



**Illawarra Blue Stars**

**Athletic Club Inc**

# **Annual General Meeting**

**Beaton Park Leisure Centre**

**Tuesday 29 May 2018**

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# **Illawarra Blue Stars Athletics Club**

## **President's Report**

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2018 picked up where 2017 left off in the development of Athletics in NSW as the One Sport Program continues to grow. Numerous staff changes meant that there were a lot of new faces at ANSW taking on key roles, which they will become more experienced at as their careers progress. IBS supported ANSW throughout the year and we will continue to assist with making the One Sport program a success. It is imperative that as a Club we support this and help it to grow to ensure Athletics can survive and thrive well into the future.

Performances at ANSW events were once again impressive. Our Open athletes were outstanding this year with a many qualifying for AA Nationals and this year Lachlan Parry achieved Open Gold in the 4 x 100 relay team. It was a well-deserved reward for a year of hard work and dedication. Our performances at State Relays showed the strength of our Club in all age divisions. We had representation at all the Treloar Shield events and at all State and regional meets with impressive performances across the board. Country was in Wollongong this year and despite having many athletes reduce their workload to assist in running the event we managed to repeat last year's feat of 2<sup>nd</sup> place in the Hooper Cup. Well done to all!

The support we provided in putting on the Country Championships was specially mentioned by ANSW and we owe everyone who took the time to help over the Australia Day weekend our gratitude. Wayne and Amanda Adams, Ian and Heidi Smith and Valmai Loomes in particular did not stop all weekend and I have never been prouder of our Club.

Our summer Club meets had modest numbers and as a result the workload to put these on was spread over a smaller group of board members and volunteers. As always you were all amazing and my heartfelt thanks go out to everyone who put their hand up week in week out. In particular those athletes and parents who came to compete and/or watch but took the time to help in between events. We honestly cannot do it without your help! We had representation in every winter event this year which was fantastic. I was privileged to run in relays with a group of mixed ages and genders (meaning we had to compete against the Open Men) and we epitomised the spirit of the competition by giving it a go.

Every year we see new people come into our Club but often they only stay for one season then we don't see them again. I don't have an answer for this and I am not sure why this is the case, but it is something that we need to address as a Club and get to the bottom of. We may need to change some of the things we do to make the experience more inclusive and/or inviting.

I say this every year - IBS has some of the best officials around. Our team of officials is at every ANSW and AA meet, giving their time tirelessly to the sport. We are extremely proud of our IBS technical officials, especially those who were chosen for Commonwealth Games duty this year. They are such an inspiration that we now have more officials training to join their ranks! Thank you all for your dedication and time!

Finally I would like to thank my fellow committee members, coaches and volunteers who were there with me throughout the year and worked so very hard to make this all happen. I am very proud to be a part of such a brilliant Club and hope to see you all next year!

**Geoff Hynoski**  
**President**



## **Illawarra Blue Stars Athletics Club**

### **Secretary's Report**

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Once again it gives me great satisfaction and pride that I deliver my report for the season 2017/2018.

From the moment the season opened we all knew we were going to be in for a very hectic season and how right we all have been. This season has been hectic for many reasons, but we all know that our sport is no longer summer and winter; it is a sport that carries into both seasons. If we are not arranging and conducting events, all clubs now need to be doing preparation work in the so called "off season". My thanks go to the committee and the wonderful group of people who support the committee so we can offer quality and high standard presentation of our sport.

#### **New Faces**

We saw new faces onto the Committee with Rebecca Dos Santos, Kaitlyn Neto and Jaime Deegan taking up important roles within the club. Rebecca will certainly give a more detailed account of her fund raising efforts and our thanks are extended to her and of course Jodie Sundstrom and Kaitlyn Neto who have been sourcing out new avenues of fund raising. I believe the chocolates were a "winner" and one that we should encourage to continue (see both Rebecca's (fund raising report) and Jodie's (Treasurer) reports).

Jaime Deegan took on the role of Liaison officer between our club, IBS and Little A's, a position that is needed to enhance our prospects of gaining more members from this innovative idea. Jodie Sundstrom has also created a network whilst Geoff and I are constantly inviting and encouraging the Little A's members to become involved. Our close connection with Dapto Little A's has not only given us new members on the competition side but new supporters who have become very valuable officials of our club.

#### **Dual Registration**

Numbers are the key thing for sponsorship, but once again Dual registrations are not only numbers, they are very important athletes of our club. As a club it is our responsibility to ensure the members are "open to new challenges" and we have seen a number of our dual registered athletes take this opportunity. It is surprising to note that the younger athletes have not taken up the challenge as much as the older dual members. Maybe many parents of the younger athletes feel that their children have enough to concentrate on and will take part in more ANSW as they become older.

#### **Cross country and Winter Series**

Our cross country has not been patronized as well as we would like but the enthusiastic members still support. Geoff himself has been a very active president encouraging members to come to organised cross country, and also being successful in ANSW Events. Perhaps once again there is too much to choose from and members have been taking part in park runs. After much deliberation and discussion, it has been decided that 2018/2019 season will see a varied format for our winter activities. A designed program has incorporated the Park Runs for our members, with our added own feature events of the King of the Mountain, our scenic course of Minnamurra and our Puckeys course, which will not only give athletes a variety but also a choice to compete on a Saturday or Sunday. We

will also be encouraging our members to take part in the meets organised by ANSW. Our winter track program will remain on the 4<sup>th</sup> Sunday of each month commencing in May, but this too will have some added attractions for our athletes and members and to encourage members of other clubs to take part. These two programs have been designed to commence in May 2018.

### **Officials**

They have once again been hard to attract, but it is hoped that some of our members undertake their official's course and become technical officials. We cannot thank our technical officials enough. The time and effort they have spent on the track for ANSW and then backing up for our club, cannot go unnoticed. We will certainly miss John Munro, who will be moving to Queensland but he will be with us all the way, as he has been proposed for Life membership of our club, IBS. Ann Grimm, John Munro and Jodie Sundstrom will head to the Commonwealth Games to act as officials and along with Neville Fenn (who has had to unfortunately withdraw) have all earned the honour as acting as officials at this important event. Well done guys, what a great result for our club.

The supporters and officials at club meets have been quite good and once again I have to say the support from Dapto Little A's members is to be congratulated. It is a fluctuating thing - sometimes have many to conduct the events, other times we are down a lot. Importantly we have to thank everyone who has taken the time to give to the athletes and support us as the Committee of the club to give a good quality club competition.

### **Athletes' success**

We have had one of the best seasons for some time and the support once again of coaches and supporters have played an important role. At a recent clubs forum of Athletics NSW it was emphasised that all people play an important part in our sport regardless of the job they do to support the sport. This is so true and we have seen this in such events as the Track challenge, the country titles and then onto state and nationals. Behind the scenes are people who virtually are playing such an important role by just being a supporter, and IBS has one of the best. Keep it up members our athletes cannot thank you enough.

We have had at least one athlete in all teams for national titles, from U14, U16 U18, U20 and Open and at the time of writing will have a number of masters representing our club at the Australian titles. This is an indication in itself that our athletes are being encouraged to remain in the sport and are being monitored well by coaches and mentors. Well done coaches and supporters.

### **On the track**

The season has been hectic for many reasons but the main reasons have been our undertaking both the Illawarra Track Challenge and also the country titles. Our own event, the Track Challenge has gained high recognition and it is our responsibility but our role in the country titles preparation was vital to enable ANSW to present a fabulous, well run, well conducted event.

I have outlined the Country titles in the following with a little more detail but have to say that it makes me proud to say that I am secretary of IBS when I see so many of our people assisting to make sure this event is one of the best. Well done everyone, we cannot thank you enough.

## **Country Championships Report**

### **Thank you**

The NSW Country titles held over the long weekend once again produced some outstanding performances and IBS athletes were among them. Held at the Kerry McCann athletic centre, the event saw athletes from all over the country areas with many travelling miles to contest one of the most popular events on the athletic calendar. Held in perfect weather conditions, until the final day on Sunday when rain hit the area, the event continued. The skies cleared and the sun out again and athletes enjoyed some of the best weather. Competing in age brackets from 9 years up to masters, the country titles is one of the largest and most complex events to be conducted and all our officials and supporters were superb. Officials of NSW Athletics were outstanding but it was the support of our local members that showed what tremendous commitment they make to the sport of athletics.

Our thanks are extended to Dapto Little A's who loaned us three tents to attach to our own tents, to allow us to have a real Blue Stars Shed - fabulous to keep all our members together.

The club would like to thank all our officials and volunteers who helped out not only on the three days of competition but also the Thursday prior to the champs, for the tremendous work everyone did in the preparation. Jodie /Sue Sundstrom's little gem of a bag of sweets to all officials with a big thank you attached from IBS and a draw for bottles of wine for officials was a thought that doesn't go unnoticed by ANSW officials. The sweets were provided by Sue/Jodie on the final day for officials and helpers was also acknowledged and what a pity other clubs declined to do this when approached.

My (Valmai) thanks go to Geoff who attended all meetings with me and was a fabulous support base to me not only at meetings but the tireless work he carried out in preparation and on the track whilst he was trying to compete also. Wayne Adams did not stop and our thanks go to Wayne and his family for his re markings of the hurdles prior to the event to ensure they were all correct. To his family also for the great back up support. Ian Smith didn't stop and his support in setting up was and has been acknowledged by all our members. The canopy Ian and Heidi set up was fabulous as with the drinks that were made available all throughout the titles. Young Joshua Smith needs special mention as his great help on preparation day was enormous and made it so much easier for us to access equipment that us bigger officials find it hard to do. He was supported on the prep day by young Tyson Guevara who worked well. Our young men also helped put away equipment on the final day which was also a great help.

### **But what about our volunteers and officials**

Superb is the only way to describe you all. We have been congratulated by ANSW for your assistance and this I believe shone through over the 3 day meet. I have to admit that we did not have any issues gaining help, but the support from other clubs needs a lot to be desired. Our officials were designated to times and days and this allowed them to sit back and take in the action, when not on the track

## **Preparation Day - Thursday**

### **Helpers**

Geoff Hynoski, Valmai Loomes, Ian Smith, Josh Smith, Sara Guevara, Tyson Guevara, Kaitlyn Neto, Lynda Douglass - plus five helpers from the Landscaping /construction course through Fusion Training that we cannot thank enough - thanks Andrew and Mick.

### **Competition day - Friday**

Volunteers and Officials: Geoff Hynoski, Valmai Loomes, Sue Sundstrom, Jodie Sundstrom, Sally Barnes, Julie Bird, Carol Gibbons, Kaityln Neto, Lynda Douglass, Wayne Adams, Gianna Mogentale, Francienne Patterson, Amanda Adams, Ian Smith, Heidi Smith, Stacey Barlow, Tukere Barlow, Nigel Attwell.

Blue Stars technical officials on track: John Munro, Jodie Sundstrom, Neville Fenn, Ann Grimm, Sue Sundstrom.

### **Competition day - Saturday**

Volunteers and Officials: Geoff Hynoski, Valmai Loomes, Ian Smith, Wayne Adams, Nigel Attwell, Jamie Deegan, Mark Douglas, Jodie Redmond, Mark Matthews, Naoko Lamb, John Lamb, Darren James, Kaitlyn Neto, Julie Bird and Barbara Bird (Officials meals).

Blue Stars Technical officials on track: Neville Fenn, John Munro, Allen Johnson

### **Competition day - Sunday**

Volunteers and Officials: Geoff Hynoski, Valmai Loomes, Ian Smith, Wayne Adams, Amanda Adams, Carol Gibbons, Sue Sundstrom, Toyah Edwards (officials meals) Josh Bell (officials meals).

Blue Stars Technical officials on Track: John Munro, Neville Fenn, Jodie Sundstrom, Allen Johnson, Sue Sundstrom, Ian Smith

### **Assistance to put away**

Geoff Hynoski, Ian Smith, Valmai Loomes, Heidi Smith, Wayne Adams, Amanda Adams, John Hogg, Corey Hogg, Grace Adams, Ashlyn Adams, Gianna Mogentale, Junior athletes: Josh Smith, Jake Babian, Jack Babian.

Thanks to all the people under the tents who assisted to have them taken down so that Nigel Attwell could take them back to Dapto little A's and also for the assistance with Ian's tent that the Smiths so kindly loaned.

**So are we tired?** I know I am. Mentally tired; on the back of the Track Challenge - yes, I have counted that many tents, chairs, tables etc, placed them, and took them down again etc, in my sleep, not funny, physically tired. Yes, with a bad foot and a cut in the leg from hurdles, long days and nights. Yes, preparing checking and organising, but if we didn't want to do it, then we wouldn't do it, so no point in complaining. I just know that we as a club IBS did a tremendous job and it is a pleasure to work with you all.

### **IBS sprinters take double and sportsmanship shines through**

On the track IBS open men and women were outstanding. Lachlan Parry, Kyle Grubnic, Chris Devery took out the trifecta in the open men's 100m with Parry recording a National qualifying mark. IBS athletes were well represented in the final with Connor Dymond also making the hotly contested field. Parry then backed this up with another win in the 200m, from Devery, and newcomer Liam Ryan making his first country final recording a personnel best time. The men then combined to win gold in the 4 x 100 relay. Stephanie Power was not going to let the men take all the honours. She showed her talent to again take the double (the open women's 100 and 200m) in a display of class running, and although she has suffered injuries, it is hoped she can continue her form to enter into the state and National titles. The open men and women not only showed great talent but they also displayed the traditional Blue Stars sportsmanship when most athletes contested events they normally do not do, but then managed to take minor placings. Newcomers to the club had their first taste of county titles and were impressive right throughout the meet. Once again the masters of the club shone with multiple winners. Gianna Mogentale and June Lowe outstanding in their respective age brackets. Mogentale has had a "fairy tale" Country title experience over the years she has competed, with her wins and placings being one of the most impressive of any athlete of any age. June Lowe continues to shine in both track and field events and is considered by many as one of the best all round masters' athletes. The men were not going to be outdone by the women's in the masters and none could have been more impressive than Leith Babian showing not only endurance over the 5km but tremendous speed over all the short distances from 100m to 400m.

### **National qualifying marks set**

National qualifying marks were not only on the track with young Hurdler Ashlyn Adams making the mark for the women's under 15 200m hurdles, but she was joined by discus thrower Marie Louise Meier who created a personal best throw to take the gold. She added a national qualifying distance of 44.06m to meet not only the U20 but also U23 age brackets.

High Jumper Maya Boss-Woods also met the qualifying mark for the high jump as with Jye Shumack and Nicholas Horton showing the class the club has in this event.

### **Youngsters Join in Medal Tally**

Our younger members of the club were outstanding and added to the large haul of medals the club achieved over the 3 day meet. Great to see some of our dual registered members being among the medal winners, and now being part of senior athletics. They were also impressive assisting with equipment, helping officials and generally being a great help to us all. The junior athletes were indeed very impressive in all they did. What a job young Emma Mathews has done with outstanding photos that she has taken along with mum and dad, whilst Josh Smith deserves a special mention for his nonstop assistance and really getting into places that our larger officials find it very difficult. Well done Josh as with Tyson Guevara who came down with mum on the Thursday and worked nonstop.

But medals should have been given out to the club's great supporters base who spent hours in preparation, hours on the track as officials or volunteers and backed this up with some trying to compete also. We cannot thank you all enough as you all have made the NSW Country titles in the gong a very successful event. All results are now on Athletics NSW Web site.

### **Our medal tally shows**

43 gold  
29 silver  
30 bronze

But we do know that Athletics NSW have to convert a couple of our placings to IBS rather than unattached that was also recorded in results. So final tally could be lifted slightly. Our minor placings were also impressive with a number of members taking out close 4<sup>th</sup> 5<sup>th</sup> 6<sup>th</sup> placings. What a top effort everyone.

### **Final Point Score**

1 <sup>st</sup>	Mingara Athletic Club Incorp	973.50 points
2 <sup>nd</sup>	Illawarra Blue Stars AC Incorp	755.50 points
3 <sup>rd</sup>	Athletics Wollongong Incorp	706 points
4 <sup>th</sup>	Macquarie Hunter Athletics	558 points
5 <sup>th</sup>	Nowra Athletic Club	554 points

A total of 54 clubs contested the NSW Country titles: Wollongong Kerryn McCann Athletic Centre January 2018.

### **The Illawarra Track Challenge January 2018**

Conducted a week prior to country we certainly were pushed to the limit, but this event is our event and to have such wonderful people coming to the party and supporting an event such as this is vital. And this we did. My thanks go out to everyone as I believe most people within IBS know that this event is one of my “pet events” bringing top line athletics to the people of Wollongong. Coming on board this year were new sponsors, and our thanks are extended to these two majors sponsors who have indicated they will be back once again in the season 2018/2019.

- a. Bing Lee Warilla sponsors of the Bing Lee Mile.
- b. Kings Sport Store sponsors of the Women’s state 60m titles.
- c. Along with “old members” support and sponsorship, we were able to conduct this event by offering cash and vouchers to the winners of both the state title mile men and women and the state 60m men and women.

ANSW were superb in their support and it is hoped that this event will be bigger and better next year. Thanks also go to the Illawarra Pipe Band who performed for the spectators with the National Anthem and a few other songs we are all aware of. The band was appreciated by all who attended and thanks go to Julie Bird who helped arrange. Our fund raising team decided that the raffle of “well being items” was better to continue to the track challenge and this was won by Terry Manns, adding to the collection of prizes his club took home from the challenge. It also gave our club a little extra income.

Our members were superb yet again not only on the track as officials and volunteers but also as volunteers who gave many hours in the preparation so that ANSW and our officials and athletes could walk onto the track knowing everything had been covered. My thanks go

to member Dianne O'Toole who arranged for us to negotiate with Bing Lee and who provided "throw aways" to the audience. We once again incorporated events for Little A's athletes and although they were patronized I believe these events could have been better supported. These events need to be carefully looked at and maybe to retain but at the same time add a couple of possible pro races to bring in a variety of supporters and spectators.

We witnessed some outstanding performances with the women's mile being the stand out event due to the way the race was run. The women's hammer was also a class act, but it is great to see that a number of the athletes who competed have qualified for the Commonwealth Games and this event has been used by them as preparation. Well done to those athletes and we wish them all the best.

I will deal with the coverage of our Track Challenge in promotion and publicity but believe we had some of the best for this event.

### **Equipment Usage**

I am sure that Ian and Geoff will go into more detail on the equipment side of this report. I cannot understand that some clubs do not know what their responsibilities are towards the standing equipment used by us all. Far too many people are prepared for others to do it, but our club has it responsibilities to look after hurdles and starting blocks and this has been done right throughout. Do not believe that our men have to look at other clubs responsibilities. A gentle reminder to one club saw some action but this shouldn't happen and a regular check each month or so would ensure that repairs are completed.

### **Tri-the-Gong**

Has always been our main fund raising event, and under the co-ordination of Geoff, we once again had a wonderful response. Estimated income raised should be around the \$1,200 mark but I can assure you that having spoken to a few of the volunteers and then with Geoff, some of the issues raised by our members such as:

- a. Lack of water supplied to volunteers
- b. A set time for each shift
- c. Volunteers of all organisations should be listed like we do and not just numbers. This was the main reason some organisations did not turn up to fulfil the spots they took out. Geoff has addressed all the concerns by talking to organisers and also sending an email. This is a great event and one that we want to support not only for the financial benefits but because it is a community event outside of our own territory and also in some way, this same organisation maybe able to help us if need be. The last time we held country prior to 2018, the organisers leant us all the tents we required. So I think that also has to be kept in mind. We too as a club may have to ensure our volunteers are better looked after but from reports back I feel the organisers will address our issues and make it is a far better event to volunteer. I do believe that the heat also played a part, especially on the Sunday. Our thanks go out to everyone who helped out especially to the people who backed up both days, which was Geoff Hynoski, Gary Kidd, Kaitlyn Neto & Sarah Guevera.

We have had a wonderful season both on the track and off. Our club is respected by our controlling body ANSW and this brings me to the fact that we have nominated our club as Country Club of the year. With the awards to be made late April at the time of print we were not aware of the outcome, but believe our club has not only achieved on the track but have proven that with combined effort, we can organise, structure and deliver athletic events that are among the best in the state.

My thanks goes to Committee, who has worked well as a collective unit, and the fabulous supporters we have in our club. Well done everyone and may 2018/2019 be even bigger and better.

**Valmai Loomes**  
**Secretary**



**ILLAWARRA BLUE STARS ATHLETICS CLUB INC**

ABN: 80 299090816

**FINANCIAL REPORT**

**AS AT 31ST MARCH 2018**

Column1	CURRENT YR	PRIOR YR
ACCUMULATED FUNDS		
BALANCE AT BEGINNING OF YEAR	\$5,589.98	\$7,173.94
YTD OPERATING SURPLUS/(DEFICIT)	183.93	<b>\$1,868.00</b>
<b>TOTAL ACCUMULATED FUNDS</b>	<b>\$5,489.86</b>	<b>\$5,305.94</b>
REPRESENTED BY:		
CURRENT ASSETS:		
St George Cheque Account: 028298540	\$6,149.13	\$5,589.98
St George Express Saver: 429056525	\$15.96	\$15.96
Less Unpresented Cheques	<b>\$675.23</b>	<b>\$300.00</b>
	<b>\$5,489.86</b>	<b>\$5,305.94</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 2018

Jodie Sundstrom  
Treasurer

Uniforms held in stock valued at \$569

**ILLAWARRA BLUE STARS ATHLETICS CLUB INC**

ABN: 80 299 090 816

**INCOME AND EXPENDITURE STATEMENT  
FOR YEAR ENDED 31 MARCH 2018**

Column1	CURRENT YEAR	PRIOR YEAR
<b>INCOME</b>		
REGISTRATIONS ANSW	\$4,285.00	\$3,590.00
CLUB FEES	\$1,679.44	\$1,643.95
UNIFORMS	\$1,636	\$2,368
ENTRY FEES	\$760	\$903
FUNDRAISING	\$2,523.00	\$1,015.30
INTEREST RECEIVED	\$8.96	\$7.14
TRI THE GONG VOLUNTEERS	\$1,200.00	\$775.00
NSW COUNTRY TITLES	\$395.00	
SPONSORSHIP	\$2,000.00	\$5,210.50
WINTER CROSS COUNTRY		
SCHOOL CARNIVALS		\$2,052
OTHER	\$55	\$200
<b>TOTAL INCOME</b>	<b>\$14,542.40</b>	<b>\$17,764.89</b>
<b>EXPENDITURE</b>		
REGISTRATIONS ANSW	\$4,530.00	\$4,470.00
AFFILIATION ANSW	\$713.93	\$713.93
FAIR TRADING	\$72.00	\$54.00
UNIFORMS	\$1,404.00	\$3,734.80
ENTRY FEES	\$760	\$844
OFFICIAL ASSISTANCE	\$400	\$450
ATHLETES ASSISTANCE	\$300	\$160
PRESENTATION	\$1,445.66	\$1,543.47
ADMINISTRATION		
EQUIPMENT		
STATE 60M & 1 MILE PRIZES	\$2,185	\$5,084
NSW COUNTRY TITLES ADMIN	\$175.00	
WINTER CROSS COUNTRY		
HALL HIRE/ GROUNDS	\$50	\$50
WEBSITE	\$583.76	\$49.32
AWARDS/GRANTS		
SCHOOL CARNIVALS		\$1,620
OTHER	\$1,739.13	\$909.37
<b>TOTAL EXPENDITURE</b>	<b>\$14,358.48</b>	<b>\$19,632.89</b>
<b>OPERATING SURPLUS/ (DEFICIT)</b>	<b>\$183.92</b>	<b>-\$1,868.00</b>

## **Illawarra Blue Stars Athletics Club**

### **Treasurer's Report**

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The financial statement shows a healthy balance at the end of the financial year, with a net surplus of \$183.92. The turnaround was mainly due to reduced spending on State relays and greater fundraising. Tri-the-Gong was more successful and can still grow to support the club and grow our finances.

We need to continue controlled spending on presentation and entry costs in order to amass some financial security and replace worn equipment.

**Jodie Sundstrom**  
**Registrar**

## **Illawarra Blue Stars Athletics Club**

### **Official's Report**

---

I present this report on behalf of Ian Smith and Jodie Sundstrom, who have combined with myself in many ways to ensure that the officials side of our club is not only delivering for our athletes but is also providing education to our people as to courses and accreditation. Officials cover a broad spectrum and it is not only the officials on the ground but also the officials who provide the admin services, keeping the club rolling along.

Ian, along with Jodie, have been encouraging members of our club to go on line and develop their skills as an officials. Some already have completed and others will be doing in the "off season". I have to reinforce the message that because you become an accredited official you do not have to travel to Sydney each weekend to officiate. Becoming an accredited official means that you have:

- a. Developed your skills and have the knowledge of the sport to present to the athletes.
- b. This means either at a club level, interclub, state, national or international level. It is all important
- c. From a club perspective, it means that you are giving the athletes the complete knowledge of our sport.

#### **Club level**

Good to see some new faces but we need more people come on board and offer their services each round of competition. We cannot continue to rely on the same people; we need to have the base so that if an official takes time out, we have another to cover. At club level we have issues with this and on some occasions we have had to draw on athletes to give a helping hand. Although we appreciate this, it is not fair to the competitors, who are going from one event to compete then over to officiate. Let's bring people in, if they wish they can become accredited, if not they can offer their services.

The education process of our members from Little A's is important and although some rules are the same, many are not and we have to ensure that these members are acting under the guidelines of the IAAF.

Jodie, along with John Munro, has been encouraging members to become accredited; not only for the club's sake but to benefit the person also so they have the full knowledge of the sport and the event.

Ian has also been encouraging members to go on line and complete the first initial assessment.

#### **Proud**

How proud can you be when you have four members of the club selected for Commonwealth Games duty. It is just important for an official to achieve the high recognition of officiating at such a meet. Due to personal reasons Neville Fenn has had to withdraw, but he will be watching his co –officials Ann Grimm, Jodie Sundstrom and John Munro carry out their duties. Congratulations officials we are proud of your achievement. The hours spent having to meet the criteria for selection has been strong and also

officiating at regular Treloar Meets, country, state and national meets, has given these officials a very strong background for the Commonwealth Games. But it has also been hectic for them and many hours have been spent on the track. Well done everyone.

### **Country Titles**

The response to the country titles from our accredited officials along with our voluntary officials was outstanding. On no occasion did we have to “plead for officials” Our club prides itself on people supporting major meets and to see people put their hands up was brilliant. It also helped the local organising committee to deliver one of the best country titles we have had for some years. Thank you everyone - but what about our young kids who come along each week and “offer their services” to help with equipment, rake the pit or roll a shot back. This pool of young people has been excellent and hopefully we will see them develop into officials as they move along in the sport.

They also helped with our equipment etc for the preparation of the country titles, and on many occasions headed into areas of small space that many of us larger “officials couldn’t venture.

### **Illawarra Track Challenge**

Many of our officials helped out at this meet with the Challenge being one of the best we have delivered. It is a credit to our members who came forward not only our technical officials but also our support officials.

### **School Carnivals**

Once again our officials have been helping out at school carnivals with Ann Grimm co-ordinating equipment officers etc for many of these events. I know that Mary Thomas has offered her services at some of the carnivals and after assisting with equipment she has officiated for some of the carnivals.

### **Finally**

I have to thank the people who come up and offer their services at our club meet, so that we can provide quality meets each round. But once again have to say we need more to come along each week. Don’t leave it to a few, even if you bring a friend or family member every so often to relieve our consistent officials.

### **Sadly**

We will lose our regular technical official, John Munro as he makes the move to Queensland. We cannot thank John enough but I’m sure when he is back in the Gong he will be back at our track. Thank you John for all you have done.

### **Valmai Loomes**

**Member for Officials with Ian Smith**

## **Illawarra Blue Stars Athletics Club**

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

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My role as Athletes Representative is to assist athletes with any ideas they may have to take to the Board for discussion, to oversee that athletes are deriving as much as possible from what the club can offer, and to assist other Board members to make decisions that are in the best interests of the club and its members.

Over the season 2017-2018 I am pleased to say that I have noticed on many occasions the fabulous camaraderie that exists within the club. Our masters athletes, along with our senior athletes set a very high standard not only performance wise, but their approach to the sport in general, their assistance at club level, and the support given to the junior athletes to try and achieve the best possible performance. We have, at all times tried to assist the junior athletes whether it being in advice, setting the standard as an athlete, or by just being around and enjoying the sport of athletics.

The club's performances on the track is seen in the results that have been achieved by our members, but it is not only results at state or national level, that are important, it is the level of achievement each and everyone makes when they step onto the track, or perform at cross country meets.

Throughout the season, I have tried to be at as many events as possible, to assist with country and the Illawarra Track Challenge, and have tried to fulfil this role as being a person who is approachable at any time. I have had a junior athlete inquire about pole vaulting and this is now being looked at by the Board as an event that can be conducted by our club.

I have listened to athletes commenting at club level and have endorsed at meetings, such ideas as conducting masters' competition rounds separate to seniors and U20 so that the events are not too congested. I have also supported the approach that the Board supports our athletes to take part in as many ANSW events as possible and that our club have as many relay teams in the state titles as possible and that we support athletes from U14 up to masters to take part and nominate for selection.

I hope that I have made myself available at any times that an athlete wishes as I too have enjoyed the role of representing the athletes at Board level.

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

## **Illawarra Blue Stars Athletics Club**

### **Fundraising Report**

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We commenced the 2017-18 season with some fresh new fundraising ideas. An additional hamper of athletics goods and Cadbury chocolate boxes were among the favourites.

We ran the usual Christmas food hamper and took part in the successful event of Tri-the-Gong which has always been our biggest fundraising draw card.

With approval from the board, supplies were purchased for the hamper and Cadbury boxes ordered. A large hamper worth over \$100 of goods was made up which included the following items:

Plastic tub	Massage stick
Blue star shoelaces	Whistle
Travel towel	Training cones and stand
Ice bag	Sports cushion and carry band
Resistance bands	Winter sports headband
Foam roller	LED shoe clip (night safety)
Spikes balls	LED arm band (night safety)
Draw string spike bag	10 feet agility training ladder and carry bag
Speed rope	Lavender wheat bag
Tripod massager	Stop watch
Gym towel	Massage stick

We agreed to sell tickets for \$3 or two tickets for \$5. The idea behind this pricing was that it would minimise how many tickets are required to be sold in order to cover hamper costs prior to making a profit. Jaime Deegan was able to obtain a voucher from Coles to the value of \$50 for a second place prize. The board therefore agreed to create a second and third runner up prizes for the hamper draw, being of even greater value in total.

By week one of club on 24 September we had \$1014 come in from chocolate box sales an outgoing cost of \$959.90. Those sales brought us into the start of the 2017-18 season with a profit of \$54.10.

We ordered 44 boxes total at a cost of \$1,317.47 with a profit of \$527.53 for the club with more money to come in.

As an additional publicising/fundraising scheme I looked into creating personalised items for club members and the idea of opening up an "IBS SHOP". These items included a unisex hoodie and tank top which can be personalised or bought as is. We also commenced the sale of blue stars shoelaces.

We were fortunate to be given a couple of drink bottles and a blanket to put towards the hamper prizes from our club member Jodie Redmond. We also agreed on having the hamper drawn on 13 January 2018 at the State 1 Mile and 60m Championships, an event which is run by ISB in conjunction with athletics NSW. This gave us an opportunity of

making more profit from outside sources and ensure that there is no clashing with the annual Christmas hamper which is always run by club member Jodie Sundstrom.

Prior to the conclusion of 2017 the IBS fundraising committee reported that all 44 Cadbury boxes that had been purchased and distributed had been sold. Please refer to the following table for names of those people who helped us with this fundraising event.

<b>Name:</b>	<b>Number of Boxes Distributed:</b>
Kaitlyn Neto	1
Ian Smith	4
Valmai Loomes	4
Geoff Hynoski	4
Bec dos Santos	5
Gianna Mogentale	7
Jaime Deegan	6
Deana Chambers	1
Mark Matthews	1
Lachlan Parry	1
Jodie Sundstrom	2
Hogg Family	2
Lynda Douglas	2
June Lowe	1
Sarah Guevera	1
Julie Bird	2

The goodies hamper went off without a glitch. In total we sold 130 tickets and brought in \$318. With a total cost of \$110 we made a profit of \$208. In conclusion, I would like to especially thank those people who helped out on the night with ticket sales etc, Julie Bird's mother (who sat with the hamper and took sales all night), Kaitlyn Neto, Gianna Mogentale and Cohen Deegan. Our Athletics NSW starter, Terry won the hamper, second prize of a \$50 Coles voucher (donated by the Deegan Family) and a bundle of goodies was won by Kim Kelly who has attended a few club meets previously, and third prize of a small bundle of items going to our very own club member Diane O'Toole. I would also like to thank Jodie Redmond and Lynda Douglass for the items they donated which made up the bundles for second and third prize.

Below is a summary of the profits made this season with our regular fundraising events:

<b>Presentation Raffle</b>	<b>\$125.00</b>
<b>2016/2017</b>	
<b>Christmas Raffle:</b>	<b>\$350.00</b>
<b>Tri-the-Gong:</b>	<b>\$1,200.00</b>
<b>Total</b>	<b>\$1,675.00</b>

The following is a summary of the profits made this season from the added fundraising ideas:



ITEM	MONEY IN	PROFIT MADE
Shoelace sales	\$64.00	\$32.00
Running cap sales	\$130.00	\$2.00
Jumper sales	\$165.00	\$55.08
Tank top sales	\$40.00	\$2.05
Blue hamper sales	\$318.00	\$208.00
Cadbury boxes	\$2198.00	\$880.53
<b>Total</b>	<b>\$2,915.00</b>	<b>\$1,179.66</b>

**Profits made this season = \$2,854.66**

- ❖ With the IBS branded clothing I currently have 1 x running cap, 3 x jumpers and 5 x tank tops of stock on hand. This is at a cost price of \$325.27, with a potential sale profit of \$65.73. I have recouped funds outlaid from the profits to myself of \$325.27 as all items were purchased out of my own personal funds.

I would like to thank all of those who helped us achieve our fundraising efforts this 2017-18 season. To those who sold numerous chocolate boxes and even more so those who woke up at the early hours of the morning for Tri-the- gong and backed up for the second day.

**Rebecca dos Santos**  
**Board Member for Fundraising**

# **Illawarra Blue Stars Athletics Club**

## **Registrar's Report**

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**Registrations for the 2017/2018 season**

**Members : 173 Athletes**

### **Breakdown of Members**

Open (includes Masters)	24 Athletes
Age concessions	4 Athletes
Junior	8 Athletes
Youth	2 Athletes
Family	1 (3) Athletes
Club Athletes	9 Athletes
Community	4 Athletes
Officials	7 Officials
Dual	112 Athletes

**Sue Sundstrom**  
**Registrar**

## **Illawarra Blue Stars Athletics Club**

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

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Once again it gives me great pleasure to present the coaches report for the season 2018/2019.

There should be some delighted coaches within our club at the moment judging from the success our athletes have had on the track. It is great to see the strong connection that has been developed within our club, and without coaches, athletes would be floundering. The support of a coach is so vital to the success of our athletes. Some of our athletes are coached by coaches who decided they only wish to have a small group; others have larger groups and a variety of events they coach, whilst others have coaches in their own living areas. Regardless of what coaches decide on, they play a huge and vital part in our sport, and I can assure you from a coaches point of view, it is so good for us coaches to not only see an athlete win or gain a placing, but to see an athlete improve. We have witnessed this in many of our events this year - improvement; from there the athlete can create and set a base to work from.

#### **Need of coaches in various events**

We still need a couple of coaches to add to our list but would be great to see someone come on board with us as a pole vault coach. We have the facilities, we have some keen athletes to have a go at this event, but at the moment do not have a coach. A call out to anyone who wishes to take on this role would be appreciated.

Once again we need to develop our outside areas where some of our athletes are living. Good to see a couple of our members completing their level One Community Coaches course, this is a stepping stone to a higher level but that will come as these coaches develop their skills.

Still negotiating with a couple of people to take squads especially in field events, but time is the issue with a couple of them and how much they can give to the sport. Hopefully we will have her back in the winter so that we have a couple of more coaches.

#### **Winter Coaching clinics**

At the time of writing, negotiating with a couple of coaches to conduct a coaching development clinic in conjunction with our winter meets, held every 4 Sunday of the month commencing May. The idea of this is to open some of our coaches up to other athletes through this development and then to move forward and become coached and develop on a regular basis. We will be commencing with throws and moving into jumps, and possibly walking/distance running. These clinics will be open to all ages.

My thanks go to my fellow coaches who have done an amazing job with the athletes, but we do not want any athlete to move into our club and do not have a coach.

As I said last year our role is to offer the service as a coach, develop the skills of the athlete in a number of events and then guide them into their chosen event. At the time of writing I witnessed the winner of the women's walk, who openly stated that she was "mucking around in the walk with a friend" and realising she couldn't throw very well and couldn't

run very well either but showed she had great endurance and that the walk seem to be the way to go. She has, and is still is being developed into a world class athlete over 20km walk and we all know what happened, she walked into history by becoming the Commonwealth games champ. Don't just try one event, try them all and see where you fit into the picture. Our coaches are there to develop and guide you.

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

# **Illawarra Blue Stars Athletics Club**

## **Publicity Report**

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Our club this year has gained a huge amount of media space and this is a credit to the athletes. I have said on many occasions, to gain publicity you have to have something to sell, and this year we did. We had success on the track, off the track and we presented and contested events that were very marketable.

### **Website and Facebook**

I know some don't like, some think it is fantastic and others could not do without it. I mean Facebook, and this year our membership only Facebook has been created and has been the notification to many athletes on what is going on. It will never take the place of our website that is kept up to date at all times and gives a more detailed account of events, coming up events etc. Our membership Facebook is where to go to:

- a. Remind people of upcoming events
- b. To congratulate our members quickly after their event
- c. To highlight quickly achievements of our members whether it be as an athlete or official etc. Is is recorded virtually on the spot.
- d. But it is not there to "voice your opinions on others", it is not there to degrade or ridicule other athletes. It is there to quickly highlight achievements and events.
- e. ANSW have also stressed the importance of Facebook and how it should be used, and how important to our sport that it is used in a positive manner.

Our website is so important for full information. It is open to the general public and is a source of information on all matters. To a degree it is the "bible of our club". My thanks go to Gianna for ensuring that it is kept up to date at all times and that items given to her are quickly acted on and that "news" is relevant to the day.

### **Advertiser**

This column is more important than many people realise. We had excellent coverage of the country titles, the track challenge and the award bestowed on Mary Thomas. Many of our articles were, and have been picked up by others including Athletics NSW and the Masters Association. This not only gives us coverage to our local area but also to "outside" supporters of our club. This then can lead to:

- a. Sponsorship - and good coverage was given to Bing Lee and Kings Sports through our articles on the Illawarra Challenge.
- b. Can increase our membership - this has been proven by people making contact with the club after reading an article

### **Sydney Water**

Our sponsorship by Sydney Water and the purchase of a new tent also highlights the joint partnership that we have with this company, and at all times we use the tent the name

Sydney water is displayed. Thank you Sydney Water and Ian who secured this sponsorship for us.

### **Little A's**

Geoff and I attended Dapto Little A's at their opening of the season and presented members with our Dual Registration flyer that promotes our club to Little A's dual registered members. This same flyer went to schools and also to local Little A's and also through Jodie Sundstrom who promoted this when attending little A's carnivals and events.

### **Newsletters**

Still continue to go out through email to those who have email addresses registered. We urge all our members to ensure they read all the information and although we have cut down to three copies they are important to all members. My thanks go to Gianna again for sending out to all members, so is important that athletes update their personal information such as email address if and when you change it.

Thanks go to Geoff for maintaining the Facebook page, to Gianna for the website and to Kaitlyn who has maintained my own "Val's coaching squad" Facebook page, something that I never thought I would have but now appreciate how quickly and how important for urgent messages to go through to my squad.

### **Face to face**

Is the best promotion of our club and its members. If a person asks question of the club, know what you need to but if you don't refer them to a member of the Committee who maybe to add more information. The way we handle this form of promotion is vital to the outcome of a new member or possibly losing one. I think we have handled this well this season but we need to keep doing this in a positive and constructive manner.

### **Our presentation is also important to our promotion**

If you have a dress shirt, wear it to meets. Take your club bag, your towel, anything that promotes our club. The name Illawarra Blue Stars is one that has been and is still highly recognised throughout Illawarra but we need to maintain it at the highest level.

Thank you every one, your presence at major meets, at interclub, at club meets or any other meet is a promotion in itself, keep maintaining it.

All areas have to be used to promote our club. I am a great believer that too many organisations believe that by facing something on their Facebook or website is enough, it isn't, it is only part of the promotion. We have to use all channels of communication.

**Valmai Loomes**

**Promotion and Publicity**

## **Illawarra Blue Stars Athletics Club**

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

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Our competition report is presented to you to give you an overview of happened within the season 2017/2018.

We have a had a hectic season and within the season we have managed to conduct the Illawarra Track Challenge and be very proactive in the organising and conducting of the Country Championships, But firstly, let's talk on.

#### **Winter Cross Country and Track Series**

Our winter cross country was not well attended and we don't really want to blame anything, but on a positive note, be able to work with events that we feel may have an impact. The introduction of the Park Runs has taken some of our athletes as it has given them the opportunity of competing on the Saturday when they cannot compete on a Sunday. This Season we have seen this rectified by offering as part of our winter cross country the inclusion of the park runs in our program on an official basis. We thank people who supported cross country and especially to some of our women and younger athletes who took part in the men's events to give them a team. To Geoff, who not only co-ordinated the cross country but also competed in the popular NSW events, finishing a close 2<sup>nd</sup> overall in the point score. We have maintained our major events that IBS offers on a Sunday but feel this year's program is exciting and also will be popular and will have more choice.

Our winter track meets are always popular and are great for school age athletes and also athletes heading overseas. This season we are hoping to encourage more attendance and will be adding coaching and development programs each round of competition.

Our winter track program is in competition with the more winter sports such as rugby league and soccer and hockey netball etc. Starting at 10a.m. is a good time in winter as it allows members to go to other activities.

#### **Officials**

Once again we keep the track winter program down to around a 2 hour period to enable people to come and compete but then move to other activities but we do need officials each monthly round.

#### **Cross Country**

Cross Country may seem an easy event to conduct, but take a little time to think about who marks the course, who picks up the flags, and who goes out on the course to direct athletes. We need more people willing to do this, one person cannot do the lot.

#### **Summer Season**

The season commenced well and although we knew we were in for a hectic season, members rallied around and continued to support our weekend Sunday competition. Our junior age divisions in under 8 under 10 both male and female were down as with the under 14 but we feel that many may have opted for Little A's. We certainly would like to see more of our Dual registered athletes come down and compete on a Sunday but for the

ones who have done this they have certainly gained from it. Many of these members are the improved athletes and the added competition and experience in ANSW events gives them great development and awareness of our sport.

Once again we conducted a 4 round program and we believe we have covered most events but if elected into this position again, would like to see hurdles again added. We have taken advice from some of our members and in future will ensure that this advice is carried out.

### **ANSW**

ANSW events have been attended by our members who cannot contest our Sunday meets or they have doubled up. Great to see this and from results many have moved forward and have gone onto represent the state at national level.

We have had a member of our club in each team for national titles so well done athletes.

Our club cannot compete on a Sunday without members turning up on time - many people ask why we don't start right on the scheduled time, but when we don't have enough officials and enough athletes to start, it does make it hard. Every athlete has to remember that they must be at the track to warm up and be prepared to compete, right on time. In future we need to do this and if an athlete is not there on time, it is their responsibility. We do have a program structured with approximate time for track events so there is really no excuse.

We also encourage members from other clubs to come and join us on a Sunday and our program is opened to any athlete. The more people the better the competition

I have already discussed the country titles and the Track Challenge and these two events have been our major events for the season. We do not want or believe we will have the country each year, but the Track Challenge will be and can be developed into a bigger and better event. But we must also encourage our members to travel to the country titles held outside the area, and this is one thing i must say about our athletes, they like to travel to other venues so we don't have any issues with this one.

Our athletes were well represented in all major meets conducted by athletics NSW and Athletics Australian with athletes moving into:

- a. The Australian all Schools with great success
- b. The Australian Youth Junior Championships also with great success
- c. The Australian Open and under 23 again with great success
- d. At the time of writing Masters members heading to the Australian Masters Championships.

Competition is the spice of life, the old saying, and indeed it is. You have to train, and train well and hard, but to compete is another thing. Ability to be able to handle competition, ability to be able to reproduce the form from training and above all, the ability to be able to move forward and take on the challenges that athletics has to offer. Competition offers this, and it doesn't matter the degree or the height of the competition, it is still important. Club meets offer this, the chance to iron out any issues, the ability to take on your competitors and the ability to be able to handle conditions.



We urge all our members to take advantage of our club meets, ANSW meets and then move forward to country, state and then hopefully Australian.

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

## **Illawarra Blue Stars Athletics Club**

### **Website Report**

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The website accomplishes a number of things such as keeping athletes up to date with upcoming events and latest news, attract new members and make it easy for members and the general public to contact us. It helps our club to market itself with an online presence.

The website is also linked to Athletics NSW and Athletics Australia and other athletic clubs.

The website is kept up to date with news articles and events supplied to me by the Secretary and President. It is the best way to keep athletes informed of upcoming competitions though I find that a lot of members prefer to find club information via our Facebook page.

I have on many occasions heard members say “what website” or some say that they are unable to find the appropriate information on our website.

A lot of time and effort is taken in ensuring that the website is kept up to date to fully inform our members of all information they require. Therefore, I am hoping that in the following season I will be able to get feedback from our members on how the website can be better managed and set out so that the appropriate information required by athletes can be easily and quickly accessed.

The gallery page is the perfect place to display the performances of all our athletes and officials though I struggle to find photos to place on this page. I am always on the lookout for photos from members, so I encourage any members with photos to please get these to me so that we can share these with not just our members but also new potential members who are thinking of joining our club.

I will endeavour to make any improvements possible to the website so that it can be used as an integral part of our club’s main source of information.

I would also like to make a recommendation that we ensure that our website address be included on all correspondence and publicity that goes out from the club.

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

# **Illawarra Blue Stars Athletics Club**

## **Uniform Report**

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I present this report from two points of view: as the Board Member for Uniforms and also from an athlete's point of view.

As the Board Member, I took on this role to ensure that the club had a uniform that was in the price range of all members and one that is not easily lost in the face of "modern fashion". As a uniform it is meant to profile our club and its members, and one that is not "fashioned out" each season. Our desire to have a uniform that was easily recognisable as Illawarra Blue Stars was the main target, and one that does not age but is one that can be used for many seasons. We have a variety of items within our range and from a Board member's point of view, we have to ensure we have stock but at all times limit the numbers due to the cost factor that the club has to pay out, with sizes sometimes sitting there waiting for purchase and no income coming in.

I have had to purchase new stock and am pleased to say that many items have been sold with an income flow coming back into our account at all times. Our uniforms are an asset and once purchased they become "the Club's stock" and are income sitting there in a form of an asset. I thank the Board for taking on my suggestion that we do have stock available so that athletes can purchase them quickly and have for major meets. My contact with the company is at all times, very easy but also very frustrating. Many items are ordered to instructions but on a number of occasions come back a little different to what is required. The main item of concern is the women's crop top of which we still have to capture the best styling to suit all members. Material is also an issue and I know that in some cases we may not be able to purchase our uniforms from the same fabric. The manufacturer's agent is fully aware that this is a uniform that has to be sustainable for some years.

From an athlete's point of view, I myself am very proud to wear a uniform that:

- a. I can represent my club proudly and is fully recognisable as Illawarra Blue Stars.
- b. Fits well and is comfortable for competition, but also looks very presentable on all my fellow athletes.

Fitting is essential and there is nothing worse than a uniform that does not fit properly, looks badly made, and is uncomfortable to compete in. I am very conscience of this from my own point of view and have, at all times when discussing with the agents for our uniforms, stressed this importance. I feel we are around 75% there with the range we have but the crop tops for the women is an area of concern.

- c. I discuss with fellow athletes how we can improve the fittings, as I believe we have the styling right for both men and women, junior and senior athletes.

Below is a stock take of our "assets in the form of our uniform stock," and hope that all Board Members respect my decisions on not taking "any uniforms that are present, but allow me time to engage in discussions to ensure we have the right uniform that will be acceptable for a number of years.

The stock on hand that the club has is set out below.

## Stock on Hand

DESCRIPTION	Total Quantity on Hand	Samples on Hand
Women's Singlet	20	4
Women's Hipsters	4	5
Crop Tops	10	0
Men's Singlet	16	4
Men's Shorts	14	5
<b>TOTAL</b>	<b>64</b>	<b>18</b>

I also have in stock 7 women's hipsters that I will be returning to the supplier as they have not been made to the uniform standard.

We also have some old stock available that athletes can purchase at a very low cost of \$10.00 which can be used for training purposes.

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

## **Illawarra Blue Stars Athletics Club**

### **Equipment Report**

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During the track season there have been a number of minor repairs to equipment including javelins, hurdles and high jump stands. Geoff and myself carried out a cleaning, rust removal and repaint of the shot puts complete with colour coding. The notice board gaining mobility with a moving frame put under it.

We obtained, thanks to a Sydney Water grant, a new gazebo to replace the one destroyed at the Dubbo Country Championships.

In reference to our Country Championship and Track Challenge BIG thanks are needed to go to all our helpers that helped with getting equipment out and back away again, the company (INSERT NAME) that supplied the golf cart and Fusion Training Solutions supplying manpower in setting up Country.

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

## **Illawarra Blue Stars Athletics Club**

### **Beaton Park Management Report**

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Geoff and I attended the few Beaton Park Management meetings that we have had this season. The main reason for lack of meetings has been the change of management of the centre, control being under taken by an Acting Manager.

We have had very good communication with him, and it is a pity that he will not apply for the open position as he does have a very good understanding of our sport and what is required.

Although we have had only around 3 meetings all up, it is not saying that we have not been able to progress with areas of concern with the track.

We all know that the track has been re-surfaced but there are a few little issues that need to be corrected and maintained to a better standard.

Clubs welcome the “get together to discuss” issues, but like we have said in many reports, all clubs have to attend so that the discussion is a round table one and decisions are made on a whole and not for individual clubs as such. I urge Beaton Park that once the new manager is operating that these meetings are reintroduced, even if not monthly, at least every second month, and in particular in the summer season.

We are still to see any movement from storage point of view - this issue has been going on for many seasons now and it is now up to Beaton Park and Council to ensure that something is done and done asap. For too long we have been “discussing this major issue with no real outcome”.

We have also been “overlooked “as far as the water bubblers are concerned. It does concern me that we, as a club, go ahead and arrange things that are going to be of benefit to not only our athletes but certainly Beaton Park itself, but the governing body of Council takes so long to make a decision. Once again we urge Council to move on this as we do not want to:

- a. Loose the support of Sydney Water.
- b. Maintain a strong liaison with the above.
- c. Support us to have bubblers that can be utilized by all people who attend the complex in itself.

On many occasions I have called Parks and Gardens who have assured me that this installation will go ahead and on many occasions I have been told that “we only have to complete the water connections”. So what is holding this small but important project up?????

We have also asked for barbecue areas and this too has been supported by all clubs who use the track - nothing again.

Our own club has had many issues addressed when we are conducting major events and the support given to us re. the Country titles and also the Illawarra Track Challenge was first class and could not be faulted - but we need these meetings so that all clubs can come together and drive such issues as the above:

- a. Storage
- b. Bubblers
- c. Barbecues and shade

With all four clubs “punching together” we have more say and more power. Let’s get back on track, as the saying goes, and move to have these meetings to discuss these issues that we need to be finally completed.

Much of the equipment that Beaton Park maintains needs to be looked at on a more regular basis. A check of this equipment should be undertaken due to OHS standards. We should not have to go to Beaton Park and tell them what is wrong and what needs to be done.

The sectors sometimes are a major concern and these too have to be done on a regular basis as with checking sand for pits all the time, and not just when clubs ask. A maintenance person is required for Beaton Park and not just a gardener that does the grass. Maintaining our track is a big job, but it is also a big asset to Council and one that needs a little more attention than what it is getting.

Management of the complex have also decided not to go with a tender for the canteen which again has become a major issue - having to bring in vans etc. to provide food for carnivals. Cannot understand why this has not been re-opened, but again this is why we need the meetings to discuss.

Once again we are on the page of “development” and it will be interesting to see which way the whole complex will go over the next few years.

My other major concern is the lack and smallness of our toilets and shower facilities. This needs attention so that with major meets we are not sending people into the Leisure Centre to have a shower etc. Most tracks of today have these facilities.










**Valmai Loomes and Geoff Hynoski**  
**Beaton Park Management Representatives**

## Blue Stars Athletics Club

### Club Management 2017-2018 Season

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#### Executive and Management Committee

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



## Run NSW Events

Event	Name	Performance	Placing	
<b>Fitness 5 5km</b>	Corey Hogg	26:07.37	126th	
	Joshua Smith	27:20.11	147th	
	Ian Smith	35:15.29	264th	
	Charlotte Smith	27:05.97	139th	4th U12
	Ashleigh Hogg	33:10.03	238th	
	Heidi Smith	42:45.45	301st	
<b>10km</b>	Geoff Hynoski	46:15.26	44th	
	Jessica Hogg	56:41.63	91st	
<b>TEAM</b>	Illawarra Blue Stars	1:29:41	2nd	Outdoor Fitness
<b>SYDNEY 10 10km</b>	Geoff Hynoski	44:11.00	397th	
<b>SYDNEY Half 7km</b>	Geoff Hynoski	30:33	10th	
<b>Raymond Terrace 8km</b>	Geoff Hynoski	35:20	18th	
<b>Tulip Time Mile</b>				
Junior Primary Boys	Joshua Smith	6:47	5th	
Senior Primary Girls	Charlotte Smith	6:36	1st	
<b>Fernleigh 15 15km</b>	Geoff Hynoski	1:12:48		

## ANSW WINTER RESULTS

Name	Event	Performance	Place
Geoff Hynoski	10km	45:58	52nd
Charlotte Smith	2km U12	9:19	30th
Joshua Smith		10:00	30th

### ANSW Cross Country Relays

#### U14 Male

Arian Lopreiato		9:41	13th
Cohen Deegan	4 x 2k	9:06	
Joshua Smith		9:16	
Charlotte Smith		9:48	
		37:51	

#### U16 Male

Jonty Faulkner		11:53	11th
Andrew Lau	4 x 3k	12:36	
Cooper Deegan		12:16	
Jake Gander		11:53	
		48:38	

#### Open Male

Geoff Hynoski	4 x 4k	17:14	23rd
Jessica Hogg		20:54	
Corey Hogg		21:04	
Ashleigh Hogg		25:30	
		1:24:42	

### ANSW XCC Festival

Jessica Hogg	6km	36:11	37th	
Corey Hogg		37:59	42nd	
Ashleigh Hogg		44:30	52nd	
Geoff Hynoski	12km	1:02:22	39th	4th 45-49

### ANSW XCC Challenge

#### WOMEN

Ashleigh Hogg	U18 4km	28:01	26th
Jessica Hogg	Open 10km	57:18	31st

## ANSW WINTER RESULTS

Name	Event	Performance	Place
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### ANSW XCC Challenge

### ANSW XCC Challenge

#### MEN

Geoff Hynoski

45+ 10km

47:13

11th

### ANSW Short Walks

### ANSW Short Walks

#### U14 Women

Hayley Kolts

2K

12:34

10th

#### U14 Men

Rhys Barnes

2K

13:11

7th

### ANSW Short Course Cross Country Championships

#### WOMEN

Ashleigh Hogg

U18 4km

25:45

24th

Jessica Hogg

Open 7.5km

39:45

15th

#### MEN

Geoff Hynoski

45+ 7.5km

33:21

12th

### ANSW Street Relays

### ANSW Street Relays

Geoff Hynoski

Open Male

15:57

20th

Nash Buzar

4 x 4k

16:20

Corey Hogg

17:33

Jessica Hogg

18:24

1:08:14

## WORLD MASTERS GAMES

Auckland, New Zealand - 21.04.18 to 30.04.18

Name	Event	Place	Performance
<b>W70</b> <b>Mary Thomas</b>	Hammer	1	28.80m
	Weight Throw	2	10.45m
	Javelin	1	20.53m
	Discus	1	22.34m
	Shot put	1	7.95m
	Throws Pentathlon	1	4173 pts

# AMA MASTERS CHAMPIONSHIPS 2017

Darwin - 09.06.18 to 12.06.18

Name	Event	Place	Performance
<b>W35</b>			
Sarah Guevara	60m	5	9.35
	100m	5	15.61
	200m	2	31.94
	400m	2	1:13.66
	Long Jump	2	3.96m
<b>W50</b>			
Rina Flynn	400m	5	1:21.3
	800m	5	3:24.14
Gianna Mogentale	60m heat	3	8.63
	60m final	2	8.52
	100m heat	3	13.97
	100m final	4	13.88
	200m	4	28.49
	400m	1	1:05.2
	Triple Jump	2	8.97m
	W35-90 100m Champion	5	11.34
<b>W55</b>			
Lynda Douglass	60m	3	9.10
	100m heat	2	14.51
	100m final	3	14.62
	200m heat	2	30.29
	200m final	3	30.23
	W35-90 100m Champion	8	11.93
Dianne O'Toole	60m	5	9.95
	100m heat	5	16.04
	100m final	5	16.15
	200m heat	5	33.96
	200m final	5	34.27

# AMA MASTERS CHAMPIONSHIPS 2017

Darwin - 09.06.18 to 12.06.18

Name	Event	Place	Performance
<b>W60</b>			
June Lowe	60m	2	9.65
	100m	2	16.28
	80 H	1	18.15
	High Jump	3	1.08m
	Shot Put	1	9.46m
	Discus	2	22.96m
	Hammer	2	35.19m
	Javelin	1	23.91m
	Weight Throw	1	12.65m
	Throws Pentathlon	1	
	W35-90 Shot Put	3	20.01m
<b>W70</b>			
Mary Thomas	Hammer	1	26.50m
	Weight Throw	1	10.11m
	Javelin	1	20.07m
	Discus	1	22.40m
	Shot put	1	7.82m
	Throws Pentathlon	1	4035 pts
	W35-90 Shot Put	2	20.03m
<b>M55</b>			
Mick Daly	60m	6	8.52
	100m heat	4	13.85
	100m final	4	13.57
	200m	5	27.95
<b>M65</b>			
John Lamb	60m	1	8.81
	100m	1	14.08
	200m heat	1	29.26
	200m final	1	27.90
	400m heat	3	1:10.76
	400m final	1	1:02.2
	100H	1	18.04
	300H	1	52.00

## WINTER PERMIT MEETS

Name	Event	Place	Performance
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### Pre-departure meet Campbelltown 20.5.17

#### Women

Grace Adams	60m	4th	8.35
Emma Matthews		7th	8.50
Ashlyn Adams		10th	8.83

Grace Adams	100m	6th	13.43
Emma Matthews		8th	13.63
Ashlyn Adams		11th	14.40

Grace Adams	200m	7th	27.92
Emma Matthews		9th	28.43

Grace Adams	400H	2nd	1:10.19
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### Pre-departure meet SOPAC 10.6.17

#### Women

Emma Matthews	200m	14th	28.08
Emma Matthews	400m	7th	1:03.71

### Winter track and field meet Campbelltown 23.07.17

#### Women

Emma Matthews	100m	13th	13.06
Emma Matthews	200m	6th	26.85

## WINTER THROWS

### NSWMA Permit meet Illawong 13.05.17

#### Mary Thomas W70

Discus	1	21.88m
Javelin	1	19.21m
Weight Throw	1	9.37m

### AW Winter Throws Pentathlon 03.06.17

#### Mary Thomas - W70

Event	Hammer	Shot	Discus	Javelin	Weight	Total
Distance	27.1m	7.82m	21.48m	19.34m	10.73m	1st
Points	975	828	735	679	847	4064

### AW Winter Throwers 08.07.17

#### Mary Thomas W70

Discus	1	21.87m
Hammer	1	27.42m
Shot	1	8.1m



## IBS CLUB CROSS COUNTRY

Name	Performance	Age	M/F
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**Round 1 Wisemans Park 14.05.17 (Cancelled, Mothers day)**

**Round 2 Bulli 21.05.17**

**2km**

Arian Lopreiato	11:01.16	U14	F
Shantae Jones	11:41.94	U16	F
Rebecca Dos Santos	12:14.12	Open	F
Joshua Smith	14:25.13	U10	M
Ian Smith	16:51.44	50+	M

**4km**

Geoff Hynoski	18:34.00	30-49	M
Olivia Sivills	19:05.89	U14	F
Cooper Deegan	22:10.01	U12	M
Corey Hogg	22:21.11	Open	M
Jessica Hogg	22:34.78	Open	F
Jaime Deegan	25:27.44	30-49	F
Ashleigh Hogg	30:34.94	U18	F

**Round 3 Fairy Meadow 28.05.17**

Training run only - no people after XC relays

**Round 4 Mt Kembla 09.07.17**

**2km**

**5km**

**Round 5 Minamurra 16.07.17**

**2km**

**4km**

## RELAY TEAMS

### XC Relay Teams

Available	Age
<b>Women</b>	
Charlotte Smith	U12
Arian Loprieato	U14
Ashley Hogg	U18
Jessica Hogg	Open

<b>Men</b>	
Joshua Smith	U12
Geoff Hynoski	45+
Corey Hogg	Open
Jonty Faulkner	U16
Andrew Lau	U16
Jake Gander	U16
Cooper Deegan	U12
Cohen Deegan	U14

### Open Mens Team 4 x 4k

Geoff Hynoski	1669
Jessica Hogg	2940
Corey Hogg	2941
Ashleigh Hogg	17552

### U14 mens team 4 x 2k

Arian Loprieato	16983
Cohen Deegan	17066
Joshua Smith	1676
Charlotte Smith	10271

### U16 Mens team 4 x 3k

Jonty Faulkner	17389
Andrew Lau	17405
Cooper Deegan	2935
Jake Gander	17369

### Street Relay Teams

Available	Age
<b>Women</b>	
Ashley Hogg	U18
Jessica Hogg	Open

<b>Men</b>		
Geoff Hynoski	45+	1669
Nash Buzar	U16	17380
Corey Hogg	Open	2941

### Open Mens Team 4 x 4k

Geoff Hynoski	1669
Jessica Hogg	2940
Corey Hogg	2941
Nash Buzar	17380

## KINGS SPORT STORE TRELOAR SHIELD 2017 and ALLCOMERS

Name	Event	Place	Performance
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### Allcomers 23.9.17

#### Open Women

Emma Matthews	200m	12th	26.92
	400m	7th	1:02.37

### Beachletics 23.9.17

#### Open Women

Gianna Mogentale	90m (Heat)	4th	15.30
	90m (Final)	4th	15.14

#### Women 50+

90m	1st	12.6
180m	1st	34.11

### NSW All Schools Warmup & Allcomers meet 30.9.17 - 2.10.17

#### Open Women

Ashlyn Adams	80H (76cm)	4th	13.62
	200H	7th	32.50

Emma Matthews	100m	12th	13.24
	200m	10th	26.66

Grace Adams	90H (76cm)	2nd	13.22
	100m	13th	13.10

### Treloar Shield Round 1 ES Marks

#### Open Women

Emma Matthews	100m	9th	13.15
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Charlotte Smith	100m	46th	14.57
	400m	25th	1:07.31
	Javelin (400g)	1st	23.59m

### Treloar Shield Round 2 SOPAC

#### Open Men

Chris Devery	60m	8th	7.24
	200m	3rd	26.67

Connor Dymond	110H (106.7)	7th	16.89
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Lachlan Parry	60m	13th	7.33
	200m	5th	22.79

## KINGS SPORT STORE TRELOAR SHIELD 2017 and ALLCOMERS

Name	Event	Place	Performance
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### Open Women

Ashlyn Adams	80H (76cm)	3rd	13.97
	60m	48th	9.20
Grace Adams	90H (76cm)	2nd	13.6h
	60m	32nd	8.48
	200m	26th	26.68
Emma Matthews	200m	17th	26.24

### Treloar Shield Round 3 Bankstown

#### Open Men

Connor Dymond	100m	20th	11.46
Joshua Smith	1500m	54th	5:53.43

### Open Women

Grace Adams	200H	1st	29.65
	100m	24th	13.01
Emma Matthews	100m	17th	12.83
	400m	21st	1:01.86
Charlotte Smith	100m	55th	14.27
	400m	36th	1:06.49
	High Jump	18th	1.30m
	Javelin 400g	2nd	26.03m
Heidi Smith	Javelin 600g	9th	16.48m
	Shot Put 4kg	8th	62.5m

### Treloar Shield Round 4 SOPAC

#### Open Men

Connor Dymond	110H	6th	15.67
	100m	17th	11.54

### Open Women

Emma Matthews	100m	16th	12.88
	200m	12th	26.02

## KINGS SPORT STORE TRELOAR SHIELD 2017 and ALLCOMERS

Name	Event	Place	Performance
<b>Treloar Shield Round 5 SOPAC</b>			
<b>Open Men</b>			
Connor Dymond	110H	5th	15.08
	100m	21st	11.34
<b>Open Men (cont)</b>			
Joshua Smith	800m	52nd	2.58.23
<b>Open Women</b>			
Emma Matthews	100m	18th	12.76
	200m	12th	26.01
Charlotte Smith	100m	51st	14.14
	Javelin 400g	1st	27.90m
<b>Allcomers 9.12.17 Campbelltown</b>			
<b>Open Women</b>			
Rina Flynn	60m	14th	10.22
	100m	25th	16.14
Emma Matthews	200m	11th	26.24
Stephanie Power	200m	5th	25.08
<b>Treloar Shield Round 6 SOPAC</b>			
<b>Open Men</b>			
Chris Devery	100m	20th	11.45
	200m	9th	22.79
<b>Open Men (cont)</b>			
Lachlan Parry	100m	12th	11.26
	200m	6th	22.32
<b>Open Women</b>			
Stephanie Power	100m	7th	12.41
	200m	5th	25.09
Charlotte Smith	100m	48th	14.32
	200m	37th	28.78
	Javelin 400g	2nd	26.10m

## KINGS SPORT STORE TRELOAR SHIELD 2017 and ALLCOMERS

Name	Event	Place	Performance
<b>Treloar Shield Round 7 SOPAC</b>			
<b>Open Men</b>			
Connor Dymond	100m	21st	11.76
<b>Open Women</b>			
Rina Flynn	100m	74th	16.29
	400m	36th	1:21.38
Emma Matthews	100m	19th	12.81
<b>Allcomers 24.02.18 Bankstown</b>			
<b>Open Women</b>			
Emma Matthews	100m	23rd	12.82
	200m	19th	26.82
<b>Allcomers 10.3.18 SOPAC</b>			
<b>Open Women</b>			
Emma Matthews	100m	20th	13.05
	200m	21st	26.07

## MASTERS THROWS CHAMPIONSHIPS 2017

### 22nd AMA Winter Throws Championships Sep 30 - Oct 2 2017

#### June Lowe - W60

Shot Put	1	9.46m
Discus	2	19.55m
Hammer	1	32.11m
Javelin	1	24.44m
Weight Throw	1	11.76m

#### Throws Pentathlon

Event	Hammer	Shot	Discus	Javelin	Weight	Total
Distance	34.38	8.51	21.85	20.97	11.64	<b>1st</b>
Points	994	713	555	549	745	<b>3556</b>

#### Mary Thomas - W70

Shot Put	1	7.96m
Discus	1	19.95m
Hammer	1	26.77m
Javelin	1	18.79m
Weight Throw	1	10.55m
Weight for Distance	1	10.27m (meet record)

#### Throws Pentathlon

Event	Hammer	Shot	Discus	Javelin	Weight	Total
Distance	26.81	7.54	20.71	16.98	9.07	<b>1st</b>
Points	963	794	704	584	696	<b>3741</b>

#### Event      56 lb      100 lb      HW Pentathlon

Distance	2.58	1.31	3799
	<b>1st</b>	<b>1st</b>	<b>1st</b>

(NSW Record) (NSW Record)

### 2017 NSWMA Heavy Weight Pentathlon Championships -

#### Mary Thomas - W70

Event	6.6 lb	8.8 lb	12 lb	16 lb	20 lb	Total
Distance						
Points						

## MASTERS THROWS CHAMPIONSHIPS 2017

### 2017 NSWMA Heavy Weight Championships -

#### Mary Thomas - W70

Event	56 lb	100 lb	Weight for distance (4kg)
Distance			

### 2018 NSWMA Throws Pentathlon 7-4-18 Barden Ridge

#### Mary Thomas - W70

Event	Hammer	Shot	Discus	Javelin	Weight	Total
Distance	24.5	7.13	18.85	16.44	9.71	1st
Points	864	743	629	562	754	3552



## ANSW STATE RELAYS

Sydney Olympic Park Athletic Centre - 4 and 5 November 2017

Name	Event	Place	Performance
<b>U14 Women</b>			
Charlotte Smith	4 x 200	6th	1:54.06
Arian Lopreiato	4 x Long Jump	5th	15.73m
Ashlyn Adams	4 x shot put	5th	24.26m
Eleanor Tozer (AW)			
<b>U16 Women</b>			
Natasha Hynoski	4 x 100 (heat)	12th	52.75
Emma Matthews			
Grace Adams			
Ashlyn Adams			
Emma Matthews	4 x 200	10th	1:48.85
Grace Adams			
Ashlyn Adams			
Charlotte Smith			
Natasha Hynoski	4 x 400	4th	4:17.06
Emma Matthews			
Grace Adams			
Eve Way			
<b>Open Women</b>			
Kaitlyn Neto	4 x 100 (heat)	16th	57.77
Kaisha Edwards	4 x 200	8th	2:05.93
Toyah Edwards			
Jessica Hogg			
<b>Masters Women 200+</b>			
Gianna Mogentale	4 x 100	3rd	60.87
Rina Flynn	4 x 200		
Dianne O'Toole			
Sarah Guevara			
<b>U18 Men</b>			
Jye Shumack	4 x High Jump	1st	7.20m
Nicholas Horton			
Rosie Tozer (AW)			
Austen Lantry (AW)			

## ANSW STATE RELAYS

Sydney Olympic Park Athletic Centre - 4 and 5 November 2017

Name	Event	Place	Performance
<b>U18 Men (cont)</b>			
Jye Shumack	4 x 100 (heat)	19th	49.54
Nicholas Horton			
Jonty Faulkner			
Austen Lantry (AW)			
<b>Open Men</b>			
Lachlan Parry	4 x 100 (heat)	4th	42.86
Chris Devery	4 x 100 (final)	3rd	42.29
Connor Dymond			
Kyle Grubnic			
Lachlan Parry	4 x 200 (heat)	2nd	1:30.09
Chris Devery	4 x 200 (final)	3rd	1:28.34
Connor Dymond			
Cameron Chisholm			
<b>Masters Men 200+</b>			
John Lamb	4 x 100	5th	51.86
David McCann	4 x 400	1st	4:00.78
Colin Clarson			
Darrin James			
David McCann	4 x 200	3rd	1:48.74
Colin Clarson	4 x 800	2nd	9:56.53
Darrin James			
Geoff Hynoski			

## NSW CLUB COMBINED CHAMPIONSHIPS

Sydney Olympic Park Athletic Centre - 2-3 December 2017

Name	Event	Place	Performance
<b>U16 Women</b>			
Emma Matthews	100m	5th	12.67
<b>Open Men</b>			
Connor Dymond	110H	2nd	15.95
	100m	14th	11.73
	200m	20th	22.74
Kyle Grubnic	100m	6th	11.16
	200m	6th	21.93
Lachlan Parry	100m	9th	11.39
	200m	9th	22.07

## ATHLETICS AUSTRALIA

### Australian All Schools, Adelaide - 8 - 10 December 2017

Name	Event	Place	Performance
<b>Women</b>			
Grace Adams	90H heat	2nd	12.87
	90H final	1st	12.71
	200H	18th	37.34
Maya Bos-Woods	High Jump	5th	1.57m
<b>Men</b>			
Nicholas Horton	High Jump	7th	1.96m

## ILLAWARRA TRACK CHALLENGE

Kerry McCann Athletic Centre, Beaton Park, Wollongong - 13 January 2018

Name	Event	Place	Performance
<b>Open Women</b>			
Ashlyn Adams	60m	22nd	8.58
	100m	22nd	13.94
Rina Flynn	100m	33rd	16.66
	400m	29th	1:21.21
Sarah Guevara	Long Jump	6th	3.79m
Emma Matthews	60m	14th	8.06
Dianne O'Toole	100m	32nd	15.71
Charlotte Smith	100m	29th	14.78
	400m	27th	1:07.89
Mary Thomas	Shot Put	6th	7.23m
	Hammer	3rd	25.49m
<b>Open Men</b>			
Rhys Barnes	100m	41st	14.47
	Shot Put	3rd	8.01m
	Hammer	1st	22.81m
Chris Devery	60m	9th	7.27
	100m	7th	11.45
Connor Dymond	100m	14th	11.59
John Lamb	100m	35th	13.85
Andrew Lau	100m	34th	13.37
	400m	22nd	1:02.83
	Shot Put	1st	8.98m
	Long Jump	4th	4.43m
Lachlan Parry	60m	7th	7.18
	100m	6th	11.27

## ILLAWARRA TRACK CHALLENGE

Kerry McCann Athletic Centre, Beaton Park, Wollongong - 13 January 2018

Name	Event	Place	Performance
<b>30-39 Women</b>			
Sarah Guevara	60m	1st	9.66
<b>50-59 Women</b>			
Lynda Douglass	60m	3rd	9.02
Rina Flynn	60m	6th	10.12
Gianna Mogentale	60m	4th	9.03
Dianne O'Toole	60m	5th	9.77
<b>Boys U12</b>			
Cooper Deegan	100m	1st	15.09
Joshua Smith	60m	1st	9.91
	100m	4th	16.15
<b>60-69 Men</b>			
John Lamb	60m	1st	8.49

## OCEANIA MASTERS CHAMPIONSHIPS

Dunedin, New Zealand - 20 to 27 January 2018

Name	Event	Place	Performance
<b>Men M45</b>			
Andrew Rodda	60m	4th	8.09
	100m	5th	12.74
	200m	5th	30.55
<b>Women W70</b>			
Mary Thomas	Shot Put	1st	7.36m
	Hammer	1st	26.57m
	Discus	1st	20.53m
	Javelin	1st	18.61m
	Weight Throw	1st	10.28m
	Throws Pentathlon	1st	3734pts

## NSW COUNTRY CHAMPIONSHIPS 2018

Kerryn McCann Athletics Centre, Wollongong, 26 - 28 January 2018

### IBS Team Members Individual Results - Women

Name	Event	Place	Performance
<b>Women U14</b>			
Charlotte Smith	Hammer	1st	15.72m
	Discus	3rd	
	80m Hurdles	7th	18.87
	High Jump	4th	1.20m
	100m heat	7th	14.72
	100m final	7th	14.76
	Javelin	1st	23.58m
	400m	4th	1:10.82
	Long Jump	7th	3.52m
	Shot Put	2nd	7.24m
	200m heat	7th	29.78
	200m final	7th	30.50
	800m	2nd	3:08.40
<b>Women U15</b>			
Ashlyn Adams	100m heat	10th	13.77
	200m heat	12th	28.94
Maya Bos-Woods	High Jump	1st	1.50m
	Discus	8th	16.35m
	Javelin	4th	14.11m
	Long Jump	4th	4.59m
<b>Women U16</b>			
Hayley Kolts	1500m Walk	4th	9:30.03
Emma Matthews	100m heat	3rd	12.73
	100m final	2nd	12.67
	400m	5th	1:04.17
	Javelin	3rd	23.13m
	200m	3rd	26.59
Eve Way	400m	10th	1:09.03
	Javelin	2nd	23.92m
	800m	6th	2:40.04
4 x 100m Relay		5th	54.99



## NSW COUNTRY CHAMPIONSHIPS 2018

Kerryn McCann Athletics Centre, Wollongong, 26 - 28 January 2018

### IBS Team Members Individual Results - Women

Name	Event	Place	Performance
<b>Women U17</b>			
Grace Adams	Javelin	7th	13.93m
	Shot Put	7th	7.19m
Belinda Barnes	Discus	6th	15.66m
	Javelin	4th	19.52m
	Shot Put	6th	8.04m
Natasha Hynoski	Discus	5th	16.66m
	100m heat	7th	13.71
	100m final	5th	13.40
	400m	9th	1:19.10
	Long Jump	3rd	4.46m
	200m heat	7th	30.04
<b>Women U18</b>			
Ashleigh Hogg	Hammer	6th	18.23m
	3000m Walk	2nd	28:39.58
	Triple Jump	2nd	7.27m
	Discus	6th	20.64m
	100m	7th	15.51
	400m	6th	1:22.71
	Long Jump	5th	3.40m
	Javelin	4th	16.53m
	Shot Put	4th	7.23m
	200m	7th	33.41
	800m	6th	3:22.39
Grace Meier	Hammer	3rd	29.55m
	Shot Put	2nd	9.08m
<b>Women U20</b>			
Jessica Barnes	Hammer	4th	16.67m
	Discus	5th	20.36m
	Shot Put	4th	7.78m
	Javelin	2nd	23.17m

## NSW COUNTRY CHAMPIONSHIPS 2018

Kerryn McCann Athletics Centre, Wollongong, 26 - 28 January 2018

### IBS Team Members Individual Results - Women

Name	Event	Place	Performance
<b>Women U20 (cont)</b>			
Marie-Luise Meier	Hammer	3rd	26.74m
	Discus	1st	44.06m
	Shot Put	2nd	10.78m
	Javelin	1st	24.71m
<b>Open Women</b>			
Rebecca Dos Santos	Triple Jump	4th	8.06m
	100m heat	11th	15.20
	Discus	9th	21.31m
	1500m	5th	6:35.54
	Shot Put	10th	6.26m
	Javelin	6th	14.59m
	Long Jump	5th	3.53m
	800m	2nd	3:02.85
Kaisha Edwards	400m Hurdles	3rd	1:22.67
	3000m Steeplechase	1st	16:52.84
	Long Jump	3rd	4.09m
	800m	3rd	3:12.12
Toyah Edwards	Triple Jump	3rd	8.20m
	100m heat	14th	15.48
	3000m Steeplechase	2nd	18:37.36
	200m heat	9th	32.33
Jessica Hogg	5000m	1st	24:40.78
	Triple Jump	5th	7.67m
	100m heat	13th	15.22
	1500m	4th	6:16.27
	400m	6th	1:16.34
	Javelin	7th	12.13m
	Long Jump	4th	3.63m
	200m heat	10th	32.57
	800m	1st	2:52.44

## NSW COUNTRY CHAMPIONSHIPS 2018

Kerryn McCann Athletics Centre, Wollongong, 26 - 28 January 2018

### IBS Team Members Individual Results - Women

Name	Event	Place	Performance
<b>Open Women (cont)</b>			
Stephanie Power	100m heat	1st	12.28
	100m final	1st	12.24
	200m heat	1st	25.61
	200m final	1st	25.12
4 x 100m Relay		7th	58.80
<b>Women 30-39</b>			
Sarah Guevara	High Jump	3rd	1.20m
	100m	4th	14.72
	Long Jump	2nd	4.19m
	400m	3rd	1:11.05
	200m	3rd	31.09
Jodie Sundstrom	Discus	4th	17.56m
4 x 100m Relay 30+		2nd	57.80
<b>Women 40-49</b>			
Amanda Adams	Shot Put	7th	5.62m
	Hammer	3rd	17.26m
	Discus	7th	14.17m
Rawinia Reid	Shot Put	4th	7.13m
	3000m	2nd	14:11.27
	Long Jump	5th	3.00m
	1500m	4th	6:34.84
	Javelin	4th	15.07m
	800m	2nd	3:04.94
Heidi Smith	Shot Put	6th	6.29m
	Hammer	4th	14.86m
	3000m Walk	1st	24:40.28
	Discus	8th	13.49m
	100m	8th	16.34
	Long Jump	4th	3.14m
	Javelin	2nd	16.58m
	200m	4th	35.9
	800m	4th	4:18.76

## NSW COUNTRY CHAMPIONSHIPS 2018

Kerryn McCann Athletics Centre, Wollongong, 26 - 28 January 2018

### IBS Team Members Individual Results - Women

Name	Event	Place	Performance
<b>Women 50-59</b>			
Lynda Douglass	100m	2nd	14.32
	200m	2nd	30.38
Rina Flynn	100m	6th	16.01
	400m	5th	1:20.00
	200m	5th	33.68
	800m	5th	3:33.11
Gianna Mogentale	100m	1st	13.86
	Triple Jump	1st	8.89m
	Long Jump	2nd	4.00m
	400m	1st	1:09.51
	Hammer	4th	17.39m
	Javelin	3rd	20.17m
	200m	1st	29.21
	800m	1st	2:50.05
Diane O'Toole	Shot Put	6th	6.09m
	100m	5th	15.76
	200m	4th	33.04
Jodie Redmond	Discus	3rd	18.61m
	Hammer	3rd	21.98m
	Javelin	7th	11.62m
<b>Women 60-69</b>			
June Lowe	Shot Put	1st	9.92m
	High Jump	1st	1.05m
	80m Hurdles	1st	18.01
	100m	1st	16.00
	Discus	1st	22.43m
	Hammer	1st	34.55m
	Javelin	1st	24.14m
	200m	1st	36.84

## NSW COUNTRY CHAMPIONSHIPS 2018

Kerryn McCann Athletics Centre, Wollongong, 26 - 28 January 2018

### IBS Team Members Individual Results - Men

Name	Event	Place	Performance
<b>Men U10</b>			
Connor Deegan	100m	4th	16.53
	Long Jump	3rd	3.00m
<b>Men U12</b>			
Cooper Deegan	100m	4th	14.89
	200m	3rd	30.49
	800m	5th	2:57.63
Joshua Smith	Discus	5th	17.39m
	Shot Put	6th	4.37m
	80m Hurdles	3rd	20.43
	Long Jump	6th	3.24m
	100m	7th	16.11
	1500m	4th	6:18.70
	High Jump	3rd	1.05m
	200m	5th	32.91
	800m	6th	3:07.23
<b>Men U13</b>			
Joshua Smith	Javelin	2nd	16.61m
<b>Men U14</b>			
Cohen Deegan	Hammer	1st	12.39m
	Discus	6th	19.24m
	Long Jump	4th	3.98m
	Shot Put	4th	7.70m
	100m heat	10th	14.74
	1500m	9th	6:01.09
	Triple Jump	2nd	7.98m
	High Jump	3rd	1.30m
	200m heat	7th	29.87
	200m final	6th	30.47
	800m	10th	3:14.38
Oscar Lovrek	1500m	7th	5:53.87
	200m heat	8th	30.58
	800m	7th	2:49.55

## NSW COUNTRY CHAMPIONSHIPS 2018

Kerryn McCann Athletics Centre, Wollongong, 26 - 28 January 2018

### IBS Team Members Individual Results - Men

Name	Event	Place	Performance
<b>Men U15</b>			
Rhys Barnes	High Jump	1st	1.30m
	1500m Walk	1st	9:34.80
	Shot Put	5th	7.24m
	100m	6th	14.43
	Discus	5th	21.63m
	200m	4th	29.57
<b>Men U16</b>			
Brett Harriman	High Jump	1st	1.65m
4 x 100m relay		4th	59.19
<b>Men U17</b>			
Jake Attwell	3000m Walk	2nd	15:46.08
	3000m	9th	10:34.15
	1500m	5th	4:37.80
	800m	5th	2:14.90
Jonty Faulkner	Discus	6th	26.50m
	Javelin	2nd	31.35m
Andrew Lau	Discus	7th	25.29m
	400m	8th	1:03.83
	High Jump	4th	1.55m
<b>Men U20</b>			
Nicholas Horton	110m Hurdles	1st	16.05
	Long Jump	4th	5.67m
	High Jump	2nd	1.85m
	Triple Jump	2nd	12.83m
Jye Shumack	100m heat	8th	11.77
	100m final	7th	11.47
	High Jump	1st	1.95m
	Triple Jump	3rd	12.35m

## NSW COUNTRY CHAMPIONSHIPS 2018

Kerryn McCann Athletics Centre, Wollongong, 26 - 28 January 2018

### IBS Team Members Individual Results - Men

Name	Event	Place	Performance
<b>Men U20 (Cont)</b>			
Vince Trevillion	400m	5th	59.43
	200m	7th	24.36
<b>Open Men</b>			
Christopher Devery	100m heat	5th	11.25
	100m final	3rd	11.02
	200m heat	2nd	22.51
	200m final	2nd	22.33
Connor Dymond	110m Hurdles	1st	14.90
	Javelin	1st	53.73m
	100m heat	9th	11.42
Kyle Grubnic	100m heat	3rd	11.10
	100m final	2nd	10.78
Corey Hogg	100m heat	19th	12.72
	Long Jump	8th	4.38m
	Discus	6th	16.22m
Coen Lawrence	Shot Put	4th	9.81m
	Javelin	3rd	37.43m
	Long Jump	7th	4.68m
	Triple Jump	5th	10.04m
	Discus	2nd	32.68m
	800m	13th	2:47.82
Lachlan Parry	100m heat	2nd	10.97
	100m final	1st	10.75
	200m heat	1st	22.41
	200m final	1st	21.91
Liam Ryan	100m heat	10th	11.47
	400m	5th	56.10
	200m heat	12th	23.50
	800m	8th	2:16.20
4 x 100m Relay	A team	1st	43.29
4 x 100m Relay	B team	8th	50.86

## NSW COUNTRY CHAMPIONSHIPS 2018

Kerryn McCann Athletics Centre, Wollongong, 26 - 28 January 2018

### IBS Team Members Individual Results - Men

Name	Event	Place	Performance
<b>Men 40-49</b>			
Wayne Adams	100m heat	12th	15.10
	Long Jump	7th	3.54m
	Triple Jump	3rd	7.62m
	200m heat	13th	35.43
John Hogg	Shot Put	7th	4.92m
	100m heat	11th	14.55
	Javelin	10th	13.70m
	1500m	8th	6:13.20
	400m	12th	1:15.20
	200m heat	12th	32.78
	800m	7th	3:07.67
Geoff Hynoski	Shot Put	6th	6.62m
	Hammer	3rd	15.48m
	100m heat	13th	16.48
	Javelin	9th	18.76m
	1500m	6th	5:49.80
<b>Men 50-59</b>			
Leith Babian	5000m	1st	17:35.36
	100m	3rd	12.95
	1500m	1st	4:35.94
	400m	1st	58.62
	200m	1st	26.46
	800m	1st	2:14.69
Colin Clarson	1500m	2nd	5:30.29
	400m	3rd	1:03.85
	200m	4th	28.53
	800m	2nd	2:38.33
Peter Shepherd	100m	5th	13.38
Ian Smith	Shot Put	7th	5.79m
<b>Men 60-69</b>			
John Lamb	100m Hurdles	1st	19.63



## NSW COUNTRY CHAMPIONSHIPS 2018

Kerryn McCann Athletics Centre, Wollongong, 26 - 28 January 2018

### IBS Team Members Individual Results - Men

Name	Event	Place	Performance
<b>Men 60-69 (cont)</b>			
Mark Matthews	Hammer	5th	18.82m
	Discus	5th	26.20m
	100m	3rd	15.53
	Javelin	3rd	25.28m
	High Jump	2nd	1.25m
4 x 100m Relay 30+		5th	54.99

## NSW OPEN U23 CHAMPIONSHIPS

SOPAC, Sydney, 2 - 4 February 2018

Name	Event	Place	Performance
<b>Open Women</b>			
Stephanie Power	100m heat	13th	12.39
	100m semi	DNS	
<b>Open Men</b>			
Chris Devery	100m heat	18th	11.17
	100m semi	20th	11.2
	200m heat	10th	22.37
	200m "B" final	1st	22.38
Connor Dymond	110 H heat	8th	15.55
	110 H final	6th	15.16
	100m heat	36th	11.54
Kyle Grubnic	100m heat	6th	10.95
	100m semi	6th	10.85
	100m final	6th	10.78
	200m heat	9th	22.27
	200m final	5th	21.92
Lachlan Parry	100m heat	15th	11.08
	100m semi	8th	10.91
	100m final	4th	10.73
	200m heat	4th	21.96
	200m final	3rd	21.82

## NSW JUNIOR YOUTH CHAMPIONSHIPS

SOPAC, Sydney - 9 - 11 February 2018

Name	Event	Place	Performance
<b>U14 Women</b>			
Charlotte Smith	Javelin	5th	26.00m
<b>U15 Women</b>			
Ashlyn Adams	100m heat	11th	13.84
	200m heat	12th	28.00
	200m H	3rd	31.95
Maya Bos-Woods	High Jump	1st	1.60m
<b>U16 Women</b>			
Emma Matthews	100m heat	8th	13.23
	100m final	8th	13.27
	200m heat	11th	26.41
<b>U20 Women</b>			
Marie-Luise Meier	Shot Put	4th	10.77m
	Discus	2nd	42.40m
<b>U17 Men</b>			
Jake Attwell	5000m Walk	3rd	28:08.39
<b>U20 Men</b>			
Nicholas Horton	110 H	3rd	15.28
	High Jump	4th	1.90m
	Triple Jump	3rd	11.97m
Jye Shumack	High Jump	2nd	2.01m

## AUSTRALIAN OPEN CHAMPIONSHIPS 2018

Carrara Stadium, Brisbane 15 - 18 February 2018

Name	Event	Place	Performance
<b>Open Women</b>			
Stephanie Power	100m heat	39th	12.4
	200m heat	34th	25.26
<b>Open Men</b>			
Connor Dymond	110m Hurdles heat	DNF	DNF
Kyle Grubnic	100m heat	27th	10.88
Lachlan Parry	100m heat	29th	10.94
	200m heat	26th	22.47

## NSW MASTERS CHAMPIONSHIPS

Blacktown International Sports Centre, 3 - 4 March 2018

Name	Event	Place	Performance
<b>Women 35-39 Years</b>			
Sarah Guevara	60m	6th	9.95
	100m	5th	15.28
	200m	5th	32.29
	400m	5th	1:08.93
	Long Jump	3rd	4.10m
	High Jump	4th	1.20m
<b>Women 45-49 Years</b>			
Heidi Smith	2000m Steeplechase	2nd	NT
	1500m	2nd	9:01.65
	5000m walk	1st	42:52.0
	Discus	5th	15.43m
	Shot Put	4th	6.37m
	Long Jump	4th	3.01m
	Javelin	5th	17.56m
	Weight Throw	3rd	5.91m
	Hammer	4th	14.75m
<b>Women 50-59 Years</b>			
Gianna Mogentale	60m	3rd	8.79
	100m	3rd	13.65
	200m	3rd	28.38
	400m	1st	1:06.74
	800m	1st	2:40.64
	Long Jump	2nd	4.02m
	Triple Jump	1st	9.12m
<b>Women 55-59 Years</b>			
Rina Flynn	60m	4th	10.38
	100m	4th	15.99
	200m	4th	34.01
	400m	2nd	1:21.15
	Shot Put	5th	6.58m
	Discus	3rd	18.30m
<b>Women 55-59 Years</b>			
Dianne O'Toole	60m	3rd	10.00
	100m	2nd	15.56
	200m	3rd	33.53

## NSW MASTERS CHAMPIONSHIPS

Blacktown International Sports Centre, 3 - 4 March 2018

Name	Event	Place	Performance
<b>Women 60-64 Years</b>			
June Lowe	60m	1st	10.00
	100m	3rd	15.96
	80m Hurdles	1st	18.33
	Shot Put	1st	9.53m
	Long Jump	1st	3.27m
	High Jump	1st	1.15m
	Discus	2nd	23.83m
	Weight throw	2nd	13.13m
	Hammer	1st	36.34m
	Javelin	1st	21.89m
<b>Women 70-74 Years</b>			
Mary Thomas	Shot Put	1st	7.33m
	Discus	1st	20.20m
	Weight throw	1st	9.77m
	Hammer	1st	25.14m
	Javelin	1st	17.45m
<b>Men 50-54 Years</b>			
Colin Clarson	200m	7th	27.89
	400m	5th	1:02.29
	800m	4th	2:34.80
	1500m	3rd	5:31.91
David McCann	60m	2nd	8.36
	100m	1st	12.67
	200m	3rd	26.15
	800m	2nd	2:30.69
<b>Men 55-59 Years</b>			
Peter Shepherd	100m heat	6th	13.45
	100m final	7th	15.16

## AA Australian Junior CHAMPIONSHIPS

Sydney Olympic Park Athletic Centre - 14 - 18 March 2018

Name	Event	Place	Performance
<b>Women U15</b>			
Ashlyn Adams	200H heat	7th	31.10
	200H final	7th	31.76
<b>Women U16</b>			
Emma Matthews	100m heat	19th	12.54
	200m heat	17th	25.94
<b>Women U17</b>			
Grace Adams	400H heat	12th	1:08.61
<b>Women U20</b>			
Marie-Luise Meier	Discus	5th	45.85m
<b>Men U17</b>			
Jake Atwell	5000m Walk	9th	26:07.26
<b>Men U20</b>			
Nicholas Horton	110H heat	10th	15.36
	High Jump	12th	1.90m
Jye Shumack	High Jump	4th	2.00m

## AUSTRALIAN MASTERS CHAMPIONSHIPS 2018

Perth, Western Australia - 26.04.18 to 29.04.18

Name	Event	Place	Performance
<b>Women 35-39</b>			
Sarah Guevara	60m	4th	9.36
	100m	5th	14.81
	200m	4th	32.65
	400m	4th	1:13.97
	High Jump	2nd	1.15m
	Long Jump	5th	4.06m
<b>Women 55-59</b>			
Rina Flynn	60m	3rd	9.97
	100m	6th	16.14
	200m	7th	35.14
	400m	5th	1:20.98
	Discus	6th	19.15m
<b>Women 60-64</b>			
Dianne O'Toole	60m	1st	9.67
	100m	1st	15.41
	200m	1st	33.66
June Lowe	Long Jump	2nd	1.48m
	Shot Put	1st	9.21m
	Hammer	2nd	35.44m
	Discus	1st	22.91m
	Javelin	1st	22.04m
	Throws Pentathlon	???	
	Weight Throw	3rd	11.89m
<b>Women 70-74</b>			
Mary Thomas	Shot Put	1st	7.55m
	Hammer	1st	23.51m
	Discus	1st	20.81m
	Javelin	1st	19.62m
	Weight Throw	1st	9.74m
	Throws Pentathlon	1st	



## AUSTRALIAN MASTERS CHAMPIONSHIPS 2018

Perth, Western Australia - 26.04.18 to 29.04.18

Name	Event	Place	Performance
<b>Men 50-54</b>			
David McCann	60m	3rd	7.87
	100m	4th	12.57
<b>Men 65-69</b>			
John Lamb	300H	1st	49.27
	100H	1st	18.44
	200m	1st	28.39
	400m	1st	1:02.26