



**Illawarra Blue Stars**

**Athletic Club Inc**

# **Annual General Meeting**

**Beaton Park Leisure Centre**

**Tuesday 29 June 2021**

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# **Illawarra Blue Stars Athletics Club**

## **President's Report**

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The new season started much better than the previous one with the threat of bushfires to many of our members and then COVID restrictions which saw the cancellation of nationals. We were still faced with COVID safe plans. We thank Ian Smith for his work to meet both ANSW and Beaton Park's strict conditions and for continually updating those plans.

IBS also thanks Barbara for making sure COVID sign in sheets were completed each week.

The season progressed with good results throughout the first few months. Our first Open Day was a huge success.

This was followed by the annual Track Challenge. Who could forget the men's 100m at this event? It really put IBS in the news both all over Australia and even internationally.

Both events were big fundraisers for the club thanks to the efforts of many of our members. This has allowed the club to set aside funds for new equipment and support athletes to attend nationals.

The Country Championships were successful for those able to make the trip. The change of date at the last minute caused problems for some of our members and reduced those able to attend due to other commitments.

The National Championships towards the end of the season saw 9 athletes meet qualifying standards. All athletes competed with the best in the nation. The standout was Lauren Percival winning gold in the 200m. Well done to all the athletes.

My thanks to the Board Members, officials and volunteers who helped make 20/21 a successful year. Special thanks to Rebecca for organising Cross Country and Chris on compiling the results as well as Gianna for compiling our annual report as well as keeping the website up to date.

Finally, as we look forward to next season, Valmai has been recognised for her volunteer work in athletics over many, many years. She has been awarded The Sports NSW Distinguished Long Service Award. Well deserved.

**Sue Sundstrom**  
**President**

# Illawarra Blue Stars Athletics Club

## Secretary's Report

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Once again it gives me much pleasure and gratitude in presenting this Annual Report for IBS for the season 2020/2021, and what a season it has been. The season has been one of:

- a. Disruption
- b. Concern
- c. Annoyance
- d. Gratitude

My thanks go to Athletics NSW, and past and present members of IBS, for their nomination for my award for Service to Sport, mainly athletics. I was not only thrilled to receive this award from the Minister for NSW Sport, but humbled at the same time. Without all you people this would not have happened, and I thank you all.

To break this down - we have had so many **Disruptions** with the Corona Virus, one minute we go ahead with things, then we can't. **Concern** for our members who prepare for meets and then it is either cancelled or postponed, and **Annoyance** at such events as country being given to a site that cannot fully host the titles. But these things have possibly made us stronger, resilient, and understanding of many issues that this corona virus has affected and has enabled us to conduct and present our club in a manner that members of IBS expect. My thanks must go to the Committee who rallied around all the time, adjusted and prepared under conditions that in many cases, we have not come under before. To my fellow Executive, Sue, Jodie, Ian, my big thanks along with the committee for supporting ideas that, in many cases proved not only successful but profitable for the club also. To Barbara Bird, also thanks, who acted as our Corona Virus Marshall, and at all times, did not allow any members to escape her and not sign in. To Ian, our Vice President and Public Officer who took on the role of compiling our documents that allowed us back onto the track, a big thank you. Without this we would not have been having our season on the track and although it was adjusted three times to meet the needs of the commencing of summer season, meet, and then the Illawarra Track Challenge, once completed, the changes were just numbers etc. I have tried to compile this report as we proceeded through the season of 2020/2021.

### **We Are Off and Running, Jumping and Throwing**

The summer season is here, and the track and field season is now up and running for members and potential members of Illawarra Blue Stars. Many of the athletes are now starting to move back on the track, and with the NSW All Schools going ahead in late November, early December, school age athletes are now seeking as much track time as possible. Blue Stars have conducted two rounds of the summer program, and both rounds have been conducted successfully, showing that many athletes will have a good summer season. U16 sprinter Alex Harris showed his true form at first round competition with a very good run over the 100m, whilst U20 athlete Jonty Faulkner cruised around the 400m, after running a good 100m. Both will be competing in the NSW All Schools along with other members of the club. The battle at club level between U20 Sprinter Tellia Mahon and Sara de Vries promises to be an interesting one throughout the season, especially over the 100m and 200m.

### **Older Athletes Coming Forward**

New members showed up and had their first competition with IBS and it is great to see older athletes making their way to IBS. Some have returned from a short break, whilst the club encourages all ages and ability. Family participation is also encouraged, and is an area that the club loves to see, with parents and competing children taking to the track at the same time, at the same place.

### **Imogen Makes State Merit Team**

Whilst we are thinking track and field, young distance runner/walker Imogen Anderson received some great news last week, when she was named in the NSW Team for 11years for the Cross Country. Coming off a very good cross country/walk winter competition, Imogen has been named in the team but will not have the chance to represent her state at National Level due to Corona Virus restrictions. Her naming in the team gives her the opportunity of wearing the State uniform for the first time. Her consistency at club level cross country during winter has paid dividends for this young lady and a well-deserved recognition. Meanwhile winners of the cross country awards were presented at first round summer program last weekend with Andrew Rodda and Rebecca Dos Santos taking out the short course point score and Jessica Hogg and Chris Thurbon receiving the long course awards.

### **Open Meet: November**

Whilst the club conducts weekly competition each Sunday afternoon from 2.00 pm, at the Kerryn McCann Athletic Centre, Beaton Park, they will also host the Open afternoon of sprints and middle distance, open to all registered athletes with ANSW. This event will give our local club members the chance of competing against athletes from other areas and will give our club members much needed additional competition. Events on the track that have been proposed to ANSW will be 100m, 200m, 400m, 800m, with one jump and one throw, to be determined. All entries will go through ANSW, and no late entries will be taken. To be held Sunday 16 November, athletes must be registered by then to compete in this event. To be conducted under the Corona Virus requirements, competing athletes must be aware of the restriction of numbers, so entries through athletics NSW is vital. This IBS Open Meet is a fully sanctioned meet in conjunction with Athletics NSW.

### **Help, Assistance and Guidance Given**

Potential members are encouraged to come along any Sunday afternoon from 2.00 pm onwards and see how you like the sport of track and field. Help and guidance will also be given to anyone who requires it.

### **November 2020**

So far, weather hasn't been really kind to us as we have made our way back onto the track, for the summer season, but at least we are back. If in doubt as to club meets being held, the Executive of IBS aim to make a decision on cancellation by 12.00 noon to enable travelling athletes time with travel etc. The club has now a number of travelling athletes including athletes from Ulladulla and the Batemans Bay area and it is great to have them join our club. Athletes and family will be made aware by posting on both Facebook and our website of [www.illawarrabluestars.com.au](http://www.illawarrabluestars.com.au)

School students are now preparing for the NSW All Schools, the first major meet to be conducted by the Association. To be held late November and early December, the All Schools have been divided into two weekends to enable the association to conduct the event under the Covid19 Rules. See Athletics NSW website and watch for opening of entries. The club is expected to be well represented at this major meet and many of the athletes are well up in the grading. One of the biggest meets held by Athletics NSW, this event brings together athletes from all over the State attending private, public and associated schools and it is here, that many of our senior athletes of today, have competed on the way to senior athletics.

### **Interclub November 2020**

Illawarra Blue Stars will conduct an open interclub meet on Sunday 15 November on the Kerryn McCann Athletic Centre. To be held in conjunction with Athletics NSW, the meet will bring local athletes from the four senior athletic clubs, Blue stars, Athletics Wollongong, Kembla Joggers and Nowra, up against athletes from any other clubs within the State. Classed as an afternoon of sprints/middle distance, the meet is designed to have a number of events for athletes in short, fast action. Events to be held will be short hurdles, 100m, 200m, 400m, 800m, javelin and triple. To follow the Corona Virus Rules and Regulations, the number of athletes will be restricted and athletes are advised to enter as quickly as possible. To do this go to Athletics NSW website onto calendar and log into IBS Interclub and enter. Officials of the club who will be helping out also must register by going into the link, [www.nswathletics.org.au/events/80299/](http://www.nswathletics.org.au/events/80299/) and then notify Jodie Sundstrom what event you have nominated to help on. Coaches, also must register by the link [www.revolutionise.com.au/coachnsw/events/80301/](http://www.revolutionise.com.au/coachnsw/events/80301/) otherwise coaches will not be granted admission. All athletes will enter by the main gate, as with officials and coaches, with the number of spectators limited to not exceed the allowable number of 400. This meet is predicated to bring a number of athletes to the coast and will be a great time for our athletes going to All Schools and also our older athletes to see how their preparation is going.

### **Rip Dave Chisolm**

It is with great sadness that we recently heard of the passing of David Chisolm. Dave, the father of Cameron Chisolm, one of IBS leading male sprinters, and Lachlan, one of Australia's past great 800m athletes. Dave was a great athlete in his day, he then moved into coaching where he had a lot of success and was the coach of long distance champion athlete Madeline Heiner. In later years he had a squad of junior athletes that he guided and mentored. He will be sadly missed and his contribution to our sport will not be forgotten. A true gentleman and highly admired by his fellow coaches, he was available at any time to any athlete, passing on his knowledge of the sport to many. Our condolences go to the family at this very sad time.

### **Interclub Comes to The Gong (Illawarra Blue Stars) November**

Perfect sunny Wollongong weather presented itself for the IBS Interclub meet conducted in conjunction with Athletics NSW. Over 350 athletes travelled from all parts of the State to take part in what can be classed as one of the best meets the club has hosted. Great support from our local athletes and IBS officials along with outside athletes and officials of ANSW saw an event programmed around sprints, middle distance and one throw - javelin, and one jump - triple jump.

Athletes geared up and star of the men's sprints was NSW 60m champ. Campbelltown's Anus Abu Ganaba who ran a wind assisted 10.26 and then backed this up with a solid win in the 200m in a good time of 20.91. Top local sprinter in the 100m were Athletics Wollongong Sam Zustovich and Blue Stars Corey Williams. In the 200m was Mitchell O'Neill from Athletics Wollongong was the quickest local man.

In the women's 100m and 200m, another double was taken out when Monique Quirk won both in 11.48 and 23.54. Quickest registered local athlete was Delta Amidzovski (AW) and Lauren Percival from IBS.

South Coast hurdles champion, Sarah Carli took out the women's 400m in a personal best time 54.66. Training partner and Blue Stars athlete Monique Byers and training partner Sue Seitaridis along with Athletics Wollongong Tayissa Buchanan were hard to separate in a hard fought women's 400m.

Surprise winner of the men's 400m had to pull out a personal best when James McPaul (AW) took out the men's 400m with IBS Cameron Chisolm coming in 4<sup>th</sup> overall. Commonwealth Games representative, Nick Hough showed fine form over the 110m hurdles and having qualified for the Olympic Games, he is now waiting to hear if he is selected. Women's open hurdles was won by Jessica Wong from UTS Norths. A great race was witnessed in the men's 800m won by Joshua Atkinson from Rohan Laurendet. Atkinson recording a quick time of 1.53.77. Fastest local athlete was William Dyball, with the Nowra club filling a lot of the minor placings. In the women's section 800m was won by Sutherland's Amy Bennet with Kembla Joggers' Grace Pomery being the highest placed local.

In the field events, Blue Stars' 17-year-old javelin thrower Alex Del Popolo threw a personal best 54.74m, while Asics West John Crandell threw the spear 60.47. Sydney University athlete Connor Murphy was the star of the triple jump with a great jump of 15.86.

Overall, the meet produced some fabulous results with junior athletes lining up against seniors and masters in an event that is not conducted in age but ability in that particular event. What a great day of fast, quick competition that has brought athletes down to Wollongong to compete against our own local athletes. Well done everyone.

### **State Club Championships**

Open men of Illawarra Blue Stars fielded a team in the NSW State Club Championship, and although it came together at the very last minute, the team performed so well and all members of the 5 man team should be proud of their performance.

Some of our open men were not available, but the members rallied around and a good team was formed to represent the club.

Top performance was recorded by Corey Williams who scored the top points for the club by taking out 3<sup>rd</sup> placing overall in the long jump out of 17 competitors.

Newcomer to our club, Joshua Baulch was next with a very good 5<sup>th</sup> placing overall in the 400m out of 24 competitors in a star studded event. This 19-year-old is a talent and his ability over the 400m and 800m will be watched with great interest.

Jonty Faulkner moved up a division to take on the men's open 100m, and teamed with club mate, Cameron Chisolm, both performing well. Jonty also scored points for the team by competing in the shot. Samuel Jones came down a distance when he took on the 1500m athletes, an event he rarely contests, opting for the longer distances of 5,000 and 10,000m.

Baulch, Williams, Faulkner and Chisolm then teamed to take out 9<sup>th</sup> overall in the 4 x 100m relay, combining very well for the first time together as a team.

### How they Performed

Cameron Chisolm	100m	11.63	19 <sup>th</sup> overall	43 competitors
Jonty Faulkner	100m	11.61	17 <sup>th</sup> overall	43 competitors
Jonty Faulkner	Shot	7.81m	16 <sup>th</sup> overall	22 competitors
Joshua Baulch	400	49.01	5 <sup>th</sup> Overall	24 competitors
Corey Williams	Long jump	6.68m	3 <sup>rd</sup> overall	17 competitors
Samuel Jones	1500m	4.20.08m	16 <sup>th</sup> overall	22 competitors
Baulch, Williams, Faulkner, Chisolm	4 x 100 relay	44.36	9 <sup>th</sup> overall	16 teams

Points are allocated from 80 for 1<sup>st</sup>, followed by one less point each position down to final placing, in a concept that proved popular over the one day instead of the usual 2 day dragged out event, that in particular favoured the larger clubs.

### Interclub

A big hit and a great promotion of our sport.

### Members Gear for All Schools but Cancellation of State Relays

The cancellation of State Relays was predicted but disappointment for our athletes who love this event. Hopefully back bigger than ever in season 2021/ 2022.

Athletics NSW have done a tremendous job to cater for over 1700 young student athletes who will take to the track this Thursday for the NSW All Schools. With very strict programming, the event is one of the largest on the calendar and will see a showcase of the junior talent NSW has at the present moment. With very strict programming, the Association has assured all athletes they are being catered for, with this event to be the first major title event to be held this summer.

Among the 1700 athletes, Blue Stars will be well represented with just on 30 young members making the trip to Homebush. Some are vying for qualifying times/distances for the Australian All Schools and the Australian titles to be held in the second phase of the summer program. Others are going for the experience, and some are going for the joy of



competing. Regardless, the All Schools gives all athletes the opportunity of competing in a major athletic event.

Blue Stars' athletes have a mixture of old and new members and it is great to see the new members to our club taking part. Talented young sprinter, Lauren Percival ran well in the interclub meet and has to be a strong contender in the sprints, while U14 female athlete, Brodie McCluskey impressed at the interclub meet in both the 100m and 200m. Chelsea Ezeoke made her return to the track at interclub, after a series of injuries and showed it won't be long until she is back to her best over her favourite 400m. The hurdling sisters, Grace and Ashlyn will be in the hurdles and both athletes will be among the leading contenders. Javelin thrower Charlotte Smith will return after sickness and injury and she will use this meet as a stepping stone to later major meets. She is joined in the javelin event, by vastly improving Alex Del Popolo who pulled out a personal best at interclub heaving the javelin a great 54.74m. Sprinters Alex Harris and Callum Brown had impressive runs at Interclub and are heading into these titles with strong runs behind them. They will be joined by newcomer Ethan Thickett who will use this major meet as a guide to his progression. Star sprinter Jonty Faulkner will only run the 400m, after a series of illness, but is looking sharp and competitive for this event. All-rounder Rhys Barnes will also use the meet as experience, along with young javelin thrower Joshua Smith. Overall, the event promises to produce some outstanding athletics with athletes travelling from all over the State to take part in this top line student meet.

### **Second Tier of Events Summer 2020/2021 in Difficult Season so Far**

Athletics NSW has now released the second tier of events for the summer track and field program and they have done a great job in being able to present a program that is not missing a major event. State Relays were cancelled, but hopefully bigger and better for season 2021/2022, but all other events went ahead including our own Illawarra Track Challenge on Saturday 16 January 2021. This event had a few changes but will bring athletics to the people in short fast action that will again include the State 60m state title along with the State 1 mile title. From the success of the Interclub meet held two weeks ago, the Illawarra Track Challenge is expected to draw strong fields in all events.

This will be followed by the Country Titles to be held in Mingara and hosted by one of the biggest and strongest clubs in the association, Mingara Athletic club. It is a fair while since the Mingara club hosted the Country titles due to improvements made on the ground, but this season's Country promises to be a very successful meet. To be held over 3 days, the country titles will commence on Friday 29 January and go through to Sunday 31 January 2021.

### **NSW All Schools and IBS amongst them all - December 2020**

The NSW All Schools have certainly opened the championship side of our sport, with a bang. Student athletes who have not contested a championship meet for some time were given the opportunity of mixing it with the very best student athletes in the State and they certainly didn't disappoint. This season's All Schools delivered some of the very best athletics from student athletes, that we have seen for some time. Blue Stars members were certainly among them, and what a week of athletics and top line competition they had.

Sprinters Lauren Percival and young Brodie McCluskey taking out the girls 13years 200m then backing this up with a great silver in the 100m. She was joined by club mate and also newcomer to our club, Lauren Percival who took 2<sup>nd</sup> in her 200m, then was placed 2<sup>nd</sup> in her 100m. It was great sprinting by these two talented young athletes. Matthew Arregui, the youngest of the IBS group, made his final of the 100m, in his first appearance at the All Schools. Callum Brown and Alex Harris were unlucky to not make the final of the sprints in one of the most competitive sprint fields seen for some time. Grace Adams had a great return to the track in her 100m taking out 2<sup>nd</sup> and then backing up with a second in her hurdles. Sister Ashlyn making the final and both girls qualifying for the Nationals.

Elias Oldfield ran a great 400m bringing home the bronze in the boys 13 years event, showing the potential this young man has over this distance. Older athlete Jonty Faulkner came 5<sup>th</sup> in his 400m, having had his last run at All Schools and now moving into the und U20 division. Javelin thrower Alex Del Popolo took out bronze in his javelin with a throw of 50.73m, below his interclub performance but happy with his 3<sup>rd</sup> placing in windy, blustering conditions.

Young thrower Charlotte Smith finished in 8<sup>th</sup> spot while brother Joshua finished in 14<sup>th</sup> spot and Elias Oldfield taking 10<sup>th</sup> in the same event, the boys 13 years javelin. Our members who ventured to the All Schools, some making their appearance for the first time at such a high level meet, can walk away proudly, and having gained some valuable experience from what can only be described as the best junior talent in the State. Overall, the performances were some of the best we have had, and a tribute to coaches and athletes on their great preparation for this meet.

## **Major Meets Coming Up**

### **Illawarra Track Challenge**

Blue Stars' members will now concentrate on two major meets coming up in January. The Illawarra Track Challenge for Saturday 16 January and the NSW Country titles to be held in Mingara on 29, 30 and 31 January 2021. The Track Challenge will be hosted by Blue Stars and has become one of the most popular events on the athletic calendar. Short, fast and quick, the program presents the State 60m titles for both men and women and also the State 1 mile for both. These events will be supported by other events, that in the past, have attracted some of the best athletes in the State, and this year will be the same. See athletic NSW website for more information and entry.

### **Country Championships**

Country titles will follow with members travelling to Mingara on the Central Coast, and although Mingara has not held a country championship for some time due to track repairs, this strong, big club is sure of presenting a wonderful country. Blue Stars have booked accommodation and members are asked to lodge their forms as quickly as possible.

Meanwhile, to finish off the first part of the summer season, Blue Stars will allow their members to relax a little and enjoy a Christmas party/get together this coming Sunday at Kerryn McCann Athletic Centre. Commencing at club time, there will be a relaxed skins competition for all ages, the handicap mile, and the Hit the Target Javelin. Members can relax around an enjoy food and drink, with presentation of 2019/2020 divisional point score

winners and overall point score awards to be presented. Come along and finish off the year with a bang, relax and talk with members re. the second part of the summer season coming up in January. See athletics NSW website for more information and entry.

### **Illawarra Track Challenge to be Highly Competitive - Preparations for Great meet takes place**

The second part of the summer season of 2020/2021 will commence with a bang, and it will be on our home ground, the Kerryn McCann Athletic centre here in the Gong, on Saturday 16 January 2021.

The very popular Illawarra Track Challenge is expected to draw athletes from all clubs, with the State men's and women's 60m titles up for grabs, plus the State 1 mile championships for both men and women.

Defending champion in the Women's Kings Sports 60m, Abbie Taddeo is expected to defend her titles but admits that there are a lot of other athletes out there that have a very good chance. Fast and quick out of the blocks, Taddeo has shown, over the many years that she has won this title, that she is one of the quickest over this short distance and will certainly be a force again on 16 January.

The open men's 60m is also going to be a fast, quick race, with many sprinters in the line up to take the title away from defending champion, Campbelltown's, Anas Abu-Ganada. Anas will be like Taddeo, very hard to beat as his speed over the short distance is one of the best. His recent performances over the 100m, 200m and 400m indicates he is in form, so trying to take the title away from him is going to need a classy 60m.

The State medals will also be up for the younger athletes, both men and women, in U14, U16, U18, U20 and the major two over this distance, will be the open.

Masters athletes will be catered for over this distance also, with the Blue Stars medal on offering for masters in 10-year age brackets, 30/39,40/49,50/59, and 60 plus, both men and women.

The State Mile championships is expected to be another draw card, with many of the middle distance athletes taking place in major mile races prior to this State title event and are on form to present another thrilling mile races in both men and women.

U20 athletes will also be vying for the State title as with masters 35 plus, in men and women.

Hosted by Illawarra Blue Stars in conjunction with Athletics NSW, this event is expected to be yet, another success and the club would like to thank our major sponsors, Kings Sports Store, Bing Lee Shellharbour and Simon Hull Tiling.

Supporting events are also expected to draw good fields, and from previous years, the event has given athletes the chance to qualify for major meets, such as Olympics, Commonwealth Games and World championship. Open to all ages and graded on prior performances, there will be 100m, 400m, 3km, hammer, javelin and long jump for both men and women, the ideal way to have good competition prior to country and State titles.

Entries are to be lodged through athletics NSW for both the State title events (60m and 1 mile) and the supporting events. No late entries will be taken.

Come on members of IBS let's see good representation in this major meet.

### **Coming Up Events**

- a) Sunday 10 January - Back to track and field for IBS members at the Kerryn McCann Athletic Centre, 2.00 pm for 2.30 pm start, Round 2.
- b) Friday 29 January to 31 January - NSW Country titles to be held at Mingara. Entries through Athletics NSW website. Last chance to book IBS accommodation this Sunday at club meet, otherwise plenty of accommodation available to book yourself in Mingara and surrounding areas. Great titles, only open to country registered members, age brackets from 10years right through to masters' men and women. One of the best title events conducted. Enter now and represent your club IBS at this popular event. Be Part of Team Illawarra.

### **It's On, and One of the Best - Illawarra Track Challenge, January 2021**

Preparation, support and encouragement are the words to be used for this great event. Our preparation is now being put to the test, our sponsors on board, our members delegated to work stations and duties, and the encouragement of local people, but above all, Athletics NSW, for the first time doing a live stream of this event. And the event did not let us down. What a magical moment to see Rohan Browning break the 10 seconds for the 100m.

Never has the Kerryn McCann Athletic Centre witnessed a track meet like last week's Illawarra Track Challenge. A record number of competing athletes a record-breaking day, presented in sunlight, a great wind but, in one particular case, a wind that Rohan Browning could do without.

Browning delivered the goods running a fantastic 100m in 9.96 to shake the crowd and the grandstand. Wollongong has never seen a run like this before, the state hasn't, and Australia has only seen a couple prior to this. His running on the day was a joy to watch, but his run over the 60m was just as impressive to take out the state title from defending champion Ana's Abu Ganada and Camden's Joshua Azzopardi in third.

Blue Stars top sprinter Lachlan Parry made a return to the track to run a great race to make the final finishing in seventh spot. The women were not to be denied and competing for Kings Sport Store state 60m title, defending champion Abbie Taddeo had to settle for second behind up and coming sprinter Monique Quirk from Campbelltown, with Illawong/Revesby athlete Carlie McCiver in third.

The night was full of running and the Men's Bing Lee mile was on target for a sub-four-minute mile with 800 champ Jeremy Rolf setting a strong hard pace. But running just over the four minutes, Bankstown Will Austin Gray had all the running in his legs to take the title from Run Crews Jarrod West and Randwick Botany's Richard Newell in third spot.

The Jessica Hull mile for the state women's mile title was run the same way but the brilliance of junior athlete Immogen Stewart saw her set a very strong front running pace

only to be run down in the final stages by UTS Norths Kate Spencer and club mate Isabella Thorton Bolt with Stewart finishing in third.

Both events were another highlight and saw strong fields in both, with defending women's champion being relegated to third. Blue star members performed well against some of the very best with under 14 Matthew Arregui taking second in his state title event Brodir McClusky finishing sixth in her under 16 title, Calum Brown fifth in the under 18 men's 60 and Jonty Faulkner coming in at fifth spot in the under 20 60 m.

The supporting events were very strong and commonwealth games rep Alex Hulley showing her great hammer experience throwing a massive 61m. Blue Stars Alex del Popolo was another to show and improvement when he took out the A class javelin recording a massive five metre PB throwing 60.62m.

What a day evening this turned out to be and will certainly be a hard act to follow but next year it is hoped that once again Wollongong will witness top line athletics like we have seen last Saturday.

To our sponsors Bing Lee, Kings Sport, Simon Hull Tiling ,a big thank you and we hope more will support this great event, our officials and supporters for a fantastic event, our fellow officials of Athletics NSW and to the athletes who made this event one of the best.

### **Country Titles Going Ahead, but a little later, February 2021**

Country titles this season has caused more headaches and heartache to many but one thing that has come out of all this, is the fact that the event did go ahead. Many issues pertaining to Country have emerged over the last few weeks and it is unfortunate that many cannot go. Our own club, Illawarra Blue Stars will possibly travel to Mingara with a team half the size that normally goes to this popular event. People have taken holidays at the due date and have no more time available; many have other commitments on the selected dates, and many just cannot afford the time. Country titles are a very popular event, in fact one of the most popular events on the calendar, and I feel the Association really found this out, when originally the event was to be cancelled altogether. It is an event that held in the January holiday period has enabled, over the years, for families to take their annual leave, younger athletes are off school, to enter the Country titles and incorporate the area into their holiday program. It brings very strong economical benefits to the host areas, with many choosing to have extended leave in the area. Mingara has not held the Country titles for many years due to the structure of the ground, the layout and the lack of suitable facilities for such an event. They have submitted many times only to be rejected. Although they are the biggest country club, they do not have a ground such as ours, where it is all athletics. They share the ground, hence the lack of hammer and pole vault. It is a frustrating situation for the club. On submission this time they were accepted, but on previous Country, the ground was not fully audited for such an event. Change of admin personnel in the ANSW office, change of office staff, led to the ground not being audited and leaving Mingara feeling they could do, what has happened on other occasions, to have the events not conducted during the three day meet, to be held in conjunction with State. Now many athletes from the country areas, cannot travel back to Sydney to contest State, possibly would not have entered State. Regardless, it is a hard call for both parties, but the main concern is that the athletes have suffered. It is our aim, Blue Stars that this situation

does not happen again, and we will be submitting a plan to ANSW so it doesn't. Back to the old dates in January, have a selected ground that can host all events, and not have Country on top of State title events. This will be the main agenda items, so that we can bring Country titles back to the country athletes and supporters. Regardless, the event will go on and the program is now out for members to enter, and I urge all athletes who can attend, even if it is only one day, to do so, and keep the Country titles at the forefront of administrators of our sport. Athletics NSW are fully supportive of this event, it is just that it remains as previous with very little hiccups.

### **Repairs and maintenance to Grandstand - February 2021**

We have to look at what is happening at our own ground, and see and know how lucky, we are on the coast. Athletes, coaches, supporters may be hindered a little over the next few weeks but it will be to our advantage. Wollongong City Council has Beaton Park and the Kerryn McCann Athletic Centre high on their list of assets to be maintained as a "gem of the city". Repairs to our grandstand will assist in windy and possibly wet weather, it will be repaired so that it can last many more years to come. It is not Homebush, and it never will be, but it is one of the best tracks in regional NSW. We can host all events for country titles, and only just recently many favourable comments have been flowing around from not only athletes, but from coaches, and supporters of other clubs' members as to our facilities. Many did not even know how good our complex is, including the dynamic sprinter Rohan Browning, who set the track alight. I have had coaches call and ask if they can return and bring squads down. This is a big plus for our area and our sport. We may look at things and say, "we need this and we need that" (such as a good admin room) but we are being looked after and hopefully, this will come.

### **New South Wales Masters - Titles February 2021**

Blue Stars may have had one of the club's smallest teams for some time for the State Masters titles held last weekend. This was due to a couple of issues including many of the club's masters' athletes being injured and taking time out to recover.

Meanwhile, the athletes competed well and brought home a swag of medals, with Justin Miller being one of the standout masters of the meet. Justin, a former State open sprint competitor, has now captured the same form in the Masters and only after 2 years in this division, he has cemented his place as one of the best in his age group. Miller may have taken the double last weekend by winning the 60m and 100m quite comfortably, but he may have taken out the triple, if he did not have a prior commitment, thus having to miss his 200m. He will no head to the Country titles full of confidence where he will have a chance at the 100m and 200m in the 30-39 age bracket..

Mary Thomas continues to bring home a bag of medals, winning the shot, discus, hammer, javelin and weight throw, to add to her impressive list of titles and medals. Thomas has to be the most successful thrower ever, and although having limited training time and competition due to an operation, she bounces back and shows the grit and determination this athlete is known for.

Rina Flynn competed successfully at the titles bringing home a silver in the 800m and bronze in the 400m adding to her 4<sup>th</sup> in 200m, 5<sup>th</sup> in the 100m and 5<sup>th</sup> in the 60m. Flynn has been one of the club's most consistent competitor for a person who says "I just love to

run". She has added quite a few medals to her tally over the years. She too will travel to Country and compete in the 50-59 year age bracket.

### **Country Titles, finally up and going**

Athletes are now gearing and preparing to take on the best athletes in the country areas, and although once again the team is smaller than normal, it is a strong team and one full of a lot of talents from older members of the club through to newer members who have joined this year and now tackling Country. The Country titles this year have somewhat been a hassle to many, and having been postponed from the January usual date, many athletes have found it hard to take more time off work, families do not have time to go away, and school holiday period has ended. The Country titles are ideal in the January period with many families using the trip away as part of their summer season vacation time. Mingara will host the championships this year and they admit that their track is not of the standard required for such a meet, having to exclude the hammer, steeplechase and pole vault. Athletics NSW have changed personnel in the office and this too can be a contributing factor but one that has to be looked at for future Country titles to revert back to the usual January period.

The Country titles will be followed by State Open and U23, and the club will be well represented in these titles, an indication of the strength in the club's open and U23 section. See full results in Results Section IBS 2020 /2021.

### **Weather ideal for Country and thanks to Mingara for a great event regardless of the odds against them**

Wonderful weather, good relaxed atmosphere paved the way for some quality performances at the NSW Country titles held last weekend in Mingara. Put back from the original date in January and the date that all athletes and supporters are so geared into each year, many athletes could not travel or take time off from work the dates were changed. Regardless, the team from Illawarra Blue Stars performed very well, and came away with pb's, national qualifying marks, and a swag of medals.

Outstanding was the performance of our senior men who once again performed so well to take the 4 x 100m in fine form. One of the most dominated events by the club, two newer members came into the squad, Jonty Faulkner and Liam Ryan replacing injured Kyle Grubnic and ill Corey Williams, but performed to a very high standard to help club mates, Lachlan Parry and Cameron Chisolm defend their title.

The club had members in all brackets from junior athletes through to masters, with Grace Adams making a return to the track and recording a national qualifying time for the U20 women's 400m hurdles. Star junior sprinter Chelsea Ezeoka took out her 200m in national qualifying time. Newcomer to the club, Lisa Quinn came home with a bag of medals in her first master's Country titles and also surprised herself, but as Australian Masters hockey rep, her speed over all distances showing through in the 40-49 age bracket.

Lachlan Parry backed up his Country 2<sup>nd</sup> in the 200m and 4<sup>th</sup> in the 100m, by moving into the semi-finals of the State titles held on the weekend. He was joined in the State semi-finals by club mate Kyle Grubnic who made a return to the State, whilst high jumper/long jumper Corey Williams put Country titles behind him and cleared 1.96m to meet the

national qualifying mark in the high jump with a good leap to take out 5<sup>th</sup> in a quality State field. He is back on track and will improve with each performance.

See full results in Results Section IBS 2020 /2021.

### **Major Meets see Terrible Weather - March 2021**

As the summer season draws to a close, some of the major State championships have been held in terrible weather. Little A's competed last weekend in terrible conditions, whilst the junior State championships held the weekend before, had mixed weather, some events being changed from the Friday evening over to the Saturday. Members of Blue Stars have had a good season with the club members now being selected to contest the National titles to be held early April.

### **To line up for National titles**

#### ***Lachlan Parry - Open Men***

Male sprinter Lachlan Parry will line up again at National level after he met the standard set for the 100m. Lochie has had a good season and although he has mixed results throughout due to injuries, he has progressed, once again to the highest level within our Australian Association.

He will be joined by jumper, Corey Williams in the U23 division, qualifying for the high jump and being named in the State team due to his win in the State U23 long jump. He too, has had injuries and illness and great to see this talented young man making the team.

Our junior athletes of IBS had a great championship, held two weekends ago at Homebush with many recording personal bests, and improving with each performance.

#### ***Alex del Popolo - U18***

Javelin champion Alex del Popolo has been included in the State team having met the standard set for national qualifying but has missed both Country and State titles due to school cricket semi and finals. He will certainly show his talent with the javelin when he lines up in the U18 men's Australian titles and if he can reproduce his best 60m throw, he is certainly among the leaders.

#### ***Elias Oldfield - U16***

U16 400m athlete Elias Oldfield has been competing well all season, and his personal best time over 400m has earned him a spot in the State team. His times over both the 400m and 200m have improved greatly and the experience both at State and now National level will be of great benefit to him as an athlete.

#### ***Callum Brown - U17***

Callum Brown has had a great season, recording personal best times over 100m and 200m to meeting the qualifying marks for nationals. He was on target to have a great State juniors but illness prevented him from performing at his best. National titles will enable him to show his talents. Team mate, Alex Harris has also had a great season, but has failed by the smallest of margins to meet the qualifying time for both the 100m and 200m.



U20 sprinter, Jonty Faulkner has missed State selection by the smallest of margins, 4/100ths for a run at national level over the 100m. Faulkner missed the State U20 titles due to other commitments and took on the older division U23, at State level, and the experience at this level will be invaluable to him when he moves into this bracket next season.

Javelin thrower Charlotte Smith did not have the best of conditions to compete in at State juniors but took out 5<sup>th</sup> placing in a highly competitive field of throwers, following on from her Country championship success.

#### ***Grace Adams - U20 Hurdles***

Great to see the return to the track and meeting the qualifying time for the U20 , 400m hurdles. Grace Adams has now made the switch to the longer hurdles. She is improving with each run, and her performance at State Juniors, gives her the right to contest the nationals over this gruelling event.

Sister Ashlyn has also qualified for national level over the short hurdles but will take a rest due to shin injury.

#### ***Chelsea Ezeoke - U16 Sprints***

Talented 400m athlete, Chelsea Ezeoke has not performed over this distance this season but is using the 100m and 200m as a build up to challenging the 400m a little later. Still only very young, she has many years to tackle her favourite event, but her strong running over the 200m gaining the bronze medal at State Juniors, is showing many positives. Chelsea will take on the 200m at National level and will be a strong contender as she keeps on improving with every run.

#### ***Brodie McCluskey - U15 Sprints***

#### ***Lauren Percival - U18 Sprints***

The talent from Ulladulla has been a winner for Blue Stars with Corey Williams, an Ulladulla man, and now two of the States leading female sprinters, joining up with IBS. Both Lauren Percival and Brodie McCluskey have worn the colours of IBS very proudly and proved themselves to be among the best junior sprinters in the State. They will now both take on the Nationals, and strong placings in both the 100m and 200m is well within these two talented young sprinters. Brodie is U15, whilst Lauren will contest the women's U18.

Overall, the club has had a very successful State campaign and to see the number selected for State honours to contest the Australian in early April, has shown the talent the club has in all age brackets.

#### **Masters take top honours**

Mary Thomas and Gianna Mogentale have been rewarded for their top efforts in 2020 by NSW Masters. Mary has been awarded the Female Thrower of the Year and has also taken out the James and Johnston Trophy (athlete with the highest combined point score in Masters State throws pentathlon championships).

Gianna has taken out the award for Female Sprinter/Hurdler of the Year 2020. Both athletes have won these awards on many occasions but 2020 was a little more special

coming against classy fields and both athletes competing with injuries and illness. Well done Ladies.

### **IBS prepares for Nationals - April 2021**

The Australian Track and Field championships, to be held in Sydney commencing this week, will bring the summer season of 2020/21 to a close and what a way to finish off the season.

This year's Australian promises to be one of the best on record for some time, with outstanding performances being recorded throughout the summer season. All areas of our sport look strong, with sprinting, middle distance and longer distance really showing they will be a force in international competition. Rohan Browning has done more for the male sprinting section, than he may actually realise. The pool of talent coming through in men's sprinting looks superb, and it is the positive attitude of people like Rohan that is now starting to highlight to our sprinters that they can be a force on the international circuit.

Our own Illawarra Blue Stars members are among those taking to the track for the Australian and it is good to see among the ten strong members in the State team, a variety of competitors from sprinters, to hurdlers to throwers, jumpers. We wish them all the best with Lachlan Parry, our senior male sprinter leading the way. He will be joined by U23 jumper Corey Williams, and U20 hurdler Grace Adams. Our junior talent of the club is looking very strong with sprinters Brodie McCluskey, Chelsea Ezeoka, Lauren Percival, all taking part in the female sprints, whilst Elias Oldfield and Callum Brown will feature in the male sprints. Javelin Thrower Alex Del Popolo will head to Homebush with very little throwing due to other commitments, but his ability to perform at high level is one of his assets, and a podium finish is well within this young man. We wish all our State reps the very best of luck as they take to the track at Homebush in a championship that has been labelled to be one of the very best for some time.

### **Mary and Gianna take out another award**

Meanwhile Masters athletes Gianna Mogentale and Mary Thomas have taken their State masters awards one step further, as they have both been nominated for the Australian Masters Awards, a tribute to these two fine masters' athletes. Both athletes realise the competition in the Australian awards is going to be tough, with all States nominating their very best athletes for each award. Unlike the State awards, the Australian Awards are both male and female combined, making it even tougher to win this top award in Masters' athletics.

### **Jess sets herself for winter - April 2021**

Middle/long distance athlete Jessica Hogg has had very little rest between summer and winter competition and has taken to the 12km Western Run to record a solid run, recording a good 50.30 to take out 3<sup>rd</sup> in her age bracket (20-29). She was placed 11<sup>th</sup> out of 1012 female athletes taking part, and 83<sup>rd</sup> out of the full total of 1969 competitors. A great run by a gusty, determined young athlete and looking good for the upcoming winter series.

Our best wishes go to all Illawarra athletes taking part in the nationals, and from the numbers from all three local clubs, Illawarra Blue Stars, Athletics Wollongong, Kembla Joggers, this area would have to have to be one of the highest numbers of athletes competing at such a high level. This is a tribute to the athletes for the long hours and hard work that goes in to achieve such a feat, to the coaches who formulate and supervise training schedules and to the administrators of the clubs, who support the athletes to

achieve this high level of performance. Well done everyone and good luck to you all. Making the Australian championships is no mean feat and is a tribute to you all.

### **Nationals highlights a tough season - April 2021**

The Australian National titles, also acting as trials for the Olympic Games has seen some outstanding performances, not only from the open athletes but also from the junior athletes who are the backbone of our sport in coming years. One of the largest programs on the calendar, the National titles have been held from U14 right through to open men and women. Conducted at Homebush, the week long program has seen some of the very best Australian athletes take part but it has also given junior athletes the opportunity of seeing some of their older “heroes of the sport” take part.

Illawarra Blue Stars had a strong squad and to make the final at these titles is a great achievement in itself. But there have been some disappointments also. Hurdler Grace Adams didn't make it to the start line due to an injury that has put her into a boot for at least 10 days, whilst promising high/long jumper Corey Williams was a late withdrawal due to shin injuries. Javelin champion, Alex Del Popolo waited until the final minute but doctor's recommendations due to an MRI on his back has determined that he will not throw in these national titles. Regardless, junior 400m athlete Ellias Oldfield has performed at a high level and made the final of the U15 men's 400m. Oldfield has competed well this season and to make the top 8 of national is a great reward for this promising young athlete. Brodie McCluskey can also be proud of her achievements with a final berth in both her 100m and 200metre, U15 to finish a close 6<sup>th</sup> in both events. She too is one of the club's bright young sprinters, and along with Chelsea Ezeoke , who just missed the final of her 200m, but is improving with every run, and U18 sprinter Lauren Percival also just missing the final of the hotly contested U18 women's 100m but came back with revenge to take out the Australian U18 women's 200m. What a great run by this talented young lady. All three have shown they are amongst the best in the land with only 100ths separating the top bracket.

Lachlan Parry can hold his head high and competed well in his 100m heat and although he didn't capture his best form in these titles, he did draw the national champion in Rohan Browning. Parry has represented his State many times in national titles and is still up with the top bracket of State sprinters. Callum Brown is another young junior of the club and has competed well all season, but just failed to reach the final of the short sprint. Brown has recorded some great times over the 100m this season and is showing that he will be a strong contender over 100m and 200m for next season.

Disappointment can always come with injuries but to see World Champion discus thrower, Danielle Stevens make an outstanding comeback after a horrific injury, makes our athletes feel proud of making the State team for the Australian National titles, and then look forward to moving along for future representation. We congratulate our athletes making the State team for these national titles that has produced some outstanding athletic events, including the run of Rohan Browning over the 100m.

### **Annual Awards and Presentation Evening 2020/2021**

We conducted our awards evening a little later than usual but trying to find a venue was our hardest hurdle. Finally, we negotiated with Dapto Leagues Club and what a great venue this turned out to be. We were fully supported by their staff; the venue was great and the

fruit platters were very good. It also gave our members the chance to have dinner downstairs beforehand or a coffee afterwards. It also gave our hard-working committee a chance to relax and not have to worry about preparing food, etc. Many could not attend due to winter sports and other commitments, but this venue has to be looked at for future. My thanks go to Liam Ryan for preparing an overhead projection of our athletes and our officials and supporters and to Jodie, along with myself and Sue who rallied around for good prizes for our lucky balloon. Thanks go to everyone for a wonderful evening, and hopefully the divisional winners all liked their shower proof jackets and our special awards winners were happy to receive awards that have been part of IBS since its foundation. This season's 2020/2021, all awards were presented, but the season 2019/2020 only divisional awards were handed out due to corona virus, and this was done in conjunction with our Christmas party 2020.

**Congratulations to you all - All awards will appear on our website**

Finally, I would like to say our season 2020/2021 has been one of the best on record as far as financial success. This has been mainly due to:

- a. Conducting of canteen at Interclub.
- b. Conducting of canteen barbecue at Illawarra Track challenge.
- c. Income from Tri the Gong.
- d. Percentage of entries from Interclub and also Illawarra Track Challenge.

My thanks go to everyone who assisted in these projects, the co-ordination of the canteens by Sue our President, and to Jodie for her Tri-the-Gong co-ordination. Our club's income has increased greatly due to the percentage paid by ASNW out of entry fees for both interclub and our Track Challenge. Our Christmas hamper was also a great success. This income has enabled us to have funds to purchase new equipment for season 2021/ 2022, including the new gun we are to use, presentation evening and assistance to our athletes who competed in the National Titles.

Heading now into winter, and thanks goes to Rebecca Dos Santos for co-ordinating our winter cross country of 2020/2021 and undertaking this task once again for this winter. Thanks, Bec and to your helpers also.

Thanks to Chris Thurbon for compiling our results that appear in this report, and last but not least, a big thank you to our Assistant Secretary, Gianna Mogentale for her great support and assistance that she gives to myself and the club including compiling this Annual Report for publication.

A great season for 2020/2021 but we look forward to an even bigger and better one for season 2021/2022.

**ILLAWARRA BLUE STARS ATHLETICS CLUB INC**

ABN: 80 299090816

**FINANCIAL REPORT  
AS AT 31ST MARCH 2021**

Column1	CURRENT YEAR	PRIOR YEAR
ACCUMULATED FUNDS		
BALANCE AT BEGINNING OF YEAR	\$6,993.35	\$6,997.59
YTD OPERATING SURPLUS/(DEFICIT)	\$4,044.20	-\$4.24
<b>TOTAL ACCUMULATED FUNDS</b>	<b>\$11,037.55</b>	<b>\$6,993.35</b>
<b>REPRESENTED BY:</b>		
<b>CURRENT ASSETS:</b>		
St George Cheque Account: 028298540	\$11,021.59	\$7,397.39
St George Express Saver: 429056525	\$15.96	\$15.96
Less Unpresented Cheques	Nil	\$420
<b>TOTAL CURRENT ASSETS</b>	<b>\$11,037.55</b>	<b>\$6,993.35</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 2021		
Jodie Sundstrom		
Treasurer		

**ILLAWARRA BLUE STARS ATHLETICS CLUB INC**

ABN: 80 299 090 816

**INCOME AND EXPENDITURE STATEMENT  
FOR YEAR ENDED 31 MARCH 2021**

Column1	CURRENT YEAR	PRIOR YEAR
<b>INCOME</b>		
REGISTRATIONS ANSW	\$995.00	\$ 3,000.00
CLUB FEES	\$1,515.00	\$ 1,625.00
UNIFORMS	\$600	\$ 930.00
ENTRY FEES		\$ 612.00
FUNDRAISING	\$5,487.09	\$ 3,007.85
INTEREST RECEIVED	\$0.46	\$ 5.07
TRI THE GONG VOLUNTEERS		\$ 950.00
NSW COUNTRY TITLES		
SPONSORSHIP	\$1,000	\$ 2,100.00
ITC	\$ 3,065.00	
SCHOOL CARNIVALS		\$ 1,530.00
OTHER	\$320.00 (canc cheques)	
<b>TOTAL INCOME</b>	<b>\$12,982.55</b>	<b>\$ 13,759.92</b>
<b>EXPENDITURE</b>		
REGISTRATIONS ANSW	\$1,445.00	\$ 3,725.00
AFFILIATION ANSW	\$510.00	\$ 508.75
FAIR TRADING	\$47.00	\$ 46.00
UNIFORMS	\$1,641.00	\$ 1,207.00
ENTRY FEES		\$ 1,292.00
OFFICIAL ASSISTANCE		
ATHLETES ASSISTANCE		\$ 80.00
PRESENTATION	\$164.98	\$ 1,387.95
ADMINISTRATION	\$ 315.80	
EQUIPMENT	\$475.94	\$ 159.65
ITC	\$1,907	\$ 2,100.00
NSW COUNTRY TITLES ADMIN		
SPECIAL ORDER( Jackets)	\$ 1,870.00	
HALL HIRE/ GROUNDS		\$ 50.00
WEBSITE	\$358.06	\$ 331.81
FUNDRAISING		\$ 1,202.26
SCHOOL CARNIVALS		\$ 1,530.00
OTHER	\$203.57	\$ 143.74
<b>TOTAL EXPENDITURE</b>	<b>\$8,938.35</b>	<b>\$ 13,764.16</b>
<b>OPERATING SURPLUS/ (DEFICIT)</b>	<b>\$4,044.20</b>	<b>-\$ 4.24</b>

## **Illawarra Blue Stars Athletics Club**

### **Treasurer's Report**

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In the 2020/2021 season we were able to turn a -\$4.24 deficit into a \$4044.20 surplus.

\$2400 due to fundraising, \$600 less expenditure on entry fees, (no State Relays) and presentation costs reduced due to Covid (\$1200).

**Jodie Sundstrom**  
**Registrar**

## **Illawarra Blue Stars Athletics Club**

### **Official's Report**

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Many thanks to all our Club Officials who helped every week at both Club meets, Cross Country as well as the ones who travelled up to Sydney most weeks to officiate at the Athletics NSW, Athletics Australia and NSW Little Athletics events.

Also thanks to Club officials who volunteered their time at both Illawarra Blue Stars Open Day and Illawarra Track Challenge. Without you both events would not have been the success they were.

National Championships this season held at SOPAC was a big event over 8 days. We had one official who officiated over all 8 days as well as Sally Barnes and Julie Bird who went to Homebush to Officiate/Volunteer for one of those days.

Well done to Sally Barnes who is now well on her way towards her throws' accreditation. We encourage all our club members who are interested in officiating to complete the on-line exams on the Athletics Australia website to start the process.

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



## **Illawarra Blue Stars Athletics Club**

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

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Like everyone, I have been impacted by the virus, and the time I have given to the club and the position, I hold, has not been as strong as I would have liked. My role as Athletes Representative enables athletes to come forward and make:

- a. Suggestions to us to consider, and/or implement any changes that athletes may see appropriate.
- b. To take to the Board anything that that an athlete may consider important, and then discuss.
- c. Like all positions, my position is to listen and take the suggestion on board and I cannot guarantee that this suggestion will go through, but I am there for the athlete to make any suggestion. The board has to evaluate and see if the suggestion is in the best interests of the club and its members and not just individual members.

Representing the athletes is a very good position, as it gives the athlete the voice to deliver to the Board and I urge anyone to come forward and not be afraid to make any constructive suggestion.

The position is not there to have a “hate or bitch session”, it is there in the interests of the members to have a direct line to the board.

Although I have not been at club on many occasions during the last season, I have had a few phone calls and have dealt with them accordingly.

The line of communication is open through this position and I feel is a very important role on the Board of our club. If elected to the position for 2021/2022 I will at all times be there for the members.

**Lynda Douglass**  
**Athletes' Representative**

## **Illawarra Blue Stars Athletics Club**

### **Fundraising Report**

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The 2020/2021 season for IBS was another fantastic fundraising effort.

We raised \$5,467.09

Our fundraising events were:

- Christmas Hamper Raffle - \$527.00
- Illawarra Blue Stars Open Day - \$2,054.09; includes BBQ - \$445, % of Profits - \$1,609.09
- Illawarra Track Challenge - \$2,886; includes BBQ/Raffle - \$736, % of Profits - \$2150

Thanks to all of our fantastic Club members who got involved in our fundraising events for the 2020/2021 season. Without your help it wouldn't have been the successful season it was.

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

# Illawarra Blue Stars Athletics Club

## Registrar's report

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Total of 82 athletes registered with IBS for this season. 50% male and 50% female.

Breakdown in registration categories, remembering that both open and concession can include some of the masters' athletes. Concession also includes all underage athletes who are not dual.

### Breakdown of Members

Open	29
Concession	13
Dual	18
Community	11
Volunteer	10
Technical Officials	1

**Sue Sundstrom**  
**Registrar**

# Illawarra Blue Stars Athletics Club

## Coaches Co-ordinator's Report

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Coaching brings a lot of pleasure and results for both coach and athletes but sometimes it is the coach that can bring the best out of the athlete. A coach can also support the athlete in good and bad times and also guide an athlete, so they do not leave the sport of athletics.

During the season 2020/2021 we have had hiccups due to Corona virus etc, and athletes' programs had to be readjusted, not only to suit the performances but due to events being cancelled or postponed, etc.

It is a credit to both athlete and coach that they have been able to adjust, and in some cases adjust quickly.

To all my fellow coaches out there, congratulations, you have all done an amazing job.

### **Peter Lawler Honoured**

Peter Lawler has and is still is a wonderful coach and great to see him honoured with Life Membership of Athletics NSW for his wonderful contribution to the sport of athletics and in particular, as a coach. Peter had coached some amazing athletes and he is continuing to do so. His group has had some well-deserved success and it is through the coaching of Peter that many have had the great success that they have and are still continuing to do so. Well done Peter Lawler.

We welcomed on-board two new coaches, David who is coaching both Lauren Percival and also Brodie McCluskey, and having great success with both athletes. David also coached Corey Williams whilst living in Ulladulla.

Tony Saunders has also joined us this year and his group out in the Shellharbour area is a great group. He is moving some of the athletes along nicely and has strong beliefs of developing his squad members so that they move along nicely and have plenty of years in the sport.

### **Junior Coaches**

Great to see some of the older athletes taking up coaching, whilst Jodie Redman has also completed her junior course and has a small group up in Camden that she coaches and is encouraging them to move into IBS.

Some of the older athletes, I have spoken to over the season, such as Grace Adams, are looking at taking up coaching and will be good to see such athletes do so and gain satisfaction of seeing athletes move along.

### **In need of**

We are in need of more field event coaches, and would it be great to welcome anyone interested in doing these events. Ron Thompson does a great job and Peter Lawler but it would be good to see someone take on the role that can offer more time to such events as long/triple jumping and high jumps. Maybe Kyle Grubnic who has mentioned many times he would like to coach these events.

**Time Consuming**

It is time consuming for any coach and is an area of the sport that many suffer as much as the athlete does. Coaching gives the highs and lows and we all have to be prepared for this. At the same time, it is time consuming and you must have the time, be willing to give your time not only at the track but also planning and developing.

I take this opportunity of thanking all our coaches for the wonderful job that they are all doing with their groups. We lost Rick Watkins during the season due to him retiring from the sport and also moving to Queensland, but a big thank you for all you have done for our athletes in IBS.

**Support**

All coaches need support from people with expertise in other areas, such as physio, massage, weight training and programming. To these people, I myself say a big thank you, as I as a coach use other people to support me, as with most other coaches. The expertise is most valuable to us all. A big thank you.

I urge anyone who has the interest of coaching to contact us so that we can guide you in the best possible way.

Thanks once again to all our coaches and hope to see you all again in season 2021/2022.

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

# Illawarra Blue Stars Athletics Club

## Publicity Report

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Life is changing, means of operation are changing, presentation is changing, but one thing that hasn't changed is:

*Promotion and publicity: it has not changed, it is just the way we do it that has changed.*

The Local Advertiser that we have used for so many years is no longer a paper that is delivered to doors of home and businesses. It is still operating but in a different manner. Over all these years, many have stated that they read it in the Advertiser, as the paper was delivered to their home.

Now to read this paper and I have to say, now a much smaller population would read our promotion, is on the internet and consumed by the Illawarra Mercury. If you don't buy the paper, then you won't see our regular column, and if you don't use the internet then you won't see the column.

We have tried hard to cut and paste the regular column that is appearing via the Mercury into our Facebook page, so that all members can see it. We also try and do the same for general Facebook so that people outside the sport/club can see, read and make enquiries as to our club. It is a change and I myself do not believe that it is the best change for our sport, but it's all about money and cost and this is one area, that has suffered - a printed newspaper.

### Facebook

We have tried hard to keep you informed via this format and to a degree it does succeed but we must make sure that all members have access to this site.

### Website

It is quite amazing how many people do search our website, send an email for enquiries or just read it to keep up to date. Thanks to Gianna for keeping it up to date as much as possible, it is easy to read, it is up to date and informative.

But our biggest form of promotion of publicity comes from:

- a. Promoting an event.
- b. Ensuring the world knows about it and promote it in a manner that is acceptable to everyone who attends, as an athlete or a spectator.

We utilised the site of Athletics NSW to help us promote our interclub meet that attracted a record number of athletes with many stating it was one of the best on the calendar.

Our Illawarra Track Challenge was the same, but we sent flyers out to as many athletic clubs as possible, as an individual support to this event. The event was one of the best our Club has promoted but it was a combination of a lot of things such as:

- a. Promoted as much as possible.
- b. Had fabulous athletes compete and record outstanding results.
- c. Had amazing support from our own officials and supporters.
- d. Had the support of our sponsors.

This event was also live streamed, one thing we have never had. The fact that it not only went Australia wide but worldwide and this was due to the outstanding run by Rohan Browning. The Kerryn McCann Athletic Track has now become one of the fastest tracks in Australia, purely on the basis of Rohan's run. The generated publicity our club received from such an event and brilliant performances no money can buy. But it does put us in a prime spot to go to more sponsors and sell this event as now a major event on the athletic calendar.

### **Word of Mouth**

Word of mouth is important. We must make sure that our club is promoted in a positive manner, a club that promotes friendship, competition for all ages for all abilities. We must ensure this continues in the off season as well as the competitive track and field season. We must promote that it is a club that can assist other sports to promote such things as fitness, strength and speed.

### **At School Level**

All our members should be promoting our club at school level and also Little A's. This is indeed a large area to develop and hope that many venture into our club.

### **Outside Activities**

Not only does tri-the-gong give us that much needed source of income, it promotes our club to members of the community that love to run, such as the tri athletes. Encourage them to come along.

### **Club Events**

It is great to have interclub and Illawarra Track challenge but more of our members should be coming to club meets on a Sunday. There is nothing worse than new members coming to our club, and we have a hand full of people. As the great Rick Mitchell, who recently passed away, once said his club meets were more important to him than interclub, as he could iron out his faults without too much pressure and then put that into practice on the next weekend at his local interclub. Why was he so good? He took every opportunity to compete, and I think some of our members need to take this on board. Members competing is a great promotion of our sport.

Please help to promote our club, in a very positive manner. Urge your friends to come along, use your school meets to encourage others and above all, at every opportunity welcome new members into our club.

Thanks everyone for wonderful support. Keep it up and keep promoting our club.

**Valmai Loomes**  
**Promotion and Publicity**

## **Illawarra Blue Stars Athletics Club**

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

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The competition report this season is one of cancellation, postponement, and then again, we go ahead.

During the season we had many issues such as the virus and the unsureness of events either being postponed or being cancelled altogether. Our summer season saw us implement a marshal for our Sunday meet, and our thanks go out to Barbara Bird for filling this role and making sure all members signed in as they entered the track. Our plans were changed so many times, but this was due to the direction of NSW State Health. We issued a full plan to Council for our weekend meets to go ahead, had to change the date for our Interclub meet held in November and then again for our Illawarra Track Challenge. But this enabled us to ensure we had the correct procedures in place.

#### **Winter Series**

Once again Bec (Rebecca Dos Santos) designed courses that appealed to everyone. For those who attend, cross country is an enjoyable morning, and we thank Bec, and her helpers for not only putting out flags and organising, but also giving athletes a variety of courses that offers challenges, and variety but not only that, giving people who attend, a good run and good friendship.

Our winter Track and Field Meets are always popular but it would be good if more people utilised these events for such coming up events as school carnivals, fitness level and above all "match practice" for the coming up summer season. Our thanks go to our officials and athletes also who help out at these meets, as once again, these meets offer athletes valuable, much needed, "match practice". Great to see some of our dual registered athletes taking advantage of such meets and also our friends from Bowral Little A's, and Camden.

#### **The Summer Season**

This season had a few hiccups with postponed meets due to the weather, but we managed to get through most of our Sunday Competition. Once again, we appeal to our members to come and support these events, they are there for you to compete in a relaxed atmosphere, have some good competition, and iron out issues prior to major meets.

#### **Summer Interclub**

After discussion with ANSW, our club decided to go ahead with an interclub meet in November. Not only did it give our members a chance to compete against other athletes, it also gave our local athletes the opportunity of competing at home and not travelling. Both parties were delighted with the response of over 340 athletes who took part in sprints, middle distance, jump and throw events. It was an event that really set us up for the Illawarra Track Challenge to be held later in January. It gave us a chance to iron out a few flaws prior to this major meet in January.

Our checking in was an area that needed improvement, with athletes, spectators and coaches all coming through the gate at the same time and having the extra burden of ensuring they signed in due to Corona Virus. Our members worked tirelessly and the end project of:



- a. Having an excellent meet that all people who attended enjoyed and relayed their thanks as one of the best presented.
- b. To our members who all rallied around and took on roles when called upon. The overall support was excellent, and we thank everyone who helped out at this meet.
- c. Our profit we secured from the canteen and the percentage we made from the entry fees was really welcomed and something that we should be grateful for. This gave us a really good start for the summer season as far as income is concerned

### **Illawarra Track Challenge**

What a meet this was. Our format remained the same, the athletes took advantage of a high-level meet, and our sponsors came on board once again. A few hiccups from our interclub meet were ironed out, but this meet held in January, was not as contained as the Interclub due to the Corona Virus. It has to be said that this meet was the best we have produced, and the athletes responded to this. A record number of entries, a format that agrees and pleases most athletes and a group of officials and supporters who give as much as possible to ensure this meet goes ahead in the best interests of all athletes attending. Preparation is the key and we had people put up their hand to ensure all equipment, etc was well out on time. Our thanks must go to the support given by Beaton Park Management, who not only supported our club, but supported the meet in general. Few little areas again we can improve on and we will continue to improve on to make sure this event is one of the key events of athletics in NSW. Our thanks have to go to Athletics NSW and with a change of office staff, the newly appointed personnel were a great help.

To the athletes who supported this event, with outstanding performances, but who can forget the brilliance of our Australian sprint champion, Rohan Browning who captured a sub 10 secs for the 100m running one of the quickest times in history by an Australian. He not only took out the 100m but ran one of the quickest times over the 60m to prove he will be a strong contender come the Olympic Games. I have never seen such excitement at the Kerryn McCann Athletic Centre, everyone clapping, cheering, and enjoying the moment, including myself. It was one of the most exciting events that most people have witnessed, and especially in Wollongong. Our media coverage to this event was fantastic and sets us up well for sponsorship. The live streaming also added to this meet. We are in the process of moving forward for the 2021/2022 event, and hopefully can live up to 2020/2021.

To our sponsors of this event, a big thank you, to Bing Lee Shellharbour, Kings Track and Field, Simon Hull Tiling and the Supporters of IBS for your wonderful contribution to our event. We look forward to your continued support.

To our own members who took part in this event and proved in some cases to be up with the best, but giving themselves a chance to compete against the best - a big thank you.

To my fellow officials and supporters, a huge thank you, for not only assisting and officiating but believing in this wonderful event, where athletes battle out for State titles in two events, the mile and 60m. Both these events have become popular among athletes.

I thank everyone from IBS who supported, encouraged, took part, or officiated at any of the meets, whether it be summer or winter, to help IBS remain one of the top country clubs in the State.

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

# Illawarra Blue Stars Athletics Club

## Website Report

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The website for our club is an area that I try to keep updated as much as possible. I realise that this area of promotion and publicity of our club is vital, and during the season 2020/2021, there were many enquires coming through our website as to:

- a. Club information.
- b. Coaching.
- c. Start of club for both winter and summer programs.

I try to answer as many questions as possible and if not possible, I forward the enquiry on to the Secretary of the club or in some cases, the President.

Websites of all clubs has become a time-consuming area and to keep it up to date as much as possible, is important. I have tried to do this, and my thanks go to people who have supported this by sending photos, etc. Many suggestions come forward as to how we can maintain this website so that it is:

- a. Always up to date.
- b. Providing information that both current and newcomers want to see.

This takes priority and I believe people go into the website to check this information out. Being out of date is not in the best interests of the club, so this has been my priority.

Areas such as past history, past events are being handled in the background, when time is available, and I try to do such things as much as possible.

I fully realise how important the website is. In this age of technology, I sometimes believe that some companies and clubs have too much on their websites that people cannot read as clearly as they would like. Like myself, time is of great importance to everyone and to go into a website that is cluttered and hard to navigate, is an issue in itself. I have tried to keep ours easy to read, easy to navigate and provide the information that is required.

I intend to display our uniforms on our website show casing all the products we have along with the prices. With the arrival of our club jackets, this will add to our competition uniform and leisure items we have available to our members.

Thank you for your assistance towards this website for information and photos.

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

## **Illawarra Blue Stars Athletics Club**

### **Uniform Report**

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The portfolio of Uniforms has become one of the hardest. This is due to a number of issues such as:

- a. Trying to please everyone.
- b. Trying to find suitable sources of production.
- c. Trying to provide sources that will deliver on time.

Every club you talk to has issues with uniforms. Ours is fully operational now but we still have issues such as delivery on time, sometimes not quite what we ordered, and sometimes a change of fabric.

I believe the club members like our uniform and it does look smart on the track. Some of the men have proposed a one piece, but this would have to be ordered by the individual themselves as I don't think there would be enough athletes wanting this item to make an order through the club.

We have added tank tops and racer back tops to our list of items and these were trialled by presenting them to winners of club point score for 2019/2020. The response from members was positive but no one has made any request to order one.

It is difficult to order any uniforms prior to the commencement of club in the summer season as we do not know the sizes and quantities that we would require. An order was placed again this past season and sales have been steady with mainly new members purchasing them, and a few current members replacing their uniform.

I try to have a variety of sizes in stock for both men and women, but as we near the end of each season, this stock needs to be replenished.

We have recently added a club jacket, and at the time of writing this report, have just received them. I have to say, that once again, the order has not been what was ordered. I have spoken to the distributor and should hopefully have a reply within the next week. These are the sort of issues that we are confronted with all the time, and although designs, colours, etc are carefully done and sent away, we still seem to have these hassles, as many clubs do. Companies should realise that this is a uniform, it is one that is sanctioned by our Association and to have something different is not acceptable. We are not like a shop that can still sell them. More care is required by these distributors and makers, as we take our time and effort to ensure we order what we want and what is required by our club. Frustrating to say the least but hopefully can be sorted. I can assure you; I will make every effort to ensure that this issue is rectified.

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

## **Illawarra Blue Stars Athletics Club**

### **Equipment Report**

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This was a challenging year with all the equipment having to be moved out of the grandstand to the containers and back again. Add to this the Illawarra Track Challenge saw many helpers step up and help with the efforts. I would like to list all who helped but I would most likely miss someone so a big generic thank you to all those who helped. For a special mention, thank you to Valmai, Andrew Rodda, Joshua and Charlotte who supported me through this big year.

Specifically, with the equipment, we are in a position where we can look at improvements to the equipment and storage of them. We are needing to upgrade the throwing equipment so we can look at new ways of storage including the javelin holders being completed and positioned into a new location.

Thank you again to all who helped with equipment this year.

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

## **Illawarra Blue Stars Athletics Club**

### **Beaton Park Management Report**

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We all know what happened in 2020/2021 but on many occasions, it did affect us as far as a club goes, but as far as the Management Team with Beaton Park, as much went on as possible. The management of Beaton Park were so supportive of us all, that is all clubs of the region, throughout this time. Many times, it became frustrating, with the implementation of the checking in etc of all our members attending and, in some cases, our plans having to be adjusted accordingly to the Minister for Health. In general Beaton Park were very good in this respect, and although we had to submit 3 plans, one for our club meets, another for the interclub meet, and another for our track challenge, they were accepted readily.

I know I say this every year, but it has shown to us how important it is to have Council support our track and support it in a manner that allows us to have high quality equipment. The experience of Mingara not being able to provide all facilities for Country, shows how lucky we really are. On a number of occasions, people were suggesting that ANSW should transfer the country to Wollongong as we can provide for all events. This is due to the combined group of representatives meeting with Beaton Park to ensure the track, and the fixed equipment is kept up to a high standard.

At the time of writing this report, I am about to have a zoom meeting with other reps of the clubs, AW, KJ, and WCLA's, along with Beaton Park Management, and repairs are certainly on the agenda. The Steeplechase condition is a high priority, with readjusting them, replacing barrels and repainting, etc is of high importance. Height adjustments also to be made. This will be done by Council through the Management of Beaton Park. High jump mats are also to be looked at, the proposal of moving and taking away the shed cover is still on the agenda. Although still there, Beaton Park management believe that the shed gives them more headaches than replacing the mats etc, if uncovered and damaged. Major issues to the ground surface is caused by the cover and this is causing ground maintenance a lot of headaches. The clubs are of the opinion that the shed/cover is a protection and would be in constant use if uncovered.

You probably have noticed that we have 4 robotic mowers that move around the track at a constant pace. These are so valuable to us as they can be turned on and the ground is fully mowed, in small time span. These, of course belong to Council and are a great asset to have.

Finally, the grandstand. Sure, we had to move our equipment and I cannot thank our members enough who supported the move and the move back to under the grandstand. A few adjustments such as the lay out may give us more room with our cupboards on the side wall and AW using their cupboards as the barrier between the training room and the main room. Shelving will be placed on the far wall, enabling us to get to such things as witches caps, hose etc, much easier than previously. The grandstand has been painted, panels have been restored and painted, and are now flush to the grandstand, hoping to keep the water out, that previously came through the gaps and run down the full length of the grandstand seats. The major repair has been the removal of the rust that was appearing, due to age. But we still have the issue of space, and with AW hurdles still in the major area, we still do

not have the floor space to move around freely. With the success of the portable containers, it was suggested that at least one be retained and placed at the far end of the track on the outside to enable us to store such equipment as competition hurdles, starting blocks and AW hurdles. We are still negotiating this but it would be an ideal situation as hurdles then can be moved straight onto track as with starting blocks.

Many people do not realise the support that we do get from the Management of Beaton Park, but I ask you, to rethink on Mingara and then you will actually realise how lucky we are.

On behalf of IBS I say a big thank you to all staff of Beaton Park who support us, as a club, in our endeavours to bring such events as Premier League, and our Illawarra Track Challenge to Beaton Park (Kerryn McCann Athletic Centre). At all times they have been helpful and supportive and to this, I say a big thank you.

We still have a few hurdles to overcome such as:








- a. The bubbler - still an ongoing saga and quite useless to us at the moment.
- b. Lack of larger change rooms and toilets - far too small for such major meets.

We must continue to have these meetings and get together with Management. Failure to do so and front up and put forward suggestions will and could mean we may end up the same way as Mingara. This we do not wish to see.

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

**Blue Stars Athletics Club**  
**Club Management 2020-2021 Season**

**Executive and Management Committee**

	<p><b>President</b></p> <p><b>Sue Sundsrom</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; Social Activities Co-ordinator</b></p> <p><b>Lynda Douglass</b></p>
	<p><b>Board Member &amp; Assistant Equipment Officer</b></p> <p><b>Andrew Rodda</b></p>		<p><b>Board Member &amp; Liaison Office to Little A's</b></p> <p><b>Mark Harris</b></p>



# ACPE NSW ALL SCHOOLS CHAMPIONSHIPS

SOPAC, Sydney - 3 - 6 December 2020

Name	Event	Place	Performance
<b>13 Years Women</b>			
Brodie McCluskey	100m (heat)	2nd	12.95
	100m (final)	2nd	12.63
	200m (heat)	2nd	25.92
	200m (final)	1st	25.77
<b>16 Years Women</b>			
Charlotte Smith	Javelin	8th	30.88m
<b>18 Years Women</b>			
Ashlyn Adams	100m	13th	12.99
	200m	13th	27.11
Lauren Percival	100m (heat)	2nd	12.27
	100m (final)	2nd	12.12
	200m (heat)	2nd	24.93
	200m (final)	2nd	24.63
<b>20 Years Womens</b>			
Grace Adams	100m	2nd	13.56
	100m hurdles	2nd	15.08
<b>12 Years Men</b>			
Matthew Arregui	100m (heat)	10th	13.57
	100m (final)	10th	13.25

## ACPE NSW ALL SCHOOLS CHAMPIONSHIPS

SOPAC, Sydney - 3 - 6 December 2020

Name	Event	Place	Performance
<b>13 Years Men</b>			
Elias Oldfield	100m (heat)	8th	12.14
	100m (final)	8th	12.13
	400m (heat)	3rd	55.13
	400m (final)	3rd	54.86
	triple jump	4th	10.94m
	Javelin	10th	30.50m
<b>15 Years Men</b>			
Calem Brown	100m	16th	11.59
	200m	10th	23.51
<b>15 Years Men</b>			
Alexander Del Popolo	Javelin	3rd	50.73
<b>19 Years Men</b>			
Jonty Faulkner	400m	5th (Final)	52.19

## ILLAWARRA TRACK CHALLENGE

Kerryn McCann Athletic Centre, Beaton Park, Wollongong - 16 January 2021

Name	Event	Place	Performance
<b>U16 Women</b>			
Brodie McCluskey	60m (Heat)	2nd	8.10Q
	60m	6th	8.03
<b>Open Women</b>			
Brodie McCluskey	100m	22nd	12.79
Jessica Hogg	1 Mile	8th	5:51.45
Lauren Percival	100m	17th	12.59
Riana Drake	60m (Heat)	3rd	8.20
Rina Flynn	60m (Heat)	5th	10.43
	100m	60th	16.74
	400m	28th	1:25.81
Sarah de Vries	60m (Heat)	6th	8.71
	100m	37th	13.33
<b>U14 Men</b>			
Matthew Arregui	60m	2nd	8.42
<b>U16 Men</b>			
Elias Oldfield	60m (Heat)	3rd	7.78
Zaidyn Pham	60m (Heat)	4th	7.84
<b>U18 Men</b>			
Alex Harris	60m (Heat)	6th	7.46
Calem Brown	60m (Heat)	4th	7.19q
	60m	5th	7.17

## ILLAWARRA TRACK CHALLENGE

Kerryn McCann Athletic Centre, Beaton Park, Wollongong - 16 January 2021

Name	Event	Place	Performance
<b>U20 Men</b>			
Jonty Faulkner	60m (Heat)	3rd	7.06Q
	60m	5th	7.20
<b>Open Men</b>			
Alex Harris	100m	57th	11.79
Andrew Rodda	60m (Heat)	7th	12.97
Calem Brown	100m	34th	11.30
Cameron Chisholm	100m	32nd	11.27
	400m	16th	51.07
Christopher Devery	100m	26th	11.10
Connor Dymond	100m	51st	11.69
Elias Oldfield	100m	70th	12.12
Ethan Thickett	100m	69th	12.10
	400m	43rd	56.93
Jonty Faulkner	400m	11th	50.28
Josh Baulch	400m	5th	49.68
Justin Miller	60m (Heat)	6th	7.39
Lachlan Parry	60m (Heat)	1st	7.01Q
	60m	1st	6.96
	100m	9th	10.78
Liam Ryan	60m (Heat)	5th	7.27
	100m	37th	11.34
	400m	28th	53.39
Zaidyn Pham	100m	81st	12.56

## ILLAWARRA TRACK CHALLENGE

Kerryn McCann Athletic Centre, Beaton Park, Wollongong - 16 January 2021

Name	Event	Place	Performance
<b>Mixed Field</b>			
Alexander Del Popolo	Javelin (Div 1)	1st	60.62m
Andrew Rodda	Hammer (Div 2)	9th	22.31m
Charlotte Smith	Javelin (Div 1)	8th	32.40m
Elias Oldfield	Javelin (Div 2)	2nd	34.84m
Ethan Thickett	Long (Div 3)	10th	4.68m
Liam Ryan	Long (Div 3)	7th	4.88m
Mary Thomas	Hammer (Div 2)	8th	29.71m
	Javelin (Div 2)	11th	15.22m
Sarah de Vries	Long (Div 3)	12th	4.32m

## NSW MASTERS CHAMPIONSHIPS

SOPAC - 13 and 14 February 2021

Name	Event	Place	Performance
<b>55-59 Women</b>			
Rina Flynn	60m	5th	10.49
	100m	5th	17.05
	200m	4th	36.46
	400m	3rd	1:23.95
	800m	2nd	3:29.12
	Discus	8th	17.04m
	Javelin	7th	12.68m
<b>75-79 Women</b>			
Mary Thomas	Discus	1st	18.67m
	Hammer	1st	28.59m
	Javelin	1st	15.52m
	Shot	1st	8.07m
	4kg Weight Throw	1st	10.10m
<b>35-39 Men</b>			
Justin Miller	60m	1st	7.57
	100m	1st	12.02

# NSW COUNTRY CHAMPIONSHIPS 2021

Mingarra Regional Athletic Centre - January 26 - 28 February 2021

## IBS Team Members Individual Results - Women

Name	Event	Place	Performance
<b>U16 Women</b>			
Chelsea Ezeoke	100m (Heat)	2nd	12.58Q
	100m	4th	12.61
	200m	1st	25.72
<b>U17 Women</b>			
Charlotte Smith	Discus	6th	18.55m
	Javelin	1st	32.07m
	Shot	4th	7.30m
<b>U18 Women</b>			
Ashlyn Adams	100m	5th	13.09
	100m Hurdles	3rd	16.95
	200m	6th	27.91
<b>U20 Women</b>			
Grace Adams	100m (Heat)	4th	13.36q
	100m	6th	13.31
	400m	2nd	1:03.30
	100m Hurdles	4th	15.79
	400m Hurdles	2nd	1:09.75
<b>Open Women</b>			
Ashleigh Hogg	3000m Walk	2nd	24:22.53
	Discus	10th	11.88m
	Javelin	11th	9.33m
	Shot	9th	6.04m
Charlotte Smith	Javelin	3rd	29.59m
Jessica Barnes	Javelin	4th	26.62m
	Shot	6th	8.03m

# NSW COUNTRY CHAMPIONSHIPS 2021

Mingarra Regional Athletic Centre - January 26 - 28 February 2021

## IBS Team Members Individual Results - Women

Name	Event	Place	Performance
<b>Open Women</b>			
Jessica Hogg	100m (Heat)	7th	15.36
	200m (Heat)	5th	30.98
	400m	4th	1:08.29
	800m	2nd	2:37.23
	1500m	3rd	5:14.18
	Javelin	10th	10.03m
	Long	1st	3.63m
	Triple	2nd	7.79m
Kaitlyn Neto	100m (Heat)	6th	14.37
	200m (Heat)	6th	31.00
	400m	5th	1:14.19
	Discus	9th	17.79m
	Javelin	9th	14.22m
	Shot	8th	6.39m
	Long	2nd	3.38m
	Madeleine Miller	100m (Heat)	4th
100m		5th	12.81
Telia Mahon	100m (Heat)	4th	13.28
	200m (Heat)	4th	28.49q
	200m	7th	28.56
Illawarra Blue Stars 'A'	4x100m	4th	50.78
	Telia Mahon		
	Grace Adams		
	Annabelle Miller		
	Ashlyn Adams		
Illawarra Blue Stars 'B'	4x100m	7th	56.18
	Charlotte Smith		
	Jessica Hogg		
	Kaitlyn Neto		
	Hayley Kitching		



# NSW COUNTRY CHAMPIONSHIPS 2021

Mingarra Regional Athletic Centre - January 26 - 28 February 2021

## IBS Team Members Individual Results - Women

Name	Event	Place	Performance
<b>40-49 Women</b>			
Lisa Quinn	100m	1st	13.51
	200m	1st	28.44
	400m	2nd	1:07.49
	Javelin	4th	21.72m
	Long	1st	4.19m
	Triple	1st	8.85m
<b>50-59 Women</b>			
Jodie Redmond	Discus	3rd	15.16m
Rina Flynn	100m	4th	16.75
	200m	3rd	35.08
	400m	4th	1:23.87
	800m	3rd	3:23.08
	Discus	4th	13.90m
	Javelin	4th	11.22m
	Shot	2nd	7.28m
<b>70+ Women</b>			
Mary Thomas	Discus	1st	20.24m
	Javelin	1st	16.15m
	Shot	1st	7.91m

# NSW COUNTRY CHAMPIONSHIPS 2021

Mingarra Regional Athletic Centre - January 26 - 28 February 2021

## IBS Team Members Individual Results - Men

Name	Event	Place	Performance
<b>U14 Men</b>			
Matthew Arregui	100m	4th	13.52
	200m	3rd	27.90
	Long	7th	4.03m
<b>U17 Men</b>			
Alex Harris	100m (Heat)	1st	11.62Q
	100m	3rd	11.58
	200m (Heat)	2nd	23.63Q
	200m	3rd	23.29
Calem Brown	100m (Heat)	1st	11.40Q
	100m	2nd	11.32
	200m (Heat)	3rd	24.04Q
	200m	2nd	23.16
<b>U18 Men</b>			
Rhys Barnes	100m	4th	13.22
	Discus	3rd	22.22m
	Javelin	3rd	27.83m
	Shot	2nd	9.60m
<b>U20 Men</b>			
Andrew Lau	Discus	3rd	25.53m
	Javelin	4th	26.02m
	Shot	3rd	7.47m
	Triple	2nd	9.15m
Ethan Thickett	100m (Heat)	6th	12.04
	200m (Heat)	7th	25.20
	400m	7th	55.11

# NSW COUNTRY CHAMPIONSHIPS 2021

Mingarra Regional Athletic Centre - January 26 - 28 February 2021

## IBS Team Members Individual Results - Men

Name	Event	Place	Performance
<b>U20 Men (cont)</b>			
Jonty Faulkner	100m (Heat)	2nd	11.11Q
	100m	3rd	10.98
	400m	3rd	50.87
<b>Open Men</b>			
Cameron Chisholm	100m (Heat)	4th	11.29
	200m (Heat)	3rd	22.52Q
	200m	6th	22.67
Connor Dymond	100m (Heat)	6th	11.76
	110m Hurdles	3rd	16.78
	400m Hurdles	2nd	1:04.24
	Javelin	1st	48.97m
Justin Miller	100m (Heat)	5th	11.69
Lachlan Parry	100m (Heat)	2nd	11.03Q
	100m	4th	10.91
	200m (Heat)	2nd	22.40Q
	200m	2nd	21.91
Liam Ryan	100m (Heat)	4th	11.40
	200m (Heat)	5th	23.32
	400m	9th	53.13
	800m	5th	2:13.72
Illawarra Blue Stars 'A'	4x100m	1st	43.19
	Lachlan Parry		
	Cameron Chisholm		
	Corey Williams		
	Jonty Faulkner		
Illawarra Blue Stars 'B'	4x100m	9th	48.01
	Calem Brown		
	Liam Ryan		
	Alex Harris		
	Ethan Thickett		

# NSW COUNTRY CHAMPIONSHIPS 2021

Mingarra Regional Athletic Centre - January 26 - 28 February 2021

## IBS Team Members Individual Results - Men

Name	Event	Place	Performance
<b>30-39 Men</b>			
Justin Miller	400m	2nd	56.59
<b>50-59 Men</b>			
Andrew Rodda	400m Hurdles	2nd	1:36.84
John Hogg	100m	8th	15.72
	800m	3rd	2:45.51
	1500m	2nd	5:32.50
<b>60-69 Men</b>			
Mark Matthews	Discus	2nd	25.94m
	Javelin	3rd	26.91m

## NSW OPEN and U23 CHAMPIONSHIPS

SOPAC, Sydney - 5 - 7 March 2021

Name	Event	Place	Performance
<b>Open Women</b>			
Jessica Hogg	800m (Heat)	11th	2:36.17
	1500m (Heat)	13th	5:22.42
Monique Byers	400m Hurdles (Heat)	5th	1:08.21
Sarah de Vries	100m (Heat)	8th	13.32
	200m (Heat)	7th	27.25
	400m (Heat)	9th	1:06.65
Telia Mahon	100m (Heat)	9th	13.37
	200m (Heat)	8th	28.1
<b>Open Men</b>			
Connor Dymond	100m (Heat)	9th	16.5
Corey Williams	100m (Heat)	6th	11.54
	High	6th	1.96m
	Long	6th	6.50m
Jonty Faulkner	100m (Heat)	5th	11.22
	400m (Heat)	5th	50.26q
	400m (Semi-Heat)	8th	50.91
Kyle Grubnic	100m (Heat)	3rd	11.06q
	100m (Semi-Heat)	8th	11.15
Lachlan Parry	100m (Heat)	3rd	11.08q
	100m (Semi-Heat)	7th	11.12
	200m (Heat)	2nd	21.69q
	200m	6th	22.02
Liam Ryan	100m (Heat)	5th	11.33
	800m (Heat)	9th	2:12.14

# NSW JUNIOR YOUTH CHAMPIONSHIPS

SOPAC, Sydney - 12 - 14 March 2021

Name	Event	Place	Performance
<b>U15 Women</b>			
Brodie McCluskey	100m (Heat)	3rd	12.80q
	100m	4th	12.77
	200m (Heat)	2nd	27.01Q
	200m	4th	26.67
<b>U16 Women</b>			
Chelsea Ezeoke	200m (Heat)	2nd	26.53
	200m	3rd	25.83
<b>U17 Women</b>			
Charlotte Smith	Javelin	5th	33.89m
<b>U18 Women</b>			
Ashlyn Adams	100m (Heat)	7th	13.07
	200m (Heat)	6th	27.64
Lauren Percival	100m (Heat)	1st	12.44Q
	100m	2nd	12.31
	200m (Heat)	4th	26.30q
	200m	6th	26.11
<b>U20 Women</b>			
Grace Adams	100m Hurdles (Heat)	4th	15.18q
	100m Hurdles	9th	15.58
	200m Hurdles	4th	1:07.94
<b>U15 Men</b>			
Elias Oldfield	100m (Heat)	4th	12.12q
	100m	9th	12.15
	200m (Heat)	4th	25.62q
	200m	6th	25.18
	400m (Heat)	3rd	54.86Q
	400m	6th	53.93

## NSW JUNIOR YOUTH CHAMPIONSHIPS

SOPAC, Sydney - 12 - 14 March 2021

Name	Event	Place	Performance
<b>U17 Men</b>			
Alex Harris	100m (Heat)	6th	11.59
	200m (Heat)	4th	24.44q
	200m	6th	23.68
Calem Brown	100m (Heat)	5th	11.48
	200m (Heat)	3rd	24.17Q
	200m	8th	24.08
<b>U18 Men</b>			
Alexander Del Popolo	Discus	7th	31.37m

# AUSTRALIAN CHAMPIONSHIPS

SOPAC, Sydney - 12 - 19 April 2021

Name	Event	Place	Performance
<b>U15 Women</b>			
Brodie McCluskey	100m (Heat)	4th	12.68q
	100m	7th	12.82
	200m (Heat)	2nd	25.75Q
	200m	6th	25.97
<b>U16 Women</b>			
Chelsea Ezeoke	200m (Heat)	5th	25.53
	4x200m	1st	1:40.31
Team: Damita Betham Chelsea Ezeoke Ruby Worrell Tuliana Kabuyawa			
<b>U18 Women</b>			
Lauren Percival	100m (Heat)	4th	12.67
	200m (Heat)	1st	25.43Q
	200m	1st	24.81
<b>U15 Men</b>			
Elias Oldfield	400m (Heat)	4th	54.67q
	400m	8th	54.70
<b>U17 Men</b>			
Calem Brown	100m (Heat)	7th	11.66
<b>Open Men</b>			
Lachlan Parry	100m (Heat)	7th	11.32



## MASTERS THROWS CHAMPIONSHIPS 2020-2021

### World Masters Virtual Masters Challenge

#### Mary Thomas W75

Discus	1st
Hammer	1st
Javelin	2nd
S/W Throw	1st
Shot	1st
Throws Pentathlon	1st
Weight Throw	2nd

### NSW Masters Indoors

#### Mary Thomas W75

S/W Throw	1st
Shot	1st
Weight Throw	1st

### Oceania Masters Virtual Championships

#### Mary Thomas W75

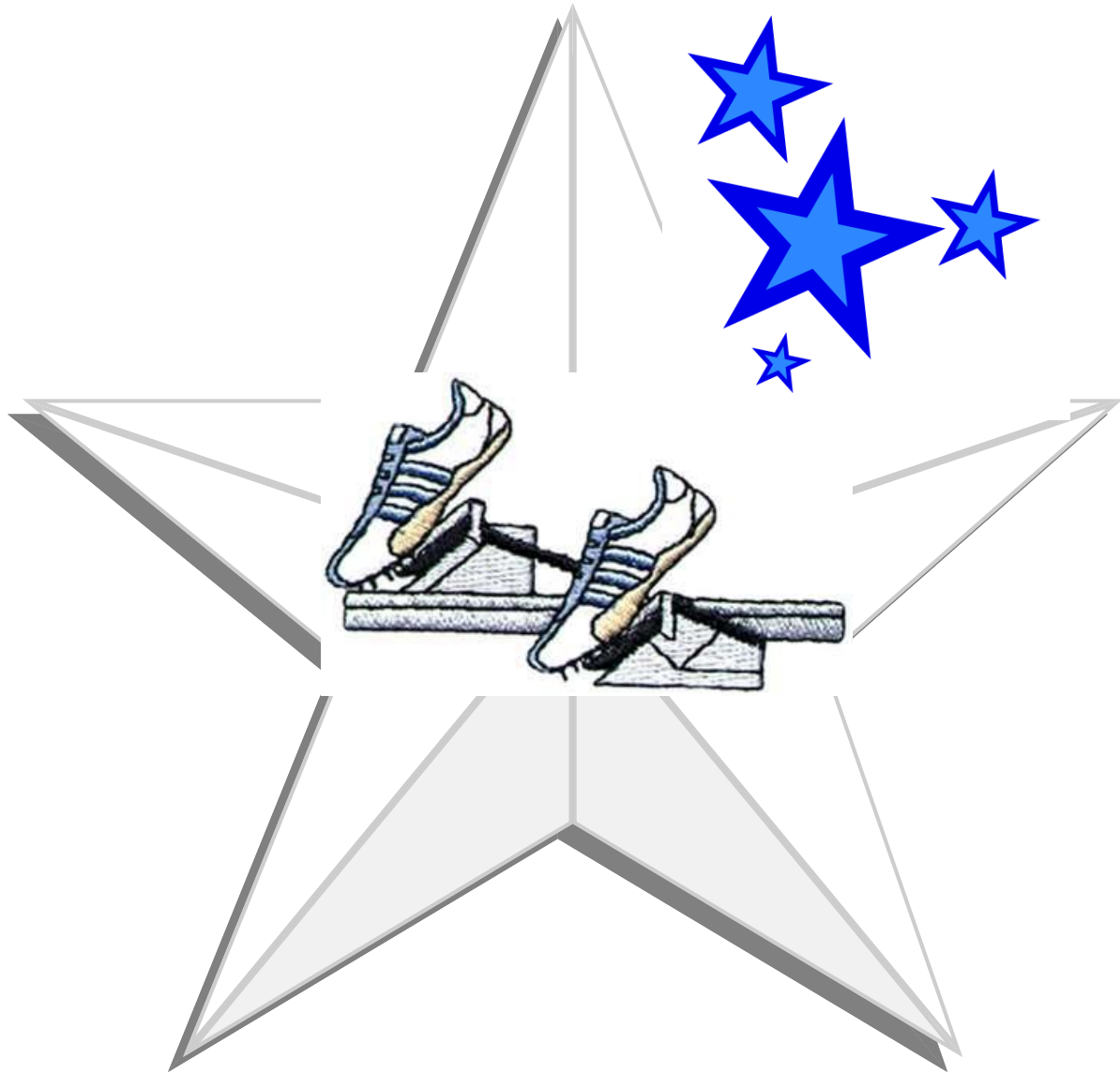
Discus	1st
Hammer	1st
Javelin	1st

### NSW Masters Throws Pentathlon

#### Mary Thomas W75

Discus	1st	
Hammer	1st	
Javelin	1st	
Shot	1st	
Weight Throw	1st	
<b>Total</b>	4027	1st

# Illawarra



# Blue Stars