Women	Mile	Zoe Woods	1 <sup>st</sup>	5:13.60
U16 Women	60m	Louise Ringbauer	Prelim 16 <sup>th</sup>	8.79 (4.3)
Open Men	60m	Kenneth Vuong	Prelim 9 <sup>th</sup>	6.85 (2.2)
		William Myant	Prelim 38 <sup>th</sup>	7.32 (1.6)
		Ismail Dudu Kamara	-	DNF
		William Myant	Final 8 <sup>th</sup>	6.86 (4.4)
U20 Men	60m	Marcello Ottaviano	Prelim 5 <sup>th</sup>	6.88 (3.8)
		Giridaran Karthigeyan	Prelim 11 <sup>th</sup>	7.26 (3.8)
		Samuel Dam	Prelim 13 <sup>th</sup>	7.42 (3.8)
		Marcello Ottaviano	Final 4 <sup>th</sup>	6.90 (3.0)
U18 Men	60m	Ivan Balic	Prelim 10 <sup>th</sup>	7.15 (4.9)
35-39 Men	Mile	Earl O'Brien	1 <sup>st</sup>	5:25.60

At the Illawarra Track Classic in the Open Men's 100m Ismail Dudu Kamara won in a time of 10.26 (w: 2.0). This performance was the fastest 100m for Wests in 2022-23 with Ismail being the Club's 100m champion.

**ACT AND NSW COMBINED EVENTS CHAMPIONSHIPS  
14 TO 15 JANUARY 2023  
AIS ATHLETICS FIELD**

Group	Event	Name	Place	Performance
U18 Women	Heptathlon	Jade Almeida	1 <sup>st</sup>	4364
		Lily Stewart	3 <sup>rd</sup>	4172
		Alexandra Smith	10 <sup>th</sup>	3291
55-59 Men	Decathlon	Robert Mason	1 <sup>st</sup>	919
	Pentathlon	Robert Mason	1 <sup>st</sup>	603



**NSW MASTERS CHAMPIONSHIPS**  
**4 TO 5 FEBRUARY 2023**  
**CAMPBELLTOWN**

At the NSW Masters Championships medals went to 30-34 Men Ruwan Gunasinghe Gold 60m, 100m and Silver 200m, John Crandell Gold Javelin; 40-44 Men Anatoly Kirievsky Gold Discus, Javelin and Weight Throw plus 3 Silver and 1 Bronze; 45-49 Men Michael Doggett Silver 800m; 50-54 Men Lindsay Scholle Silver 1500m; 55-59 Men Robert Mason Gold 400m Hurdles, 3000m Steeplechase, Triple Jump plus 2 Silver and Matt Stenning 2 Silver.

Group	Event	Name	Place	Performance
30-34 Men	60m	Ruwan Gunasinghe	1 <sup>st</sup>	6.96 (0.9)
	100m	Ruwan Gunasinghe	1 <sup>st</sup>	11.26 (-4.8)
	200m	Ruwan Gunasinghe	2 <sup>nd</sup>	22.36 (3.0)
	Javelin	John Crandell	1 <sup>st</sup>	60.35m
35-39 Men	60m	Billy Spliadis	1 <sup>st</sup>	7.05 (1.2)
	60m	Shaun Wearne	4 <sup>th</sup>	8.15 (1.2)
	100m	Billy Spliadis	1 <sup>st</sup>	11.30 (-1.1)
	1500m	Earl O'Brien	2 <sup>nd</sup>	4:57.22
	5000m	Earl O'Brien	2 <sup>nd</sup>	18:31.69
	Javelin	Amardeep Malik	3 <sup>rd</sup>	38.20m
	Weight Throw	Amardeep Malik	2 <sup>nd</sup>	7.42m
40-44 Men	3000m Steeple	Anatoly Kirievsky	-	DNF
	Long Jump	Anatoly Kirievsky	3 <sup>rd</sup>	3.48m (NWI)
	Triple Jump	Anatoly Kirievsky	2 <sup>nd</sup>	7.49m (NWI)
	Shot Put	Anatoly Kirievsky	2 <sup>nd</sup>	8.29m
	Discus	Anatoly Kirievsky	1 <sup>st</sup>	28.73m
	Hammer	Anatoly Kirievsky	2 <sup>nd</sup>	29.59m
	Javelin	Anatoly Kirievsky	1 <sup>st</sup>	29.74m
	Weight Throw	Anatoly Kirievsky	1 <sup>st</sup>	9.40m
45-49 Men	800m	Michael Doggett	2 <sup>nd</sup>	2:25.27
50-54 Men	400m	James Jeffery	7 <sup>th</sup>	1:06.07
	1500m	Lindsay Scholle	2 <sup>nd</sup>	4:59.51
55-59 Men	100m Hurdles	Robert Mason	2 <sup>nd</sup>	30.27 (-2.1)
	400m Hurdles	Robert Mason	1 <sup>st</sup>	1:45.30
	3000m Steeple	Robert Mason	1 <sup>st</sup>	17:37.96
	High Jump	Robert Mason	2 <sup>nd</sup>	1.00m
	Triple Jump	Robert Mason	1 <sup>st</sup>	5.26m (NWI)
	Hammer Throw	Matt Stenning	2 <sup>nd</sup>	36.78m
	Weight Throw	Matt Stenning	2 <sup>nd</sup>	12.09m

**NSW 5000M CHAMPIONSHIPS  
SATURDAY 11 FEBRUARY 2023  
SOPAC WARM UP TRACK**

Abby Ballhausen was 14<sup>th</sup> in the Women's 5000m A race with her performance giving her third place in the Under 20 5000m.

Group	Event	Name	Place	Performance
Women	5000m	Abby Ballhausen	A race 14 <sup>th</sup>	17:59.11
		Kristen Piper	B race 6 <sup>th</sup>	18:53.18
		Caitlyn Tan	B race 7 <sup>th</sup>	18:54.00

**NSW JUNIOR CHAMPIONSHIPS  
24 TO 26 FEBRUARY 2023  
SYDNEY OLYMPIC PARK ATHLETIC CENTRE**

Our Club's State champions at these championships were U20 Women Olivia Dimech 1<sup>st</sup> Triple Jump 11.87m; U20 Women Para Ambulant Yi Ying Lim 1<sup>st</sup> 800m 3:15.99 and 1<sup>st</sup> 1500m 6:50.25; U17 Women Sarah Baker 1<sup>st</sup> 800m 2:11.11, Zoe Woods 1<sup>st</sup> 2000m Steeplechase 7:16.10 and 1<sup>st</sup> 5000m Walk 23:24.30; U16 Women Grace Beck 1<sup>st</sup> 3000m Walk 15:29.31; U18 Men Cameron Davies 1<sup>st</sup> 110m Hurdles 14.73; U17 Men Freddie Benson Sparkes 1<sup>st</sup> Discus 47.67m; U16 Men Dylan Allabush 1<sup>st</sup> 14:20.15; U14 Men Alexander Braendle 1<sup>st</sup> 3000m Walk 15:58.83; U13 Men Cristiano Calcarao 1<sup>st</sup> 800m 2:15.93.

Group	Event	Name	Place	Performance
U20 Women	800m	Emma Wheadon	5 <sup>th</sup>	2:17.43
	3000m	Caitlyn Tan	5 <sup>th</sup>	11:21.49
	400m Hurdles	Indyanna Pye	5 <sup>th</sup>	1:07.76
	Long Jump	Olivia Dimech	4 <sup>th</sup>	5.33m (0.7)
	Triple Jump	Olivia Dimech	1 <sup>st</sup>	11.87m (1.5)
	5000m Walk	Alannah Hickson	2 <sup>nd</sup>	31:44.22
	5000m Walk	Imogen Cochrane	3 <sup>rd</sup>	32:11.85
U18 Women	100m	Ella Standish	Prelim	12.88 (1.3)
	100m	Sophia Ghantous	Prelim 13 <sup>th</sup>	13.34 (1.3)
	100m	Nikita Grima	Prelim 15 <sup>th</sup>	13.90 (1.3)
	100m	Ella Standish	Final 8 <sup>th</sup>	12.85 (1.5)
	200m	Ella Standish	Prelim 11 <sup>th</sup>	26.92 (0.4)
	200m	Sophia Ghantous	Prelim 15 <sup>th</sup>	27.47 (1.3)
	200m	Nikita Grima	Prelim 17 <sup>th</sup>	28.18 (1.3)
	400m	Nikita Grima	Prelim 10 <sup>th</sup>	1:11.69
	High Jump	Marisa Pavela	4 <sup>th</sup>	1.60m
	Triple Jump	Marisa Pavela	3 <sup>rd</sup>	10.02m (0.5)
	Discus	Catherine Pane	2 <sup>nd</sup>	34.85m
	5000m Walk	Chelsea Roberts	2 <sup>nd</sup>	26:17.77

Group	Event	Name	Place	Performance
U17 Women	100m	Nastasia Grima	Prelim 17 <sup>th</sup>	13.19 (1.4)
	200m	Nastasia Grima	Prelim 19 <sup>th</sup>	27.39 (-0.5)
	400m	Eliza Marsh	Prelim 14 <sup>th</sup>	1:03.74
	800m	Sarah Baker	1 <sup>st</sup>	2:11.11
	800m	Sienna Scahill	2 <sup>nd</sup>	2:12.86
	1500m	Sarah Baker	2 <sup>nd</sup>	4:34.23
	1500m	Sienna Scahill	6 <sup>th</sup>	4:46.62
	1500m	Sophia Slater	9 <sup>th</sup>	4:53.01
	3000m	Sienna Scahill	8 <sup>th</sup>	11:03.94
	100m Hurdles	Lily Stewart	Prelim	15.05 (0.0)
	100m Hurdles	Alexandra Smith	Prelim 9 <sup>th</sup>	16.83 (1.2)
	100m Hurdles	Lily Stewart	Final 4 <sup>th</sup>	15.00 (0.8)
	400m Hurdles	Rebecca Coyte	8 <sup>th</sup>	1:14.24
	2000m Steeple	Zoe Woods	1 <sup>st</sup>	7:16.10
	Pole Vault	Summer Sivaraj	3 <sup>rd</sup>	1.60m
	Long Jump	Lily Stewart	7 <sup>th</sup>	5.13m (-0.1)
	Triple Jump	Lily Stewart	4 <sup>th</sup>	11.30m (1.0)
	Javelin	Siena Mace	2 <sup>nd</sup>	37.46m
	5000m Walk	Zoe Woods	1 <sup>st</sup>	23:24.30
	5000m Walk	Lyla Williams	4 <sup>th</sup>	27:45.85
	5000m Walk	Jessica Berechree	7 <sup>th</sup>	30:08.38
	5000m Walk	Summer Sivaraj	9 <sup>th</sup>	31:30.43
	U16 Women	100m	Bianka Pavela	Prelim
100m		Bianka Pavela	Final 9 <sup>th</sup>	12.94 (1.4)
200m		Bianka Pavela	Prelim	26.40 (0.8)
200m		Bianka Pavela	Final 3 <sup>rd</sup>	26.00 (0.5)
2000m Steeple		Grace Beck	3 <sup>rd</sup>	7:34.87
High Jump		Amy Brice	8 <sup>th</sup>	1.50m
Long Jump		Bianka Pavela	9 <sup>th</sup>	4.74m (0.4)
Javelin		Kaylee Harwood	10 <sup>th</sup>	23.45m
3000m Walk		Grace Beck	1 <sup>st</sup>	15:29.31
U15 Women	100m	Louise Ringbauer	Prelim 27 <sup>th</sup>	13.91 (1.4)
	100m	Savannah Carruthers	Prelim 31 <sup>st</sup>	14.07 (-0.2)
	200m	Savannah Carruthers	Prelim 25 <sup>th</sup>	29.20 (1.4)
	800m	Bronte Scahill	5 <sup>th</sup>	2:26.65
	Shot Put	Louise Ringbauer	9 <sup>th</sup>	9.01m
	Discus	Louise Ringbauer	3 <sup>rd</sup>	34.19m
	Discus	Jemma Camilleri	5 <sup>th</sup>	30.90m
	Javelin	Jemma Camilleri	2 <sup>nd</sup>	34.15m
	Javelin	Marlee Gill	6 <sup>th</sup>	30.91m
	3000m Walk	Maisie Mitchell	4 <sup>th</sup>	15:49.90
U14 Women	Triple Jump	Tylah Madsen	11 <sup>th</sup>	8.17m (2.2)
	Shot Put	Tylah Madsen	10 <sup>th</sup>	8.25m
	Discus	Tylah Madsen	11 <sup>th</sup>	15.17m
	3000m Walk	Lily Horne	3 <sup>rd</sup>	17:25.86
U20 Women Para Ambulant	800m	Yi Ying Lim	1 <sup>st</sup>	3:15.99
	1500m	Yi Ying Lim	1 <sup>st</sup>	6:50.25

Group	Event	Name	Place	Performance
U13 Women	200m	Lillian Page	Prelim 11 <sup>th</sup>	30.47 (1.0)
U20	100m	Marcello Ottaviano	Prelim	10.97 (0.5)
Men	100m	Giridaran Karthigeyan	Prelim 28 <sup>th</sup>	11.58 (0.7)
	100m	Samuel Dam	Prelim 39 <sup>th</sup>	12.22 (0.0)
	100m	Marcello Ottaviano	Final 8 <sup>th</sup>	11.03 (0.1)
	200m	Benjamin Iveson	Prelim	22.22 (0.8)
	200m	Marcello Ottaviano	Prelim 13 <sup>th</sup>	22.48 (0.3)
	200m	Travis Hargrave	Prelim 20 <sup>th</sup>	22.99 (0.3)
	200m	Giridaran Karthigeyan	Prelim 25 <sup>th</sup>	23.45 (0.3)
	200m	Cameron Ferrier	Prelim 27 <sup>th</sup>	23.53 (0.8)
	200m	Benjamin Iveson	Final 4 <sup>th</sup>	22.16 (1.7)
	400m	Benjamin Iveson	Prelim	50.29
	200m	Travis Hargrave	Prelim 15 <sup>th</sup>	52.09
	200m	Cameron Ferrier	Prelim 16 <sup>th</sup>	52.39
	400m	Benjamin Iveson	Final 2 <sup>nd</sup>	48.61
	800m	William Browning	17 <sup>th</sup>	1:58.70
	1500m	William Browning	12 <sup>th</sup>	4:11.02
	3000m	Oliver Ham	15 <sup>th</sup>	9:13.44
	Javelin	Samuel Capararo	7 <sup>th</sup>	45.88m
	Javelin	James Stewart	9 <sup>th</sup>	44.33m
U18 Men	100m	Cameron Davies	Prelim 12 <sup>th</sup>	11.34 (3.0)
	100m	Gabriel Trad	Prelim 21 <sup>st</sup>	11.52 (-0.3)
	200m	Ivan Balic	Prelim	22.54 (0.1)
	200m	Cameron Davies	Prelim 10 <sup>th</sup>	22.94 (0.2)
	200m	Gabriel Trad	Prelim 16 <sup>th</sup>	23.39 (1.2)
	200m	Ryley Abell	Prelim 21 <sup>st</sup>	24.75 (1.2)
	200m	Ivan Balic	Final 3 <sup>rd</sup>	22.21 (0.8)
	400m	Ivan Balic	Prelim	49.86
	400m	Ivan Balic	Final 2 <sup>nd</sup>	48.88
	110m Hurdles	Cameron Davies	1 <sup>st</sup>	14.73 (-0.6)
	400m Hurdles	Ryley Abell	-	DNF
	Javelin	Toby Camilleri	1 <sup>st</sup>	60.85m
	U17 Men	400m	Amal Franchrist Albert Stephen	Prelim
400m		Amal Franchrist Albert Stephen	Final 8 <sup>th</sup>	52.55
Triple Jump		Nate Gill	10 <sup>th</sup>	11.89m (2.7)
Shot Put		Tarik Demiryurek	3 <sup>rd</sup>	12.68m
Shot Put		Alexander Kirievsky	5 <sup>th</sup>	12.54m
Discus		Freddie Benson Sparkes	1 <sup>st</sup>	47.67m
Discus		Lachlan Green	3 <sup>rd</sup>	39.48m
Discus		Alexander Kirievsky	4 <sup>th</sup>	37.53m
Hammer		Alexander Kirievsky	5 <sup>th</sup>	30.89m
U16 Men	100m	Zaid Khan	Prelim 20 <sup>th</sup>	11.89 (1.5)
	200m	Zaid Khan	Prelim 15 <sup>th</sup>	24.80 (-0.4)

Group	Event	Name	Place	Performance
	400m	Lucas Duong	Prelim	53.46
	400m	Henri Carli	Prelim 15 <sup>th</sup>	57.21
	400m	Lucas Duong	Final 6 <sup>th</sup>	53.51
	800m	Henri Carli	13 <sup>th</sup>	2:15.94
	1500m	Dylan Allabush	15 <sup>th</sup>	4:50.25
	200m Hurdles	Lucas Duong	2 <sup>nd</sup>	27.50 (NWI)
	2000m Steeple	Dylan Allabush	8 <sup>th</sup>	7:02.08
	High Jump	Luca de Burnay Thompson	5 <sup>th</sup>	1.75m
	Long Jump	Luca de Burnay Thompson	2 <sup>nd</sup>	6.28m (0.5)
	Triple Jump	Luca de Burnay Thompson	2 <sup>nd</sup>	13.00m (NWI)
	Discus	Elijah Pallister	5 <sup>th</sup>	44.20m
	Discus	Alexander Sinnett	9 <sup>th</sup>	37.73m
	Javelin	Elijah Pallister	3 <sup>rd</sup>	40.82m
	3000m Walk	Dylan Allabush	1 <sup>st</sup>	14:20.15
	3000m Walk	Alexander Sinnett	2 <sup>nd</sup>	15:31.88
	U15 Men	400m	Bailey Giles	Prelim
400m		Bailey Giles	Final 9 <sup>th</sup>	57.51
1500m		Jerra Wright-Smith	14 <sup>th</sup>	4:48.37
U14 Men	400m	Mitchell Klomp	7 <sup>th</sup>	1:08.07
	400m	Alexander Braendle	8 <sup>th</sup>	1:11.29
	800m	William Derbyshire	15 <sup>th</sup>	2:27.26
	800m	Alexander Braendle	17 <sup>th</sup>	2:38.14
	Shot Put	Hugh Graham	8 <sup>th</sup>	9.54m
	Discus	Hugh Graham	13 <sup>th</sup>	20.17m
	Discus	Charlie Lennie	14 <sup>th</sup>	16.00m
	Javelin	Mitchell Klomp	2 <sup>nd</sup>	31.16m
	Javelin	Charlie Lennie	8 <sup>th</sup>	21.81m
	3000m Walk	Alexander Braendle	1 <sup>st</sup>	15:58.83
3000m Walk	Sebastian Linton	-	DQ	
U13 Men	800m	Cristiano Calcarao	1 <sup>st</sup>	2:15.93
	1500m	Cristiano Calcarao	2 <sup>nd</sup>	4:35.13



**NSW OPEN, U23 & PARA CHAMPIONSHIPS**  
**3 TO 5 MARCH 2023**  
**SYDNEY OLYMPIC PARK ATHLETIC CENTRE**

NSW State Champions in 2023 for Asics Wests were Elizabeth Baral in the Pole Vault with 3.60m and Belinda Scott in the Women Para Ambulant 1500m. In the Open Men Jordan Sarmiento was 2<sup>nd</sup> in the 400m in 46.93 seconds while Rhys Stein was 2<sup>nd</sup> in the Javelin.

<b>Group</b>	<b>Event</b>	<b>Name</b>	<b>Place</b>	<b>Performance</b>
Open Women	100m	Kiara Crandell	Prelim	12.50 (-2.4)
	100m	Kiara Crandell	Semis 21 <sup>st</sup>	12.44 (1.4)
	200m	Scarlett Pye	Prelim 23 <sup>rd</sup>	25.21 (1.5)
	200m	Kiara Crandell	Prelim 26 <sup>th</sup>	25.85 (1.9)
	800m	Emma Wheadon	Prelim 12 <sup>th</sup>	2:22.22
	1500m	Sienna Scahill	5 <sup>th</sup>	4:35.48
	400m Hurdles	Scarlett Pye	4 <sup>th</sup> (3 <sup>rd</sup> NSW)	1:00.78
	Pole Vault	Elizabeth Baral	1 <sup>st</sup>	3.60m
	Javelin	Bianca Packer	9 <sup>th</sup>	38.60m
	5000m Walk	Zoe Woods	4 <sup>th</sup>	23:47.05
	5000m Walk	Bridget Bell	8 <sup>th</sup>	25:46.94
	5000m Walk	Alannah Hickson	12 <sup>th</sup>	32:59.51
	Women Para Ambulant	800m	Belinda Scott	4 <sup>th</sup>
1500m		Belinda Scott	1 <sup>st</sup>	5:41.14
Open Men	100m	Ismail Dudu Kamara	Prelim	10.70 (-0.4)
	100m	Ruwan Gunasinghe	Prelim 25 <sup>th</sup>	11.11 (-0.9)
	100m	Marcello Ottaviano	Prelim 29 <sup>th</sup>	11.16 (-2.0)
	100m	Kenneth Vuong	Prelim 45 <sup>th</sup>	11.32 (-3.1)
	100m	William Myant	Prelim 52 <sup>nd</sup>	11.44 (-1.2)
	100m	Giridaran Karthigeyan	Prelim 64 <sup>th</sup>	11.68 (-0.4)
	100m	Ismail Dudu Kamara	Semis	10.43 (0.8)
	100m	Ruwan Gunasinghe	Semis 24 <sup>th</sup>	10.98 (0.3)
	100m	Marcello Ottaviano	Semis 24 <sup>th</sup>	10.98 (0.0)
	100m	Ismail Dudu Kamara	Final -	DNF
	200m	Jordan Sarmiento	Prelim	21.58 (1.4)
	200m	Marcello Ottaviano	Prelim 16 <sup>th</sup>	21.90 (1.5)
	200m	Travis Hargrave	Prelim 38 <sup>th</sup>	22.58 (1.4)
	200m	Kenneth Vuong	Prelim 49 <sup>th</sup>	23.16 (1.0)
	200m	William Myant	Prelim 60 <sup>th</sup>	24.15 (1.4)

Group	Event	Name	Place	Performance
	200m	Jordan Sarmento	Final 7 <sup>th</sup>	21.49 (2.7)
	200m	Marcello Ottaviano	5th B Final	21.87 (0.2)
	400m	Jordan Sarmento	Prelim	47.52
	400m	Benjamin Iveson	Prelim 11 <sup>th</sup>	48.80
	400m	Jordan Sarmento	Final 2 <sup>nd</sup>	46.93
	1500m	Rajitha De Silva	-	DNF
	Javelin	Rhys Stein	3 <sup>rd</sup>	62.58m
	Javelin	Kane Simmons	4 <sup>th</sup>	57.61m
	Javelin	Samuel Capararo	7 <sup>th</sup>	49.45m

## AUSTRALIAN MASTERS ATHLETICS CHAMPIONSHIPS 10 TO 13 MARCH 2023 SYDNEY

The Australian Master Athletics Championships were held in Sydney this year. Track and Field events were held at the SOPAC main track and warm up arena. The cross country was held at Upjohn Park, Rydalmere on Monday 13 March. Gold medals were won by M30 Kenneth Vuong 1<sup>st</sup> 60m and 1<sup>st</sup> 100m, John Crandell 1<sup>st</sup> Javelin 58.09m; M35 Billy Spliadis 1<sup>st</sup> 60m and 1<sup>st</sup> 100m, Amardeep Malik 1<sup>st</sup> Weight Throw; M40 Anatoly Kirievsky 1<sup>st</sup> 3000m Steeplechase.

Group	Event	Name	Place	Performance
M30	60m	Kenneth Vuong	1 <sup>st</sup>	6.95 (0.7)
	60m	Ruwan Gunasinghe	2 <sup>nd</sup>	7.00 (0.7)
	100m	Kenneth Vuong	Prelim	11.09 (0.7)
	100m	Ruwan Gunasinghe	Prelim	11.17 (0.7)
	100m	Kenneth Vuong	Final 1 <sup>st</sup>	10.85 (4.0)
	100m	Ruwan Gunasinghe	Final -	DNF
	200m	Kenneth Vuong	Prelim	24.00 (1.9)
	200m	Kenneth Vuong	Final 3 <sup>rd</sup>	22.95 (0.8)
	Shot Put	Dean Milroy	2 <sup>nd</sup>	11.90m
	Discus	Dean Milroy	2 <sup>nd</sup>	38.53m
	Javelin	John Crandell	1 <sup>st</sup>	58.09m
M35	60m	Billy Spliadis	1 <sup>st</sup>	7.08 (-1.7)
	60m	Shaun Wearne	10 <sup>th</sup>	8.23 (-1.7)
	100m	Billy Spliadis	1 <sup>st</sup>	11.04 (2.1)
	Shot Put	Amardeep Malik	5 <sup>th</sup>	9.42m
	Hammer	Amardeep Malik	3 <sup>rd</sup>	25.09m
	Javelin	Amardeep Malik	5 <sup>th</sup>	36.37m
	Weight Throw	Amardeep Malik	1 <sup>st</sup>	8.70m
	Throws Pentathlon	Amardeep Malik	2 <sup>nd</sup>	1863

Group	Event	Name	Place	Performance
M40	3000m Steeple	Anatoly Kirievsky	1 <sup>st</sup>	15:46.9h
	Shot Put	Anatoly Kirievsky	7 <sup>th</sup>	9.00m
	Discus	Anatoly Kirievsky	5 <sup>th</sup>	30.00m
	Hammer	Anatoly Kirievsky	3 <sup>rd</sup>	28.49m
	Javelin	Anatoly Kirievsky	7 <sup>th</sup>	30.33m
	Weight Throw	Anatoly Kirievsky	2 <sup>nd</sup>	9.34m
	Throws Pentathlon	Anatoly Kirievsky	2 <sup>nd</sup>	2076
M40-49	Triple Jump	Anatoly Kirievsky	8 <sup>th</sup>	7.13m (NWI)
M45	800m	Michael Doggett	8 <sup>th</sup>	2:30.1h
	1500m	Michael Doggett	8 <sup>th</sup>	5:20.1h
M50	1500m	James Jeffery	-	DNF
M55	1500m	Lindsay Scholle	4 <sup>th</sup>	4:51.6h
	5000m	Lindsay Scholle	3 <sup>rd</sup>	19:54.68
	400m Hurdles	Robert Mason	3 <sup>rd</sup>	1:36.75
	3000m Steeple	Lindsay Scholle	3 <sup>rd</sup>	12:51.3h
	200m	Lindsay Scholle	5 <sup>th</sup>	32.94 (-1.6)
	Pentathlon	Lindsay Scholle	4 <sup>th</sup>	2036
	1500m Walk	Robert Mason	2 <sup>nd</sup>	15:25.14
W45	8km Cross Country	Emily Granger	6 <sup>th</sup>	43:30h

In addition, Kenneth Vuong and Billy Spliadis were members of the NSW Men's 120+ 4 x 100m relay team that won Gold in 43.23 seconds.

**SYDNEY TRACK CLASSIC**  
**11 MARCH 2023**  
**SYDNEY OLYMPIC PARK ATHLETIC CENTRE**

Group	Event	Name	Place	Performance
Open Women	400m Hurdles	Scarlett Pye	7 <sup>th</sup>	1:00.24
Open Men	400m	Jordan Sarmiento	8 <sup>th</sup>	47.28
	800m	Charlie Hunter	2 <sup>nd</sup>	1:46.18





**AUSTRALIAN OPEN AND UNDER 20 CHAMPIONSHIPS**  
**30 MARCH TO 2 APRIL 2023**  
**QSAC, BRISBANE**

In Open events our best placed athlete was Charlie Hunter 4<sup>th</sup> in the 800m in 1:47.92. Belinda Scott placed third in the Women's Para Ambulant 1500m in 5:47.10 while in the U20 Women Olivia Dimech was 3<sup>rd</sup> in the Triple Jump with 12.17m and Zoe Woods was 3<sup>rd</sup> in the 10,000m Walk in 49:47.43

Group	Event	Name	Place	Performance
Open Women	100m	Kiara Crandell	Prelim	12.35 (1.6)
	400m Hurdles	Scarlett Pye	Prelim	61.24
	400m Hurdles	Scarlett Pye	Final 6 <sup>th</sup>	61.11
	Pole Vault	Elizabeth Baral	Prelim	3.60m
	Javelin	Bianca Packer	9 <sup>th</sup>	41.62m
	10000m Walk	Bridget Bell	8 <sup>th</sup>	54:15.12
Open Men	400m	Jordan Sarmiento	Heat	47.53
	400m	Jordan Sarmiento	Semis	47.17
	400m	Jordan Sarmiento	Final 8 <sup>th</sup>	47.29
	800m	Charles Hunter	Heat	1:51.22
	800m	Charles Hunter	Semis	1:48.81
	800m	Charles Hunter	Final 4 <sup>th</sup>	1:47.92
	Javelin	Rhys Stein	Prelim	60.22m
	Javelin	Rhys Stein	Final 9 <sup>th</sup>	60.70m
U20 Women	800m	Emma Wheadon	Prelim	2:24.47
	400m Hurdles	Indyanna Pye	Prelim	68.36
	Triple Jump	Olivia Dimech	3 <sup>rd</sup>	12.17m (-0.2)
	Javelin	Bianca Packer	7 <sup>th</sup>	41.13m
	10000m Walk	Zoe Woods	3 <sup>rd</sup>	49:47.73
	10000m Walk	Lyla Williams	7 <sup>th</sup>	58:19.01
	10000m Walk	Alannah Hickson	13 <sup>th</sup>	1:06:55.68
Women Para Amb	1500m	Belinda Scott	3 <sup>rd</sup>	5:47.10 (75.87%)

**AUSTRALIAN JUNIOR CHAMPIONSHIPS**  
**13 TO 16 APRIL 2023**  
**QSAC, BRISBANE**

At the Australian Junior Championships our two athletes to win Gold, both walkers, were U16 Women Grace Beck 1<sup>st</sup> 3000m Walk 15:03.24 and U17 Women Zoe Woods 1<sup>st</sup> 5000m Walk 24:07.69. Other medals went to U14 Men Alexander Braendle 3<sup>rd</sup> 3000m Walk 15:57.09; U16 Men Dylan Allabush 3<sup>rd</sup> 3000m Walk 14:41.21; U17 Women Sarah Baker 3<sup>rd</sup> 800m 2:10.01 and 2<sup>nd</sup> 1500m 4:31.46, Sophia Slater 2<sup>nd</sup> 2000m Steeplechase 7:06.45; U17 Men Freddie Benson Sparkes 2<sup>nd</sup> Discus 47.89m.

Group	Event	Name	Place	Performance
U13 Men	800m	Cristiano Calcarao	5 <sup>th</sup>	2:16.87
	1500m	Cristiano Calcarao	6 <sup>th</sup>	4:40.64
U14 Women	3000m Walk	Lily Horne	4 <sup>th</sup>	18:12.77
U14 Men	Javelin	Mitchell Klomp	9 <sup>th</sup>	28.09m
	Javelin	Charlie Lennie	12 <sup>th</sup>	21.55m
	3000m Walk	Alexander Braendle	3 <sup>rd</sup>	15:57.09
U15 Women	Discus	Louise Ringbauer	4 <sup>th</sup>	36.51m
	Javelin	Marlee Gill	9 <sup>th</sup>	34.39m
	Javelin	Jemma Camilleri	10 <sup>th</sup>	34.01m
	3000m Walk	Maisie Mitchell	4 <sup>th</sup>	15:16.88
U16 Women	2000m Steeple	Grace Beck	5 <sup>th</sup>	7:35.04
	3000m Walk	Grace Beck	1 <sup>st</sup>	15:03.24
U16 Men	2000m Steeple	Dylan Allabush	16 <sup>th</sup>	6:47.83
	3000m Walk	Dylan Allabush	3 <sup>rd</sup>	14:41.21
	3000m Walk	Alexander Sinnett	-	DNF
U17 Women	800m	Zoe Woods	Prelim	2:14.24
	800m	Sarah Baker	Prelim	2:11.97
	800m	Sienna Scahill	Prelim	2:14.25
	800m	Sarah Baker	Final 3 <sup>rd</sup>	2:10.01
	800m	Zoe Woods	Final 5 <sup>th</sup>	2:13.00
	800m	Sienna Scahill	Final 6 <sup>th</sup>	2:13.95
	1500m	Sarah Baker	3 <sup>rd</sup> (2 <sup>nd</sup> Aust)	4:31.46
	1500m	Sophia Slater	21 <sup>st</sup>	4:53.31
	1500m	Sienna Scahill	24 <sup>th</sup>	4:54.90
	3000m	Sienna Scahill	23 <sup>rd</sup>	10:51.79
	100m Hurdles	Lily Stewart	Prelim	15.28 (-1.2)
	100m Hurdles	Lily Stewart	Final 7 <sup>th</sup>	15.39 (1.2)
	2000m Steeple	Sophia Slater	2 <sup>nd</sup>	7:06.45
	Triple Jump	Lily Stewart	8 <sup>th</sup>	11.09m (-0.5)
	Javelin	Siena Mace	4 <sup>th</sup>	39.86m
	Heptathlon	Lily Stewart	8 <sup>th</sup>	3877
	5000m Walk	Zoe Woods	1 <sup>st</sup>	24:07.69
	5000m Walk	Lyla Williams	6 <sup>th</sup>	28:21.25
	5000m Walk	Jessica Berechree	13 <sup>th</sup>	32:45.11
	5000m Walk	Imogen Cochrane	14 <sup>th</sup>	32:49.62
5000m Walk	Summer Sivaraj	-	DQ	
U17 Men	Shot Put	Tarik Demiryurek	8 <sup>th</sup>	13.18m
	Discus	Freddie Benson Sparkes	2 <sup>nd</sup>	47.89m
	Discus	Lachlan Green	7 <sup>th</sup>	42.35m
U18 Women	3000m	Abby Ballhausen	-	DNS
	Discus	Catherine Pane	14 <sup>th</sup>	35.51m
	5000m Walk	Chelsea Roberts	4 <sup>th</sup>	27:20.42
	5000m Walk	Grace Beck	6 <sup>th</sup>	28:26.50
U18 Men	200m	Cameron Davies	20 <sup>th</sup>	22.80 (1.6)
	110m Hurdles	Cameron Davies	Prelim	14.41 (-0.9)
	110m Hurdles	Cameron Davies	Final 8 <sup>th</sup>	14.85 (1.3)
	Javelin	Toby Camilleri	4 <sup>th</sup>	59.24m
	5000m Walk	Dylan Allabush	6 <sup>th</sup>	24:33.88

## OTHER RESULTS DURING SUMMER 2022-23

At the Oceania Athletics Championships in Mackay from 7<sup>th</sup> to 12<sup>th</sup> June 2022: U18 Women Zoe Woods 1<sup>st</sup> 5000m Walk 24:41.51 (championship record); M30 John Crandell 1<sup>st</sup> Javelin 53.87m, Kenneth Vuong 1<sup>st</sup> 60m 7.06 (2.3) and 1<sup>st</sup> 100m 11.31 (0.5) and 1<sup>st</sup> 200m 23.43 (2.1)

The Commonwealth Games were held in Birmingham, England in July/August 2022 where Charlie Hunter finished 5<sup>th</sup> in his heat in 1:49.94.

The London Marathon was held on 2<sup>nd</sup> October 2022. Robin Whiteley 795<sup>th</sup> 2:49:13 (and Shannon Whiteley 11254<sup>th</sup> 3:54:55).

The Australian 35km Race Walk Championship was held at Fawkner Park, Melbourne on 4<sup>th</sup> December 2022. None of our members raced the 35km however Bridget Bell was 5<sup>th</sup> in the Open Women's 20km Race Walk 1:57:59.

The Australian World Cross Country Selection Trials were held at Stromlo Forest, ACT on 15<sup>th</sup> January 2023. In the U20 Women's 6km Cross Country Sienna Scahill finished 17<sup>th</sup> in 25:56.

The AACT U20 and Open Track & Field Championships were held in Canberra from 27<sup>th</sup> to 29<sup>th</sup> January 2023. Results of our members: Open Women Kiara Crandell 32<sup>nd</sup> 100m 12.24 (w: 3.3), Scarlett Pye 33<sup>rd</sup> 100m 12.25 (1.6) and 26<sup>th</sup> 200m 25.19 (0.6) and 2<sup>nd</sup> 400m Hurdles 1:00.09, Bianca Packer 2<sup>nd</sup> Javelin 41.37m; Open Men Michael Jabba heat 100m 10.77 (2.4) and semi-finals 27<sup>th</sup> 100m 10.86 (1.6), Kenneth Vuong qualifying 36<sup>th</sup> 100m 11.18 (1.0), William Myant qualifying 44<sup>th</sup> 100m 11.37 (-0.3) and qualifying 41<sup>st</sup> 200m 24.02 (-0.8), Jordan Sarmiento 6<sup>th</sup> 200m 21.10 (1.2) and 7<sup>th</sup> 400m 46.92, Robert Mason 12<sup>th</sup> 400m Hurdles 1:46.74 and 2<sup>nd</sup> 3000m Steeplechase 17:25.39 and 9<sup>th</sup> Long Jump 2.75m (0.9) and 4<sup>th</sup> Shot Put 6.19m and 4<sup>th</sup> Discus 17.07m and 4<sup>th</sup> Javelin 15.81m and 4<sup>th</sup> Hammer Throw 11.38m, John Crandell 1<sup>st</sup> Javelin 59.24m; U20 Women Indyanna Pye 7<sup>th</sup> 400m 1:01.90, Grace Beck 2<sup>nd</sup> 10000m Walk 57:25.94, Catherine Pane 3<sup>rd</sup> Discus 33.33m, Ariana Levy 4<sup>th</sup> Javelin 30.66m; U20 Men Marcello Ottaviano 6<sup>th</sup> 100m 10.75 (0.3) and 9<sup>th</sup> 200m 22.35 (0.2), Giridaran Karthigeyan 24<sup>th</sup> 100m 11.60 (0.8), Benjamin Iveson 10<sup>th</sup> 200m 22.42 (0.2) and 2<sup>nd</sup> 400m 48.96, Ivan Balic 1<sup>st</sup> 400m 48.80, Samuel Capararo 1<sup>st</sup> Javelin 47.46m.

World Athletics Race Walking Tour Meets were held at the AIS, Canberra on the 6<sup>th</sup> January and 2<sup>nd</sup> February 2023. At the second meet in the Open Women's 10000m Walk Zoe Woods was 20<sup>th</sup> in 51:29.45.

At the Adelaide International at SA Athletics Stadium on 11<sup>th</sup> February 2023 in the Men's 100m Ismail Dudu Kamara was 6<sup>th</sup> in 10.53 (w: 1.3).

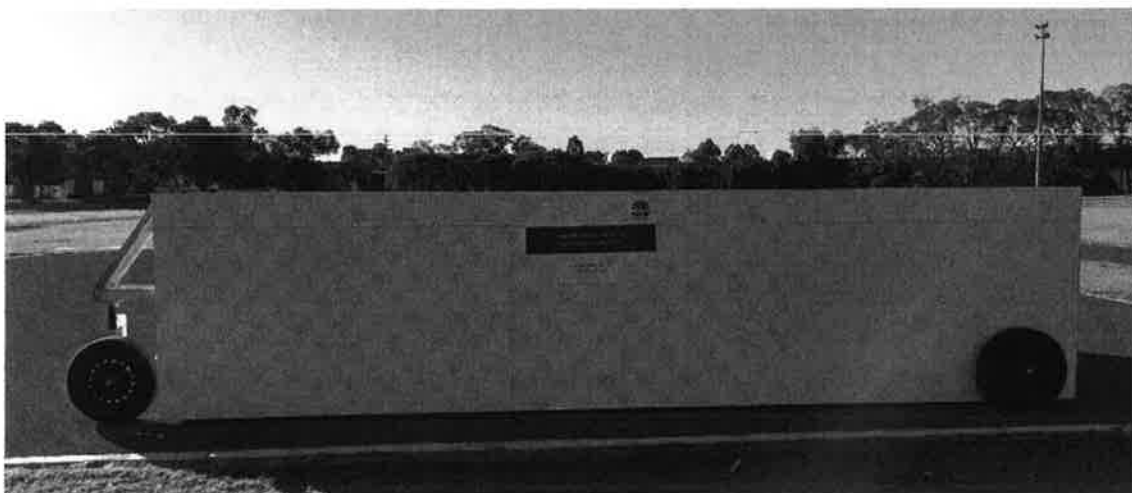
The World Athletics Cross Country Championships were held in Bathurst at Mount Panorama from Friday 17 to Sunday 19 February 2023. On Friday in the Golden Ticket Races (Top 7 into World XC) in the U20 4km Oliver Ham was 17<sup>th</sup> in 14:53. On Saturday in the Ambulant Races Female all ages Belinda Scott 2<sup>nd</sup> 10:34. The Senior and U20 World Cross Country Championships were held on Saturday 18 February (which was a very hot day with storms in the afternoon) however for the

first time the World Masters Cross Country Championships were held at the same venue on the following morning. In the World Masters 6km Robin Whiteley was 6<sup>th</sup> in the M45 in 22:54, Earl O'Brien 10<sup>th</sup> in the M35 in 26:24 and Emily Granger 11<sup>th</sup> in the W45 6km in 36:17. Michael Doggett M45 DNS (food poisoning). Also, on Sunday the Cross Country Challenge was held with Grace Beck 12<sup>th</sup> in the U15-U18 Female 4km in 17:59. Also in Bathurst for the weekend at the World Cross Country was John Murray as a technical official.

The inaugural Wayne Crandell Memorial Meet was held at our home track at Wyatt Park, Auburn on Saturday 25<sup>th</sup> March 2023. This meet commemorated our late dear life member Wayne and the meet was also the official ground opening following the recent improvements. The driving force behind the meet was Wayne's son John Crandell. It was a very successful meet with sponsors, prize money, a Live DJ and barbecue, canteen and coffee cart. The meet was primarily for the throwers with Javelin and Discus on the program however the first event was the 3km community run won by Anatoly Kirievsky in 14:03.23 followed by our President John Murray 2<sup>nd</sup> then Robert Jessep 3<sup>rd</sup> and Catherine Conneely 4<sup>th</sup>. The Open Men's Javelin was won by Jack Greaves from Sydney University with 69.53m, John Crandell 2<sup>nd</sup> 61.20m, Toby Camilleri (West) 3<sup>rd</sup> 60.10m. The Open Women's Javelin was won by Katrina Blackett from Sydney University with 52.02m. In the Open Discus the best throws were by Sally Shokry from Sutherland in 43.77m and Lachlan Green (West) 43.75m Thank you to our committee members who helped on the day including Cathy Gardiner, Firomena Pye, Alan Patterson and John and Kiara Crandell.

The Brisbane Track Classic was held at QSAC, Nathan, Queensland on Saturday 25<sup>th</sup> March 2023. In the Open Women's 400m Hurdles Scarlett Pye was 8<sup>th</sup> in 1:00.16

At the Singapore Open Track & Field Championships held from 26<sup>th</sup> to 28<sup>th</sup> April 2023 the results of our members were: Open Women Kiara Crandell 100m Round 1 12.48 (0.0), 200m Round 1 25.73 (0.0) and 200m final 6<sup>th</sup> 25.99 (0.6); Open Men Marcello Ottaviano 100m Round 1 11.11 (0.1) and 200m Round 1 22.53 (0.1), William Myant 100m Round 1 11.55 (0.1) and 200m Round 1 23.82 (0.1), John Crandell 1<sup>st</sup> Javelin 61.56m



# THE HARRIER REPORT, WINTER 2022

## WEST METROPOLITAN 2022 RUNNING SEASON

The West Met series point score was held across 16 Saturday afternoons from the last Saturday in March to the last Saturday in August with the trophy presentation held on the first Saturday in September. The Wests athletes who were placed in the West Met season point scores:

Event		Name	Place
Shorter Event (typically 2km)	Male U10	Bobby Doggett	1 <sup>st</sup>
	Male 65+	David Lewis	3 <sup>rd</sup>
Medium Event (typically 4km)	Female 20+	Belinda Scott	1 <sup>st</sup>
	Male 40+	Rajitha De silva	1 <sup>st</sup>
	Male 45+	Michael Haines	2 <sup>nd</sup>
	Male 55+	John Murray	1 <sup>st</sup>
Longer Event (6 or 8km)	Female 40+	Susan Tulloch	1 <sup>st</sup>
	Male 45+	Michael Doggett	1 <sup>st</sup>

At the start of the West Met season the longer event was 8km as it had been in previous years however as the season progressed the longer event switched to 6km. The number of overall runners at West Met has dropped off in recent years, a trend that started prior to Covid.

## CHAMPIONSHIP EVENTS

In the Athletics NSW 2022 Winter Premiership point scores the Wests team to finish in the top 3 were: U18 Girls 1<sup>st</sup>; 30-39 Men 1<sup>st</sup>; 40-49 Women 1<sup>st</sup>; U16 Girls 3<sup>rd</sup>. Other Wests teams were: U14 Girls 9<sup>th</sup>; U14 Boys 10<sup>th</sup>; Open Men 20<sup>th</sup>; 50-59 Men 11<sup>th</sup>.

In the 2022 Winter Trophy point score covering all age groups Wests finished 7<sup>th</sup>.

## SYDNEY: 10 SUNDAY 1 MAY 2022 SYDNEY OLYMPIC PARK

Distance	Group	Name	Place	Chip Time
10km	30-34 Men	Etienne Blumstein-Jones	6 <sup>th</sup>	31:48.88
	35-39 Men	Earl O'Brien	5 <sup>th</sup>	37:14.46
5km	U16 Men	Dylan Allabush	12 <sup>th</sup>	18:05.60
		William Derbyshire	25 <sup>th</sup>	22:47.56
5km	U18 Women	Abigail Ballhausen	2 <sup>nd</sup>	17:43.22
		Caitlyn Tan	9 <sup>th</sup>	20:08.91
	U16 Women	Zoe Woods	7 <sup>th</sup>	18:32.80
		Summer Sivaraj	26 <sup>th</sup>	22:02.27
5km	Non-championship	Lucia O'Dea*	-	19:47.16
		Emily Granger	-	23:13.08
		Deb Walsham	-	23:37.06

\*Lucia O'Dea not a member until later in May so ineligible for championships on 1<sup>st</sup> May.

**ST GEORGE CLASSIC AND NSW NOVICE  
CHAMPIONSHIPS  
SATURDAY 21 MAY 2022  
SCARBOROUGH PARK, RAMSGATE**

It was a very wet and muddy course this year.

Event	Name	Place	Time
Classic 10km	Robin Whiteley	8 <sup>th</sup>	37:20
	Earl O'Brien	14 <sup>th</sup>	41:08
Novice 10km	Edward Lee	28 <sup>th</sup>	46:16
	Michael Doggett	30 <sup>th</sup>	48:23
5km	James Jeffery	56 <sup>th</sup>	23:49
3km	Jerra Wright-Smith	77 <sup>th</sup>	13:13
U12 2km	Skye Pogoy	19 <sup>th</sup>	8:57

**NSW CROSS COUNTRY RELAY CHAMPIONSHIPS  
SATURDAY 4 JUNE 2022  
UPJOHN PARK, RYDALMERE**

The Cross Country Relay Championships were held at Upjohn Park, Rydalmer where we had eight teams running. The U18 Girls (Abby, Lucia, Sophia and Caitlyn coached by Deb Walsham) won Gold in their 4x3km and then the 30+ Men won Gold in their 4x4km winning by more than 5 minutes. Our other team to take a medal were the 40+ Women with Bronze. Thank you to Bronte Scahill who after running the first leg in the U14 Girls backed up to run the last leg for the U14 Boys after one of the boys withdrew. Later, Etienne Blumstein-Jones and Robin Whiteley backed up from running in the 30+ team to finish our Open Men's team in the same 4x4km race at 3pm.

Group	Distance	Name	Place	Time
U14 Girls	4 x 2km	Bronte Scahill		8:32
		Sophia Arkhipova		8:46
		Chloe Symonds		10:36
		Sophia Arkhipova		9:08
		<b>Wests</b>	<b>9<sup>th</sup></b>	<b>37:02</b>
U14 Boys	4 x 2km	Benjamin Murone		9:20
		William Symonds		9:49
		Liam Bortolussi		9:31
		Bronte Scahill		9:10
		<b>Wests</b>	<b>12<sup>th</sup></b>	<b>37:50</b>
U16 Girls	4 x 3km	Sienna Scahill		12:25
		Maisy Wright-Smith		12:43
		Summer Sivaraj		14:05
		Madeline Murone		17:10
		<b>Wests</b>	<b>10<sup>th</sup></b>	<b>56:23</b>
U18 Girls	4 x 3km	Abby Ballhausen		11:06
		Lucia O'Dea		12:05
		Sophia Slater		11:51
		Caitlyn Tan		11:46
		<b>Wests</b>	<b>1<sup>st</sup></b>	<b>46:48</b>

Group	Distance	Name	Place	Time
Open Women	4km indiv	Belinda Scott	-	20:20
40+ Women	4 x 4km	Emily Granger		19:31
		Deb Walsham		21:01
		Susan Tulloch		20:21
		Jennifer North		18:33
		<b>Wests</b>	<b>3<sup>rd</sup></b>	<b>1:19:26</b>
50+ Men	4 x 4km	James Jeffery		18:47
		David Lewis		21:54
		Kev Wills		25:41
		John Murray		20:57
		<b>Wests</b>	<b>10<sup>th</sup></b>	<b>1:27:19</b>
Open Men	4 x 4km	William Browning		13:53
		Michael Doggett		16:51
		Etienne Blumstein-Jones		14:40
		Robin Whiteley		14:43
		<b>Wests</b>	<b>14<sup>th</sup></b>	<b>1:00:07</b>
30+ Men	4 x 4km	Etienne Blumstein-Jones		13:37
		Robin Whiteley		13:58
		Raj De silva		16:18
		Earl O'Brien		15:14
		<b>Wests</b>	<b>1<sup>st</sup></b>	<b>59:07</b>

For the U16 girl's team Madeline was the reserve who filled in for Grace Beck who withdrew due to sickness. The official ANSW results still incorrectly show Grace in the results for this team even though a change of runner form was submitted on the day.

In the U14 Girls Sophia Arkhipova ran twice in the same team because Skye Pogoy who was named in the team became unavailable. The official results still incorrectly show Skye in the team. Wests finished 9<sup>th</sup> out of 10 teams but really should have been disqualified.

## NSW CROSS COUNTRY CHAMPIONSHIPS SATURDAY 18 JUNE 2022 WILLANDRA CROSS COUNTRY COURSE (NOWRA)

The U18 Women's team of Abby Ballhausen, Caitlyn Tan, Emma Wheadon and Lucia O'Dea were first in their team event. The U16 Women's team of Sophia Slater, Zoe Woods, Sienna Scahill, and Grace Beck were placed second in their team event. Congratulations to Yi Ying Lim and to Belinda Scott for first place in their respective races. Other medals went to U17 Female 4km Abby Ballhausen 2<sup>nd</sup>; 45+ Female 10km Emily Granger 3<sup>rd</sup>; 35-39 Male 10km Earl O'Brien 3<sup>rd</sup>.

Group	Distance	Name	Place	Time
U12 Female	2km	Lillian Page	19 <sup>th</sup>	9:42
U14 Female	3km	Bronte Scahill	27 <sup>th</sup>	12:11
15-16 Women Para	3km	Yi Ying Lim	1 <sup>st</sup>	17:14
20+ Women Para	3km	Belinda Scott	1 <sup>st</sup>	14:31
U14 Male	3km	Jerra Wright-Smith	34 <sup>th</sup>	11:47
		Alexander Braendle	39 <sup>th</sup>	12:48

Group	Distance	Name	Place	Time
U18 Male	6km	William Browning	14 <sup>th</sup>	21:22
45+ Female	10km	Emily Granger	3 <sup>rd</sup>	52:43
35-39 Male	10km	Earl O'Brien	3 <sup>rd</sup>	41:00
40-44 Male	10km	Rajitha De silva	6 <sup>th</sup>	43:33
45-49 Male	10km	Michael Doggett	11 <sup>th</sup>	47:40
U15 Female	4km	Grace Beck	11 <sup>th</sup>	16:42
U16 Female	4km	Sophia Slater	5 <sup>th</sup>	15:27
		Zoe Woods	7 <sup>th</sup>	15:40
		Sienna Scahill	17 <sup>th</sup>	16:22
U15 Male	4km	Dylan Allabush	11 <sup>th</sup>	15:19
U17 Female	4km	Abby Ballhausen	2 <sup>nd</sup>	15:09
U18 Female	4km	Caitlyn Tan	3 <sup>rd</sup>	15:40
		Emma Wheadon	10 <sup>th</sup>	16:28
		Lucia O'Dea	11 <sup>th</sup>	16:46

**NSW ROAD RELAY CHAMPIONSHIPS**  
**SATURDAY 16 JULY 2022**  
**UNIVERSITY OF NEWCASTLE, OURIMBAH, CENTRAL**  
**COAST**

The NSW Road Relays hadn't been held since 2019 due to COVID in 2020 and 2021. We had 5 teams compete with 4 of our teams winning medals: Gold to the 30+ Men and Silver to the U16 Girls, 40+ Women and 40+ Men. Robin Whiteley collected two medals for running first leg in the 30+ Men (Gold) and then 4<sup>th</sup> leg in the 40+ Men (Silver).

Group	Distance	Name	Place	Time
U16 Girls	4 x 2km	Sophia Slater		6:51
		Zoe Woods		7:02
		Lily Horne		8:50
		Sienna Scahill		7:26
		<b>Wests</b>	<b>2<sup>nd</sup></b>	<b>30:09</b>
U18 Girls	4 x 4km	Caitlyn Tan		15:46
		Bronte Scahill		16:17
		Summer Sivaraj		18:59
		Emma Wheadon		15:29
		<b>Wests</b>	<b>5<sup>th</sup></b>	<b>1:06:31</b>
Open Women	4km	Belinda Scott		18:39
30+ Men	4 x 4km	Robin Whiteley		12:49
		Michael Doggett		15:10
		Rajitha De silva		15:18
		Earl O'Brien		13:55
		<b>Wests</b>	<b>1<sup>st</sup></b>	<b>57:47</b>
40+ Women	4 x 4km	Jennifer North		17:36
		Susan Tulloch		17:57
		Deb Walsham		19:03
		Emily Granger		18:29
		<b>Wests</b>	<b>2<sup>nd</sup></b>	<b>1:13:05</b>



Group	Distance	Name	Place	Time
40+ Men	4 x 4km	James Jeffery		17:49
		John Murray		19:26
		Edward Lee		15:46
		Robin Whiteley		13:58
		Wests	2 <sup>nd</sup>	1:06:59

The 40+ Men were fortunate to get second place 2 minutes and 9 seconds ahead of Randwick Botany Harriers in third place. After Randwick Botany's third runner came in it took about 10 minutes to find their 4<sup>th</sup> runner (Manu Sivaraj) who eventually recorded a time of 25:53 which included the delay.

## NSW SHORT COURSE CROSS COUNTRY CHAMPIONSHIPS 7 AUGUST 2022 MT PANORAMA, BATHURST

Our only team medal at the Short Course Cross Country was Gold to the 30+ Men's team of Robin, Earl, Raj and Michael in the 6km. Individual medal winners were Jennifer North with Gold in the 50-55 Women's 6km, Robin Whiteley Gold in the Men's 45-49 6km, Sophia Slater 2<sup>nd</sup> U16 Women's 3km, Michael Doggett 2<sup>nd</sup> 45-49 Men's 6km and Earl O'Brien 3<sup>rd</sup> 35-39 Men's 6km.

Group	Distance	Name	Place	Time
U12 Girls	1600m	Skye Pogoy	7 <sup>th</sup>	7:40
U14 Boys	1600m	Jerra Wright-Smith	5 <sup>th</sup>	6:24
		William Derbyshire	6 <sup>th</sup>	6:39
		Alexander Braendle	8 <sup>th</sup>	6:58
U14 Girls	1600m	Bronte Scahill	8 <sup>th</sup>	6:35
U16 Men	3000m	Solomon Tan	10 <sup>th</sup>	12:39
U16 Women	3000m	Sophia Slater	2 <sup>nd</sup>	12:08
U18 Women	3000m	Caitlyn Tan	6 <sup>th</sup>	13:14
Open Men	6km	Oliver Ham	13 <sup>th</sup>	23:03
Open Women	6km	Sienna Scahill	4 <sup>th</sup>	26:32
50-55 Women	6km	Jennifer North	1 <sup>st</sup>	30:35
35-39 Men	6km	Earl O'Brien	3 <sup>rd</sup>	27:21
40-44 Men	6km	Rajitha De silva	4 <sup>th</sup>	26:36
45-49 Men	6km	Robin Whiteley	1 <sup>st</sup>	22:51
	6km	Michael Doggett	2 <sup>nd</sup>	28:29
Fun Run	3km	Deb Walsham	8 <sup>th</sup>	12:17.58

**AUSTRALIAN CROSS COUNTRY CHAMPIONSHIPS  
SATURDAY 27 AUGUST 2022  
OAKBANK RACECOURSE, ADELAIDE**

Group	Distance	Name	Place	Time
Para Open Women	3km	Belinda Scott	4 <sup>th</sup>	14:11 (30.97%)
Para U17 Women	3km	Yi Ying Lim	5 <sup>th</sup>	17:35 (27.50%)
U18 Men	6km	Oliver Ham	49 <sup>th</sup>	22:15
U17 Women	4km	Abby Ballhausen	11 <sup>th</sup>	15:40
U18 Women	4km	Caitlyn Tan	26 <sup>th</sup>	16:44
		Lucia O'Dea	42 <sup>nd</sup>	17:44
		Emma Wheadon	46 <sup>th</sup>	17:54
U16 Women	4km	Sophia Slater	7 <sup>th</sup>	15:42
		Zoe Woods	34 <sup>th</sup>	16:54

**SYDNEY HALF MARATHON  
4 SEPTEMBER 2022  
SYDNEY OLYMPIC PARK**

Group	Distance	Name	Place	Time
40-49 Men	21.1km	Robin Whiteley	5 <sup>th</sup>	77:00



**Michael Doggett, Cross Country Secretary**

## WINTER WALKS 2022

The NSW Short Walks were held at Chipping Norton on 22<sup>nd</sup> May 2022. Our results were: U13 Girls 2km Lily Horne 4<sup>th</sup> (3<sup>rd</sup> NSW) in 11:21; U14 Girls 2km Maisie Mitchell 1<sup>st</sup> 10:14; U15 Girls 3km Imogen Cochrane 3<sup>rd</sup> 18:24, Olive Gauci DNF; U16 Girls 3km Jessica Berechree 6<sup>th</sup> 20:09; U17 Girls 3km Chelsea Roberts 1<sup>st</sup> 16:59; U20 Girls 10km Alannah Hickson 3<sup>rd</sup> 1:04:57; U15 Boys 3km Darcy Bell 1<sup>st</sup> 15:37, Alexander Sinnett DNF.

The NSW Team Walks Championships were held at Ourimbah on Saturday 16<sup>th</sup> July 2022 (just prior to the NSW Road Relay Championships on the same day at the same venue). The results of Wests athletes were: U14 Girls 3km Lily Horne 2<sup>nd</sup> 16:10; U14 Boys 3km Alexander Braendle 2<sup>nd</sup> (1<sup>st</sup> 12-13 years) 16:06; U18 Girls 5km Chelsea Roberts 1<sup>st</sup> 16-17 years 27:08, Imogen Cochrane 2<sup>nd</sup> 16-17 years 30:51; Open Women 10km Bridget Bell 3<sup>rd</sup> (2<sup>nd</sup> 20-29 years) 55:17, Alannah Hickson 4<sup>th</sup> (2<sup>nd</sup> 19 & Under) 1:10:14; Open Men 10km Alexander Sinnett DNS.

The NSW Long Walk Championships were held at Angle Park, Chipping Norton on 21<sup>st</sup> August 2022. The results of our athletes were: U12 Girls 2km Hannah Hewitt 1<sup>st</sup> 11:08; U14 3km Maisie Mitchell 2<sup>nd</sup>; U14 Boys 3km Alexander Braendle DQ.

The 2022 Australian Winter Walking Championship was held at Middle Park, Melbourne on 11<sup>th</sup> September 2022. In the Open Women 20km Walk Bridget Bell 5<sup>th</sup> 1:59:52; U12 Girls 2km Walk Hannah Hewitt 3<sup>rd</sup> 10:49; U14 Men 3km Walk Alexander Braendle 4<sup>th</sup> 16:27; U18 Women 5km Chelsea Roberts 3<sup>rd</sup> 26:27.





**WESTERN**  
19  04  
**SUBURBS**  
ATHLETIC CLUB

