



Illawarra Blue Stars

Athletic Club Inc

Annual General Meeting

Beaton Park Leisure Centre

Tuesday 18 May 2010

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PRESIDENT'S REPORT

This season has been a season of consolidation after record registrations in the previous two years.

Illawarra Blue Stars was awarded Country Club of the Year for the 2009 season as well as winning the Country Premiership. Every member can be proud of this achievement as all had played a part. The summer season commenced in September and was quickly followed by the World Masters hosted in Sydney. Many of the masters' athletes competed in seven days of athletic events.

The South Coast hosted the Country Championships in January and it was a great success thanks to the organisation and hours of hard work by the Committee and then every Blue Stars official and helper enlisting to support.

Entries and results in the championships especially the relays in November and the Country Championships in January were excellent. The club won the point score for the Country Championships.

Illawarra Blue Stars was awarded Gold in the "Clubs on Track" program. Well done to every member for this award.

Athletes in masters' categories showed some excellent results at the Australian Masters Championships in April and many of our juniors did well in the Australian championships in Sydney.

At the recent Athletics NSW Awards night Illawarra Blue Stars was again named Country Club of the Year and Country Premiership winner. Gianna Mogentale was a finalist as were Ann Grimm and Janet Munro.

Thanks to all club members and especially our hard working executive. Special thanks to John Munro with his work on the club action plan.

Of special mention are the technical officials who work at the athletics NSW events as well as backing up for club events.

With the great results of the 2009/2010 season we need to ensure we continue the momentum into the next.

Sue Sundstrom
President

Secretary's Report

It's that time again to present the report in my position of Secretary of one of the best clubs in the State. We have proven that by being granted the Gold Award for our Clubs on Track Policy and have been invited by Athletics NSW Committee to give any little feedback that we feel will be of benefit to other clubs, and in particular, ones that are struggling. No club can manage without the wonderful work of all our volunteers, the Executive of the Club and the Board of Management. Throughout the season, these people have worked tirelessly to not only bring athletics to our club members but to ensure that the club and the members derive as much benefit and satisfaction from the performances and achievements.

To the Board of Management headed by President Sue Sundstrom, Vice President; Equipment Officer, Rick Oswald; Treasurer, Bruce Steele; Assistant secretary, Gianna Mogentale; Fund Raiser, Jodie Sundstrom; Athletes Representative, Donna Hiscox; Social Representative, Annette Mead; Officials Representative, Anne Grimm and our Public Officer, John Munro, a big thank you for the time and effort you have all put into the club and its members. Many people do not understand and do not realise the time that is spent on club activities, submissions, reports, newsletters, organising, competition etc. and it is these people who have assured that the club has been operated in a professional and proper manner.

To the officials and parents who have given their time and effort on a Sunday at club meets, enabling such events as hurdles, steeplechase and hammer to be conducted, and assisting Rick with equipment and placement of hurdles and steeplechase. To athletes who have been injured but have still attended club meets to assist, your time and energy has been noticed and we thank you on behalf of all athletes.

Illawarra All Schools - the carnival that gives us the opportunity to showcase our club to the general public and at the same time make a profit to go back into the sport. This event is one that can generate new members and working with Athletics Wollongong we have seen this event go from strength to strength. Moving to August has proven a bonus to enable athletes to have competition prior to the important NSW All Schools.

The 2010 Country titles coming to Wollongong also enabled us to show the strength and willingness of our club members. Along with members of the local organising committee, our club provided Valmai Loomes, Neville Fenn, John and Janet Munro, Anne Grimm and Sue Sundstrom to bring the event together, but the support that was given by both athletes and supporters to this event by our club members was invaluable. The number of our club members competing was also a record and although on home ground, our win in the overall point score for the Hooper Trophy was a great reward to all those who competed.

Open Masters Day - we were asked to host the Masters Postal Relays and they resulted in some good runs. My connection with masters allows me to see and hear that many of the masters feel that Wollongong is so far away, that they believe it is close to the Victorian border - not quite but sometimes I feel that. We have given the masters the opportunity of coming down and competing and every time we have this meet, masters athletes go away pleased they have come and determined to come back. Maybe a full masters carnival would draw them away from the safety of Sydney? Many of the masters who do come down comment that they enjoy competing against our club members, such as in the distance events with everyone competing together. Many of these people having little chance of doing this at their own clubs.

Anne has commented on the **officials** and although we could do with more officials on a weekend, we have seen people come forward and work with our more qualified officials. To the officials who have worked on Athletics NSW events and then back up again on a Sunday, shows the dedication of our team and it is great to see Anne nominated for Rookie Official of the Year and Janet Munro as Official of the Year to Athletics NSW. Great to see such people as Mary Thomas officiating as a technical official along with Jodie Sundstrom. Must be hard for Mary to have to take time out from competing due to injury.

Anne Grimm has also accepted the position of co-ordinator for Tirac, whilst Mary acts as equipment person for the schools carnivals.

John Munro and myself have acted for the club on the **Beaton Park Management team** whilst Rick Oswald has joined John on the Tirac committee (see John's report) that has worked well to ensure income has been generated to improve our branch (Tirac equipment).

Success has come our way with the club winning the Country League, a tribute to the members coming to club and scoring points over the four round meet. Some athletes have this thought that it isn't worthwhile but I can assure you, that many of our members were fully aware of their competition come country titles because they had competed by mail against other country clubs members in this competition, and were more aware, come the titles face to face.

Athletes have been successful in all state title events and it is a credit to see so many of our athletes gain State selection for most Australian championships (see report on all major meets).

Success isn't always measured by winning; it is measured by improvement, PB'S and making a goal and achieving it. I hope all our members see this as part of their own improvement and also an important part of the club. Also good to see new members into our club offering some tough competition, but I urge you all to attend Sunday competition and move on from there to contest the more important meets such as State and National. Match fitness can be achieved by competing at club level, top achievement is by competing at a higher level and they go hand in hand to success.

Registrations have been steady, but have not seen the impact that was thought to be by Athletics NSW of Little A's members. To our new members from Little A's, they have adjusted well and have become a vital part of our clubs development.

Masters athletes are a strong contingent of our club and this year we have seen two of our long term members move into Masters, Jodie Sundstrom and Melanie Weeks. Both girls have given time and effort to other areas of the club, Melanie organising pre-club talks by physios etc. Along with Julie Steele, they organised club members to have testing done at the University of Wollongong, a valuable tool for any athlete. Melanie has taken on the role, with Troy Sundstrom to organise our winter cross country courses, whilst Jodie has continued her strong fund raising efforts.

See results of the wonderful performances of our masters athletes who have competed in events ranging from World titles through to the Country titles. Many of our masters athletes have taken on Board positions and I thank them all and especially to Gianna Mogentale who has not only proven herself as a sprinter but is a valuable Assistant Secretary to myself and has been instrumental in compiling this report along with the website and newsletters.

To all our coaches, a big thank you for the wonderful job that is being done with all our athletes. We need more coaches so please think carefully and let me know if you wish to do your exams. Former

athlete Stuart Miller and Masters athlete Donna Hiscox have added coaching to their qualifications and now have groups that they work with along with our other club coaches. The added bonus of Peter Lawler assisting our athletes is a big plus, no better javelin coach in the land.

Selected - The selection of Talissa Scott and newly selected Karlie Chambers in the Australian Junior Development Squad is a just reward for two highly talented junior athletes. Our congratulations are extended to them and hope that their path through this program leads to bigger and better things. The same goes to James Grimm who has recently learnt he has been accepted into the Fast Track program being identified from his great sprinting at Country and then at State. James's 10.61 in the Open men's 100metres saw him qualify for the World Juniors only to be two weeks late due to the cut off period.

Welcome to new members - good to see a number of new members into our club, among them some highly talented young juniors and some talented Masters' athletes who have only just taken up the sport. Hammer champ Ashley Mumberson also joined us this year but she has not had her best season due to studies and injuries. Hopefully, we will see the best of this young lady next summer.

My thanks are extended to everyone, not just the Board, but to all athletes and families, to supporters and coaches. Without all these people combining, we would not have the club that we have, but I urge you all to maintain the standard, to maintain the friendship and sportsmanship that we are known for, and to keep on pulling together and working together. We all have differing opinions and we all have the right to voice those opinions, but we should never forget that the Board of the club is there to listen to those opinions and implement them if they feel it is right to do so. The Board has the job to provide a sport in the best interests of everyone, and although we may never please everyone, it is the development of the sport and the people who make up the sport, that are the most important.

Once again, it has been a year of success, a year of ups and downs with some athletes, but overall, it has been a season that we can all feel proud of. So once again congratulations to everyone.

You will find attached the results of all major meets and my thanks goes to John Munro for providing these records.

Valmai Loomes
Secretary

TREASURERS REPORT FOR YEAR ENDING 31 MARCH 2010

The Club's activities resulted in a net income of \$743.23 for the year ending 31 March 2010, compared to the budget, which was breakeven. The total bank balance at 31 March 2010 was \$6,028.77. Total receipts for the year were \$15,090.03 compared to budget of \$16,000, and total expenditures were \$14,346.80 compared to budget of \$16,000.

The main items of interest were:

- 1) The Illawarra All Schools competition contributed \$1,788.23, an increase of \$631 from the previous year.
- 2) Fund Raising activities were very strong and once again the fundraising efforts of Jodie Sundstrom deserve particular recognition and thanks. A total of \$770.85 was raised, mainly through the various raffles organised by Jodie. Unfortunately we were unable to arrange a major fundraising event such as the trivia night that was held so successfully in 2009.
- 3) We received \$500 from Athletics NSW for coming first in the NSW Country Club Premiership. We will also receive \$500, next year, from ANSW for our contribution to the running of the NSW Country Titles that were held at Beaton Park in January 2010, thank you to all who made contributions.
- 4) Sales of uniforms generated revenues of \$1,807 during the year, while uniform expenditures were \$498. This resulted in a net cash inflow of \$1,309 for uniforms. This net inflow was possible as we were able to reduce stocks of uniforms carried forward from the previous year.
- 5) Membership numbers of the club continue to be strong and \$1,743 was raised in membership fees. Club affiliation fees paid to ANSW cost \$791 for the year.
- 6) Expenses for club annual presentations were \$1644.48. This included \$1,091 for trophies awarded at the 2009 presentation plus a deposit of \$527.50 paid for the hire of the Dapto Ribbonwood Centre in May 2010. We expect \$300 of this amount to be refunded next year.
- 7) The winter cross-country series had a net expense of \$20 in 2009.
- 8) Costs to maintain the IBS website during 2009 were \$331.80. The efforts of Gianna Mogentale to prepare and maintain the IBS website deserves special recognition and thanks.
- 9) Equipment costs of \$483 were incurred in 2009. Equipment purchases included starting caps, trolley for shot and discuses, turbo javelins and hammers.

Bruce Steele
Treasurer

OFFICIALS REPORT

This season we suffered a lack of officials at the majority of club meets. For much of the time, without the Masters athletes running their own field events and injured athletes coming in to help out, we would really have been battling to run events. In saying this though, we did have a consistent number of officials that came every week and were very willing to assist where they could.

A couple of the officials that I would particularly like to thank that gave up much of their time for the club are Janet and John Munro, Rick Oswald and Carolyn Taddeo. I would also like to thank the athletes that were injured throughout the season for their assistance: Annette Mead, Donna Hiscox. Janice Walsh, Abbie Taddeo, Jeff Hollingsworth and Hayden Matthews.

There were a couple of major events held this season such as Illawarra All Schools and NSW Country Championships. Illawarra Blue Stars provided a great many officials for these events and I would like to thank everybody for their assistance.

I would like to comment that we cannot just rely on the parents of our junior athletes to officiate at club and at championship events. If the senior and masters athletes could also bring along a family member or a friend that would be willing to help out, this would benefit the club greatly.

I, as a parent of an athlete myself, understand that parents want to sit and watch their children but without the assistance of those parents, their child would have no competition to compete in.

I would like to thank each and every person that assisted as an official this season because without your help where would the athletes be.

Ann Grimm
Board Member for Officials

ATHLETES REPRESENTATIVE REPORT

The 2009/10 season was an incredibly successful year for our club.

Our first major club competition being the State Relays were held in November 2009 at the Blacktown track. The weather conditions were extreme to say the least – so extreme that on Sunday afternoon it was agreed that competition would cease due to the oppressive heat conditions and the effect these conditions could have on athletes competing. Prior to this cancellation our club performed well, but it was disappointing that our club was not as well represented as we have been in previous years. This is the largest competition our athletes participate in as a club, so each and every athlete should take the time out to support their club and compete in such events!

The Country Championships were held on home turf this season at the 'Kerryn McCann Athletics Centre' in January. Our club was again well represented with the performance of all our athletes seeing us win the Hooper Trophy for the most points scored at the Country Championships. A credit to the strength of our club and its athletes as a whole.

Once again this season saw our club win the Country Club Premiership, winning by more than 3500 points ahead of Athletics Wollongong. This award is a credit to all our athletes if the athletes didn't turn up each Sunday to compete we would not win such prestigious awards such as this one.

A large number of our athletes competed at the newly named State Youth Championships with great success. A number of athletes also competed in the Youth National Championships which were held in Sydney in March. Special mention must be made of Karlie Chambers performance in the 400m finishing with a silver medal, Karlie did extremely well considering the minimal amount of training she did due to injury. Also James Grimm must be commended on his outstanding season but a little disappointed that he ran a World Junior Qualifying time in the 100m just 2 weeks too late! Looking forward to watching the progress of these two outstanding young athletes next season.

As for our Masters Athletes – this season was an extremely hectic one. Donna Hiscox, Annette Mead and Gianna Mogentale travelled to Lahti, Finland for the World Masters Track and Field Championships in August 2009. Gianna came home with three individual bronze medals and two relay gold medals in the W40 4 x 100m and 4 x 400m plus a world record in the 4 x 100m relay. Donna made the final of the 400m hurdles and finished in 8th place, she placed 5th in her heat of the 400m, was a member of the W35 4 x 100m which finished 5th and the W35 4 x 400m which finished a very close 4th place. Donna was extremely happy with her results considering she underwent surgery on her knee 5 weeks before leaving for the Championships. Annette finished 5th in her heat of the 100m and 200m and again missed a bronze medal in the W50 4 x 100m relay by the smallest of margins, she ran an unbelievable first leg of that relay to get the team away to a flying start.

After enjoying a fantastic European holiday all three joined a large number of the other Illawarra Blue Stars Masters Athletes to compete at the World Masters Games in Sydney in

October. All our athletes posted outstanding results with a number coming away with their first international medal.

Then it was onto the Domestic season again with outstanding results – special mention must be made to June Lowe, in her first year of athletics she came away with a number of gold medals from the Masters State Championships in March.

Donna Hiscox travelled to Kamloops, Canada in February 2010 to compete in the World Masters Indoor Athletics Championships. This was Donna's first Indoor competition and she enjoyed the experience. Donna finished 6th in the W40 400m, 7th in the 800m and was part of the W40 Australian Team that took silver in the 4 x 200m relay.

The season finished with the Australian Masters Athletic Championships in Perth, a number of Illawarra Blue Stars athletes made the trek across the country to compete and did so with outstanding results whilst representing NSW.

With such a successful year it is no surprise to see Illawarra Blue Stars has been nominated for Country Club of the Year for the 2009/10 season, the winner will be announced at the upcoming Athletics NSW award and presentation night.

During the winter track season we are going to trial a graded type competition in all events this will ensure all athletes gain the competition they need. Once all the kinks are ironed out we will commence a graded competition during our Sunday afternoon meets for athletes in the U14 age group and above. This type of competition will be of great benefit to all our athletes, who will compete against other athletes regardless of age who are at the same standard.

Once again congratulations to all athletes on another outstanding season you are all champions and indicative of what makes our club such a successful one – keep up the great work.

Donna Hiscox
Board Member Representing Athletes

FUNDRAISING REPORT

Thank you to all Illawarra Blues Stars members who helped with fundraising during the season both in donating prizes and buying and selling tickets.

The total raised was \$698.

We didn't run a major raffle or trivia night this season.

A big thank you to club officials and helpers who worked at the Illawarra all schools. This raised \$1788 for the club and included the raffle run on the day.

Jodie Sundstrum
Board Member for Fundraising

EQUIPMENT REPORT

Very little money needed to be spent for new equipment this season. We purchased a small hammer to teach the younger athletes the technique as well as a turbo javelin.

Much of the time was spent doing an audit of all equipment, sourcing extra equipment for country, making repairs and organising equipment for carnivals.

The equipment area has been organised and old items removed.

Many thanks to the members who have helped on club days. Many hands make my job easier.

Rick Oswald
Board Member for Equipment

Coaches Report

Coaches are an important part of our club and are necessary to bring out the best of all athletes. Not all athletes can be champions but it is up to the individual coach to strive to see the athlete in their charge achieve the best possible standard that they can.

We are constantly seeking new coaches, but time and dedication seems to be the biggest problem with most people of today, and coaching demands that.

My thanks go to all our coaches who have shown and given the above in the best interests of the athletes that they coach.

Coaches are sometimes given the 'pats on the back' for the success of the athlete but they also have to take the brickbats that are too readily thrown when an athlete doesn't achieve the standard they or others believe they should. Parents play an important part with coaches, but they have to remember that they are there for support and not to coach and not override the advice of the coach - after all that is why the athlete has the coach in the first place. Junior athletes need to be carefully monitored. Many things come into play such as growth, injuries, school work and study. All these things have to be taken into account, whilst Masters athletes in most cases have a full time job just monitoring and mentoring their families. I sometimes marvel at the dedication that this group of people has, and combining with their families have full time employment and giving their time and effort to the rest of the family who may have various other activities.

Our coaches this year who received passes to all major NSW Meets include:

Sue Sundstrom	Valmai Loomes	Stuart Miller
Donna Hiscox	Rick Watkins	Peter Lawler
Ron Thompson	Don Hodgekiss	

All are fully qualified and have insurance to cover their activities and coaching.

Regular meetings have been called by Management of Beaton Park for all coaches using Beaton Park to attend to discuss such issues as:

- a. coaches accreditation and insurance
- b. use of volunteers
- c. coaches obligations
- d. safety and equipment usage
- e. other items of interests to ensure coaches are fully aware of their rights and obligations.

Coaching is a trade and are needed by our athletes. Coaches are people who love to see an athlete achieve, but they also need support and be able to do their job, and we need more of the these people

All coaches of the club have had a good year and my thanks are extended to all of them on a job well done.

Valmai Loomes
Coaching Co-ordinator

Publicity and Public Relations Report

Publicity for athletics is possibly the hardest to achieve and even with our controlling body, Athletics Australia and Athletics NSW, they struggle to achieve stories of interest in all local papers and media. Not until the Games come around, do we see stories emerge on athletics. Wollongong has been lucky over the years and even though we are a Rugby League dominated area, we still succeed in gaining a reasonable amount of publicity for our club and athletics in general. The local column is something that I will continue to strive to keep - it is a major source of publicity, but people have to remember we cannot dictate how much goes in the column and when it is cut. The editor has that right. If they feel they have a story of more local interest and they haven't got space for our column, we have to accept that. I have fought and fought over the years to maintain this and I urge our members not to be critical if it doesn't appear. After all, many other sports cannot even get space on such a regular basis.

We also have to have something 'to sell'. Editors of the paper see articles differently to us all in athletics. They determine space and coverage by a number of factors such as appeal to the public, a high news story, buying power etc. On many occasions I have written a story that I believe is of great interest only to see the story not even get a small space. Some of the articles are cut - once again we have no control over this. Complaining to a paper on this basis can do more damage than good. I have learnt over the years, it doesn't do any good at all. The power of the media is huge and they are the ones that dictate what goes in. Let's be thankful that we have a group of journalists at the local paper that support our sport and give us a fair go. We also appeal to have photos taken but once again they determine if they have space for a big photo or a smaller one or none at all.

Website

My thanks to Gianna for maintaining the website. It is a great form of promotion of our club but it is time consuming for anyone to do and keep up to date. Without this tireless work our website would not be what it is today so my thanks go out to her and to Peter Broadhead who has given his expertise and knowledge to help setting it up. Gianna has come up with a few different ideas and is constantly thinking of new ways to improve it for all to read. A new idea she is working on will be Athletes Corner given over to athletes only and will highlight some of the achievements and suggestions of athletes.

Public Relations

There is no better way to showcase your club than in the promotion of a carnival or championship meet. Over this season we have brought our sport to the public through the Illawarra All Schools where we gained new membership and our open day that introduced athletics to new masters such as James Baker and June Lowe and her family. Our web site also is a public relations tool and many people source this site for information to our club and then send enquires.

The Country titles also brought the sport to the 'Gong' and our club was prominent in the promotion of this meet for Athletics NSW.

1.98 have also given us promotion and once again we are lucky in this respect. We will be aiming to achieve a spot on the Saturday morning ABC Sports Show for this upcoming season.

Newsletters are a very useful tool and many athletes like to keep them for keep sake. Gianna again has been the force behind putting them all together and although many people argue it is all on the web site, the newsletter is giving athletes the option and not all members have the net or have a computer.

Publicity has always been a strong point of our club with articles in the paper and over the radio. The best publicity our club can achieve, is the way the members conduct themselves in public, how they show sportsmanship to all other athletes and follow the rules of conduct for athletes, parents and coaches. This has to be maintained by all our club members in the best interests of all our members and show that our club promotes the sport in the best possible manner. Failure to adhere to these rules can override all publicity that has been achieved in the media.

Valmai Loomes
Publicity and Promotion Co-ordinator

SOCIAL ACTIVITIES REPORT

The 2009/2010 season has once again been very successful and enjoyable for all involved with the Illawarra Blue Stars Athletic Club.

The Sunday afternoon competition has been very competitive amongst athletes of all ages, but at the same time, it has been a great social experience for most, if not all of the club members.

Valmai's training squad has put in another season of hard work and all members have enjoyed meeting up on Tuesday and Thursday evenings to train and have a chat. Yes, speaking from personal experience, the two objectives can be achieved. The squad also enjoyed a great evening at Bellmore Basin to celebrate Christmas and the holiday break.

Unfortunately, the Trivia Night which had been organised to be held in February 2010 was unable to go ahead due to unforeseen circumstances. Hopefully, we will be able to arrange another successful and enjoyable Trivia Night in the near future.

On Saturday 12 December 2009, the Masters ladies enjoyed a lovely Christmas luncheon at Dunes restaurant in Wollongong. This annual event has become a fantastic way to socialise and each year we take great pleasure in welcoming more lovely ladies to our group so that they too may experience the wonderful social aspect of the Illawarra Blue Stars Athletic Club.

Annette Mead

Board Member for Social Activities

Beaton Park Management Report

This team consists of representatives of all users of the Kerryn McCann Athletic Centre, being:

- Illawarra Blue Stars
- Athletics Wollongong
- Kembla Joggers
- Wollongong City Little A's

John Munro and I have been the club members who have attended meetings called by Management of Beaton Park, Jenny Towers.

It is here that we negotiate with Management to achieve better facilities, assistance and infrastructure to conduct the sport in the best possible manner.

We are very lucky to have such a person as Jenny, as she has shown that she is determined to make the track a showcase of the Illawarra. She has been a great asset for us and we hope the good relationship we now all share will continue.

Many things that have seen improvement include:

- a. Jenny listening and dealing with Janet Munro on technical issues and we thank both Janet and John for their dedication to ensure that the track is acceptable.
- b. The new long/triple jump pit being installed at a cost to council.
- c. Implementing coaches' meetings to ensure coaches are kept up to date with the use of the ground.
- d. Working in with the local organising committee for the conduct of the Country titles.
- e. Ensuring that safety is maintained at all times, with new signage being placed around the track.
- f. Purchase of sector marker by Council for clubs to do sector marks - we do need volunteers to offer their time to ensure that this is done.
- g. Hammer cage being checked for improvement as with the high jump equipment.
- h. Last but not least, through perseverance of Kim Debrot, Jenny approved one toilet be open for all clubs meets. This was the result of a letter by Kim and Jenny being the only manager to put into motion an action that can at least be of benefit to all members.

Many things are still to be done and we need to ensure that the ground is maintained to the very best of our ability, but it is time that we looked at areas such as additional room spaceage that can be used for carnivals such as country for photo finish and recording. Is it time we sort funding for an additional room that can also be used as a club house? - room for thought

Valmai Loomes
Beaton Park Management Team

TIRAC EQUIPMENT COMMITTEE REPORT

The Illawarra Regional Athletic Centre (TIRAC) Equipment Committee continued to run successfully under the direction of Ron and Ros Perry of Athletics Wollongong.

The system of having an Equipment Officer, a Booking Officer and a number of Carnival Officers worked well, with the workload no longer falling on one person's shoulders. The introduction of a payment for these positions to assist with meeting the costs of carrying out these roles did not impact on the financial viability of TIRAC. The new fees charged to schools for hiring equipment more than met the increase in costs.

Expenditure exceeded income for the year by just over \$3,100. However, major repairs to the high jump covers costing \$4,186 and the purchase of two gazebos for \$1,791 were the prime reason for this. The balance in the account at the end of the year was \$9,115.

Two sets of high jump uprights, originally received by IBS under a Telstra grant, were moved to the training room for general use. IBS use the sets donated by Athletics Wollongong and Beaton Park for competition.

From the current season onwards, anyone wanting access to the TIRAC equipment will need to submit an application for an access card. Beaton Park will only issue keys to the training room and equipment to people holding one of these cards. The cards will be renewed annually.

Minutes of TIRAC Equipment Committee meetings were sent to the IBS Board members after each meeting.

IBS representatives for the 2009-10 year were -
Rick Oswald & John Munro – delegates
Mary Thomas – carnival officer

Ann Grimm has accepted the position of Booking Officer for the new season.

John Munro
Delegate for TIRAC Equipment Committee

AUSTRALIAN CHAMPIONSHIPS WINTER 2009

Australian Road Walking Championships 30.08.2009

Name	Time	Placing
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Open Women 10km

Jodie Sundstrom	1:14:43	22
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U14 Men 3km

Matthew Oswald	17:32	8
Mitchell Acev	17:33	9

AUSTRALIAN CROSS COUNTRY CHAMPIONSHIPS 29.08.2009

Name	Time	Placing
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U13 Men 3km

Josh Kentwell	10:11 (NSW 2 nd in teams event)	16
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WORLD / AUSTRALIAN CHAMPIONSHIPS 2009-2010

World Masters Championships 28.07.2009 – 09.08.2009

Donna Hiscox

W40	400m Hurdles	Heat 5 th	1:14.15	Final 8 th	1:13.56
W40	400m	Heat 5 th	1:05.81		
W35	4 x 100m Relay	5 th	54.86		
W35	4 x 400m Relay	4 th	4:16.72		

Annette Mead

W50 100m – Heat 6th 15.76
W50 200m – Heat 6th 33.01
W50 4 x 100m Relay 4th 1:00.90

Gianna Mogentale

W45 100m – Heat 1st 12.60; Semi-final 1st 12.69; Final 3rd 12.55
W45 200m – Heat 1st 26.62; Semi-final 2nd 26.54; Final 3rd 26.36
W45 400m – Heat 2nd 1:02.56; Final 3rd 1:00.91
W40 4 x 100m Relay – 1st 48.01
W40 4 x 400m Relay – 1st 4:04.84

World Masters Indoor Championships March 2010

Donna Hiscox

W40 400m – 6th
W40 800m – 7th
W40 4 x 200m Relay – 2nd

Australian U14 – U20 Championships 11.03.2010 – 14.03.2010

Name	Event	Placing
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U14 Women

Keeleigh McCauley	80m Hurdles	7
	Long Jump	7
	Triple Jump	8

U15 Women

Larni Cowgill	High Jump	8
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U17 Women

Karlie Chambers	400m	2
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U18 Women

Karlie Chambers	4 x 400m Relay	1
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Claire Burnett	800m (Heat)	7
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Emily Debrot	Javelin	6
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U20 Women

Claire Walsh	Javelin Throw	12
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U15 Men

Matthew Oswald	3000m Race Walk	7
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U20 Men

James Grimm	100m	7
	200m	7
	4 x 100m Relay	1

Masters Championships 02.04.2010 – 05.04.2010

Name	Event	Placing
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Women 40-44

Donna Hiscox	400m	3
	800m	6
	4 x 100m Relay 120+	1
	4 x 400m Relay 160+	1

Women 45-49

Gianna Mogentale	60m	1
	100m	1
	100m Championship	1
	200m	1
	400m	1
	800m	1
	Triple Jump	1
	Long Jump	2
	4 x 100m Relay 160+	1
	4 x 400m Relay 160+	1

Women 45-49

Julie Steele	200m Steeplechase	1
	800m	5
	1500m	5
	8000m	4
	Discus Thro5w	
	4 x 100m Relay 120+	1
	4 x 400m Relay 120+	1

Women 50-54

Annette Mead	60m	6
	100m	5
	4 x 100m Relay 200+	3

Women 75-79

Elvire Asprey	60m	2
	100m	1
	200m	1
	400m	1

Name	Event	Placing
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Men 40-44

Jodie Gibbins	Shot Put	3
	Hammer Throw	2
	Discus Throw	4
	Javelin Throw	3
	Weight Throw	2
	Weight Pentathlon	3

Men 60-64

John Van Stappen	60m	4
	100m	6

Men 85-89

Max McKay	Long Jump	1
	Triple Jump	1
	High Jump	1
	Shot Put	3
	Hammer Throw	1
	Discus Throw	3
	Javelin Throw	3
	Weight Throw	2
	Weight Pentathlon	3
	Outdoor Pentathlon	1

Australian Open Championships 16.04.2010 – 18.04.2010

No IBS Entrants

MISCELLANEOUS NSW CHAMPIONSHIPS 2009-2010

NSW OPEN Championships 26.03.2010 -28.03.2010

Name	Event	Placing
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Open Women

Melanie Foster	1500m	7
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Open Men

James Grimm	100m	8
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Justin Miller	(Heat) - 100m	6
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Men 50-54

Bruce Steele	Outdoor Pentathlon	3
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NSW U14, U16, U18 & U20 Championships 12.02.2010 -14.02.2010

Name	Event	Placing
------	-------	---------

U14 Women

Emily Burke	100m	7
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Keeleigh McCauley	100m	6
	200m	4
	80m Hurdles	5
	200m Hurdles	4
	Long Jump	3
	Triple Jump	2

U16 Women

Jemma Chambers	1500m	16
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Larni Cowgill	High Jump	11
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Skye Ryan	100m	2
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NSW U14, U16, U18 & U20 Championships 12.02.2010 -14.02.2010 (Cont)

Name	Event	Placing
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U18 Women

Claire Burnett	800m	7
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Karlie Chambers	200m	8
	400m	2

Emily Debrot	Javelin Throw	2
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Talissa Scott	100m	5
	Long Jump	2

U20 Women

Talissa Scott	100m Hurdles	3
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Claire Walsh	Javelin Throw	4
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U16 Men

Peter Lee	100m	18
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Matthew Oswald	3000m Race Walk	5
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Harrison Steele	Javelin Throw	11
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U18 Men

Ben Hollingsworth	100m	23
	400m	5

Matthew Lee	100m	10
	200m	6

U20 Men

James Grimm	100m	2
	200m	2

Sam Haber	400m Hurdles	5
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NSW Masters & Under 23 Championships 06.03.10 – 07.03.10

Name	Event	Placing
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Women U23

Ashleigh Mumberson	Hammer Throw	2
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Women 45-49

Name	Event	Placing
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Kim Debrot	High Jump	2
	Hammer Throw	1
	Discus Throw	4
	Weight Throw	1
	Shot Put	2

Cathy Hewitt	5000m	1
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Gianna Mogentale	60m	1
	100m	1
	200m	1
	400m	1
	Long Jump	1

Julie Steele	2000m Steeplechase	2
	200m	5
	800m	4
	1500m	6
	5000m	2
	Discus Throw	7

Women 50-54

Annette Mead	60m	3
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Women 55-59

June Lowe	60m	1
	80m Hurdles	2
	Discus Throw	4
	Shot Put	2

Women 75-79

Elvire Asprey	60m	1
	100m	1
	200m	1
	400m	1

NSW Masters & Under 23 Championships 06.03.10 – 07.03.10 (Cont)

Name	Event	Placing
------	-------	---------

Men 40-44

Jodie Gibbins	Shot Put	4
	Discus Throw	6
	Hammer Throw	3
	Weight Throw	3

Men 50-54

Peter Shepherd	100m	8
Bruce Steele	Shot Put	7
	Javelin Throw	8

Men 55-59

John Van Stappen	100m	5
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Men 85-89

Max McKay	High Jump	1
	Long Jump	1
	Triple Jump	1
	Weight Throw	1
	Shot Put	1
	Discus Throw	1
	Hammer Throw	1
	Javelin Throw	1

MISCELLANEOUS NSW CHAMPIONSHIPS 2009-2010

NSW OPEN Championships 26.03.2010 -28.03.2010

Name	Event	Placing
------	-------	---------

Open Women

Melanie Foster	1500m	7
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Open Men

James Grimm	100m	8
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Justin Miller	(Heat) - 100m	6
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Men 50-54

Bruce Steele	Outdoor Pentathlon	3
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NSW U14, U16, U18 & U20 Championships 12.02.2010 -14.02.2010

Name	Event	Placing
------	-------	---------

U14 Women

Emily Burke	100m	7
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Keeleigh McCauley	100m	6
	200m	4
	80m Hurdles	5
	200m Hurdles	4
	Long Jump	3
	Triple Jump	2

U16 Women

Jemma Chambers	1500m	16
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Larni Cowgill	High Jump	11
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Skye Ryan	100m	2
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NSW U14, U16, U18 & U20 Championships 12.02.2010 -14.02.2010 (Cont)

Name	Event	Placing
------	-------	---------

U18 Women

Claire Burnett	800m	7
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Karlie Chambers	200m	8
	400m	2

Emily Debrot	Javelin Throw	2
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Talissa Scott	100m	5
	Long Jump	2

U20 Women

Talissa Scott	100m Hurdles	3
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Claire Walsh	Javelin Throw	4
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U16 Men

Peter Lee	100m	18
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Matthew Oswald	3000m Race Walk	5
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Harrison Steele	Javelin Throw	11
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U18 Men

Ben Hollingsworth	100m	23
	400m	5

Matthew Lee	100m	10
	200m	6

U20 Men

James Grimm	100m	2
	200m	2

Sam Haber	400m Hurdles	5
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NSW Masters & Under 23 Championships 06.03.10 – 07.03.10

Name	Event	Placing
------	-------	---------

Women U23

Ashleigh Mumberson	Hammer Throw	2
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Women 45-49

Name	Event	Placing
------	-------	---------

Kim Debrot	High Jump	2
	Hammer Throw	1
	Discus Throw	4
	Weight Throw	1
	Shot Put	2

Cathy Hewitt	5000m	1
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Gianna Mogentale	60m	1
	100m	1
	200m	1
	400m	1
	Long Jump	1

Julie Steele	2000m Steeplechase	2
	200m	5
	800m	4
	1500m	6
	5000m	2
	Discus Throw	7

Women 50-54

Annette Mead	60m	3
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Women 55-59

June Lowe	60m	1
	80m Hurdles	2
	Discus Throw	4
	Shot Put	2

Women 75-79

Elvire Asprey	60m	1
	100m	1
	200m	1
	400m	1

NSW Masters & Under 23 Championships 06.03.10 – 07.03.10 (Cont)

Name	Event	Placing
------	-------	---------

Men 40-44

Jodie Gibbins	Shot Put	4
	Discus Throw	6
	Hammer Throw	3
	Weight Throw	3

Men 50-54

Peter Shepherd	100m	8
Bruce Steele	Shot Put	7
	Javelin Throw	8

Men 55-59

John Van Stappen	100m	5
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Men 85-89

Max McKay	High Jump	1
	Long Jump	1
	Triple Jump	1
	Weight Throw	1
	Shot Put	1
	Discus Throw	1
	Hammer Throw	1
	Javelin Throw	1