



**Illawarra Blue Stars**

**Athletic Club Inc**

# **Annual General Meeting**

**Beaton Park Leisure Centre**

**Tuesday 28 July 2020**

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# **Illawarra Blue Stars Athletics Club**

## **President's Report**

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2019/2020 has been an unusual year in many ways. Disruptions have been a plenty as many of our members were affected by the extreme bushfire season especially those on the South Coast, in the Wollondilly and Wingecarribee area. We thank our members who reached out and supported all those facing fire threats.

We managed to run a very successful Track Challenge in January with record entries. We thank our athletes, parents and officials for making this, once again, a very successful event on the athletic calendar.

The NSW Country Championships was next and despite lower than normal numbers from Illawarra Blue Stars a good time was in store. The team brought home a swag of medals.

State titles were run as per the schedule apart from Masters which was washed out on the second day. It was rescheduled but created a difficult timetable for our Masters.

Coronavirus shutdowns and social distancing arrived and the National Titles and then all athletic events were cancelled. It was a difficult time for all those who had worked hard to achieve national qualifying times and distances. As with many of us it is hard to keep motivated when there was no end in sight and no goal to work for. Hopefully the upcoming season will see all of our members back on track.

On a brighter note June Lowe was named Masters female athlete of the Year with ANSW. June has shown all round athlete skills competing successfully across a range of events including sprints, hurdles, jumps and throws. We congratulate June on her award.

We thank our officials for their work in running our weekly competitions and our technical officials for their work with Athletics NSW events and the time spent not only at competitions but also upgrading qualifications and updating rule changes.

Thanks to all our committee members who have been there throughout this very challenging season. Thanks to our volunteers, coaches and athletes for being part of Illawarra Blue Stars.

**Sue Sundstrom**  
**President**

# **Illawarra Blue Stars Athletics Club**

## **Secretary's Report**

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I have been writing this Report for many years now, and I cannot remember a time that I have written that has been so sad, disheartening and above all, a concern to so many people throughout the world. It is a time that we have to forget about athletics but concentrate on how we can all join together and get us "back on track" as the saying goes, for all people, not just athletes and sport. But the month has been a hectic one and one that we have seen our athletes denied the opportunity of fronting up to all other States to test themselves out against the best in the land.

There have been some very upset athletes, ones who have trained so hard to make national level, such as our juniors and masters athletes. Athletics Australia had no other choice and it has been proven over the last few days, they certainly cancelled at the right time.

Our open and under 23 men and women will have another chance and will still be in line for national honours when a date to be announced is determined for their national titles. The only reason they may go ahead is the trials for Olympic Games team, but whether the Games go ahead is another question and one that is becoming a topic of heated debate between the Olympic Federation and Athletes in general. What a year /season we have had, but in the best interest of our people and also our great bunch of supporters, we as administrators, have to make hard core decisions.

### **Postponement**

The Board and Committee of Illawarra Blue Stars have done just that and have decided that the Club's annual awards and presentation evening, set for 2 May was postponed to a date to be fixed. All members will be in line for awards based on their performances, their support to the club, for the season 2019/2020. So athletes and officials will certainly not be forgotten for a season where many of our members did qualifying times/distances for nationals, did personal bests or competed well in club competition. I can assure you your performances and contribution to your club will certainly be acknowledged. All members will receive information pertaining to this event as soon as we have a clearer picture of the outcome of Government and Health rules and regulations.

IBS will also be sitting down and finalising the cross country and winter track and field series, two events that are most likely to commence later on possibly in June. The club is trying to formulate both so that we are in line with the government rulings, and at the same time give our athletes the opportunity of staying fit and healthy.

### **Beaton Park**

At the time of writing, the track is closed and we are uncertain as to the date of opening. Our club will inform all members if this ruling does change, but athletes are also asked to seek information from the Wollongong City Council website, and ensure you are checking at regular intervals.

I take this opportunity of wishing all open and under 23 athletes the very best of luck, and hopefully your titles will go ahead. To our junior and masters who missed their titles, the thought that you made the top level, is a thought that you must all keep in your minds, knowing that you are among the best in the land.

To our supporters a big thank you for being so understanding but at the same time, hoping that we can all get together and celebrate not only our sport, but mixing with society in a healthy and safe environment. Remember we are all in this together and must work and support one another in a time that we as Australians have never seen before.

## **Off to a Good Start**

Over the next few weeks of the summer season 2019/2020, athletes will be ironing out the cobwebs ready for a full season of track and field. This was evident at IBS opening rounds of competition when many athletes, back from a break or off the back of the Schools carnivals, tested themselves out, both in track and field. The next important event for student athletes will be the NSW All Schools, one of the most popular events on the athletic program, and IBS members will be up amongst them. Bringing athletes together from all schools, private, independent and public, this event showcases the best junior talent NSW has. Great to see Chelsea Ezeoke and her sister Krystal now members of IBS and on the back of Chelsea's record breaking 200 metres at combined high schools, she is highly rated for the All Schools. Her run with Emma Matthews over the 100 metres will also bring the best out of Matthews, who also has to be a chance in the short sprints. High jumper, Grace Shaw is hoping her injured ankle will allow her to perform at her best and although 3<sup>rd</sup> last week in the Combined Catholic Schools, indicated her toughness under injury. Former javelin champ, Lisa Roberts ventured down to the coast and registered her talented young son, Alex who again showed great ability in the Catholic Schools. He will be making his first appearance as an IBS Athlete. Sprinter Jonty Faulkner, off the back of a great 2<sup>nd</sup> in the Combined High Schools 400metres, will be a force if he can produce the performance he had at CHS. Sprinters/hurdlers Grace and Ashlyn Adams will also be up with them on their combined high performances. IBS will certainly be well represented at this upcoming All Schools to be held this week at Homebush.

The Masters throwers will take to the track on home territory when they compete in the Australian Masters Throws Competition. Held over the long weekend in October, at Kerryn McCann Athletic Centre, the club is expected to have their top two women compete in Mary Thomas and June Lowe, both ladies recently having a very successful Oceania Championships. This popular event held by masters' throwers draws athletes from all over Australia, and only great comments come out of this event held in Wollongong.

Great to see a number of new members front up to join IBS for the summer. Former Nowra sprinter Sarah De Vries will don the dark blue/light blue this year and will be a force in Country titles, and will certainly add to the club's open women. Good to see a return to track from Masters Athletes John Van Stappen and Annette Mead. John has a great reputation in both open men and masters' athletics, and when fully fit, he is a hard man to beat. Jason Miller also returned, a former top line open sprinter, but on form he will certainly be a force in Masters' sprint events.

The club announced they will conduct a barbecue each third round of competition, to enable members to relax and join in and mix with old and new members.

Members were also urged to put in their expression of interest for State relays; an event the club has had success over a long period of time.

## **IBS Star in State Relays**

Illawarra Blue Stars have always had a great reputation of not only supporting the NSW Relay titles but doing very well, and especially against the much bigger clubs such as UTS Norths and University. This year's relays were no different and the support of one another and the team sportsmanship really shown out among the members taking part.

Our under 14 men's teams of Luke Arregui, Matthew Arregui, Joshua Smith and Zaidyn Pham gained 12<sup>th</sup> overall in the 4 x 200m and 11<sup>th</sup> in the 4 x 100m, but this was the first time together and shows great promise for these young athletes. They were joined by their club mates in the under 16 men of Calem Brown, Zaidyn Pham (doubling up) Rhys Barnes and Alex Harris taking out 11<sup>th</sup> overall

in the 4 x 100m and a great 6<sup>th</sup> in the 4 x 200m. Once again, this is the first time these boys have run together and are a very promising quartet for the coming year.

IBS members Jonty Faulkner, Jake Gander and Corey Williams teamed with Athletics Wollongong Gabb Bickle in the U20 4 x 100m to take out a very close 5<sup>th</sup> and then teamed up in the 4 x 400m to finish 5<sup>th</sup> again, with Nowra Lachlan Kaszonyi in place of Williams in what can only be described as some of the best under 20 competition relays we have seen for some time. Our men, Jake Gander, Rhys Barnes, Jonty Faulkner and Andrew Lau took out a well deserved 4<sup>th</sup> placing in the under 18 men's 4 x discus.

Our open men were superb and showed that team understanding, great baton changing, and good, hard solid sprinting will always put teams in the top positions. People were on their feet with the strong university team comprising two Aussie reps taking the title, but it was the 2<sup>nd</sup> placing of our men in the 4 x 100m that impressed. The university team payed tribute to our men, who they described "as a very hard team to defeat". Comprising Lachlan Parry, Chris Devery, Cameron Chisolm and Kyle Grubnic, they fought hard and the silver medal was a great reward for their top effort. They also backed up in the 4 x 200m to take a very close 4<sup>th</sup> with Corey Williams replacing Kyle Grubnic who was unavailable for this event.

Our Masters men showed what it is like to combine, and strong wins in 3 of their races in the 240 plus 4 x 100m, 4 x 200m and 4 x 400m were as impressive as any sides. John Van Stappen, John Lamb, Colin Clarson and Andrew Roda teamed in the winning 4 x 100m and 4 x 200m, with Mark Harris coming into the 4 x 400m in place of Roda. They also combined with Harris to take 4<sup>th</sup> in the 200 men's 4 x 100m and female sprinter Gianna Mogentale running with the men in the 4 x 200m to take out 4<sup>th</sup> placing once again.

Our women were just as impressive but it was the sportsmanship of our open women that shone out. Up against some of the leading female sprinters in the land, this was not going to deter Kaitlyn Neto, Jessica Hogg, Kaisha Edwards and De Vries in the 4 x 200m taking out 7<sup>th</sup> overall, and then teaming with Errin Smart from Nowra to form a medley team taking out 6<sup>th</sup> overall. Rebecca dos Santos came into the 4 x 100m on Sunday, and the girls once again showed team work to finish in 11<sup>th</sup> spot overall.

The masters' ladies have a great tradition and this year they were excellent. Our South coast team of Errin Smart (Nowra), Gianna Mogentale, Sarah Guevara and Rina Flynn took the gold in the 160 4 x 100m in an impressive display of running. In the same division Dianne O'Toole came into the team with Flynn, Guevara and Smart to be placed 4<sup>th</sup> overall in the 4 x 200m.

In the women's section 200 plus, the ladies of Mogentale, O'Toole, Flynn and Lynda Douglass ran an impressive relay to finish a strong third in the 4 x 100m, behind the top UTS team but our ladies backed this up with a gold medal in the 4 x 200m with Errin Smart, Rina Flynn, Di O'Toole and Gianna Mogentale in the same age bracket.

What a great weekend with relays showing that club members are brought together, sometimes for the first time, and show they are a force to be reckoned with against some of the more fancied sides. Well done Blue Stars and South Coast.

### **Illawarra Track Challenge hailed as a great success**

The Illawarra Track Challenge held on Saturday 11 January 2020, at the Kerryn McCann Athletic Centre, was once again an outstanding success. Entries were up from last year and it was great to see so many people in the grandstand and the surrounding areas of the track. The event is one of the most popular on the athletic calendar and athletes responded accordingly. A huge thank you goes to all our officials and supporters who gave outstanding service so that this event once again

could go ahead. Officials of Athletics NSW were brilliant and at all times, worked well with our club to ensure the program ran smoothly and efficiently.

A number of records were broken and personal bests were recorded in conditions that were somewhat favourable for the sprinters, but were within the wind assistance required.

### **Taddeo and Ganaba defend Titles**

Brilliant short sprinter Abbie Taddeo created her own history by taking out the Kings Sports State championship 60 metres for a record 5<sup>th</sup> time in a row. Her brilliant starting enabled her to hold off StePhamie Power, UTS Norths and 3<sup>rd</sup> place getter, Sydney University's Larissa Pasternatsky, in a very close finish. She then backed up to take the supporting 100 metres, again from Power, but both girls recording personal best times.

In the men's championship 60 metres, Campbelltown's defending champion, Anas Abu-Ganaba made it three in a row, defeating Ismail Dudu Kamara from UTS Norths and University NSW sprinter Leonard King in a quick time of 6.77. He too, backed up to take the men's 100 metres, also in a smart time of 10.43 with a permissible wind reading.

Quality fields lined up in the Bing Lee Men's Mile, with brilliant middle distance athlete Will Austin-Gray from UTS Norths recording 4.18.01, a time that was good considering the race was run more tactically than for a time. He defeated Randwick Botany's Stepan Music and coaching member, Benjamin Jagger, both second and third placegetters fighting out a great finish.

TRT Running club member, "mum of the day" Lauren Reid was an excited mum when she ran once again, a very tactical race to take out the Jessica Hull Women's State Championship Mile. Running fully composed, Reid defeated Run Crews Abigail Nordberg from UTS Norths and Isabella Thorton-Bott. Long time supporter of this event, Belinda Martin at the age of 46 came in 4<sup>th</sup> place, in a field that included 93 year old Heather Lee, the best race walker in the world for her age. Heather walked the mile race to see if she could break the existing world record, which she did, but won't be ratified due to it being in a run race, but Heather admitted she doesn't care, as she knows now she "can do it."

### **Blue Stars feature in State Titles**

Locals were outstanding and great to see the host club Illawarra Blue Stars featuring in the State title events with under 14 athletes Alexander Harris defeating his club mate, Calem Brown in one of the closest 60 metres on the program. Both boys crossed the line together, Harris recording a great 7.54, and Brown 7.57. Emma Matthews also ran a great race to again be involved in a close finish, taking the silver medal in the girls under 18 in a time of 7.75, the winner recording 7.70. Chelsea Ezeoke also finished a good 2<sup>nd</sup> in the girls under 16 60 metres in a quick time of 8.07, finding the short distance a little too short for this up and coming 200/400 athlete.

Jonti Faulkner just missed a medal in the men's under 20 State title 60 metres just being edged out by Athletics Wollongong Gabriel Bickel.

### **Quality Field in Women's Hammer**

What a great display of throwing by silver medallist in the women's hammer, Alexander Hulley from Sutherland, who sent the ball out a fabulous 64.32m, sending officials scurrying across the field. This talented young thrower has become a regular at the meet and has always thrown well and in her first hit out for the season, she was extremely happy with her throwing.

### **Aussie Reps fight out 400 metres**

What a race the supporting 400 metres turned out to be. By passing her favourite event, the 400 metres hurdler, local Australian Rep Sarahh Carli opted to race the 400 metres to bring her times down. Up against the Australian rep for the 400 metres, Bendere Oboya, Carli tried to hang on to the brilliant Oboya but still finished a strong 2<sup>nd</sup> in a race that she has to be happy with. Bendere showed all the power and strength for a young girl so talented and ran the race fast from the word go, in a classic display of 400 metres running.

The men's supporting 3km was an attempt on the qualifying time for the World Juniors and it was the grandson of former great local distance runner Bill Raimond and the son of former 800/1500 metres Jessica Raimond who was targeting this time. One of the most fluent runners around, Oli Raimond took charge of the event right from the gun and was never headed. With great crowd support the Sutherland athlete was outside the required time but he showed with more racing, he is capable of meeting this mark.

What a night, but we cannot conduct these events without support from our officials, supporters and our sponsors, Bing Lee, King Sports Store, and Simon Hull Tiling. We thank you all and from the response this event will continue for 2021.

### **Juniors in fine form against class opposition**

Illawarra Blue Stars Junior athletes came up against some of the best junior talent NSW has seen for some time when they contested the NSW State Youth Titles. Held at Homebush, the fields were some of the best and many outstanding performances were recorded over the 3 day meet.

Under 14 athletes, Matthew Arregui made his first appearance at State Youth and being one of the youngest (12) in his age group of under 14, he experienced what senior athletics is all about, and will be a talent to watch as he progresses through the system. He was joined by Joshua Smith, who finished 8<sup>th</sup> in his javelin, recoding a personal best throws on 2 occasions.

Under 15 talents Lucas Campbell and Zaidyn Pham also made their debut at State Youth with Pham recording personal best times in his three sprints, 100m, 200m and 400m, and although they didn't make the final, the talent in this age group in the club is one to watch, as they too progress in senior athletics.

Alex Harris was the star of the club's under 16 group with a PB in the 200 metres making the final, and running 5<sup>th</sup> in his 100 metre's heat to just miss the final. He was joined by up and coming sprinter Calem Brown who, suffering a bad back had to withdraw after the first day. Hoping for a speedy recovery, Brown and Harris are a real backbone of this age bracket in the club and are both setting a high standard, for the likes of Pham and Campbell to follow.

Under 17 javelin thrower Alex Del Popolo was another to suffer from injury whilst playing AFL and had to withdraw from his event, but has qualified for National titles through his performance at All Schools and Country.

Jonty Faulkner used the Youth Titles for great experience moving up into the under 20 age bracket but proving that he can match it with the best. Faulkner, also has qualified for Nationals, and is hoping that he can break the 50 second mark after recording just over in both his heat and final, where he finished a good 6<sup>th</sup> placing.

In the women's section Ashlyn Adams set the pattern making the final of her hurdles to take out a 5<sup>th</sup> placing, and then backed this up by making the 100 metres final. She was joined by a great performance by Chelsea Ezeoke who finished a strong 2<sup>nd</sup> in the 400 metres, and is looking forward



to this event at National level. She will also take on the open women in a few weeks to give her more experience over the gruelling 400 metres, and priming her for her own age bracket at National level.

Emma Matthews performs at her best all the time and is possibly one of the most consistent athletes in the club. Her age bracket is also one of the strongest and to make the final of both the 100m and 200m at State level is like making the National final, all girls having national qualifying standards.

All athletes performed well and with some heading to the National titles and other recording personal bests at junior level, this is what they require, making a pathway for them to older age competition.

The club was again well represented when our senior athletes took to the track over the 8, 9 and 10 March with our open men being a strong force. Sarahh De Vries took on the strength of the NSW Open women over 100m and 200m, with Corey Williams sprinting and jumping in the under 23 men's section. Williams surprised with a magnificent 2 metres in the high jump, just recently, and supports this event with his long jumping and 100 metres sprinting. Rosie Davidson made her return comeback to the track, over 800m and 1500m. With her improved performance just recently over the 800 metres, Davidson is improving with every run. She was joined in the longer runs by Jessica Hogg taking on the 3km. Our masters' men and women who had events postponed competed in conjunction with the Open men and women to finalise their event which was washed out on the last day of competition.

### **State Open Titles**

The NSW State titles are the highlight for many of our athletes and for some it is a lead into the Australian titles. Top performances were recorded by our athletes and in particular our male open sprinters, with Lachlan Parry recording an Australian qualifying time for the 100 metres. Parry, along with cub mate Kyle Grubnic, just failed to reach the final of the 100 metres in what can be classed as a highly competitive field of elite sprinters.

Lachlan Parry should be delighted with his brilliant 22.02 to take 5<sup>th</sup> in the top division 200 metres, whilst Cameron Chisolm ran a great 200 metres to finish 8<sup>th</sup> overall and Chris Devery finishing in 13<sup>th</sup> spot. How good is it for IBS to have our three senior men make the two finals, A and B of the 200 metres.

Cameron Chisolm, now back into 400 metres, also ran well and a sub 50secs earned him a spot in the semi finals, but he failed to re-produce in the semi and didn't move into the final. He is a promising athlete over this distance but has concentrated on bringing his 100m and 200m times down, and is now starting to show with his 400 metres running

Chris Devery was unlucky to not make the semi finals of the 100 metres and Corey Williams could not re-produce his 2 metre jump of a few weeks ago but performed well in the open men's high jump, another high level event.

### **Masters continue State Titles**

Whilst our open men and women were fighting it out at Homebush, IBS masters were also in action, with sprinter/jumper Gianna Mogentale taking a clean sweep of her events and proving once again she is one of the best all round master's athletes in the State.

**Gianna Mogentale:** 1<sup>st</sup> - 60m, 1<sup>st</sup> – 100m, 1<sup>st</sup> – 200m, 1<sup>st</sup> - 400m, 1<sup>st</sup> - 800m, 1<sup>st</sup> - long jump.

Whilst club mate Mary Thomas also had a clean sweep with gold in:

**Mary Thomas:** 1<sup>st</sup> - shot, 1<sup>st</sup> - discus, 1<sup>st</sup> - hammer, 1<sup>st</sup> - discus, 1<sup>st</sup> - javelin, 1<sup>st</sup> - weight throw.

**June Lowe** also had excellent days of her championships finishing off with:

1<sup>st</sup> - long jump, 1<sup>st</sup> - javelin and 2<sup>nd</sup> in a close 60 metres.

**Sarah Guevara** had a good weekend with:

2<sup>nd</sup> - long jump, 3<sup>rd</sup> – 60 metres, 3<sup>rd</sup> – 200 metres.

**Dianna O’Toole** added a silver medal in the 60 metres to her tally, whilst Annette Mead made a comeback over 60m, in the same age bracket to take a 5<sup>th</sup> placing.

**Rina Flynn** had a good two days to also add to her collection:

3<sup>rd</sup> – 60 metres, 3<sup>rd</sup> – 200 metres and 2<sup>nd</sup> – 800 metres.

Justin Miller was the stand out of the men with a great 2<sup>nd</sup> in the 60 metres and 2<sup>nd</sup> in the 200 metres to add to his previous 2<sup>nd</sup> in the 100 metres. Making his debut in Masters, Justin will certainly be a threat as he progresses in this form of competition.

Andrew Rodda fought out a tough 200 metres to take the silver medal in a very tight finish and backed this up with silver in the 60 metres.

Colin Clarson was happy with his 5<sup>th</sup> in the 200 metres but knew it was a warm up for his 800 metres, his favourite event and taking out a well earned 3<sup>rd</sup> placing.

These placings, added to their previous placings when washed out, has given IBS masters one of the best State championships they have had for some time.

### **Continuing Club Competition**

Good competition was seen at the Kerryn McCann Athletic Centre when Bowral Little A’s ventured down to compete with IBS at our Sunday meet. Preparing for State Little A’s it was good to have them compete, giving these young athletes a good opportunity of competing on the synthetic surface and also facing different competition. It is great to see a number of these athletes joining Blue Stars as dual registered athletes, and some fine performances have been recorded by them throughout the season. They too, suffered from the Corona Virus with their titles also being cancelled. Great to have our dual athletes competing on a Sunday and this is one area that we would like to encourage more of.

### **Nature takes over**

To all our athletes and supporters we had to issues warnings but at the same time some important advice as to cancellations of many of the seasons events. It was one of the hardest times we have all seen, and for athletes who have trained so hard to see their National titles cancelled, was a real empty feeling. Many shed a few tears, but I am sure that with this terrible virus, they all realise this has been for the better. What more can the season 2019/2020 bring.

## **Masters add some positives**

But with the gloom behind, we focussed on some positives and that was the great success of Illawarra Blue Stars Masters' athletes, who completely dominated the NSW State Masters Awards. The NSW masters Club were lucky and held their awards before the cancellation of group meetings and function and our own masters athletes were rewarded for a great season.

Our club has a fabulous group of masters athletes, many of which do the sport for the health and fitness side, and also the great family orientated side of our sport. Some do for the friendships they can create and others are more competitive and stride to achieve great success against any opposition that they confront. But overall they are masters' athletes, all enjoying a great sport that can offer all of the above.

It was great to see our "two legends of the sport" dominate the awards with:

**Gianna Mogentale** - dominated and brought home three awards:

- Female Sprints/hurdles of the Year Award
- Female Relay Team of the Year Award - winning gold at 2019 AMA Championships in 4 x 100m 170 plus age bracket

And the big one:

- Female Athlete of the Year Award – "awarded for an individual event, for multiple successes at a single competition or for multiple successes in a particular event over the year". Great award to win and Gianna's consistency over State and Australian titles has certainly gained this top award. Well done, Gianna.

## **Mary Thomas**

The Thrower of the Year Award for her outstanding success at State, Australian and Oceania championships and breaking records as she went. Well done Mary.

We cannot forget our other two ladies who were nominated.

June Lowe for the Multi's Award. June had an outstanding season and one that she can reflect on with great pride. Her determination to achieve in a number of events is her greatest asset. Her drive and desire to do well and beat the odds is another asset this master's athlete has, but it is her sportsmanship that makes her the athlete that she is. Well done June.

Diane O'Toole, as a member of the State team in AMA championships, bronze medal in 4 x 100m women's 220 plus. Dianne was a top master's athlete some time ago, and made the decision to return to the sport a couple of years ago and she hasn't looked back. Her great success in both State and National titles last year, shows the grit and determination has not gone from this short sprinter, and her nomination, along with her State team mates is a just reward for a very dogged, determined athlete.

The Masters awards are judged on calendar year, so the results of our Masters at State titles this year will be judged for next year's awards. Unfortunately the Australian titles set down for April were cancelled.

Well done masters athletes, you are a great support crew for our club, and we hope that season 2020/2021 will bring more masters athletes into our club , whether it be for friendship, competition or just to keep fit and healthy.

### **Thanks**

Our thanks go out to the Beaton Park crew , led by Jason Foye, who has kept us informed on all matters relating to the use of the track . We were not sure when our track would be re-opened but all athletes were urged to maintain fitness, and above all, adhere to all medical rulings, and stay safe and healthy.

A message was also sent out to our supporters, everyone realising that this is a situation we as a sport have no control over.

This was the message that was sent to all members and supporters of our club.

To our supporters a big thank you for being so understanding but at the same time hoping that we can all get together and celebrate not only our sport, but mixing with society in a healthy and safe environment. Remember we are all in this together and must work and support one another in a time that we, as Australians have never seen before.

But then there was some good news

### **June takes high honours**

Illawarra Blue Stars Masters athlete June Lowe was acknowledged for a fine performance in the season 2019/2020. One of the best all round masters' athlete, June has dominated her events over the last season and Athletics New South Wales has also acknowledged this by naming her the Masters Athlete of the Year. Her award was judged on not only her performances but the opposition she defeated and also the margin she defeated her opposition. June is a member of the strong masters' women's team Blue Stars have at the present moment, and a group of members who are competitive at levels, including International level. June's all round skills include sprinting and hurdling, long and high jump and all throwing events including hammer, shot, discus and javelin.

Her ability to go from one event to another in any major event and be successful is her major talent and one that has seen her either winning gold or being placed in all these events. June Lowe is one dedicated athlete and she has shown this by overcoming injuries and illness that in her own words, "won't get the better of me".

She is a very strong supporter of the sport and is a regular at her club meets on a Sunday afternoon in the summer, but she is also a constant trainer out in her home town, under the watchful eye of her greatest supporter Des. Husband Des is a known figure at all major meets and supports June in all that she does.

But June Lowe has more to her than athletics, and 2019/2020 has been good to her with her being awarded Order of Australia for her committed devotion to the community and in particular, the Indigenous community. A quite reserved person, she works in the background both for her work in the community and also her sport. She is a quiet achiever and is devoted to both with full energy and commitment.

June Lowe has been a member of Blue Stars for many years and is highly respected by her club mates, whether they be junior athletes, open athletes or her fellow Masters' Athletes. She encourages junior athletes and if at any time she can give some advice on any of her events, she is

there to help. She is also admired by officials who see her move from one event to another but now realise that June has many events on her timetable when she competes in such events as Country, State and Australia titles.

The award bestowed upon her is a fitting and just reward for an athlete who has given much to the sport of athletics and in particular Masters' athletics. This lady has not finished yet, there is more to come from her as she not only attacks her events with determination and desire, she aims for records as she moves along in the age brackets.

Club members and fellow supporters, field games exponent Mary Thomas and sprinter/jumper, Gianna Mogentale, were also recommended for the award. This is a great achievement by three of the club's most successful masters' athletes.

### **Then two juniors selected in targeted talent program**

Hurdler/sprinter Ashlyn Adams and Alex del Popolo have recently been named in the Athletics NSW Target Talent Program on their performances achieved during the season. Both athletes, along with some of their club mates, missed the cancelled Nationals titles, so this acknowledgement of their talent is a great reward for their efforts and will assist them to move forward into the older ranks. Well done to you both.

### **Cross country is on**

At the time of completing this report, Rebecca Dos Santos has taken on the task of conducting cross country and the first round was contested on 14 June in perfect, beautiful weather. Good to see that we can now conduct our winter cross country and also our first round of the winter track and field series to be conducted on Sunday 28 June, with great news that the Kerryn McCann Athletic Centre will now open on Wednesday 17 June. What a way to commence our winter series.

I cannot thank our athletes, our officials and our supporters enough for the support given to us as a club, but above all, supporting one another throughout a season that can only be described as disruptive, awful and in many cases, simply worrying. Your support to everyone has been amazing and true blue star spirit. To our members who suffered through the fires, I hope that 2020/2021 is going to be a far better season for everyone.

Take care everyone, see you all soon either at cross country or winter track and field or both. To the Board of our club, thank you once again and the "pulling together and working together" has been a great highlight of you all, a big thank you.

**Valmai Loomes**  
**Secretary**

**ILLAWARRA BLUE STARS ATHLETICS CLUB INC**

ABN: 80 299090816

**FINANCIAL REPORT**

**AS AT 31ST MARCH 2020**

Column1	CURRENT YEAR	PRIOR YEAR
ACCUMULATED FUNDS		
BALANCE AT BEGINNING OF YEAR	\$6,997.59	\$5,489.86
YTD OPERATING SURPLUS/(DEFICIT)	-\$4.24	\$1,507.73
<b>TOTAL ACCUMULATED FUNDS</b>	<b>\$6,993.35</b>	<b>\$6,997.59</b>
<b>REPRESENTED BY:</b>		
<b>CURRENT ASSETS:</b>		
St George Cheque Account: 028298540	\$7,397.39	\$7,201.63
St George Express Saver: 429056525	\$15.96	\$15.96
Less Unpresented Cheques	-\$420.00	\$220
	<b>\$6,993.35</b>	<b>\$6,997.59</b>
I report to the Board of Illawarra Blue Stars Athletics Club Inc that I as Treasurer have prepared these documents and they represent the financial position at the end of March 2020		
Jodie Sundstrom		
Treasurer		

**ILLAWARRA BLUE STARS ATHLETICS CLUB INC**

ABN: 80 299 090 816

**INCOME AND EXPENDITURE STATEMENT  
FOR YEAR ENDED 31 MARCH 2020**

Column1	CURRENT YEAR	PRIOR YEAR
<b>INCOME</b>		
REGISTRATIONS ANSW	\$3,000.00	\$3,450
CLUB FEES	\$1,625.00	\$1,509.30
UNIFORMS	\$930	\$380.00
ENTRY FEES	\$612	\$650
FUNDRAISING	\$3,007.85	\$3,590.00
INTEREST RECEIVED	\$5.07	\$5.84
TRI THE GONG VOLUNTEERS	\$950.00	
NSW COUNTRY TITLES		
SPONSORSHIP	\$2,100	\$1,913.83
WINTER CROSS COUNTRY		
SCHOOL CARNIVALS	\$1,530	\$3,720.00
OTHER		
<b>TOTAL INCOME</b>	<b>\$13,759.92</b>	<b>\$15,218.97</b>
<b>EXPENDITURE</b>		
REGISTRATIONS ANSW	\$3,725.00	\$3,845.00
AFFILIATION ANSW	\$508.75	
FAIR TRADING	\$46.00	\$45.00
UNIFORMS	\$1,207.00	\$630.00
ENTRY FEES	\$1,292	
OFFICIAL ASSISTANCE		
ATHLETES ASSISTANCE	\$80	
PRESENTATION	\$1,387.95	\$1,316.74
ADMINISTRATION		
EQUIPMENT	\$159.65	
STATE 60M & I MILE PRIZES	\$2,100	\$1,800.00
NSW COUNTRY TITLES ADMIN		
WINTER CROSS COUNTRY		
HALL HIRE/ GROUNDS	\$50	\$50.00
WEBSITE	\$331.81	
FUNDRAISING	\$1,202.26	
SCHOOL CARNIVALS	\$1,530.00	\$3,720.00
OTHER	\$143.74	\$2,304.50
<b>TOTAL EXPENDITURE</b>	<b>\$13,764.16</b>	<b>\$13,711.24</b>
<b>OPERATING SURPLUS/ (DEFICIT)</b>	<b>-\$4.24</b>	<b>\$1,508</b>

## **Illawarra Blue Stars Athletics Club**

### **Treasurer's Report**

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The 2019/2020 finances have shown a considerable decrease in the surplus but it is again difficult to compare these two years. Once again the payments from Athletics NSW were after this financial year but we paid for two years relays fees.

Uniform costs were up but we have a considerable amount in stock.

It is worth noting that without the considerable effort by our members supporting the fundraising activities we would not be able to continue club activities at the same level.

**Jodie Sundstrom**  
**Registrar**



## **Illawarra Blue Stars Athletics Club**

### **Official's Report**

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Thanks to all our hard working club officials who kept the competition running throughout the season and who helped at the Tri- the-Gong.

The majority of our members who weren't competing in events were assisting the officials in the smooth running of the competitions.

Thank you also goes to those of our Club officials who went out and assisted the Athletics NSW Officials at the State Relays and Country Titles. These major NSW Championships need a lot of volunteers to be able to run smoothly and on time.

A Big Thank you also going to our friends from Dapto Little Athletics Club who also assisted the Athletics NSW Officials in the successful running of the Illawarra Track Challenge.

**Jodie Sundstrom**  
**Member for Officials**

## **Illawarra Blue Stars Athletics Club**

### **Athletes' Representative's Report**

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The athletic season of 2019/2020 has been one of many successes by both Junior and Senior athletes and at many levels of competition, even in the face of bushfires and the COVID-19 Pandemic. Illawarra Blue Stars Athletics Club is consistently filled with members and associates providing unwavering support and encouragement to the club. It is also evident that this support extends beyond the club level through to members and associates volunteering their time at Athletics New South Wales (ANSW) events. However, as with previous seasons, it would have been great to see a higher number of attendees competing at club meets as well as representing the club at NSW events.

As the Athletes' Representative this season, I ensured that I was available and approachable to enable members of the club to ask any questions or raise concerns they may have had. Throughout this season we had quite a large number of disruptions with a few club meets having to be cancelled due to smoke and fire hazards. The committee appreciated everyone's understanding during that time. It was also very unfortunate that some of our athletes missed out on competing at the National Championships this year due to the unforeseeable pandemic we are currently living through.

We are finding that club members are becoming increasingly aware and responsive to the club's Facebook page. This has been implemented as a social media outlet enabling club members to connect with each other and share recent achievements, performances and other social activities occurring amongst club members. Social media has proven to be an adequate tool in keeping our members updated on upcoming events held within the club.

I would like to take this opportunity to thank all the officials, athletes, family and friends of the club for their tireless support and much needed assistance they have provided throughout this past season. I hope everyone and their families are staying safe and well during these times. I am hopeful that season 2020/2021 will be an even more successful and enjoyable season for all members and associates involved with this club.

**Kaitlyn Neto**  
**Athletes' Representative**

# Illawarra Blue Stars Athletics Club

## Fundraising Report

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Another good effort from our members in the 2019/2020 season.

\$3,957.85 was raised in the financial year 2019/2020.

### Fundraising activities

Tri-the-Gong 2018/2019

Presentation 2019

Christmas Hamper Raffle

Illawarra Track Challenge Raffle and BBQ

Cadbury Chocolates

### Tri-the-Gong

\$1,000 was raised in the 2018/2019 season at Tri the Gong

### Presentation 2018/2019 season

\$100 was raised with tickets being \$2 each or 3 for \$5

### Cadbury Chocolates

Box Type	Sold	Profit
Freddo & Friends	\$60	\$24
Goody	\$60	\$24
Biscuit	\$72	\$36

The profit from the sale of the Chocolates was \$697.98

### Christmas Hamper

\$405 was raised with tickets being \$2 each or 3 for \$5

### Illawarra Track Challenge - BBQ and Raffle

\$517 was raised at this major event with the sale of the many items at both the BBQ and our Raffle. Raffle tickets being \$2 each or 3 for \$5.

This does not include the \$208 owing from Athletics NSW or the percentage of the entry fees from this Championship. Both were paid by Athletics NSW after the end of the 2019/2020 financial year.

A Big thank you goes out to all our Club members who participated in all our fundraising activities.

Hope to see many of you at the Tri –the-Gong 2020 which was postponed till October.

**Jodie Sundstrom**  
**Board Member for Fundraising**

# Illawarra Blue Stars Athletics Club

## Registrar's Report

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This season saw a total of 117 registrations through ANSW

### Breakdown of Members

Open	12 Athletes
Age concessions	18 Athletes
Under 20	5 Athletes
Under 18	2 Athletes
Club Athlete	7 Athletes
Community	9 Athletes
Community Volunteers	1 Athletes
Life Members (ANSW)	4 Members
Dual	58 Athletes
Technical Officials	3 Officials
Run NSW	1 Athlete
Life Members	2 Members

These numbers are trending up and it is good to see the involvement of many of our dual registered athletes

**Sue Sundstrom**  
**Registrar**

## **Illawarra Blue Stars Athletics Club**

### **Coaches Co-ordinator's Report**

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Coaching is a great reward and from a personal point of view, it is not only the successful athlete that makes the "grade" it is the athlete that aims to better themselves, that gives coaches a great deal of satisfaction. All coaches see people come along to gain knowledge on how they can improve, maybe not going onto State and National level, but just to improve. I believe this has been lost a little by a lot of coaches. We are there for that reason, to help improve the technique, the standard and most of all, the attitude towards our sport.

Not all athletes can be champions, but the athletes who compete to improve are the ones that give the champions competition, keep them honest and above all, they keep the sport moving. Of course there is nothing better than to see your athlete achieve the top level of performance but it is the path they take to achieve this great success that is the rewarding one - seeing them improve all the time - keeping their feet firmly on the ground - and maintaining their interest in the sport. A young lady who quickly comes to my mind is not a member of our club but is around us all the time and that is Sara Carlie, the up and coming 400 metres hurdles champion. Her coach, Mel Logan has travelled the path with her all the way, and now she is preparing to make her debut at Olympic level. There are many athletes like this, and there are many in our own club, and I too as a coach, have so much pleasure in seeing my athletes improve and move forward. A steady progress is a good progress, too much too quick is not the way to go.

We have seen a number of athletes join our club as dual registered athletes and it is great to see Mark Harris do his coaches course so that he can help out members of Bowral Little A's and in our case, dual registered with IBS. Welcome aboard Mark, and the knowledge he will gain as he progresses will not only assist others but himself as a master's athlete and his son, talented young sprinter Alex.

Great also seeing that Mel Logan is prepared to coach our athletes over 400 metres hurdles and has now taken on one of our senior female athletes.

Coaches must remember the rules and regulations set down by Beaton Park and it is great to be able to reward our club coaches with coaches' passes.

Coaches also must remember that the rules of coaching are to be followed carefully but the conditions of the track such as Beaton Park are put into place for a purpose. These rules such as under the present conditions involve such issues as:

- a. Ensuring all coaches abide by the Health act due to Corona virus.
- b. Ensure squad training use the right lanes, eg. sprinters to middle distance runners.
- c. Do not on any occasion give the number or key to athletes to take out equipment from training room.
- d. That the inside lane of the Kerryn McCann track cannot be used for training purposes unless a time trial.

- e. That coaches must supervise their squads at all times and cannot have two disciplines going at the one time.
- f. That spectators or parents cannot be on the track with training squad unless coach delegates a person to assist.
- g. That throws must be conducted within the circles, and that no throwing to take place outside the circle and cages.

Coaches using other venues are also encouraged to abide by the Council rules and to work in conjunction with other coaches using the same venue.

All coaches using training equipment must ensure the equipment is put back into the training room on competition or training days.

If we all adhere to what our policies are and coach under the guidelines set by our governing body, we should be able to coach our athletes in a manner that is expected by both parties.

On behalf of the athletes I would like to say a big thank you to all our coaches for the wonderful job they are doing for our athletes. The success of IBS athletes is a combination of good coaching, good guidance and working together for a common goal that the athlete and coach have set together.

To those who had athletes reach the national level, only to see them cancelled, I can only say to keep building with your athletes so that they don't see this as a failure but more of a challenge to repeat their performance for next season.

Best of luck to all coaches and their squads, and once again, if there is anyone out there thinking of becoming a coach, take the plunge and do your course and you will reap the rewards and satisfaction.

**Valmai Loomes**  
**Coaches Co-ordinator**

# **Illawarra Blue Stars Athletics Club**

## **Publicity Report**

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Once again I present the annual report on Publicity and Promotion. Like everything, the Corona Virus has affected even our publicity. The weekly Advertiser column has not been printed over this period due to a number of reasons, but in some ways, it has given us more exposure.

### **Advertiser**

Whilst the Advertiser has not been distributed, it has been printed on line for people to read. One of the good points on this is that the Mercury has picked up a lot of our columns and has printed them in the local Illawarra Mercury giving us a double column. Not all columns though have been picked up by the Mercury but we are grateful for the ones that have gone through and hopefully this will continue. Once the virus is cleared, we believe the Advertiser will go back to distributing to local paper shops, supermarkets, petrol stations etc., our great source of promotion and publicity.

We have had much to write about this season, many of our athletes have won awards, some have qualified for major meets and some have just had a good solid season that has given us a chance to promote them as much as possible.

### **Chickos' promotion**

We have handed out only a couple of these vouchers that Chickos have kindly donated but due to the upheaval we have had, we still have some to hand out. This will be done very shortly, as Chickos themselves have been closed due to Corona virus. Now they are opened again, our winners will welcome their vouchers to use. Thank you to Chickos, hopefully this can continue

### **Promotion of Track Challenge**

This year we welcomed Simon Hull, being the father of brilliant young distance athlete, Jessica, coming on board to sponsor the Women's Mile and named after Jessica. Thanks Simon, we hope this continues so that we can retain Jessica's name on the women's mile.

Thanks to our regulars for the Track Challenge, Jim and Barb Day of Kings Sport, also Bing Lee, Warilla. This support and promotion is greatly appreciated by IBS we hope this promotion between all parties continues. Good to have Kings Sports on board and also having them promote their goods. This event is vital to our club, it promotes our club, it promotes the sport and it promotes our area. This time we were all holding our breath that this event would be on due to the fire impact, but it turned out better than ever and the support to this event by athletes is very encouraging.

### **Web Site**

Gianna will give a report on this, but it is so important our website is kept up to date like she does. Many sponsors now ask if we have a website as with funding bodies. It is a vital tool in advertising our club, our members and what the club has done and performances of our members. Thanks Gianna for this and ensuring it is up to date at all times.



## **Facebook**

Some like some love it, some hate it but regardless it is a source of promotion and Rebecca has maintained this with good club information. In our members only facebook, members can put comments on this site, can sell items such as shoes, clothing etc. and also is another way for our members to stay in contact with their fellow members and friends. It is a source that can be maintained quickly with information, and has come in handy during the fires and rain with cancellations etc.

## **Flyers and Newsletters**

We are still continuing to send these out but they are the major ones such as opening of club, major meets in the January/February period and the AGM/Presentation and opening of winter series. These are important news bulletins and many members still like to have 'hands on' info such as the newsletters. Thanks again to Gianna for re-setting into a presentable format once I forward the info over to her.

## **Promotion by members**

There is nothing better than promotion of our club by its members. It speaks highly of our club, our structure and our support. Keep this going members and bring along your friends.

Once again I would like to thank all our members who have helped to promote our club, and it is great to see former members now bringing back their children and in some cases, their grandchildren.

**Valmai Loomes**

**Promotion and Publicity**

## **Illawarra Blue Stars Athletics Club**

### **Competition Co-ordinator's Report**

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Once again, I present this report on Competition and what a season we have had. It has to be described as one of the most disruptive seasons all round, in winter, and summer. It has been one of the worse for athletes and particular those who qualified for Nationals and then unfortunately, through no fault of their own and due to the corona virus, they missed this opportunity. There were highly disappointed athletes but in no way can anyone be held responsible. What an awful season it has been:

- droughts
- fires
- floods
- corona virus

#### **The effects on athlete and officials**

Throughout the summer season, we had to cancel or postpone 6 weekly summer point score meets, three were conducted with only half the events competed due to rain, and also bush fires that caused our club to consider abandoning club due to the effect of the fire with the air effecting many of our athletes.

One of the important things that we have to remember is the safety of our athletes and officials. On a couple of occasions some members thought we should have gone ahead with our meet, but the conditions told us otherwise and it good to see that Athletics NSW now have this in place so that we have a monitoring process to follow.

No one could foresee the terrible virus that has struck the world, with Australia also being badly affected. Many of us have not seen such a health issue that has affected so much of our society. And I sincerely hope that we will never see again.

The club scene can still do with officials and I think this season has proven that we should try and support our keen officials by giving them either a break during the afternoon or the next week off. We cannot continually ask the same people and others cannot expect this to happen. Many officials like to be out on the track rather than sit around, but it would be nice to know that we have back up officials on each event that can relieve them for a break. If elected into this position for season 2020/2021 it will be one of my main objectives.

The support by our officials towards major meets such as the Illawarra Track Challenge, along with athletes who also gave their time and energy to help out, has to be applauded and it was great to see people put up their hands to help out. Must say a big thank you to the Smith Family who once again arranged tents, eskies etc for our trip to the Country titles. How welcomed was this by all our athletes and supporters but the Smith Family were also supported by other families who helped them set up and pull down etc. Thank you everyone.

Competition on a Sunday has been quite good but once again it would be nice to see more athletes come along and support our own domestic competition.

The structure of the program is solid and with a few changes such as number of throws and jumps, etc, will help alleviate the fact that some field events go longer than they should. Invitational athletes are welcomed but this change also has made a big difference to the way the program is conducted.

Our winter program is also good and once again it would be good if more people supported the cross country meets arranged. At the time of writing, Committee Member Rebecca Dos Santos has undertaken the role to draw up a winter cross country program that we hope will entice more people to participate. Regardless of numbers, our members at all times have enjoyed and participated well in domestic competition and it was great to see a number of our senior athletes taking part in our summer competition.

We encourage our athletes to also take part in Saturday competition conducted by Athletics NSW but most importantly, the support our members give to major meets conducted by ANSW such as Country, State relays, and State titles and then onto Australian is to be applauded. We are known for our support towards such meets, and I am hoping this will continue.

Once again, I would like to say thank you to all athletes and officials for their support towards our programs that we set for both summer and winter. Remember they are designed to assist you all and hope that both athletes and officials can take advantage of these meets to further increase their skills in track and field, whether it is as an athlete or an official.

Look forward to seeing our people in the winter series and urge you to bring along a friend.

**Valmai Loomes**  
**Competition Co-ordinator**

# Illawarra Blue Stars Athletics Club

## Website Report

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I hope that all who read the website know that we try and keep it up to date as much as possible. Many of the updates come from the Secretary of the club, and it is here that I try and ensure that they are delivered to members on time for reading so they are aware of what is going on within the club. The website offers a variety of information including:

- Our programs for both winter and summer
- All updates on athletes performances
- General information on fees and registrations, etc
- Our board and information pertaining to our club
- Athletics NSW and Athletics Australia information
- Coming events
- Rules and regulations of competition

It is different to our club facebook page, as the information is there to be read at any time and informs members and intending members of all there is to know about Illawarra Blue Stars.

Photos have been forthcoming this year and it is great to be able to put faces to stories etc. Many people are referred to our website as the source of information to browse at their leisure and we also know that both Athletics NSW and Athletics Australia encourages all clubs to ensure they have an updated site at all times.

The website is also ideal for sponsors who support such events as the Illawarra Track Challenge.

Our website has certainly come in handy at the time of the bush fires and now the Corona Virus as once again it has kept athletes informed on what activities are going ahead and what has been cancelled.

To many, the website of the club is the bible of the club, with information that can lead any new member into joining IBS.

Our website address is listed on all correspondence and emails that are sent out. It is also listed on our newsletters that go out to members.

This vital part of our website is easy to read, it is easy to navigate and it is easy to comprehend. We do not want a website that makes it hard for people to navigate and find what they really want to know.

Once again I have to urge all our members to find the information on our website as we can assure you it is up to date as much as possible, and in many cases it is very time consuming.

Our information, going out to schools and other organisations and Little A's will now have our website to follow as with the Advertiser articles that appear in the local paper, our website is also promoted there.

I hope that you continue to enjoy reading our website.

**Gianna Mogentale**  
**Website Co-ordinator**

## **Illawarra Blue Stars Athletics Club**

### **Uniform Report**

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To me, the uniform of the club is the symbol of the club it represents, and to have a uniform that everyone enjoys competing in, means a lot. In previous years we have had a challenge with uniforms, but I believe that we may have more to come with most fabric, etc coming from China. This is why I say we want to keep the uniform we have, as it represents our athletes well, and it symbolises our club.

I hope to be able to order more this coming season to cope with demand and we will certainly try our utmost to have the same uniform. I have sold off many over the season both male and female and it may soon be time that we will have to look at reordering. It is always good to have uniforms in stock and not have to rely on distribution as companies now take a long time to fulfil the orders, from the time of ordering to completing and sending.

If anyone has grown out of their singlets and shirts, it is a good idea to put a notification on our website or facebook for sale, as I am sure there are many athletes seeking to buy second hand uniforms.

**Gianna Mogentale**  
**Uniform Officer**

## **Illawarra Blue Stars Athletics Club**

### **Equipment Report**

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This year saw the Beaton Park management set a new standard of co-operation. A number of issues were raised including the hurdles trolleys being repaired with new wheels making them easier to move and responsive to other smaller issues. Our equipment was continued to be used and the cupboards they are held in, need upgrading.

Thanks to the great work from Chris while I was laid up who kept things moving. We were able to get through the Illawarra Track Challenge and Country Championships in consecutive weeks with a big thank you to all those who helped with the set-ups.

With the coming year coming up after a disastrous start to 2020 we need to find new levels of resourcefulness to face the challenges ahead.

It's rumoured we need to invest in new relay batons, specially designed for 2020. These should be 1.5m long with tear off sanitizing grips.

Thank you IBS for another great year.

**Ian Smith**  
**Member for Equipment**

## **Illawarra Blue Stars Athletics Club**

### **Beaton Park Management Report**

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The Manager of the complex Jason Foye has settled in really well and although he doesn't have as many meetings that we have had before, he has a very good knowledge of our sport and is not hesitant to come forward and seek out any information that he may need. Geoff Hynoski (when he was available due to work commitments, etc) and myself attended the meetings that have been held, but once again I have to say that all clubs do not come on board and support this Management Team. We have only seen Little A's a couple of times and Kembla Joggers do not attend these meetings at all. For what reason, we do not know, as they are users of the track and have delegated duties to look after the steeplechase. Many times we have brought up the issue of the steeplechase and Geoff has spoken to them so that they are aware that it is their responsibility.

Jason has made many changes including the cleanup of the storage bays and also the use of equipment. To this we are grateful as all parties are guilty of hoarding up old gear that has just taken up space. But speaking of space, there is still not available and the hurdles of AW are again a contentious issue. They have to be moved out of the main area. Little A's have also been asked to "clean up" so that more room can be made for equipment that needs to be used on a regular basis.

#### **Other major changes include:**

- a. The opening of the main high jump equipment for training - the clubs at the meeting all agreed that if Council was going to buy high jump mats etc when needed, then the shed over them can be taken off, as Council believes this is harder to maintain than buying new mats etc.
- b. Limited equipment to be left in the training room, and must not be left on the floor. OHS is another area that Jason is very strict on and maintains that the training room was not only cluttered but it was also dangerous.
- c. A new lock or number will be put on the training room and this will be monitored very carefully.

Jason has also issued a number of passes that clubs nominate:

- a. Club coaches to use at all times
- b. A number of officials to use for club meets.

WWCC and a photo has been issued to WCC and a full pass will be given to the above, showing picture etc and coaches must wear this at all times when coaching on Kerry McCann Athletic Centre. The original passes were quite late and due to the number of meets our club had to cancel, the officials certainly didn't have the advantage of using the pass. These ones will expire in June/July and new ones will be issued to our nominated persons, along with the new photo id that Council has not handed out to our club yet due to the track closing.

All the time people ask what their entry fee goes towards, and on many occasions we have to say, the maintenance of the track, which is true, but entry fees to the track certainly do not offset the costs.



Jason, at one of the meets gave us an idea of what the money is spent on and the approximate cost (only) of many of the items and repairs that have been done.

At the end of the short season, we saw the new netting go onto the bottom end discus cage making it not only safe, but also legal for big meets.

Just to give people an idea, the approximate cost of some of the items, has been:

- a. Cleaning of the track surface \$23,000
- b. Discus Cage \$18,000 change heavy netting
- c. Hurdles trolley \$3,000
- d. Shelving quoted \$3,000
- e. Repairs to grandstand \$600,000 painted, panels to be replaced, and repairs to some of the stairs.

These figures were given to us at the March meeting and some of the above have taken place.

Behind the scenes such as line and sector marking, repairs and maintenance to starting blocks, of which we are responsible to declare to Council for either replacement or repairs.

All these things take money, and we are indebted to WCC for their support and ensuring the track meets all requirements of a major meet.










To encourage larger, bigger meets, there is certainly a need to have far better storage and electronic timing facilities and a much better administration room. Hopefully we may see some of this take place in the recommended plans for this area. Until this happens, especially the admin room and electronic timing, we will certainly not encourage meets larger or more prestigious than Country and the Illawarra Track Challenge.

I take this opportunity of thanking the staff of Beaton Park, under the guidance of Jason, for their support and encouragement to our sport of track and field.

**Valmai Loomes**  
**Beaton Park Management Representative**

**Blue Stars Athletics Club**  
**Club Management 2019-2020 Season**

**Executive and Management Committee**

	<p><b>President</b></p> <p><b>Sue Sundstrom</b></p> <p><b>Other Duties:</b> Registrar &amp; Race Walking Co-ordinator</p>		<p><b>Vice President</b></p> <p><b>Ian Smith</b></p> <p><b>Other Duties:</b> Equipment Co-ordinator, Public Officer &amp; Protection Officer</p>
	<p><b>Secretary</b></p> <p><b>Valmai Loomes</b></p> <p><b>Other Duties:</b> Public Relations, Competition Co-ordinator &amp; Coaching Co-ordinator</p>		<p><b>Treasurer</b></p> <p><b>Jodie Sundstrom</b></p> <p><b>Other Duties:</b> Official Co-ordinator &amp; Fundraising Co-ordinator</p>
	<p><b>Board Member &amp; Assistant Secretary</b></p> <p><b>Gianna Mogentale</b></p> <p><b>Other Duties:</b> Website Manager &amp; Uniform Officer</p>		<p><b>Board Member &amp; Assistant Equipment Officer</b></p> <p><b>Chris Thurbon</b></p>
	<p><b>Board Member &amp; Social Activities Co-ordinator</b></p> <p><b>Lynda Douglass</b></p>		<p><b>Board Member &amp; Social Media Co-ordinator</b></p> <p><b>Rebecca dos Santos</b></p>
	<p><b>Board Member &amp; Athletes' Representative</b></p> <p><b>Kaitlyn Neto</b></p>		

# OCEANIA MASTERS CHAMPIONSHIPS

Mackay - 31.08.19 - 07.09.19

Name	Event	Place	Performance
<b>Women 55-59 Years</b>			
Rina Flynn	60m	4th	10.29
	100m	5th	17.08
	200m	4th	36.77
	400m	3rd	1:24.79
	800m	2nd	3:36.59
	Medley Relay	1st	5:41.03
	Discus	5th	18.95m
<b>Women 65-69 Years</b>			
June Lowe	60m	3rd	10.12
	100m	3rd	16.69
	80m Short Hurdles	2nd	18.81
	High Jump	1st	1.09m
	Long Jump	2nd	3.12m
	Shot Put	1st	9.54m
	Discus	1st	20.17m
	Hammer	1st	35.68m
	Javelin	2nd	23.49m
	Weight Throw	1st	13.40m
	Throws Pentathlo	1st	4361
	<b>Women 75-79 Years</b>		
Mary Thomas	Hammer	1st	31.62m
	Shot Put	1st	8.82m
	Discus	1st	22.75m
	Javelin	1st	19.54m
	Weight Throw	2nd	10.84m
	Throws Pentathlo	1st	4312
<b>Men 50-54 Years</b>			
Andrew Rodda	60m	3rd	8.22
	100m (Heat)	5th	13.03
	100m (Final)	3rd	12.79
	200m	3rd	26.54
	Long Jump	4th	4.38m
	4 x 100m relay	2nd	51.51
	Hammer	7th	22.16m

## ACPE NSW All Schools Championships

SOPAC, Sydney - 26 - 29 September 2019

Name	Event	Place	Performance
<b>Girls 14 Years</b>			
Charlotte Smith	Javelin	4th	32.46m
<b>Girls 15 Years</b>			
Ashlyn Adams	100m (Heat)	7th	12.95
	100m (Final)	6th	13.14
	200m (Heat)	19th	27.19
	90m Hurdles (Heat)	4th	13.59
	90m Hurdles (Final)	4th	13.13
	200m Hurdles (Heat)	4th	30.81
	200m Hurdles (Heat)	4th	29.70
<b>Girls 16 Years</b>			
Emma Matthews	100m (Heat)	12th	13.00
	200m (Heat)	6th	25.26
	200m (Final)	6th	25.17
<b>Girls 17 Years</b>			
Grace Adams	100m (Final)	9th	13.61
	200m (Heat)	12th	27.90
	100m Hurdles (Final)	DQ	
	400m Hurdles (Final)	2nd	67.71
<b>Boys 12 Years</b>			
Joshua Smith	Javelin	6th	22.79m
<b>Boys 17 Years</b>			
Jonty Faulkner	100m (Heat)	8th	11.74
	100m (Final)	8th	11.73
	400m (Heat)	3rd	50.55
	400m (Final)	3rd	50.02

# MASTERS THROWS CHAMPIONSHIPS 2019

Kerryn McCann Athletics Centre, Beaton Park, Wollongong

## 24th AMA Winter Throws Championships 5 - 6 October 2019

### Mary Thomas W75

Shot Put	8.60m	1st
Discus	21.56m	1st
Hammer	31.25m	1st
Javelin	18.83m	1st
Weight Throw	10.81m	1st
W75 weight for distance	12.04	1st

### Throws Pentathlon

Event	Hammer	Shot	Discus	Javelin	Weight	Total	
Distance	29.78m	8.58m	19.32m	17.62m	11.60m		
Points	1074	909	686	670	875	4214	1st

### Heavy weight Pentathlon

Points	4001	1st
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## KINGS SPORTS STORE TRELOAR SHIELD 2018 and Allcomers

### Various locations

Name	Event	Place	Performance
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#### Treloar Shield Round 1 SOPAC 12-10-19

##### Open Women

Grace Adams	400m Hurdles 76.2cm	3rd	1:08.87
	200m	27th	28.49

#### Treloar Shield Round 2 SOPAC 19-10-19

##### Open Women

Charlotte Smith	Javelin 500g	5th	32.33m
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Emma Matthews	100m	5th	12.57
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##### Open Men

Joshua Smith	100m	79th	15.87
	Javelin 600g	9th	23.47m

#### Treloar Shield Round 3 Campbelltown 26-10-19

##### Open Women

Emma Matthews	60m	11th	7.93
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##### Open Men

Calem Brown	60m	41st	7.84
	200m	29th	25.43

Cameron Chisholm	200m	2nd	23.18
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#### Treloar Shield Round 4 Blacktown 2-11-19

##### Open Women

Mary Thomas	Javelin Under 35m	23rd	15.71m
	Discus Under 30m	11th	20.78m

## KINGS SPORTS STORE TRELOAR SHIELD 2018 and Allcomers

### Various locations

Name	Event	Place	Performance
<b>Open Men</b>			
Calem Brown	100m	50th	11.97
Cameron Chisholm	400m	17th	53.27
	100m	29th	11.47
Christopher Devery	100m	13th	11.23

### Treloar Shield Round 5 SOPAC 9-11-19

<b>Open Women</b>			
Monique Byers	800m	12th	2:22.85

### Treloar Shield Round 6 SOPAC 30-11-19

<b>Open Women</b>			
Emma Matthews	100m	14th	12.89
Jessica Hogg	1500m	20th	5:19.29

### All Comers Bankstown 21-12-19

<b>Open Men</b>			
Alexander Del Popolo	Javelin Over 45m	5th	49.85m
Alexander Harris	100m	50th	11.90
Christopher Devery	100m	30th	11.39
Connor Dymond	100m	47th	11.80
Lachlan Parry	100m	18th	11.24

## KINGS SPORTS STORE TRELOAR SHIELD 2018 and Allcomers

### Various locations

Name	Event	Place	Performance
<b>Treloar Shield Round 7</b> <b>SOPAC 1-2-20 and 8-2-20</b>			
<b>Open Women</b>			
Jessica Hogg	1500m	17th	5:34.34
<b>All Comers</b> <b>Illawong 15-2-20</b>			
<b>Open Women</b>			
Rosie Davidson	800m	9th	2:17.87
Sarah de Vries	100m (Heat)	23rd	13.04
	Triple Jump	7th	9.97m
<b>Open Men</b>			
Alexander Harris	100m (Heat)	49th	11.65
Calem Brown	100m (Heat)	66th	12.04
Cameron Chisholm	100m (Heat)	35th	11.39
Corey Williams	High Jump	2nd	2.00m
Elias Oldfield	100m (Heat)	89th	12.90



## ANSW STATE RELAYS

Campbelltown Athletics Centre - 23 and 24 November 2019

Name	Event	Place	Performance
<b>Open Women</b>			
Illawarra Blue Stars 'A'	4 x 100 (Heat)	11th	56.16
Illawarra Blue Stars 'A'	4 x 200	7th	1:55.14
South Coast	1600 Sprint Medley	6th	4:39.83
<b>Masters Women 160+</b>			
South Coast	4 x 100	1st	56.53
South Coast	4 x 200	3rd	59.51
<b>Masters Women 200+</b>			
South Coast	4 x 100	3rd	59.51
Illawarra Blue Stars 'A'	4 x 200	1st	2:03.78
<b>U14 Men</b>			
Illawarra Blue Stars 'A'	4 x 100 (Heat)	11th	55.73
Illawarra Blue Stars 'A'	4 x 200	12th	1:55.96
<b>U16 Men</b>			
Illawarra Blue Stars 'A'	4 x 100 (Heat)	11th	54.65
Illawarra Blue Stars 'A'	4 x 200	6th	1:41.20
<b>U18 Men</b>			
Andrew Lau	Discus	11th	28.22m
Jake Gonder		16th	21.91m
Jonty Faulkner		10th	29.55m
Rhys Barnes		12th	25.12m
<b>Team</b>		4th	104.80m
<b>U20 Men</b>			
South Coast	4 x 100	5th	44.66
South Coast	4 x 200	5th	44.70
South Coast	4 x 400	5th	3:35.21

## ANSW STATE RELAYS

Campbelltown Athletics Centre - 23 and 24 November 2019

Name	Event	Place	Performance
<b>Open Men</b>			
Illawarra Blue Stars 'A'	4 x 100 (Heat)	3rd	42.91
	4 x 100 (Final)	2nd	41.73
Illawarra Blue Stars 'A'	4 x 200 (Heat)	3rd	01:29.9
	4 x 200 (Final)	4th	1:28.90
<b>Masters Men 200+</b>			
Illawarra Blue Stars 'A'	4 x 100	4th	52.02
Illawarra Blue Stars 'A'	4 x 200	4th	1:52.55
<b>Masters Men 240+</b>			
Illawarra Blue Stars 'A'	4 x 100	1st	53.57
Illawarra Blue Stars 'A'	4 x 200	1st	1:52.86
Illawarra Blue Stars 'A'	4 x 400	1st	4:30.72

## ILLAWARRA TRACK CLASSIC

Kerryn McCann Athletic Centre, Beaton Park, Wollongong - 11 January 2020

Name	Event	Place	Performance
<b>Open Women</b>			
Abby Cox	60m	9th	8.64
	100m	39th	14.01
Ashlyn Adams	60m	8th	8.42
	100m	31st	13.44
Chelsea Ezeoke	60m	2nd	8.07
	100m	14th	12.60
	400m	8th	57.42
Emma Matthews	60m	2nd	7.75
Gianna Mogentale	100m	40th	14.03
Kaitlyn Neto	100m	45th	14.80
Mary Thomas	Shot Put (Div 2)	2nd	8.77m
	Hammer (Div 2)	6th	31.36m
Rina Flynn	100m	49th	17.44
Rosie Davidson	1 mile	10th	5:11.56
Sarah de Vries	60m	13th	8.36
	100m	32nd	13.47
	400m	25th	1:04.82
	Long Jump (Div 2)	6th	4.10m
Sarah Guevara	100m	48th	15.45
	Long Jump (Div 2)	7th	4.01m
<b>Open Men</b>			
Alexander Harris	60m	1st	7.54
	100m	47th	12.22
Calem Brown	60m	2nd	7.57
	100m	51st	12.29

## ILLAWARRA TRACK CLASSIC

Kerryn McCann Athletic Centre, Beaton Park, Wollongong - 11 January 2020

Name	Event	Place	Performance
Cameron Chisholm	60m	20th	7.35
	100m	32nd	11.54
<b>Open Men (cont)</b>			
Christopher Devery	60m	21st	7.35
	100m	25th	11.39
Connor Dymond	60m	29th	7.64
	100m	44th	12.09
Corey Williams	60m	15th	7.20
	100m	22nd	11.33
	Long Jump (Div 1)	2nd	6.61m
Elias Oldfield	100m	63rd	13.24
	400m	36th	59.16
Jake Gander	100m	62nd	13.01
Jonty Faulkner	60m	4th	7.32
	100m	40th	11.78
Justin Miller	60m	22nd	7.41
Kyle Grubnic	60m	13th	7.19
	100m	8th	11.00
Lachlan Parry	60m	18th	7.26
	100m	14th	11.15
Rhys Barnes	60m	7th	8.37
	100m	65th	13.43
	Hammer (Div 2)	2nd	24.66m
<b>Women 40-49</b>			
Sarah Guevara	60m	3rd	9.42

## ILLAWARRA TRACK CLASSIC

Kerryn McCann Athletic Centre, Beaton Park, Wollongong - 11 January 2020

Name	Event	Place	Performance
<b>Women 50-59</b>			
Gianna Mogentale	60m	2nd	8.64
Rina Flynn	60m	3rd	10.55
<b>Men 50-59</b>			
Andrew Rodda	60m	2nd	8.14

# NSW COUNTRY CHAMPIONSHIPS 2020

Barden Park, Dubbo - 17 - 19 January 2020

## IBS Team Members Individual Results - Women

Name	Event	Place	Performance
<b>Women U16</b>			
Charlotte Smith	Shot Put	4th	8.19m
	Hammer	2nd	23.10m
	High Jump	2nd	1.30m
	Discus	7th	22.84m
<b>Women U17</b>			
Ashlyn Adams	200m (Heat)	3rd	27.73
	200m (Final)	6th	27.63
	100m (Heat)	5th	13.54
	100m (Final)	6th	13.47
	100m Hurdles 76.2cm	2nd	15.38
<b>Women U18</b>			
Emma Matthews	200m (Heat)	4th	27.91
	200m (Final)	4th	25.49
	100m	3rd	12.66
	400m	3rd	1:02.62
<b>Women U20</b>			
Belinda Barnes	Hammer	4th	15.31m
	Discus	5th	16.27m
	Shot Put	2nd	8.09m
<b>Open Women</b>			
Rebecca dos Santos	800m	4th	3:00.80
	Hammer	5th	19.25m
	3000m Steeple	1st	15:51.13
	100m	8th	14.99
	Long Jump	7th	3.80m
	Discus	9th	19.81m
	Triple Jump	4th	8.54m
	1500m	2nd	6:18.25
	Shot Put	9th	6.85m

# NSW COUNTRY CHAMPIONSHIPS 2020

Barden Park, Dubbo - 17 - 19 January 2020

## IBS Team Members Individual Results - Women

Name	Event	Place	Performance
Rosie Davidson	800m	1st	2:25.02
	5000m	1st	19:20.15
	1500m	1st	5:00.14
Kaitlyn Neto	Hammer	6th	18.98m
	100m	6th	14.75
	200m	6th	31.52
	Discus	10th	18.61m
	400m	5th	1:17.98
	Shot Put	7th	7.62m
Sarah de Vries	100m	5th	13.30
	200m	4th	26.71
	Long Jump	5th	4.54m
	Discus	12th	16.72m
	Triple Jump	2nd	9.75m
	400m	3rd	1:03.15
Monique Byers	400m Hurdles 76.2cm	2nd	1:07.26
	400m	2nd	1:01.28
Illawarra Blue Stars 'B'	4 x 100m	2nd	49.97
Illawarra Blue Stars 'A'	4 x 100m	5th	56.81
<b>Women 40-49</b>			
Sarah Guevara	100m	3rd	15.51
	200m	3rd	31.20
	Long Jump	3rd	3.97m
<b>Women 50-59</b>			
Gianna Mogentale	800m	1st	2:47.87
	100m	1st	13.79
	200m	1st	28.95
	Long Jump	1st	3.91m
	Triple Jump	1st	8.87m
	400m	1st	1:07.98
	Javelin	2nd	18.82m
	Shot Put	4th	6.74m

# NSW COUNTRY CHAMPIONSHIPS 2020

Barden Park, Dubbo - 17 - 19 January 2020

## IBS Team Members Individual Results - Women

Name	Event	Place	Performance
Heidi Smith	800m	5th	4:51.37
	100m	5th	19.13
	200m	4th	43.93
	Discus	6th	14.88m
	Long Jump	4th	2.85m
	Javelin	5th	15.82m
	Shot Put	5th	6.67m
	Jodie Redmond	Discus	4th
Shot Put		6th	6.30m
<b>Women 60-69</b>			
June Lowe	Hammer	1st	37.04m
	High Jump	1st	1.05m
	100m	1st	16.70
	Discus	1st	21.21m
	Long Jump	1st	3.09m
	80m Hurdles 68.6cm	1st	18.60
	Javelin	1st	23.36m
<b>Women 70+</b>			
Mary Thomas	Hammer	1st	31.06m



## NSW COUNTRY CHAMPIONSHIPS 2020

Barden Park, Dubbo - 17 - 19 January 2020

### IBS Team Members Individual Results - Men

Name	Event	Place	Performance
<b>Men U14</b>			
Joshua Smith	200m (Heat)	12th	31.34
	800m	6th	2:56.84
	Triple Jump	4th	8.40m
	100m (Heat)	11th	15.84
	Discus	4th	19.18m
	Long Jump	5th	3.66m
	Javelin	2nd	24.98m
<b>Men U17</b>			
Alexander Del Popolo	Javelin	1st	53.93m
Rhys Barnes	Javelin	5th	25.13m
	Shot Put	5th	9.30m
	100m	9th	13.18
	Discus	3rd	22.60m
Tyson Barnes	Javelin	6th	11.98m
<b>Men U18</b>			
Brett Harriman	High Jump	1st	1.85m
<b>Men U20</b>			
Andrew Lau	Hammer	2nd	26.89m
	Discus	5th	23.04m
	Triple Jump	2nd	9.71m
	Shot Put	4th	8.15m
	Javelin	6th	30.41m
<b>Open Men</b>			
Cameron Chisholm	200m (Heat)	6th	23.29
	200m (Final)	5th	22.53
	100m (Heat)	6th	11.76
	100m (Final)	6th	11.40

## NSW COUNTRY CHAMPIONSHIPS 2020

Barden Park, Dubbo - 17 - 19 January 2020

### IBS Team Members Individual Results - Men

Name	Event	Place	Performance
Connor Dymond	200m (Heat)	10th	24.20
	100m (Heat)	10th	12.15
Corey Williams	High Jump	1st	1.95m
	100m (Heat)	7th	11.36
	100m (Final)	7th	11.42
	Long Jump	1st	6.73m
Lachlan Parry	200m (Heat)	1st	22.24
	200m (Final)	2nd	21.7
	100m (Heat)	2nd	11.22
	100m (Final)	1st	10.85
Illawarra Blue Stars 'A'	4 x 100m	1st	44.29
<b>Men 50-59</b>			
Andrew Rodda	100m	1st	13.06
	200m	1st	26.04
	400m	1st	1:01.32
<b>Men 60-69</b>			
Mark Matthews	Hammer	4th	20.63m
	High Jump	2nd	1.20m
	Shot Put	3rd	8.36m
	Discus	3rd	26.80m
	Javelin	2nd	28.79m
Ian Smith	Javelin	5th	16.74m
<b>Men 70+</b>			
John Lamb	200m	1st	28.80
	100m	1st	13.69
	300m Hurdles 68.6cm	1st	50.09
	80m Hurdles 76.2cm	1st	14.04
	400m	1st	1:03.97

## NSW MASTERS CHAMPIONSHIPS

SOPAC - 7 - 8 February and 7 - 8 March 2020

Name	Event	Place	Performance
<b>Women 40-44 Years</b>			
Sarah Guevara	100m	3rd	15.90
	60m	3rd	9.51
	200m	3rd	32.00
	Long Jump	2nd	4.15m
<b>Women 55-59 Years</b>			
Gianna Mogentale	Triple Jump	1st	9.02m
	100m	1st	14.07
	400m	1st	1:09.48
	60m	1st	8.80
	200m	1st	29.27
	Long Jump	1st	4.27m
	800m	1st	2:46.18
Rina Flynn	Discus	5th	18.97m
	100m	4th	17.08
	400m	2nd	1:25.94
	60m	3rd	10.49
	200m	3rd	35.54
	800m	2nd	3:31.53
<b>Women 60-64 Years</b>			
Diane O'Toole	100m	3rd	16.70
	60m	2nd	10.21
Annette Mead	60m	5th	10.74
<b>Women 65-69 Years</b>			
June Lowe	Hammer	1st	34.53m
	High Jump	1st	1.05m
	Shot Put	1st	9.21m
	Discus	1st	21.26m
	100m	1st	16.99
	80m Hurdles	1st	19.22
	60m	2nd	10.09
	Long Jump	1st	2.87m

## NSW MASTERS CHAMPIONSHIPS

SOPAC - 7 - 8 February and 7 - 8 March 2020

Name	Event	Place	Performance
<b>Women 75-79 Years</b>			
Mary Thomas	Hammer	1st	31.58m
	Shot Put	1st	8.55m
	Discus	1st	21.12m
	Javelin	1st	18.71m
	Weight Throw 4kg	1st	11.27m
<b>Men 35-39 Years</b>			
Justin Miller	100m	2nd	11.73
	60m	2nd	7.48
	200m	2nd	24.80
<b>Men 50-54 Years</b>			
Andrew Rodda	Hammer	4th	22.21m
	100m	3rd	12.95
	400m	3rd	60.19
	60m	3rd	8.09
	200m	2nd	26.39
<b>Men 55-59 Years</b>			
Colin Clarson	1500m	3rd	5:48.58
	100m	8th	14.71
	400m	4th	65.73
	200m	6th	29.06
	800m	3rd	2:34.23
<b>Men 60-64 Years</b>			
Peter Shepherd	100m	3rd	14.18
<b>Men 65-69 Years</b>			
John Van Stappen	100m	5th	14.95

## NSW JUNIOR YOUTH CHAMPIONSHIPS

SOPAC, Sydney - 21 - 23 February 2020

Name	Event	Place	Performance
<b>U15 Women</b>			
Chelsea Ezeoke	400m (Heat)	1st	58.55
	400m (Final)	2nd	57.20
<b>U16 Women</b>			
Charlotte Smith	Javelin	8th	29.20m
<b>U17 Women</b>			
Ashlyn Adams	100m Hurdles 76.2cm	5th	15.49
	100m	10th	13.32
<b>U18 Women</b>			
Emma Matthews	100m (Heat)	7th	12.52
	100m (Final)	5th	12.59
	200m (Heat)	8th	25.65
	200m (Final)	6th	25.44
<b>U14 Men</b>			
Joshua Smith	Javelin	8th	24.11m
Matthew Arregui	100m (Heat)	12th	13.70
<b>U15 Men</b>			
Lucas Campbell	100m (Heat)	15th	12.58
	200m (Heat)	14th	25.66
	200m Hurdles 76.2cm	8th	30.47
Zaidyn Pham	400m (Heat)	12th	59.58
	100m (Heat)	19th	13.01
	200m (Heat)	19th	26.29
<b>U16 Men</b>			
Alexander Harris	100m (Heat)	12th	11.85
	200m (Heat)	7th	23.67
	200m (Final)	8th	23.80
Calem Brown	100m (Heat)	19th	12.13

## NSW JUNIOR YOUTH CHAMPIONSHIPS

SOPAC, Sydney - 21 - 23 February 2020

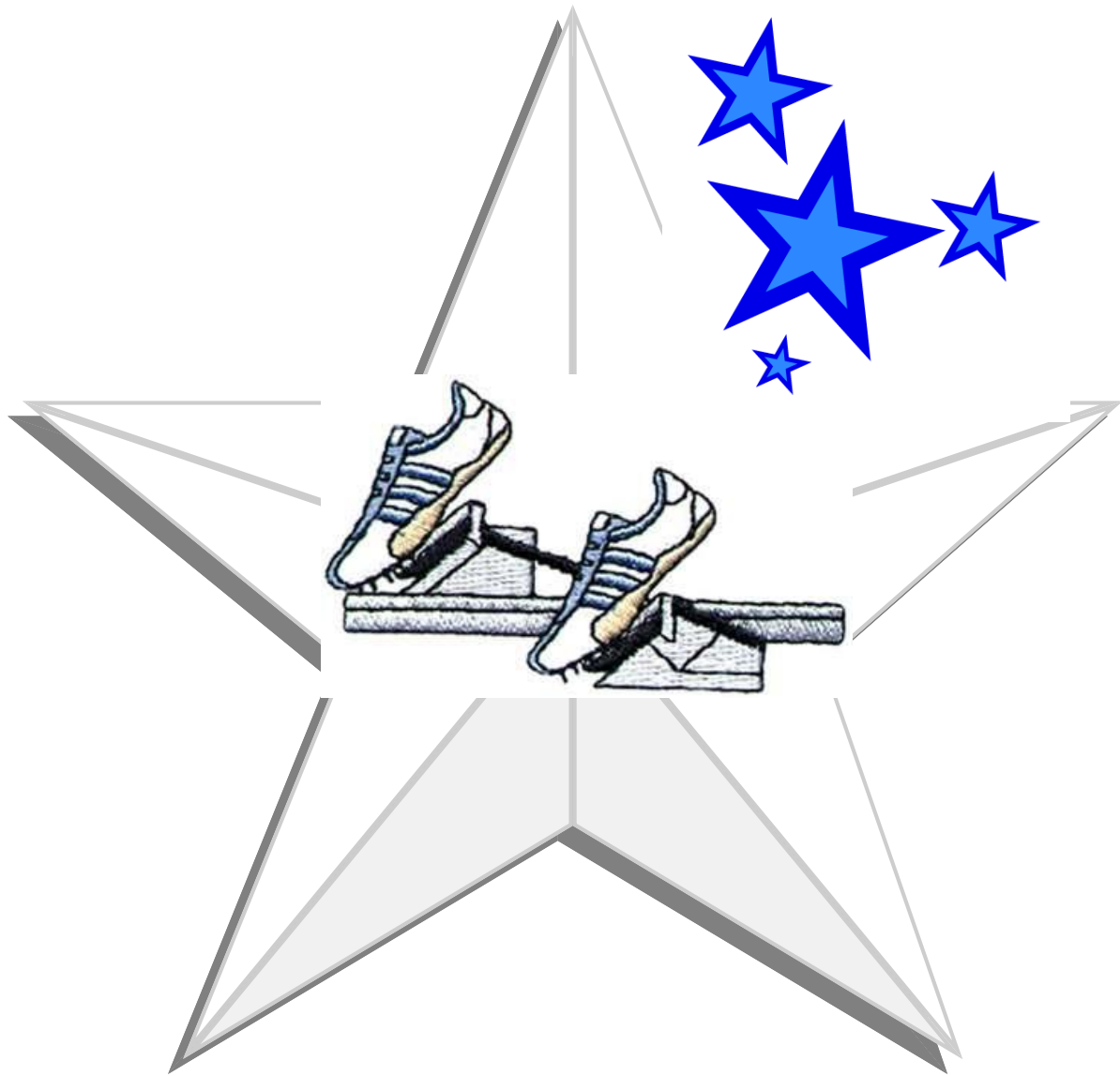
Name	Event	Place	Performance
<b>U20 Men</b>			
Jonty Faulkner	400m (Heat)	8th	50.10
	400m (Final)	6th	50.86

## NSW Open, U23 and Para Championships

SOPAC, Sydney - 6 - 8 March 2020

Name	Event	Place	Performance
<b>Open Women</b>			
Sarah de Vries	100m (Heat)	32nd	13.02
	200m (Heat)	22nd	27.21
	400m (Heat)	21st	1:03.30
Jessica Hogg	800m (Heat)	19th	2:38.54
	1500m (Heat)	18th	5:27.42
<b>Open Men</b>			
Cameron Chisholm	200m (Heat)	15th	22.73
	200m (Final)	8th	22.46
	400m (Heat)	18th	49.78
	400m (Semi)	18th	51.79
Christopher Devery	100m (Heat)	33rd	11.32
	200m (Heat)	14th	22.58
	200m (Final)	13th	22.60
Corey Williams	High Jump	12th	1.90m
	Long Jump	9th	6.62m
Kyle Grubnic	100m (Heat)	22nd	11.07
	100m (Final)	15th	11.00
Lachlan Parry	100m (Heat)	13th	10.79
	100m (Final)	14th	10.99
	200m (Heat)	7th	22.29
	200m (Final)	5th	22.02

# Illawarra



# Blue Stars