



# WESTS TRACK & FIELD



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Wyatt Park, Auburn

Founded 1904

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Sarah Baker  
Oceania Championships, Fiji, 2024

# ONE HUNDRED AND TWENTIETH ANNUAL REPORT 2023 – 2024



# OFFICE BEARERS FOR 2023 – 2024

*Patron:* Vacant

*President:* J Crandell

*Senior Vice-President:* J Murray

*Vice Presidents:* P Donelan, W Gross, F Clark, J Vassella, D Brodie,  
G Vernon, F Martin, J Sheedy

*Honorary Secretary:* C Gardiner

*Honorary Assistant Secretary:* I Pye

*Honorary Treasurer:* J Pillon

*Honorary Registrar:* F Pye

*Club Captain:* W Myant and S Pye

*Honorary Cross Country Secretary:* M Doggett

*Social Secretary:* F Pye

*Senior Teams Manager:* (Men): W Myant (Women) K Crandell

*Publicity Officer:* F Pye

*General Committee Members:* K Wills, I Balic, R Gunasinghe

*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, S Pye, J Crandell

# 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**

It has been an honour to be the President of Wests Track & Field athletics club for the 2023-24 season. This year we celebrate 120 years as a club and it would not have been possible without our dedicated committee and so I would like to thank all the committee members for their support throughout the season - John Murray, Cathy Gardiner, Jeff Pillon, Kiara Crandell, Michael Doggett, Firomena and Indy Pye, William Myant, Ivan Balic and Ruwan Gunasinghe.

Special thanks to the Tiger Wests Little Athletics Club president, Peter Harper, together with Alan Patterson, for their great partnership this season. Their dedication and hard work in maintaining the ground and marking lines cannot go unnoticed and is very much appreciated.

Unfortunately, *Asics* is no longer our major sponsor and so this season our club transitioned from 'Asics Wests' to 'Wests Track and Field'. This change has created an opportunity for new sponsors to come onboard to support our athletes. Thank you to Jay and the team at *Sportsfit Health and Rehab* in Five Dock for their sponsorship this season, providing physio and rehabilitation to our club athletes. Also, due to our club's new name, we have designed brand new uniforms that will be available for the upcoming summer season.

This was the 2<sup>nd</sup> year we hosted the Wayne Crandell Memorial Athletics Festival, here at our home ground, Wyatt Park. We had athletes come and compete from interstate from Victoria and South Australia. We were also proud to have three 2024 Olympians present at the competition with Mackenzie Little and Kathryn Mitchell taking part in the javelin competition and Cameron McEntyre supporting on the side lines. Special thanks to Ivan Balic for organising the timing gates from Inner Wests Little A's to allow us to have 60m races. It was a very successful and enjoyable day! The event was publicised in the local paper, *Auburn Review* and online on the *Wide World of Sports* website. This was great exposure for the club and we look forward to hosting bigger and better competitions each year.

Special mention to one of our club coaches, Deb Walsham, who was on the Australian team as a coach for the Oceania Championships in Fiji, the World Cross Country Championships in Belgrade and currently being a part of the World Junior championships in Lima. Congratulations and good luck!

A big congratulations to our wonderful club Secretary, Cathy Gardiner for being awarded the NSW Athletics Administrator of the Year Award for this season! Cathy has been the backbone of our committee for over 20 years! Thank you for all your dedication and contribution to the club. This was a well-deserved award recognising Cathy as an integral part of the club's administration for so many years. Thank you, Cathy!

Lastly, I would like to acknowledge our Masters' athletes for their achievements this season at a national level. Congratulations to Kenneth Vuong and Kiara Crandell on breaking the Australian records for the 30+ 60m dash. It has been fantastic to see the comradery within master's and our club be represented so proudly.

Congratulations to everyone on their achievements in the 2023-24 season and good luck to all athletes and coaches for the 2024-25 season!

**John Crandell**

# **SECRETARY'S REPORT**

Congratulations to Sarah Baker on her achievements this season and becoming our Athlete of the Year and congratulations to all our members receiving awards today, and also those who have represented our club this year.

This season was the first season in a very long time competing as Western Suburbs or “Wests Track & Field Athletics Club” and I hear it has taken a while for everyone to get used to it. Understandable! With the help of new President John Crandell we have a new sponsor at the club “Sportfit Health & Rehab” located in Five Dock. We look forward to working with them into the future and having them help maintain, educate and treat our members so they can be better versions of themselves. We appreciate the work Jay and his team have provided this season.

As John mentioned in his report, to go with the new name, we will have a new look uniform for the upcoming season and beyond. With our changes there has also been a major change with our governing body Athletics NSW, which has now amalgamated with Little Athletics NSW and become NSW Athletics Partnership. There are a lot of changes that have happened and many more in the process of being established to deliver a one affiliation process and single membership for all ages. I recommend visiting [nswathletics.org.au](http://nswathletics.org.au) and read about the positive changes and the future as one sport for athletics. I am sure there will be some teething problems, but overall, this will be a major benefit for the sport of athletics in our state.

I would like to thank David Lewis Athletics NSW Board member (Wests Life Member) for helping our committee with this new and changing governing body. Also I would like to thank all our committee for the work that they have done for the club this season. John and Kiara for the work they did for the Wayne Crandell Memorial Meet, relay teams and general club spirit. To our new committee members, Ivan, Ruwan and Indy, thanks for putting your hand up to help the club and bringing fresh faces and knowledge to our team. For the remainder of the committee, John M, Jeff, Michael and Mena, thank you for all the work you do that is not seen by our members, together we keep the club functioning to the best of our abilities, as a team.

A highlight of my season was the 2nd edition of The Wayne Crandell Memorial Meet, featuring the 60m community run and the high calibre Men's and Women's Javelin events. To be able to be close to the action and see two of the world's best women, Mackenzie Little and Kathryn Mitchell (both Paris 2024 Olympic finalists) compete and Cameron McEntyre (Paris 2024 Olympian) providing support, at my home ground, was just amazing!!

Finally, thanks 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. Also if you are interested in being an official (they are always needed) you can earn money by working at Athletics NSW competitions.

Good luck and best wishes for the season ahead.



**Cathy Gardiner**

# **ATHLETE OF THE YEAR**

## **SARAH BAKER**

The 2023/24 season marked a significant breakthrough for Sarah, who has consistently medalled at the national level since she was just 10 years old. Over the past three years, she has shown steady improvement, embracing the process with dedication and enthusiasm.

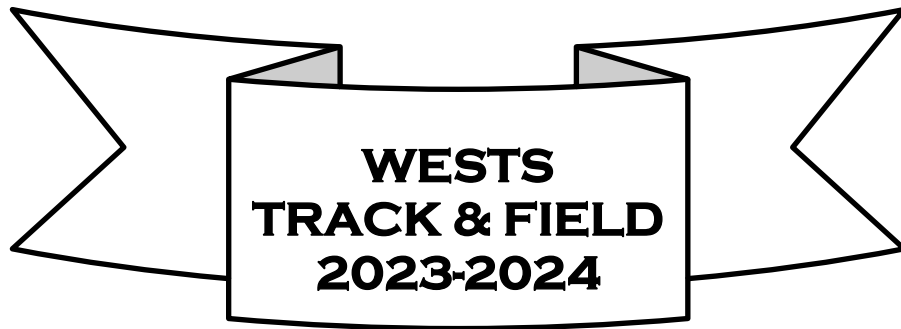
At the NSW All Schools competition, Sarah qualified for both the 800m and 1500m events, securing a hard-fought second place in a thrilling finish in the 1500m. She also contributed to Pymble's victory in the National Teams Challenge, further highlighting her impact on the track. Sarah's domestic season was equally impressive, earning her a bronze medal in the 1500m at the NSW Open Championships.

Despite the demands of her final year of school in 2024, Sarah set her sights on the Oceania Championships in Fiji. Although she hadn't broken 2:11 in the 800m all season, she delivered the race of her life at Nationals. In a dramatic photo finish, Sarah placed third with a time of 2:07, a new personal best, a world junior qualifier, and a strong case for selection to the Australian team for Oceania. A third-place finish in the 1500m further bolstered her credentials.

Sarah was thrilled to be selected for the 800m and 1500m events on the Australian U18 team, marking her debut in the green and gold. In Fiji, despite challenging conditions, Sarah executed a bold strategy in the 1500m, leading the race until the final 300 meters. Though overtaken by another Australian runner, she made a remarkable comeback, closing a 20-meter gap in the last 120 meters to win in a photo finish. The next day, she followed up with a strong performance in the 800m. Returning to Australia as the Oceania Champion was a crowning achievement for Sarah, a memory that will undoubtedly last a lifetime.

Congratulations Sarah





## **SPECIAL AWARDS**

*Athlete of the Year 2023-2024*

Is presented to *Sarah Baker*

### ***Presidents Award***

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

*Scarlett Pye*

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

This award 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 award is presented to the Club's top hurdler. The recipient of this award is

*Lucas Duong*

### ***The E Brodie Award***

This award 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 Award is presented to

*Cameron Ferrier*

### ***The Committee Award***

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

*Indyanna Pye*

### ***The D L Brodie Award***

This award 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 Award is presented to

*Luca de Burnay Thompson*

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

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

*Sarah Baker*

### ***The Ron Maher Award***

This award 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

*Maisie Mitchell and Louise Ringbauer*



***The Treasurers Award***

This award is presented to the Club's most outstanding Under 16 Male Athlete. The award goes to  
***Keegan Free***

***The Bob Lay Award***

This award is presented annually to the Club's top Male Sprinter at Senior Level. The winner this year is  
***Ismail Dudu Kamara***

***The Marlene Mathews Award***

This award is presented annually to the Club's top Female Sprinter at Senior Level. The winner this year is  
***Christine Wearne***

***The Registrars Award***

This annual award is to honour the memory of Bill Harrison, one of Western Suburbs greatest coaches. The award is presented to the Club's outstanding jumper. The recipient this year is  
***Luca de Burnay Thompson***

***The Secretary's Award***

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

***The Frank Clark Award***

This award is presented to the Clubs Top Race walker. This year the award goes to  
***Zoe Woods***

***The Keith Ollerenshaw Award***

This award 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  
***Earl O'Brien***

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

This award is presented to the Club's top 800m and 1500m runner. The recipient this year is  
***Sarah Baker***

***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  
***Belinda Scott***

***Wayne Crandell Memorial Award***

This award is presented to the Club's top multi event athlete. The inaugural award goes to  
***Sienna Vassella***

***Coaches Award:***

***Deb Walsham***

***Summer Male Participation Award:*** ***Cameron Ferrier***

***Summer Female Participation Award:*** ***Scarlett Pye***

***Male Masters Award:*** ***Kenneth Vuong***

***Female Masters Award:*** ***Christine Wearne***

# WOMEN'S CLUB CHAMPIONS

Event	Open	Under 20
100m	Christine Wearne 12.24	Angelina Windshuttle 12.31
200m	Scarlett Pye 25.42	Sienna Vassella 26.09
400m	Caitlyn Ferrier 56.37	Indyanna Pye 59.19
800m	Sarah Baker 2:07.74	Sarah Baker 2:07.74
1500m	Sarah Baker 4:30.21	Sarah Baker 4:30.21
3000m	Sarah Baker 10:05.71	Sarah Baker 10:05.71
5000m	Caitlyn Tan 19:05.56	Caitlyn Tan 19:05.56
10000m	No eligible athlete	NA
100m Hurdles	No eligible athlete	No eligible athlete
400m Hurdles	Scarlett Pye 59.75	Indyanna Pye 1:04.52
3000m Steeple	Sophia Slater 12:15.19	Sophia Slater 12:15.19
5000m Walk	Zoe Woods 23:07.07	Zoe Woods 23:07.07
10000m Walk	Zoe Woods 48:51.90	Zoe Woods 48:51.90
High Jump	Lily Stewart 1.55m	Lily Stewart 1.55m
Long Jump	Sienna Vassella 5.44m	Sienna Vassella 5.44m
Triple Jump	Lily Stewart 10.94m	Lily Stewart 10.94m
Pole Vault	Elizabeth Baral 3.70m	No eligible athlete
Shot Put	Kiara Crandell 10.00m	No eligible athlete
Discus	Louise Ringbauer 40.90m	Louise Ringbauer 40.90m
Hammer	No eligible athlete	No eligible athlete
Javelin	Siena Mace 37.83m	Siena Mace 37.83m
Heptathlon	No eligible athlete	No eligible athlete
	<b>Under 18</b>	<b>Under 16</b>
100m	Sienna Vassella 12.60	Sienna Vassella 12.60
200m	Sienna Vassella 26.09	Sienna Vassella 26.09
400m	Lana Pike 1:01.12	Sophia Arkhipova 1:12.32
800m	Sarah Baker 2:07.74	Quinn Llewellyn 2:34.41
1500m	Sarah Baker 4:30.21	Sophia Arkhipova 5:27.78
3000m	Sarah Baker 10:05.71	Quinn Llewellyn 11:55.61
100m Hurdles	Lily Stewart 14.91	NA
90m Hurdles	NA	Louise Ringbauer 15.35
200m Hurdles	NA	No eligible athlete
400m Hurdles	No eligible athlete	NA
2000m Steeple	Zoe Woods 7:07.67	No eligible athlete
3000m Walk	Maisie Mitchell 14:34.41	Maisie Mitchell 14:34.41
5000m Walk	Zoe Woods 23:07.07	NA
High Jump	Lily Stewart 1.55m	Sienna Vassella 1.35m
Long Jump	Sienna Vassella 5.44m	Sienna Vassella 5.44m
Triple Jump	Lily Stewart 10.94m	No eligible athlete
Pole Vault	No eligible athlete	No eligible athlete
Shot Put	Lily Stewart 10.34m	Sienna Vassella 10.13m
Discus	Louise Ringbauer 40.90m	Louise Ringbauer 40.90m
Hammer	No eligible athlete	No eligible athlete
Javelin	Siena Mace 45.70m	Jemma Camilleri 35.50m
Heptathlon	No eligible athlete	No eligible athlete

# MEN'S CLUB CHAMPIONS

Event	Open		Under 20	
<b>100m</b>	Ismail Dudu Kamara	10.27	Marcello Ottaviano	10.98
<b>200m</b>	Ismail Dudu Kamara	20.96	Ivan Balic	22.17
<b>400m</b>	Ivan Balic	49.69	Ivan Balic	49.69
<b>800m</b>	Charles Hunter	1:49.26	William Browning	1:57.70
<b>1500m</b>	William Browning	4:02.44	William Browning	4:02.44
<b>3000m</b>	Jerra Wright-Smith	9:29.97	Jerra Wright-Smith	9:29.97
<b>5000m</b>	Etienne Blumstein-Jones	15:29.20	William Derbyshire	19:40.54
<b>10000m</b>	No eligible athlete		NA	
<b>110m Hurdles</b>	No eligible athlete		No eligible athlete	
<b>400m Hurdles</b>	Caleb Fairweather	58.86	No eligible athlete	
<b>3000m Steeple</b>	Riley Cotter	12:03.64	Riley Cotter	12:03.64
<b>5000m Walk</b>	Dylan Allabush	24:35.16	Dylan Allabush	24:35.16
<b>High Jump</b>	Wario Duba	1.90m	Wario Duba	1.90m
<b>Long Jump</b>	Luca de Burnay Thompson	6.70m	Luca de Burnay Thompson	6.70m
<b>Triple Jump</b>	Luca de Burnay Thompson	13.75m	Luca de Burnay Thompson	13.75m
<b>Pole Vault</b>	No eligible athlete		No eligible athlete	
<b>Shot Put</b>	Benjamin Baker	12.12m	No eligible athlete	
<b>Discus</b>	Simon Stewart	38.56m	No eligible athlete	
<b>Hammer</b>	Anatoly Kirievsky	31.63m	No eligible athlete	
<b>Javelin</b>	Saxon Ward	65.13m	Toby Camilleri	58.47m
<b>Decathlon</b>	No eligible athlete		No eligible athlete	

	Under 18		Under 16	
<b>100m</b>	Ryley Abell	11.69	Robert Tannous	11.82
<b>200m</b>	Luca de Burnay Thompson	22.76	Luca de Burnay Thompson	22.76
<b>400m</b>	Lucas Duong	52.16	Lucas Duong	53.23
<b>800m</b>	Cristiano Calcarao	2:08.79	Cristiano Calcarao	2:08.79
<b>1500m</b>	Jerra Wright-Smith	4:18.45	Jerra Wright-Smith	4:18.45
<b>3000m</b>	Jerra Wright-Smith	9:29.97	Jerra Wright-Smith	9:29.97
<b>100m Hurdles</b>	NA		Mitchell Klomp	19.79
<b>110m Hurdles</b>	No eligible athlete		NA	
<b>200m Hurdles</b>	NA		No eligible athlete	
<b>400m Hurdles</b>	Lucas Duong	55.53	NA	
<b>2000m Steeple</b>	No eligible athlete		Alexander Braendle	8:03.80
<b>3000m Walk</b>	Alexander Sinnett	13:59.40	Alexander Sinnett	13:59.40
<b>5000m Walk</b>	Dylan Allabush	24:35.16	NA	
<b>High Jump</b>	Wario Duba	1.90m	Luca de Burnay Thompson	1.65m
<b>Long Jump</b>	Luca de Burnay Thompson	6.70m	Luca de Burnay Thompson	6.42m
<b>Triple Jump</b>	Luca de Burnay Thompson	13.75m	Luca de Burnay Thompson	13.59m
<b>Pole Vault</b>	No eligible athlete		No eligible athlete	
<b>Shot Put</b>	Freddie Benson Sparkes	14.89m	Keegan Free	13.55m
<b>Discus</b>	Freddie Benson Sparkes	48.70m	Keegan Free	42.90m
<b>Hammer</b>	No eligible athlete		No eligible athlete	
<b>Javelin</b>	Toby Camilleri	63.56m	Keegan Free	51.24m
<b>Decathlon</b>	No eligible athlete		NA	
<b>Heptathlon</b>	NA		No eligible athlete	

# REGISTRAR'S REPORT

Season 2023-2024, another jam packed year of athletics! Thanks to all our members who represented and supported our club in all capacities; as athletes, coaches, officials, support crews, volunteers and our dedicated committee, our club is enriched because of you.

Total registrations for season 2023-2024 = 174 Breakdown of registrations;  
Female = 70 (40.2%) Male = 104 (59.8%)  
Average Member Age = 26

Congratulations to all our major award winners, your recognition is thoroughly deserved.

2023-2024 Outstanding Individual Performances;

# Sarah Baker ~ Oceania Champion 1500m U18

# Belinda Scott ~ Oceania Champion T20 Opens 1500m

# Lianna Davidson ~ Silver in the Javelin NCAA Championships with a PB of 60.70m and becoming the seventh Australian woman in history to eclipse the 60m barrier.

2023-2024 Wests Special Mentions;

# Team Wests take the BRONZE in the esteemed Opens category ~ Treloar Shield Final.

# Two of our long serving committee members honoured and recognised for their commitment and service to our club and the athletics community;

Cath Gardiner ~ ANSW Administrator of the Year and

John Murray ~ Service pin for 28 years of service to the athletics community.

# Deb Walsham (2023-2024 Club Coach of the Year) her appointment to Athletics Australia International Meets coaching staff.

Most heartfelt thanks to all who have supported me in my position as Registrar.



**Firomena Pye**

# SUMMER 2023-2024

## 2023-24 TRELOAR SHIELD

There were 6 preliminary rounds of the Treloar Shield between 14th October and 2nd December followed by the Treloar Shield Final on 16th December 2023. The results of the two Wests Track & Field teams in the finals were Open 3rd and 50+ 5th. Teams consist of men and women however our 50+ team suffered by not having any women in the team.

Our athletes who competed at 4 or more Treloar Shield Saturdays were:

7 – Scarlett Pye, Belinda Scott, Cameron Ferrier

6 – Lindsay Scholle, Ross Markey, Josh Ferrier, Riley Cotter, Raj De silva

5 – Kev Wills, James Jeffery, Travis Hargrave, Ryley Abell, Kurt Iveson, Michael Doggett

4 – David Lewis, Caitlyn Ferrier, Sophia Arkhipova, William Browning, A'Laa Andrist, Indyanna Pye, William Durer, Matt Stenning.

During the Treloar Shield competition our athletes who competed in the most individual events over the 7 Saturdays were: Lindsay Scholle (30), Ross Markey (29), Scarlett Pye (21), Kev Wills (20), Belinda Scott (17), Cameron Ferrier (16), Josh Ferrier (16), James Jeffery (14), David Lewis (12), Caitlyn Ferrier (11).



**NSW 3000M CHAMPIONSHIPS**  
**4 NOVEMBER 2023**  
**ES MARKS FIELD, KENSINGTON**

Group	Event	Name	Place	Performance
Women	3000m	Zoe Woods	B race 14 <sup>th</sup>	10:12.93
		Sophia Slater	B race 20 <sup>th</sup>	10:36.65
Men	3000m	Jerra Wright-Smith	G race 2nd	9:29.97
		Robin Whiteley	H race 6th	9:43.23
		William Durer	H race 8th	9:52.30
		Rajitha De silva	K race 9th	11:17.48

**NSW RELAYS CHAMPIONSHIPS**  
**17 TO 19 NOVEMBER 2023**  
**SYDNEY OLYMPIC PARK ATHLETICS CENTRE**

West's won 4 Gold, 2 Silver and 2 Bronze medals. Our Gold medals were won by the Open Men's Javelin team, the U18 Men's Javelin team, the Masters Men's Javelin team and the Mixed 120+ 4x100m team of Kenneth Vuong, Kiara Crandell, Billy Spliadis and Christine Wearne whose 4x100m time of 45.08 broke the old meet record by more than 2 seconds.

The Masters Men's Javelin team had been entered in the 160+ age category and were awarded Gold medals for their win, however were disqualified afterwards since their ages didn't add to 160+. They were moved to the 120+ age group where there were no other teams and got to keep their Gold medals.

Group	Event		Place	Performance
U18	4 x 100m	Nastasia Grima, Nikita Grima, L Ringbauer, S Vassella	11th	50.76
Women	4 x 200m	Nastasia Grima, Nikita Grima, L Ringbauer, S Vassella	10th	1:47.18
	Javelin	S Mace, J Camilleri, K Harwood, L Ringbauer	3rd	116.71m
Open Women	4 x 100m	S Pye, C Wearne, A Windshuttle, K Crandell	Prelim 6th	47.45
	4 x 100m	S Pye, C Wearne, A Windshuttle, K Crandell	Final 8th	48.25
	4 x 200m	S Pye, K Crandell, A Windshuttle, I Pye	Prelim 6th	1:42.75
	4 x 200m	S Pye, K Crandell, A Windshuttle, I Pye	Final 7th	1:41.69
	Discus	L Ringbauer, J Camilleri, K Crandell, S Pye	9th	105.44m
120+ Women	4 x 400m	E Granger, D Walsham, J North, S Tulloch	2nd	5:15.40
160+ Women	4 x 1500m	E Granger, D Walsham, J North, S Tulloch	2nd	25:50.88
	Shot Put	E Granger, D Walsham, J North, S Tulloch	4th	23.65m
U16 Men	4 x 200m	Z Khan, L Duong, V Spiteri, R Tannous	5th	1:42.44
U18 Men	Javelin	T Camilleri, D Kasozi, K Free, J Camilleri	1st	165.82m

Group	Event		Place	Performance
Open	4 x 100m		Prelim 15th	45.70
Men	4 x 200m	T Hargrave, C Ferrier, L de Burnay Thompson, L Duong	Prelim 10th	1:32.09
	4 x 400m	R Cotter, C Ferrier, T Hargrave, L Duong	5th	3:31.66
	Shot Put	S Stewart, A Kirievsky, A Malik, W Myant	6th	35.12m
	Discus	S Stewart, A Kirievsky, A Malik, W Myant	6th	105.21m
	Javelin	S Ward, B Baker, T Camilleri, F Hahn	1st	229.40m
	Javelin	J Crandell, J Stewart, S Stewart, W Myant	3rd	163.10m
120+ Men	Javelin	B Baker, J Crandell, A Kirievsky, A Malik	1st	
200+ Men	4 x 800m	R De silva, M Doggett, J Jeffery, K Wills	4th	11:26.36
120+ Mixed	4 x 100m	K Crandell, K Vuong, C Wearne, B Spliadis	1st	45.08

A big thank you to Team Managers William Myant and Kiara Crandell for the large amount of work they put into organising the teams. They were supported by John Crandell and Jeff Pillon, Firomena Pye and Rhys Stein who between them helped by setting up the team sheets, communicating information and other assistance.



**ILLAWARRA TRACK CHALLENGE**  
**SATURDAY 13 JANUARY 2024**  
**KERRY N MCCANN ATHLETIC CENTRE, WOLLONGONG**

The Illawarra Track Challenge incorporates the State 60m championships. Our fastest runner was Kenneth Vuong running a wind assisted time of 6.81 seconds in the Open Men's 60m. In the Masters 60m Ken was the winner in the 30-39 Men in 7.00 seconds.

Group	Event	Name	Place	Performance
Open Women	60m	Scarlett Pye	Prelim 16th	7.74 (2.2)
		Kiara Crandell	Prelim 21st	7.87 (2.2)
Open Men	60m	Kenneth Vuong	Prelim 16th	6.81 (4.6)
		Marcello Ottaviano	Prelim 21st	6.88 (4.6)
		Samuel Karwhin	Prelim 47th	7.18 (1.8)
		William Myant	Prelim 54th	7.27 (2.9)
U20 Men	60m	Travis Hargrave	Prelim 9th	7.28 (1.1)
		Samuel Dam	Prelim 11th	7.42 (3.9)
		Travis Hargrave	Final 7th	7.34 (0.7)
30-39 Men	60m	Kenneth Vuong	1st	7.00 (1.7)

**NSW COMBINED EVENTS CHAMPIONSHIPS**  
**27 TO 28 JANUARY 2024**  
**SYDNEY OLYMPIC PARK ATHLETICS CENTRE**

At the NSW Combined Event Championships there were Gold medals in the Pentathlon to Sienna Vassella, Kiara Crandell and John Crandell.

Group	Event	Name	Place	Performance
U14 Women	Pentathlon	Sienna Vassella	1st	1575
30-34 Women	Pentathlon	Kiara Crandell	1st	2874
30-34 Men	Pentathlon	John Crandell	1st	2689
55-59 Men	Pentathlon	Lindsay Scholle	3rd	2326

**NSW 5000M CHAMPIONSHIPS**  
**SATURDAY 10 FEBRUARY 2024**  
**SOPAC WARM UP TRACK**

Our best performers at the NSW 5000m championships and also our 5000m Club Champions were Caitlyn Tan 19:05.56 and Etienne Blumstein-Jones 15:29.2.

Group	Event	Name	Place	Performance
Women	5000m	Caitlyn Tan	C race 4th	19:05.56
Men	5000m	Etienne Blumstein-Jones	B race 20th	15:29.2h
		Robin Whiteley	D race 14th	16:27.67
		William Derbyshire	F race 16th	19:40.54
		R De silva	F race 17th	19:46.85



**NSW MASTERS CHAMPIONSHIPS**  
**2 TO 3 MARCH 2024**  
**SYDNEY OLYMPIC PARK ATHLETICS CENTRE**

At the NSW Masters Championships our sprinters led the way with a large haul of medals. In the women Kiara Crandell and Christine Wearne both won double Gold with wins in the 60m and 100m in their respective age groups while in the Men, Kenneth Vuong 30-34 won triple Gold - 60m, 100m and 200m; Billy Spliadis 35-39 took Gold in the 60m and Silver in the 100m; Ruwan Gunasinghe Silver 60m. Our other athletes to take medals were Amardeep Malik 2 Gold, 3 Silver; Anatoly Kirievsky 2 Gold, 2 Silver; Lindsay Scholle 2 Silver; Matt Stenning 1 Silver.

<b>Group</b>	<b>Event</b>	<b>Name</b>	<b>Place</b>	<b>Performance</b>
30-34 Women	60m	Kiara Crandell	1st	7.85 (0.3)
	100m	Kiara Crandell	1st	12.78 (-1.9)
35-39 Women	60m	Christine Wearne	1st	7.73 (1.2)
	100m	Christine Wearne	1st	12.54 (-1.7)
30-34 Men	60m	Kenneth Vuong	1st	6.85 (2.0)
	60m	Ruwan Gunasinghe	2nd	7.03 (2.0)
	100m	Kenneth Vuong	1st	11.24 (-2.3)
	100m	Ruwan Gunasinghe	4th	11.52 (-2.3)
	200m	Kenneth Vuong	1st	23.15 (0.5)
35-39 Men	60m	Billy Spliadis	1st	7.43 (0.6)
	100m	Billy Spliadis	2nd	12.24 (-5.3)
	Shot Put	Amardeep Malik	1st	8.98m
	Discus	Amardeep Malik	1st	23.75m
	Hammer	Amardeep Malik	2nd	23.11m
	Javelin	Amardeep Malik	2nd	37.63m
	Weight Throw	Amardeep Malik	2nd	8.63m
45-49 Men	High Jump	Anatoly Kirievsky	4th	1.15m
	Triple Jump	Anatoly Kirievsky	2nd	7.79m (NWI)
	Shot Put	Anatoly Kirievsky	4th	9.21m
	Discus	Anatoly Kirievsky	4th	29.67m
	Hammer	Anatoly Kirievsky	1st	31.63m
	Javelin	Anatoly Kirievsky	1st	29.08m
	Weight Throw	Anatoly Kirievsky	2nd	10.29m
50-54 Men	100m	Kurt Iveson	9th	13.75 (-1.7)
	200m	Kurt Iveson	7th	27.88 (0.6)
	800m	Michael Doggett	7th	2:24.18
	1500m	Michael Doggett	5th	5:00.63
55-59 Men	1500m	Lindsay Scholle	2nd	5:00.25
	Long Jump	Lindsay Scholle	2nd	3.97m (NWI)
	Hammer	Matt Stenning	2nd	35.91m

**NSW JUNIOR CHAMPIONSHIPS**  
**8 TO 10 MARCH 2024**  
**SYDNEY OLYMPIC PARK ATHLETIC CENTRE**

Our State Junior champions in 2024 were U18 Women Zoe Woods 1st 2000m Steeplechase and 1st 5000m Walk; U16 Women Louise Ringbauer 1st Discus, Maisie Mitchell 1st 3000m Walk; U14 Women Sienna Vassella 1st Long Jump; U17 Men Lucas Duong 1st 400m Hurdles, Luca de Burnay Thompson 1st Triple Jump, Dylan Allabush 1st 5000m Walk; U15 Men Alexander Braendle 1st 3000m Walk.

<b>Group</b>	<b>Event</b>	<b>Name</b>	<b>Place</b>	<b>Performance</b>
U20 Women	100m	A'Laa Andrist	Prelim 16th	13.46 (0.1)
	100m	Nikita Grima	Prelim 18th	13.67 (1.2)
	200m	A'Laa Andrist	Prelim 15th	27.93 (0.7)
	800m	Emma Wheadon	8th	2:22.74
	400m Hurdles	Indyanna Pye	4th (3rd NSW)	1:06.35
	Javelin	Ariana Levy	6th	37.00m
U18 Women	100m	Eliza Marsh	17th	13.04 (2.1)
	100m	Israa Andrist	18th	13.12 (-0.4)
	100m	Nastasia Grima	19th	13.24 (0.4)
	100m	Lily Stewart	20th	13.25 (-0.4)
	200m	Israa Andrist	17th	27.43 (1.1)
	400m	Lana Pike	11th	1:01.17
	800m	Sarah Baker	3rd	2:11.94
	800m	Lana Pike	5th	2:20.94
	3000m	Sarah Baker	3rd	10:05.71
	100m Hurdles	Lily Stewart	4th	15.18 (0.0)
	100m Hurdles	Alexandra Smith	6th	15.64 (0.0)
	2000m Steeple	Zoe Woods	1st	7:07.75
	2000m Steeple	Sophia Slater	2nd	7:20.93
	Long Jump	Lily Stewart	7th	5.29m (0.0)
	Triple Jump	Lily Stewart	3rd	10.94m (-1.0)
	Discus	Summer Sivaraj	7th	24.27m
	Javelin	Siena Mace	2nd	40.71m
	5000m Walk	Zoe Woods	1st	23:07.07
5000m Walk	Summer Sivaraj	7th	28:34.78	
U17 Women	100m	Bianka Pavela	Prelim 13th	13.18 (0.1)
	200m	Bianka Pavela	Prelim 12th	27.04 (0.6)
	2000m Steeple	Grace Beck	5th	7:55.19
	5000m Walk	Grace Beck	3rd(2nd NSW)	27:02.37
U16 Women	100m	Louise Ringbauer	Prelim 23rd	13.77 (2.1)
	Discus	Louise Ringbauer	1st	40.53m
	Discus	Jemma Camilleri	5th	32.52m
	Javelin	Jemma Camilleri	5th	34.40m
	3000m Walk	Maisie Mitchell	1st	14:37.04
U15 Women	3000m	Quinn Llewellyn	11th	11:55.61
	Shot Put	Tylah Madsen	12th	8.74m
	Discus	Tylah Madsen	7th	28.98m

<b>Group</b>	<b>Event</b>	<b>Name</b>	<b>Place</b>	<b>Performance</b>
U14 Women	Long Jump	Sienna Vassella	1st	5.26m (0.0)
	Shot Put	Sienna Vassella	2nd	10.13m
	3000m Walk	Hannah Hewitt	5th	16:38.56
	3000m Walk	Scout Linton	-	DQ
U20 Men	100m	Travis Hargrave	Prelim 24th	11.35 (-1.0)
	200m	Travis Hargrave	Prelim 10th	22.33 (1.8)
	200m	Ryley Abell	Prelim 21st	22.33 (1.3)
	400m	Ivan Balic	Prelim 6th	50.38
	400m	Travis Hargrave	Prelim 10th	50.62
	400m	Ivan Balic	Final 5th	49.69
	Javelin	Toby Camilleri	2nd	57.80m
	Javelin	Finlay Hahn	4th	52.99m
	Javelin	James Stewart	10th	42.29m
U18 Men	100m	Amal Franchrist Albert Stephen	Prelim 23rd	11.73 (1.4)
	200m	Amal Franchrist Albert Stephen	Prelim 20th	23.98 (0.5)
	Shot Put	Daniel Kasozi	5th	13.38m
	Shot Put	Lachlan Green	7th	12.35m
	Discus	Freddie Benson Sparkes	2nd	48.58m
	Discus	Lachlan Green	6th	41.15m
U17 Men	100m	Zaid Khan	Prelim 26th	12.16 (1.2)
	400m	Lucas Duong	Prelim 11th	52.16
	400m	Samuel Kay	Prelim 14th	54.30
	400m Hurdles	Lucas Duong	1st	57.11
	400m Hurdles	Zaid Khan	6th	58.97
	400m Hurdles	Samuel Kay	7th	1:00.08
	Long Jump	Luca de Burnay Thompson	2nd	6.65m (1.8)
	Triple Jump	Luca de Burnay Thompson	1st	13.75m (-3.2)
	Discus	Elijah Pallister	3rd	45.66m
	Javelin	Elijah Pallister	5th	42.64m
	5000m Walk	Dylan Allabush	1st	25:24.24
U16 Men	1500m	Jerra Wright-Smith	7th	4:21.50
	3000m	Jerra Wright-Smith	3rd	9:31.39
	Shot Put	Keegan Free	4th (3rd NSW)	13.44m
	Discus	Keegan Free	6th	42.90m
	Javelin	Keegan Free	4th (3rd NSW)	45.43m
	3000m Walk	Robert Tannous	Prelim 2nd	11.79 (2.5)
	100m	Robert Tannous	Final 2nd	11.91 (1.1)
	200m	Robert Tannous	Prelim 2nd	24.21 (-0.6)
	200m	Robert Tannous	Final 2nd	23.89 (2.3)
U15 Men	800m	William Durer	15th	2:18.16
	1500m	William Durer	-	DQ
	3000m	William Durer	6th	9:48.11
	100m Hurdles	Mitchell Klomp	8th	19.79 (0.8)

Group	Event	Name	Place	Performance
U15 Men	Triple Jump	Robert Tannous	7th	10.47m (0.0)
	Javelin	Mitchell Klomp	8th	28.66m
	3000m Walk	Alexander Braendle	1st	15:59.38
	3000m Walk	Sebastian Linton	4th	19:59.92
U14 Men	200m	Joshua Bartle	12th	27.22 (0.4)
	400m	Vincent Spiteri	Prelim 15th	1:06.27
	800m	Cristiano Calcarao	2nd	2:09.30
	800m	Joshua Bartle	11th	2:19.89
	1500m	Cristiano Calcarao	2nd	4:24.21
	Shot Put	Hayden Free	5th	11.84m
	Shot Put	Hayden Free	5th	11.84m

**NSW OPEN, U23, YOUTH & PARA CHAMPIONSHIPS  
14 TO 17 MARCH 2024  
SYDNEY OLYMPIC PARK ATHLETIC CENTRE**

The NSW Open State Champion in 2024 for Wests was Saxon Ward in the Javelin with 63.14m. Our other athletes to take medals were Open Women Sarah Baker 3rd 1500m, Elizabeth Baral 3rd Pole Vault; Open Men Ismail Dudu Kamara 2nd 100m.

Group	Event	Name	Place	Performance
Open Women	100m	Kiara Crandell	Prelim 42nd	13.00 (-3.1)
	400m	Caitlyn Ferrier	Prelim 9th	56.37
	400m	Indyanna Pye	Prelim 18th	59.19
	400m	Caitlyn Ferrier	Final 9th	56.77
	800m	Lana Pike	Prelim 15th	2:22.21
	1500m	Sarah Baker	Prelim 3rd	4:35.12
	1500m	Sarah Baker	Final 3rd	4:32.03
	400m Hurdles	Scarlett Pye	Prelim 6th	62.27
	400m Hurdles	Sara Klein	Prelim 7th	62.11
	400m Hurdles	Scarlett Pye	Final 5th	61.07
	400m Hurdles	Sara Klein	Final 6th	61.07
Pole Vault	Elizabeth Baral	3rd	3.50m	
Open Men	100m	Ismail Dudu Kamara	Prelim 2nd	10.68 (-3.2)
	100m	Michael Jabba	Prelim 20th	10.99 (-2.0)
	100m	Marcello Ottaviano	Prelim 23rd	11.14 (-0.7)
	100m	Kenneth Vuong	Prelim 31st	11.26 (-2.0)
	100m	William Myant	Prelim 77th	11.94 (-2.8)
	100m	Ismail Dudu Kamara	Semi 2nd	10.36 (1.2)
	100m	Marcello Ottaviano	Semi 22nd	11.03 (1.2)
	100m	Michael Jabba	Semi 24th	11.06 (1.2)
	100m	Ismail Dudu Kamara	Final 2nd	10.27 (0.2)
	200m	Ismail Dudu Kamara	Prelim 9th	20.96 (0.5)
	200m	Travis Hargrave	Prelim 28th	22.45 (0.3)
	200m	Marcello Ottaviano	Prelim 29th	22.47 (-0.3)
	200m	Kenneth Vuong	Prelim 47th	23.00 (1.3)

Group	Event	Name	Place	Performance
Open Men	400m	Travis Hargrave	Prelim 24th	50.09
	400m	Ivan Balic	Prelim 29th	50.54
	400m	Cameron Ferrier	Prelim 35th	51.68
	800m	William Browning	Prelim 20th	2:00.31
	1500m	William Browning	Prelim 28th	4:07.53
	1500m	Rajitha De silva	Prelim 44th	5:05.96
	400m Hurdles	Caleb Fairweather	Prelim 15th	58.86
	Javelin	Saxon Ward	1st	63.14m
	Javelin	Toby Camilleri	4th	58.47m
	Javelin	Finlay Hahn	11th	52.69m
	Javelin	Benjamin Baker	12th	51.64m
	Javelin	James Stewart	13th	47.50m
U12 Girls	1500m Walk	Hannah Hewitt	3rd	7:42.24
U11 Girls	80m Hurdles	Kristyna Van Uden	3rd	13.45 (0.5)
U10 Girls	800m	Beth Cochrane	6th	3:08.08
	Discus	Beth Cochrane	11th	16.38m
	1100m	Beth Cochrane	3rd	5:53.78
U12 Boys	400m	Vincent Spiteri	11th	68.19
	90m Hurdles	Christopher Braendle	4th	18.96 (-0.1)
U11 Boys	400m	Blake Miller	3rd	65.14
U8 Boys	500m	Nate Milroy	7th	2:04.76
	Shot Put	Nate Milroy	1st	7.10m

In the younger age groups U8 Boys Nate Milroy 1st Shot Put; U11 Boys Blake Miller 3rd 400m; U12 Girls Hannah Hewitt 3rd 1500m Walk; U11 Girls Kristyna Van Uden 3rd 80m Hurdles; U10 Girls Beth Cochrane 3rd 1100m.

## **AUSTRALIAN MASTERS ATHLETICS CHAMPIONSHIPS 29 MARCH TO 1 APRIL 2024 DOMAIN ATHLETICS CENTRE, HOBART**

The Australian Masters Athletics Championships were held in Hobart on the Easter long weekend Our Gold medal winners were Christine Wearne 1st 100m; Kenneth Vuong 1st 60m and 1st 100m.

Group	Event	Name	Place	Performance
W35	100m	Christine Wearne	1st	12.30 (0.5)
M30	60m	Kenneth Vuong	1st	7.20 (0.5)
	100m	Kenneth Vuong	1st	10.87 (2.0)
M50	800m	Michael Doggett	8th	2:22.11
	8km Cross Country	Michael Doggett	2nd	38:43

**AUSTRALIAN OPEN AND UNDER 20 CHAMPIONSHIPS**  
**11 TO 14 APRIL 2024**  
**SA ATHLETICS STADIUM, MILE END, SOUTH AUSTRALIA**

At the Australian Championships in the Open Men Saxon Ward was 7th in the Javelin while Ismail Kamara made the final of the 100m where he broke down in the first half of the race however managed to limp on to finish 9th. Indyanna Pye made the final of the U20 Women's 400m Hurdles where she finished 5th in 1:04.79.

Group	Event	Name	Place	Performance
Open Women	400m Hurdles	Scarlett Pye	Heat	1:02.81
	400m Hurdles	Sara Klein	Heat	1:01.80
	Pole Vault	Elizabeth Baral	-	NM
Open Men	100m	Ismail Kamara	Heat	10.46 (0.5)
	100m	Ismail Kamara	Semi	10.29 (1.4)
	100m	Ismail Kamara	Final 9th	29.09 (-1.2)
	Javelin	Saxon Ward	7th	64.93m
U20 Women	400m Hurdles	Indyanna Pye	Heat	1:04.52
	400m Hurdles	Indyanna Pye	Final 5th	1:04.79
U20 Men	400m	Ivan Balic	Heat	50.70

**AUSTRALIAN JUNIOR CHAMPIONSHIPS**  
**14 TO 19 APRIL 2024**  
**SA ATHLETICS STADIUM, MILE END, SOUTH AUSTRALIA**

At the Australian Junior Championships our athlete to win Gold was Sienna Vassella in the U14 Long Jump with 5.44m. The other Wests athletes winning medals were U18 Girls Sarah Baker 3rd 800m and 3rd 1500m, Siena Mace 2nd Javelin; U17 Boys Lucas Duong 3rd 400m Hurdles, Luca de Burnay Thompson 3rd Long Jump, Dylan Allabush 3rd 5000m Walk; U16 Boys Keegan Free 3rd Javelin; U15 Girls Maisie Mitchell 2nd 3000m Walk; U15 Boys Alexander Braendle 2nd 3000m Walk.

Group	Event	Name	Place	Performance
U14 Girls	100m	Sienna Vassella	Heat	12.92 (-2.1)
	100m	Sienna Vassella	Final 7th	13.09 (-2.6)
	200m	Sienna Vassella	Heat	26.37 (+0.7)
	200m	Sienna Vassella	Final 4th	26.10 (-2.2)
	3000m Walk	Scout Linton	-	DQ
	Long Jump	Sienna Vassella	1st	5.44m (0.6)
U15 Girls	3000m Walk	Maisie Mitchell	2nd	14:34.41
U16 Girls	Discus	Louise Ringbauer	4th	39.49m
U17 Girls	2000m Steeple	Grace Beck	9th	7:45.63
U18 Girls	800m	Sarah Baker	Heat	2:11.75
	800m	Sarah Baker	Final 3rd	2:07.74
	1500m	Sarah Baker	3rd	4:30.21

Group	Event	Name	Place	Performance
U18 Girls	100m Hurdles	Lily Stewart	-	DNS
	2000m Steeple	Sophia Slater	8th	7:26.04
	5000m Walk	Grace Beck	5th	27:10.65
	5000m Walk	Summer Sivaraj	10th	30:14.23
	Triple Jump	Lily Stewart	-	DNS
	Javelin	Siena Mace	2nd	45.70m
U14 Boys	800m	Cristiano Calcarao	Heat	2:12.59
	800m	Cristiano Calcarao	Final 4th	2:11.47
	1500m	Cristiano Calcarao	5th	4:28.27
U15 Boys	100m	Robert Tannous	Heat	11.82 (1.5)
	100m	Robert Tannous	Final 9th	12.07 (-1.5)
	3000m Walk	Alexander Braendle	2nd	14:57.29
U16 Boys	3000m	Jerra Wright-Smith	13th	9:49.49
	Shot Put	Keegan Free	11th	11.61m
	Javelin	Keegan Free	3rd	51.24m
U17 Boys	400m Hurdles	Samuel Kay	Heat	58.58
	400m Hurdles	Lucas Duong	Heat	57.32
	400m Hurdles	Zaid Khan	-	DNS
	400m Hurdles	Lucas Duong	Final 3rd	55.53
	400m Hurdles	Samuel Kay	Final 8th	57.85
	5000m Walk	Dylan Allabush	3rd	24:35.16
	5000m Walk	Alexander Braendle	6th	27:35.33
	Long Jump	Luca de Burnay Thompson	Final 3rd	6.70m (0.1)
	Triple Jump	Luca de Burnay Thompson	4th	13.57m (-0.6)
U18 Boys	Shot Put	Freddie Benson Sparkes	5th	14.89m
	Discus	Freddie Benson Sparkes	6th	48.70m
	Discus	Lachlan Green	8th	47.79m

## OTHER RESULTS DURING SUMMER 2023-24

The NSW 10000m Championships were held at The Crest on 21st October 2023 and our only starter was Raj De silva in the Open Men however he did not finish.

The NSW 10000m Walks Championship was held at Sydney Olympic Park Athletics Centre on 25th November 2023 however no Wests walkers competed.

The AACT U20 and Open Track & Field Championships were held at the AIS Athletics Field in Canberra from 26th to 28th January 2024. Results of our members included: Open Men Robert Mason 1st Javelin 15.89m; Open Women Scarlett Pye 2nd 400m Hurdles 59.75; U20 Men Finlay Hahn 3rd Javelin 52.72m

At the Australian (and Oceania) 20km Race Walking Championships held in Adelaide on 11th February 2024: U20 Women 10km Walk Zoe Woods 2nd 48:57, U18 Girls 5km Walk Grace Beck 4th 28:12

The Sydney Track Classic was held at ES Marks Athletics Field on Saturday 23rd March 2024. Our athlete competing was Ismail Kamara 3rd in the Open Men's 100m in 10.44 (w: 0.0).

The second Wayne Crandell Memorial Meet was held at our home track at Wyatt Park, Auburn on Sunday 24th March 2024. The program consisted of the 60m Community Sprint followed by the Women's and Men's Javelin. It was a very successful meet with a very high quality field in the Javelin including some athletes coming from interstate. In the Open Women's Javelin the top 3 were Mackenzie Little (Sydney Uni) 1st 61.69m, Kathryn Mitchell (VIC) 2nd 59.24m, Salumi Robberts (SA) 3rd 54.06m while in the Open Men the top 3 were Saxon Ward (Wests) 1st 65.13m, Malkeet Kumar (Girraween) 2nd 61.94m, Andrew Fraser (SA) 3rd 60.91m.

The Stawell Gift was held on the Easter Long Weekend from Saturday 30th March to Monday 1st April. Kenneth Vuong, who had competed at the Australian Masters in Hobart on Good Friday, ran in Stawell on Saturday afternoon finishing 3rd in his heat of the 120m Handicap in 12.732 seconds off a handicap of 7.5m. In the Women's 120m Handicap Angelina Windshuttle won her heat in 13.558 seconds off 9.25m, won her semi-final in 13.521 off 9.25m and then finished 5th in the final in 13.697 seconds off 9.25m.

The Oceania Athletics Championships were held in Fiji from 1st to 8th June 2024. Sarah Baker won Gold in the U18 Women's 1500m in 4:33.94 and Silver in the 800m in 2:12.07 while Belinda Scott in the Para Women won Gold in the 1500m in 5:53.67 and Silver in the 400m in 73.53. Our other athlete competing was Siena Mace U18 Women 3rd Javelin 43.12m.

Also at the Oceania Championships in Fiji was Deb Walsham in her role as a coach supporting the Australian team. Deb was also a coach for the Australian team at the 2024 World Cross Country Championships in Belgrade, Serbia in March 2024 and team management at the 2023 Pacific Games in the Solomon Islands.





# **THE HARRIER REPORT, WINTER 2023**

## **WEST METROPOLITAN 2023 RUNNING SEASON**

The West Met series point score was held across 19 Saturday afternoons from 11th March to 26th 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:

<b>Event</b>		<b>Name</b>	<b>Place</b>
Shorter Event (2km)	Female U10	Alison Doggett	2nd
	Female 45+	Donna Liu	2nd
	Male U10	Bobby Doggett	1st
	Male 65+	David Lewis	1st
Medium Event (4km)	Female 20+	Belinda Scott	1st
	Male 40+	Rajitha De silva	1st
	Male 45+	Michael Haines	2nd
Longer Event (6km)	Female 45+	Susan Tulloch	1st
	Male 50+	Michael Doggett	1st

## **CHAMPIONSHIP EVENTS**

In the Athletics NSW 2023 Winter Premiership point scores the Wests team to finish in the top 3 were: U18 Girls 1st; 40-49 Women 1st; 30-39 Men 3rd.

In the 2023 Winter Trophy point score covering all age groups Wests finished 9th.

## **ST GEORGE CLASSIC AND NSW NOVICE CHAMPIONSHIPS SATURDAY 22 APRIL 2023 SCARBOROUGH PARK, RAMSGATE**

<b>Event</b>	<b>Name</b>	<b>Place</b>	<b>Time</b>
Albie Thomas 10km Classic	Earl O'Brien	56th	44:26
	Michael Doggett	59th	47:05
A.A Gainsford 5km Fun Run	Jerra Wright-Smith	41st	19:39
	Emma Wheadon	47th	19:59
	Maisy Wright-Smith	56th	20:24
Ron Gribble 2.5km Dash	Joshua Bartle	31st	9:38

**SYDNEY: 10**  
**SUNDAY 7 MAY 2023**  
**SYDNEY OLYMPIC PARK**

Distance	Group	Name	Place	Chip Time
10km	U20 Men	William Derbyshire	31st	40:38
	30-34 Men	Etienne Blumstein-Jones	6th	31:50
	30-34 Women	Kristen Piper	3rd	37:37
	35-39 Men	Earl O'Brien	13th	40:15
	50-54 Men	James Jeffery	14th	44:48
5km	U18 Men	Will Kay	21st	18:08
	U18 Women	Abby Ballhausen	4th	17:38
		Sarah Baker	5th	17:44
	U16 Men	Dylan Allabush	12th	17:19
		Solomon Tan	22nd	18:09
2.5km	U14 Men	Alexander Braendle	7th	9:41
		Jenson Whitby	11th	10:05
	U14 Women	Lillian Page	14th	10:21

In the team placings the Masters 30-39 Men's team of Etienne Blumstein-Jones, Kristen Piper, Earl O'Brien and James Jeffery were 3rd; and the U18 Men's team of Dylan Allabush, Abby Ballhausen, Will Kay and Solomon Tan were 4th. Note that, prior to the event, runners can be nominated to join teams of a different age and gender in the same race however no more than 2 women in a men's team and women cannot replace available men.

**NSW CROSS COUNTRY RELAY CHAMPIONSHIPS**  
**SATURDAY 3 JUNE 2023**  
**UPJOHN PARK, RYDALMERE**

West's had 11 teams and 1 individual competing at the Cross Country Relays this year. Our two Gold medal winning teams were the U18 Girls 4x3km team of Sarah Baker, Sophia Slater, Zoe Woods and Abby Ballhausen; and the 40+ Women's 4x4km team of Emily Granger, Deb Walsham, Susan Tulloch and Jen North. Our other team to get a medal were the U20 Women with Bronze.

Group	Distance	Name	Place	Time
U12 Female	4 x 2km	Chloe Symonds		9:16
		Scout Linton		10:20
		Hannah Hewitt		8:53
		Sophia Arkhipova		8:23
			<b>5th / 5</b>	<b>36:54</b>
U12 Male	4 x 2km	William Symonds		8:55
		Caelan Drysdale		8:32
		Liam Bortolussi		9:04
		Benjamin Murone		9:06
			<b>11th / 12</b>	<b>35:38</b>

Group	Distance	Name	Place	Time
U14 Male	4 x 3km	Alexander Braendle		7:55
		Shiv Nikham		8:14
		Joshua Bartle		7:07
		Jenson Whitby		8:12
			<b>13th / 19</b>	<b>31:30</b>
U18 Female A	4 x 3km	Sarah Baker		11:03
		Sophia Slater		11:43
		Zoe Woods		11:28
		Abby Ballhausen		10:48
			<b>1st / 12</b>	<b>45:03</b>
U18 Female B	4 x 3km	Summer Sivaraj		14:01
		Lana Pike		13:43
		Lillian Page		14:57
		Quinn Llewellyn		13:18
			<b>10th / 12</b>	<b>56:00</b>
U20 Female	4 x 3km	Caitlyn Tan		12:05
		Grace Beck		12:03
		Emma Wheadon		11:39
		Lucia O'Dea		12:29
			<b>3rd / 7</b>	<b>48:18</b>
U16 Male	4 x 3km	Dylan Allabush		10:54
		Solomon Tan		11:16
		William Derbyshire		11:42
		Alexander Braendle		12:45
			<b>10th / 10</b>	<b>46:37</b>
40+ Female	4 x 4km	Emily Granger		19:09
		Deb Walsham		21:03
		Susan Tulloch		19:38
		Jennifer North		18:57
			<b>1st / 2</b>	<b>1:18:48</b>
Open Female	4km	Belinda Scott		18:47
50+ Male	4 x 4km	James Jeffery		18:01
		David Lewis		23:50
		Lindsay Scholle		17:04
		Michael Doggett		16:52
			<b>6th / 7</b>	<b>1:15:48</b>
30+ Male	4 x 4km	Etienne Blumstein-Jones		13:26
		Robin Whiteley		14:03
		Rajitha De silva		16:56
		Earl O'Brien		16:02
			<b>4th / 7</b>	<b>1:00:30</b>
Open Male	4 x 4km	Michael Haines		24:26
		Michael Doggett		19:00
		Edward Lee		17:00
		Etienne Blumstein-Jones		14:32
			<b>26th / 26</b>	<b>1:14:59</b>

**NSW CROSS COUNTRY CHAMPIONSHIPS**  
**SATURDAY 17 JUNE 2023**  
**WILLANDRA CROSS COUNTRY COURSE (NOWRA)**

Group	Distance	Name	Place	Time
45+ Women	10km	Jennifer North	4th	51:07
U15 Women	4km	Bronte Scahill	15th	17:13
U16 Women	4km	Grace Beck	15th	16:29
U17 Women	4km	Zoe Woods	11th	15:50
		Sienna Scahill	17th	16:19
		Sarah Baker	19th	16:26
		Maisy Wright-Smith	26th	18:17
		Lana Pike	28th	18:46
U18 Women	4km	Abby Ballhausen	2nd	14:55
U14 Men	3km	Cristiano Calcarao	9th	10:06
		William Durer	32nd	10:58
		Benjamin Fogale	35th	11:05
		William Derbyshire	40th	11:37
		Alexander Braendle	45th	12:05
U18 Men	6km	Will Kay	22nd	25:22
Open Men	10km	Riley Cotter	55th	44:53
		Earl O'Brien	56th (6th 35-39)	45:10
		Rajitha De silva	57th (6th 40-44)	46:28
		Michael Doggett	59th	47:53
U15 Men	4km	Jerra Wright-Smith	27th	15:10
U16 Men	4km	Dylan Allabush	16th	14:25
		Solomon Tan	22nd	15:07
U20 Women	6km	Lucia O'Dea	7th	24:24
		Caitlyn Tan	8th	24:29
		Emma Wheadon	11th	25:25
17-19 Women Para	3km	Yi Ying Lim	1st	15:15
20+ Women Para	3km	Belinda Scott	2nd	13:52

The results of our teams at Nowra were U18 Women (Abby, Zoe, Sienna, Sarah) 2nd; Open Men (Riley, Earl, Raj, Michael) 4th; U14 Men (Cristiano Calcarao, William Durer, Benjamin Fogale, William Derbyshire) 6th.



**NSW SHORT COURSE CROSS COUNTRY  
CHAMPIONSHIPS  
8 JULY 2023  
WEST DAPTO CROSS COUNTRY COURSE**

Group	Distance	Name	Place	Time
45+ Female	7.5km	Emily Granger	2nd	36:43
U15 Female	3km	Bronte Scahill	11th	11:57
U16 Female	3km	Grace Beck	11th	11:28
U17 Female	3km	Zoe Woods	3rd	10:57
		Sienna Scahill	11th	11:30
		Sophia Slater	13th	11:33
U14 Male	2km	Cristiano Calcarao	9th	6:42
		William Durer	33rd	7:20
		William Derbyshire	35th	7:27
40-44 Male	7.5km	Rajitha De silva	2nd	34:52
U15 Male	3km	Jerra Wright-Smith	17th	10:51
U16 Male	3km	Dylan Allabush	20th	10:31
U20 Male	6km	Oliver Ham	20th	21:00
U20 Female	4km	Caitlyn Tan	10th	15:58
		Emma Wheadon	13th	16:33

**NSW ROAD RELAY CHAMPIONSHIPS  
SUNDAY 6 AUGUST 2023  
THE CREST OF BANKSTOWN**

The Road Relay Championships were back at The Crest for the first time since 2003. We only had 3 teams competing at the Road Relays in 2023. The 40+Women got Silver and the 30+ Men took Bronze.

Group	Distance	Name	Place	Time
40+ Women	4 x 4km	Susan Tulloch		17:28
		Jennifer North		17:38
		Deb Walsham		18:39
		Emily Granger		17:35
			<b>2nd</b>	<b>1:11:21</b>
50+ Men	4 x 4km	Michael Doggett		15:25
		Lindsay Scholle		15:18
		John Murray		18:46
		James Jeffery		17:03
			<b>5th</b>	<b>1:06:33</b>
30+ Men	4 x 4km	Robin Whiteley		12:57
		Earl O'Brien		14:23
		Rajitha De silva		15:50
		Michael Doggett		15:52
			<b>3rd</b>	<b>59:04</b>

**AUSTRALIAN CROSS COUNTRY CHAMPIONSHIPS**  
**SATURDAY 26 AUGUST 2023**  
**STROMLO FOREST PARK**

Group	Distance	Name	Place	Time
U20 Women Para	3km	Yi Ying Lim	3rd	15:20
U20 Men	8km	Oliver Ham	32nd	26:53
U20 Female	6km	Lucia O'Dea	27th	24:21
		Emma Wheadon	31st	24:37
		Caitlyn Tan	40th	25:09
U17 Women	4km	Sarah Baker	11th	14:52
U18 Women	4km	Abby Ballhausen	7th	14:39
U16 Men	4km	Dylan Allabush	64th	14:49
Boys 12 years	3km	Josh Bartle	14th	10:13

**SYDNEY HALF MARATHON**  
**3 SEPTEMBER 2023**  
**SYDNEY OLYMPIC PARK**

Group	Distance	Name	Place	Gun Time	Chip Time
30-39 Men	21.1km	Earl O'Brien	17th	1:32:11	1:32:04
40-49 Women	21.1km	Emily Granger	4th	1:41:59	1:41:46
		Susan Tulloch	5th	1:43:52	1:43:39
		Deb Walsham	6th	1:57:52	1:57:17

For the 2023 winter "The Keith Ollerenshaw Award" for the Club's most consistent distance runner was awarded to Earl O'Brien who competed in 6 of the 7 State championships.

**Michael Doggett, Cross Country Secretary**



## **WINTER WALKS 2023**

The NSW Short Walks were held at The Armory, Sydney Olympic Park on 21st May 2023. The results of Wests athletes were: Open Women 20km Bridget Bell 3rd 1:48:18; U18 Women 3km Chelsea Roberts 2nd 16:13; U16 Women 3km Maisie Mitchell 3rd 16:28; U12 1km Hannah Hewitt 1st 5:08, Keira Gill 5th 5:24, Isla Banks 6th 5:25, Scout Linton 8th 6:13; U14 Men 2km Sebastian Linton 9th 14:04; U12 Men 1km Jack Mitchell 4th 5:19.

The NSW Team Walks Championships were held at The Armory, Sydney Olympic Park on 25th June 2023. The results of our athletes were: Open Women 10km Bridget Bell 2nd 54:52, Grace Beck 3rd 57:19, Imogen Cochrane 5th 1:08:21 with the team of Bridget, Grace and Imogen winning Gold; U12 Women 3km Hannah Hewitt 1st 17:13; U16 Men 5km Dylan Allabush 1st 26:55, Alexander Sinnett DNF.

The NSW Long Walk Championships were held at Angle Park, Chipping Norton on Sunday 20th August 2023. The results of our athletes were: Open Women 35km Bridget Bell DNF; U18 Women's 8km Chelsea Roberts 47:04; U12 Women 2km Hannah Hewitt 1st 10:29, Keira Gill 3rd 11:22, Isla Banks 4th 11:36, Mackenzie Kitching 5th 12:23; U16 Women 5km Grace Beck 1st 26:58, Maisie Mitchell 4th 30:02, Olive Gauci 9th 32:35; U10 Women 2km Freya Williams 2nd 12:25; U16 Men 5km Alexander Sinnett DNF.



