

ILLAWARRA BLUE STARS ATHLETIC CLUB INC.

ANNUAL GENERAL MEETING

**24th May 2011 at 7.30 pm
Beaton Park Leisure Centre**

AGENDA

- 1. Opening of AGM / Apologies**
- 2. Receiving and adoption of previous year's AGM minutes**
- 3. Receiving of Annual Reports**
 - a. President
 - b. Secretary
 - c. Treasurer
 - d. Other Portfolio Holders (Registrar, Officials, Equipment, Athletes, Fund Raising, Social Activities, Uniforms, Public Relations, Competition Co-ordinator, Coaching Co-ordinator, Race Walking Co-ordinator)
 - e. Delegates (ANSW / South Coast Region; TIRAC Equipment Committee; Beaton Park Mgmt)
- 4. Election of Office Bearers and Ordinary Committee Members**
 - a. President
 - b. Vice President
 - c. Secretary
 - d. Treasurer
 - e. Ordinary Committee Members (5)
- 5. Appointments**
 - a. Auditor
 - b. Public Officer
 - c. Solicitor
 - d. Coaches
 - e. Delegates
 - i. NSW / South Coast Region
 - ii. TIRAC Equipment Committee
 - iii. Beaton Park Management

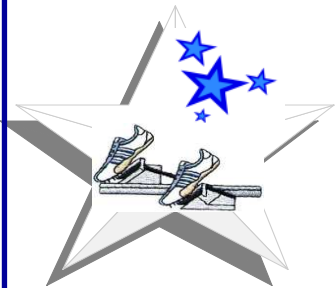
6. Specific items for which notice has been given

- a. Set dates for Committee meetings
- b. Set date for Planning meeting
- c. Amend Objects and Rules (Constitution)

At a seminar conducted by the NSW Office of Fair Trading in August 2010, a new model Constitution was introduced to replace the former Objects and Rules. The changes were largely insignificant but it was essential to add clauses about postal ballots and the financial year.

A draft new version has been recommended by the “Board” for adoption by members. Apart from changes in wording from the old version, the following are the changes considered to be significant -

- 1. Replace the term “Board” with “Committee”.
- 2. Add clause 42 for postal ballots and 55 for financial year. This has also meant renumbering some existing clauses. NB It is recommended that the Club does not permit postal voting.
- 3. Changed clause 10 so that the Registrar is responsible for the register of members rather than the public officer to reflect what really happens at IBS.
- 4. Changed clause 11 to allow for fees to be due on 1 October as well as 1 April to cover winter and summer starters.
- 5. Add (4) to clause 19 restricting the number of offices that a Committee member can hold out of president, vice-president, secretary, treasurer and ordinary committee member, as per the new model constitution.
- 6. Change clause 23 to make the Executive the authorised signatories for the Club. These are the people authorised to sign official documents on behalf of the Club and aren't necessarily the same as those who approve cheques, etc.
- 7. Change 23 to include Executive meetings.



Illawarra Blue Stars

Athletic Club Inc

Annual General Meeting

Beaton Park Leisure Centre

Tuesday 24 May 2011

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PRESIDENT'S REPORT

The 2010 season has been one of change as we as a club implemented the changes that brought the Athletics New South Wales in line with Little Athletics.

Our registration numbers were slightly lower in some areas but we continued to grow in Dual registrations and the Masters.

Our season has been a very successful one with excellent results in the State Relays, Country Championships and State Titles.

Outstanding performances by Abbie Taddeo with a qualifying for World Juniors, James Grimm in the open men's 100m and Gianna Mogentale in Masters have been the standouts. However every member of our team have performed to the best of their ability and achieved personal bests. The whole team is what makes our club what it is.

Officials support for the Illawarra All Schools allowed the club to earn much needed funds and our many technical officials provide support to Athletics NSW events. Without these people and the many parents who assist at club meets we could not operate. Illawarra Blue Stars executive appreciate and thanks every one of you.

This weekend is the Athletics NSW award dinner and some of our members are finalist in award categories. Hopefully we can update you at Presentation night of their success.

Registration Summary

Open = Open	26
Conc = Age Concession	1
U20 = Under 20	4
U18 = Under 18	10
Junior = Junior	8
Dual = Dual	16
Family = Family	16
Club Off = Club Official	0
Club Ath = Club Athlete	7
ATFCA = Coach	0
ATO = Technical Official	5
Life Memb = Life Member ANSW	1
TBA = To be advised	0
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	94

Sue Sundstrom
President

SECRETARY'S REPORT

Each year I say the same thing and thank all for the wonderful work they have done in the season but this year, I am going to say just one little sentence, 'Take a Pat on the Back' take a deep breath and say to yourself, "I have been part of a great team", for Blue Stars is a great team. Without the Board, the coaches, the supporters and of course the athletes, we would have no team and no Blue Stars.

To my fellow Board Members a big thank you for the time and effort that you have given in your various portfolios, and in many cases, over and above of what is required. But it is the team work that makes us one of the best, not only on the track but also from an administration point of view. To be able to ask people for support and assistance is one thing, but to get it is another. The Board have managed the affairs of the club in a manner that is in the best interest of the sport and our athletes and members in general and they are to be congratulated.

Each Board member will present their own reports, from Sue Sundstrom as President, Ann Grimm as Officials Co-ordinator, Bruce Steele as Treasurer, Annette Mead as Social Organiser, Jodie Sundstrom as Fund Raiser, Melanie Foster as Athletes Representative and cross country. To John Munro for his great efforts as Public Officer for keeping us up to date with all changes etc. to constitution and maintaining athletes performances. But it is to my assistant Gianna Mogentale, who is not presenting a report that I say a big thank you. On many occasions, I have to admit, that I have kept Gianna waiting for information to update etc. She is a loyal worker for the club and along with the other Board Members her portfolio as with other board members are so valuable to the success of the club.

This season we saw Rick Oswald stand down for election as Vice President and for the season we have not had this position filled. It also took away a person looking after equipment but once again people such as Janet and John Munro have stepped in and supported. To the people who came early on a Sunday to help put out the equipment due to the absence of our equipment person, a big thank you to you all. Let's hope someone takes on this role this coming election. To all who helped with hurdles and steeplechase, you have supported our club members and enabled these events to go on, thank you.

The officials

To the officials who backed up on Sundays after being at major meets for the Saturday and in some cases for the Thursday and Friday, your support is so valuable and appreciated by all. Ann will give a run down on officials but the support we get is some of the best and this shows at such meets as country, All Schools and our own club meets.

Competition

We trialled the graded competition in the winter and was well received and believe that this years winter competition can be conducted in the same. Due to the various differences in age events each Sunday in the summer competition, it is a little harder to conduct in grades and therefore we stayed with the age brackets. For better competition in some events, athletes were given the opportunity of competing twice in the outside lane or in the case of field events, by invitation.

I think this year during Sunday competition we may have been down on numbers competing on a regular basis but we also understand that many have other things on and other commitments and will make it when they can. Other sports play an important role and we have to remember that as much as we believe our sport should take first priority the other sports do the same. In some cases, in team sports many miss out on team selection if they don't compete. We don't want to do this to any of our members. We have enforced the rule of attendance for point score awards and do this so that the people who attend on a regular basis are rewarded for their support. It is in the category of Special Awards that all members of the club are considered.

Illawarra All Schools is a great way to promote our sport and to entice new members into the club. This carnival is one of the popular ones on the athletic local calendar. Combining with Athletics Wollongong, last years events was a huge success and from a fund raising point of view, is one of our main sources. Let's hope this carnival continues and continues to grow. An announcement as to this years date will be announced very soon.

Other Major Meets

Country Championships held in Newcastle saw the club participate with great success. One of our largest teams to travel away took to the Newcastle track and some 'new stars' were born in this very popular track and field meet. Over 75 members of our club took part and enjoyed the company of one another and the sportsmanship and support to all our members from family members, supporters and coaches.

State Championships: This year's Under Age saw a record number of athletes complete from these titles gained representation to National titles. Refer to results at the back of the report. What a great effort and we can only look forward to these same athletes moving forward into under 20 and senior ranks with the same enthusiasm

Australian Championships: The Masters led the way with the numbers competing in Brisbane but James Grimm flew the flag in Melbourne when he contested the Open Men's 100m and 200m.

Overseas: Expect some breaking news very soon about a trip for a junior member of our club. Two of our masters, Gianna Mogentale and Annette Mead will take off to Sacramento in July for the World Masters titles, we wish them well and hope that they finish in the top bracket for all the work they put in - it will be a just reward.

Scholarships: During the season the club decided to offer two of the local Little A's clubs a scholarship to our club selected by their own club. Drawn out of a hat, the local Albion Park Little A's was excited but failed to follow it through. Change of Board of that particular club did not see any action on this matter but the University of Wollongong welcomed it with open arms. We had the pleasure of having Jo Peest join our club and he was not only a pleasure to have, but was also a good athlete and showed a lot of determination and dedication to his adopted club. Coming from Germany, Jo has now moved back, but we have received applications from the University for this coming season, so we expect this to continue. It supports the University to grow their athletic program and at the same time gives us a new member - so both parties are benefiting.

History has been created this season when Talissa Scott jumped the magic 6m, Abbie Taddeo became the quickest hurdler the club has had, Gianna Mogentale broke two World

Masters relay records - 4 x 100m and 4 x 400m with three of the other masters fellow sprinters and Mary Thomas has taken out the Masters javelin title for the 37th year in a row having never been beaten in Australia in this event for the past 37 years, what an achievement by these athletes.

Nominated: Janet Munro has been nominated for the Official of the Year for the Athletics NSW Award whilst Troy Sundstrom has been nominated for Walker of the Year and the club has been nominated for Country club of the year. At the time of print, we do not know the results, but congratulations on being nominated as both of the above fully deserve their nomination, as with the club.

Parting of a friend: We all loved and respected the wonderful lady of our sport in Elvire Asprey and although she wasn't with us for long, she has left a print in all our minds of a determined, devoted and fun loving Masters athlete, who found her love of athletics in her late 70's. Knowing her has only made all our athletes and supporters richer for the honour and I know that Bruce and Julie Steele will be donating a perpetual trophy this year in honour of this dearly loved person. It's been an honour knowing you Gran.

Finally, I would like to say that the postponement of the Masters day due to rain has prompted me to think that the club should have a Masters carnival similar to the All Schools. Something we could think about.

Good News - Local Restaurant Becomes the Club's Sponsor

Fellini's on Wentworth are right behind us and we need to be right behind them also.

Our sponsorship will be in the form of vouchers to be used at club meets and presentation evening but we will be conducting at least three dinners at the restaurant in which we will receive a healthy percentage back to the club. More information as to dates etc will be given out, but it will assist all our members and it is well worth while. When these dates are announced we want all people to join us:

- a. to raise some income
- b. to get together and enjoy a great meal.

Valmai Loomes
Secretary

TREASURERS REPORT FOR YEAR ENDING 31 MARCH 2011

The Club's activities resulted in a net income of \$2,224.09 for the year ending 31 March 2011, compared to the budget, which was breakeven. The total bank balance at 31 March 2011 was \$8,252.86. Total receipts for the year were \$14,901.97 compared to budget of \$15,450, and total expenditures were \$12,677.88 compared to budget of \$15,540.

The main items of interest were:

1. The Illawarra All Schools competition contributed \$1,217, a reduction of \$571 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 \$927 was raised, mainly through the various raffles organised by Jodie. Unfortunately we unable to arrange a major fundraising event such as the trivia night that was held so successfully in 2009.
3. We received \$3,150 from the federal government volunteer grant. This grant will fund volunteer expenses for petrol and coaching courses. In addition it funded the purchase of a new barbeque and video camera. \$2,318 of these funds will be paid out by IBS during the 2011-12 year.
4. Athletics NSW paid us \$500 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.
5. Sales of uniforms generated revenues of \$556 during the year, while uniform expenditures were \$435.
6. Membership numbers of the club continue to be strong and \$1,499 was raised in membership fees. Club affiliation fees paid to ANSW cost \$791 for the year.
7. Expenses for club annual presentations were \$1300.
8. The winter cross-country series had a net expense of \$32 in 2010.
9. Costs to maintain the IBS website during 2010 were \$158. The efforts of Gianna Mogentale to prepare and maintain the IBS website deserves special recognition and thanks.
10. Equipment costs of \$944 were incurred in 2010. Equipment purchases included starting caps, a video camera, and hammers.

Bruce Steele
Treasurer

OFFICIAL'S REPORT

Firstly, a huge thank you must go to Janet and John Munro and Neville Fenn for giving up there Sunday afternoons to come down and help us out. Also to Carolyn Taddeo who, even though Abbie was not competing, still came and gave up her time to come in and help out. Without people such as these, our athletes would suffer due to the fact that there would just not be enough officials for them to compete.

I would also like to thank all of the athletes that, even though they were injured and could not compete, still came to club meets to help out as an official. To all of the parents of our junior athletes, a huge thank you for helping out without a complaint, week in and week out.

I would also like to congratulate and thank everyone that assisted at Illawarra All Schools and the Club Premiership Meet. The response to the request for assistance was fantastic as is always with IBS members. We were congratulated by NSW Athletics for the number of officials that volunteered for the Club Premiership Meet, an amazing success for our club.

In short, without all of you giving your time so freely and without complaint, IBS would not be the successful club it is. Without you, the athletes would not be able to compete. Without you, there would be no IBS club meets on Sundays.

Thank you everyone.

Ann Grimm
Board Member for Officials

ATHLETES REPRESENTATIVE REPORT

From an athlete's perspective, the 2010/2011 season passed well. The club saw great success in many areas at all levels of competition and encouraged a friendly environment in which to compete.

From Under 8's to Masters 10/11 produced some fine performances at all levels of competition. We saw experienced athletes compete well internationally and first timers get involved in it, having a great time improving themselves and achieving things they never felt they could.

The feedback from 2010 Cross Country season was extremely positive. The introduction of the special events spaced throughout the program was received well, and participation rates were up on previous years. There was a relaxed atmosphere at all meets and a lot of support between participants, and seems set to continue in 2011. IBS was not, however, well represented at ANSW winter events.

The Winter Series was supported well, especially in the early rounds. The grading system was welcomed and seen as successful.

The sudden illness and subsequent loss of Elvire Asprey in the early summer season had a severe impact on club members. She was a lovely woman who was an inspiration, and the touching tribute paid by so many club athletes at the Country Championships paid some credit to the number of lives she touched whilst a member of Illawarra Blue Stars. She is sadly missed.

Summer season produced many positive moments including but not limited to the many great performances of our athletes throughout the season and the team spirit shown at Country Championships. Athletes in attendance at his meet enjoyed the atmosphere and had a good weekend both at the track and away from it.

The Country Club Premiership (CCP) did not seem well supported this year. There appeared some confusion between that and the Club Premiership meet that was held early in the season in Wollongong, and when to attend for those who weren't attending ANSW events, and even with what the CCP was for. ANSW itself did not seem to encourage the CCP by not providing up to date results, and appear to be promoting country club involvement in Club Premiership events by conducting some meets in country areas rather than run the two separate series. It was suggested to put the involvement of IBS in this event to popular vote in future years if it is on.

Without officials, athletes cannot compete, and vice versa. There is a healthy respect and appreciation both ways, despite a couple of differences throughout the year.

Overall, the family aspect of IBS is one of the most important aspects to the athletes of the club. We offer a sport where all members of the family can participate in together which is something we should foster and continue to promote along with a supportive atmosphere and team spirit.

Melanie Foster
Board Member Representing Athletes

COACHES CO-ORDINATOR'S REPORT

The coaches' report for the season 2010/2011 is one that all coaches of the club can feel proud of. The season has been very good for the club coaches with many having athletes selected in State teams for National titles. Without coaches, athletes would be left stranded and it is these people that give the time and effort to ensure that all athletes can reach and maintain their personal goals and satisfaction.

Grant

Throughout the year the club gained a grant to enable two of our people to undertake a grade of coaching to enable them to progress through the ranks. Melanie Foster has undertaken her course and will undertake her coaching duties when she feels her own athletic career will enable her to give time. Some have moved into a higher level.

Coaches Meeting

Coaches of our club have met with Beaton Park Management to ensure that all coaches using the track are familiar with what is required of them. I am pleased to say that our club coaches have attended these meetings and have been updated accordingly.

Support of Club

The support of the clubs has seen TIRAC introduce new equipment to the training squad room and it is with this equipment that many of our members have benefited. Not too many clubs/regions have an equipment pool for athletes to use, but this one has been added so that all coaches can use and benefit from this with their squads. It is ideal and allows many coaches to leave their own equipment behind in a locked, secure spot in the shed, allowing all coaches to use the additional equipment.

Coaches Passes

Our coaches have received passes to allow them to attend major meets under the NSW Banner to watch their athletes participate and this is appreciated by our coaches of the club.

Coaches to receive passes this season were:

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

Rewards

Many coaches do not get rewards but the rewards come from the success of the athletes. It is not just the winners but it is seeing athletes achieve their own personal goals and to enable them to undertake a sport that can give them:

- a. enjoyment
- b. fitness
- c. a club that offers support
- d. the ability to move forward and progress at the rate they wish.

Coaches are there for the reason to:

- a. to monitor that progress
- b. to give that support when required
- c. to give a pat on the back when achieved the goal
- d. and to set programs that enables the athletes to achieve the above.

I thank all my fellow coaches for the wonderful year and hope that you continue the good work for the following season. Your support, knowledge and willingness to impart knowledge to our club members is indeed very appreciated by athletes and the Board of IBS.

Valmai Loomes
Coaching Co-ordinator

PUBLICITY REPORT

I believe 2010/2011 the club has had some of the best coverage and our sport in general for some time and we thank the media for 'sitting up and taking notice' of our sport. Come the Olympic Games we are the top sport promoted, when we compete at base level, we hardly rate a mention.

Very Lucky: We are very lucky to have the support of the Advertiser for our weekly column and although it has been a column for some years for the three clubs to use, lately we have become the only club to have kept the column going. The other two clubs were given the opportunity but have not taken on the task. It is not an easy one and on some occasions when people become critical of what appears in the press, people should sit back and ask themselves if they are prepared to do the work.

Best Publicity is word of mouth and how our club operates, supports and combines together is the best for any potential member to see and hear, but it is the general community that we have to ensure are kept up to date on the success of our club members.

Junior Sports Column has been excellent with some fantastic shots of our athletes in action and stories to support them. We will continue this and we will see coverage on our club in the middle of May in this section. We will also have coverage in May/June in the same section on our "Club Features", a great way to publicly announce to new members.

The Illawarra Mercury has been very good and has supported us well during the seasons with articles of news of our athletes' success. I.98 have supported us also, with the ABC giving us mention every so often. It is our intention to use this outlet a little more this coming season.

Web Site is regularly being maintained and updated by Gianna Mogentale. I have to say a very special thank you to her as during the season she did take a little from outside sources that wasn't justified. She continued on and I believe we have one of the most informative web sites of any club. It is through this web site and how it is presented that one of our new members became an IBS as he believed it was easy to read, spread out well and gave all the details. It is a tiresome job and keeping it up to date takes many hours so from all of us Gianna well done and thank you. To the people who have supplied photos such as Rebecca Dos Santos, Ann Grimm, Julie Steele, Mary Thomas, thank you, keep them coming.

Newsletters and information: Gianna has been making the newsletters available on the website but paper copies are still being sent out to members as many like to receive these. We also have to remember the people who don't have computers. We have been mindful of this and have sent out newsletters with items of importance.

I believe we have a strong point in our club with our promotion and publicity, but we also have to remember that editors may see things a little different to what we see them. On some occasions my own articles have been changed a little, and I have become a little annoyed but when I look back and read again, I can see that the context has to be interesting to all the general public. Once again thanks to the media and thanks for all who have supported and especially club members who I have rung sometimes quickly for a photo shot to go with an article. I appreciate your support.

Valmai Loomes
Publicity Co-Ordinator

SOCIAL ACTIVITIES REPORT

The 2010/2011 season has once again been a very enjoyable and exciting time for Illawarra Blue Stars members and their families.

Sunday afternoon competition was enjoyed by all who looked forward to catching up with friends, while at the same time, striving to achieve a personal best, or trying to beat that certain someone who was trying just as hard.

Valmai's training squad has been, and is still going strong on Tuesday and Thursday nights. Although our main objective is to train, we all look forward to meeting up with the friends whom we have met through our association with the Illawarra Blue Stars Athletic Club. The training squad enjoyed a pleasant evening in December while dining at Levendi's in Wollongong to celebrate Christmas.

Unfortunately, the highly anticipated Ladies Christmas Luncheon failed to go ahead due to many of us having prior commitments leading up to Christmas. It is hoped that Christmas 2011 will be celebrated by the ladies, as planning will begin early to secure a date and venue suitable to all who wish to attend.

The Illawarra Blue Stars was well represented at the Country Championships held in January at Glendale, Newcastle. Quite a few families enjoyed the great holiday atmosphere while staying at the Paradise Palms Caravan Park in Toronto. Others chose to stay at other locations but a great time was had by all. It was agreed by many whom attended, that this was the most enjoyable Country Championships they had experienced.

Congratulations to all involved with the Illawarra Blue Stars Athletic Club on yet another successful and enjoyable season.

Annette Mead
Board Member for Social Activities

BEATON PARK MANGEMENT REPORT

The team of people who attend these meetings are representatives from the following clubs:

- a. Illawarra Blue Stars
- b. Athletics Wollongong
- c. Kembla Joggers
- d. Wollongong City Little A's

It is in the best interests of our club that we attend, so that we can:

- a. hear from management what is going on with the centre and especially the track
- b. any problems that we may have can be discussed with management for correction if possible
- c. to avoid conflict by discussion at these meetings and coming to an amicable decision

I have not attended as many meetings as I would have liked due to timing of meetings and work commitments and I thank John Munro for his attendance and putting our club's point of view forward. Janet and John have been asked on many occasions to give their expertise on markings and placements etc on the track.

The overall picture has also enabled us to:

- a. prioritise a list of work that all clubs require to be done and although we may not all support the top one, of lighting down the back straight, it has become a council priority due to OHS.

This then will go to council funding to see if the possibilities can take place and Government funding sort.

Our thanks are extended to the manager of the centre Jenny who has been more than helpful and has brought the management of the track and clubs together.

We have recently seen the track all remarked and although some people do not recognise the time and the cost factor, I can assure you, it does take time and it is costly.

The hammer cage is constantly being checked and hopefully we won't have it out of action as much as what it was this last season. It has been a constant worry to throwers.

This committee works to the best of their ability to ensure Kerryn McCann Athletic Centre is kept up to standard that all can enjoy and feel comfortable competing on, but we also ask you to pass onto us any concerns you may have so they can be dealt with in the proper manner. We do not want individuals complaining to management when there is a policy in place for these issues to be heard.

I thank John for his support on this committee and hope that we continue to see improvements to the track on a continual basis.

Valmai Loomes
Beaton Park Management Team

TIRAC EQUIPMENT COMMITTEE REPORT

Once again The Illawarra Regional Athletic Centre Equipment Committee had a successful year in the hiring of athletics equipment to schools for their carnivals and in purchasing new equipment for the use of coaches and athletes.

Income exceeded expenditure for the year by \$647.00. The balance in the account at the end of the year was \$9,912.14.

The access card system is up and running and a sign in/sign out form has been introduced for anyone using the equipment.

Ann Grimm was the IBS delegate for the 2010/2011 season with Mary Thomas being our representative as Carnival Officer and at meetings.

Ann Grimm

Delegate for TIRAC Equipment Committee

MISCELLANEOUS NSW CHAMPIONSHIPS WINTER 2010

NSW Mountain Running Championships 11.04.10

No IBS entrants.

NSW Team Walks 23.05.10

Name	Event	Placing	Performance
Open Women			
Jodie Sundstrom	10km	8 (individual)	1.15.57

NSW Short Walks 27.06.10

Name	Event	Placing	Performance
Open Men			
Troy Sundstrom	20km	1	1.39.30
U16 Men			
Matthew Oswald	3km	4	15.53

NSW Long Walks 01.08.10

Name	Event	Placing	Performance
Open Men			
Troy Sundstrom	30km	1	2.43.35

NSW Road Championships 01.05.10

No IBS entrants.

NSW Novice Cross Country Championships 24.04.10

Name	Event	Placing	Performance
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Open Women

Melanie Foster	4km	10	14.55
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NSW Cross Country Relay Championships 29.05.10

No IBS entrants.

NSW Cross Country Championships 19.06.10

No IBS entrants.

NSW Road Relay Championships 10.07.10

Name	Event	Placing	Performance
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Open Women

Janice Walsh Claire Burnett Cassie Gibbins Melanie Foster	4 x 4km	14	1.24.42
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NSW Short Course Cross Country Championships 17.07.10

Name	Event	Placing	Performance
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Open Men

Troy Sundstrom	7.5km	26	29.20
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NSW RELAY CHAMPIONSHIPS 2010

IBS Team Members Individual Results - Women

Relay	Team Members	Placing	Performance
U14 Women			
4 x 100m	K. McCauley A. Punch A. Lavelle C. Docker	2	52.59
4 x 200m	K. McCauley A. Punch A. Lavelle C. Docker	2	1.51.36
4 x Long Jump South Coast	K. McCauley A. Punch K. McCauley Kembla Jogger?	4	16.67m
U16 Women			
4 x 100m	T. Bain C. Lieschke R. Drake L. Cowgill	3	51.95
4 x 200m	T. Bain C. Lieschke R. Drake K. McCauley	3	1.48.44
4 x 400m	T. Bain C. Lieschke R. Drake J. Chambers	3	4.12.95
U18 Women			
4 x 100m	A. Taddeo K. Edwards C. Burnett C. Lieschke (R) T. Bain	7 (heat)	?

Relay	Team Members	Placing	Performance
U18 Women (cont)			
4 x 200m	A. Taddeo K. Edwards C. Burnett C. Lieschke T. Bain (R)	10	1.50.72
4 x 400m	C. Burnett K. Edwards C. Lieschke R. Drake T. Bain (R)	7	4.10.82
4 x 800m	C. Burnett J. Chambers R. Drake K. Edwards	7	10.30.52
4 x Long Jump	T. Bain K. Edwards C. Lieschke L. Cowgill R. Drake	DNS	
U20 Women			
4 X 100m	A. Taddeo C. Takacs T. Bain C. Lieschke R. Drake	3	51.97
4 x 200m	A. Taddeo T. Bain C. Lieschke R. Drake	5	1.50.06
Open Women			
Medley - 800m 400m 200m 200m	M. Foster C. Burnett G. Mogentale A. Taddeo	5	4.15.33

Relay	Team Members	Placing	Performance
Open Women (cont)			
4 x Long Jump	C. Takacs T. Bain C. Lieschke C. Bain	5	16.69m
Masters Women			
4 x 100 120+	L. Douglas M. Foster C. Bain G. Mogentale	2	1.56.24
4 x 100m 160+	L. Douglas M. Foster C. Bain G. Mogentale	DNF	
4 x 200m 160+	A. Mead J. Steele J. Lowe G. Mogentale	4	2.10.12
4 x 400m 160+	L. Douglas C. Bain M. Foster G. Mogentale	2	4.36.55
4 x 800m 160+	J. Steele K. Hewitt G. Mogentale M. Foster	4	10.45.90
4 x 100m 200+	A. Mead J. Steele J. Lowe G. Mogentale	2	60.10

NSW RELAY CHAMPIONSHIPS 2010

IBS Team Members Individual Results - Men

Relay	Team Members	Placing	Performance
U18 Men			
4 x 100m	M. Chapman M. Lee B. Leeson B. Hollingsworth	7	44.55
4 x 200m	M. Chapman M. Lee B. Leeson B. Hollingsworth	3	1.33.63
U20 Men			
4 x 400m	M. Lee B. Hollingsworth M. Chapman J. Grimm	1	3.23.57
Open Men			
4 x 100m	J. Miller J. Peest J. Grimm S. Chapman	DNF	
4 x 200m	J. Miller J. Peest J. Grimm S. Chapman	7	1.34.12
Masters Men			
4 x 100m 160+	J. Baker T. Bain J. Hollingsworth B. Steele	6	57.44

Relay	Team Members	Placing	Performance
Masters Men (cont)			
4 x 200m 160+	J. Hollingsworth B. Steele J. Baker A. Mead	6	1.55.65
4 x 400m 160+	J. Baker T. Bain R. Burzacott G. Hynoski	DQ	
4 x 1500m 160+	R. Burzacott J. Baker G. Hynoski J. Hollingsworth	6	21.54.64
4 x 100m 200+	J. Hollingsworth B. Steele J. Baker A. Mead	7	59.19

NSW JUNIOR & YOUTH CHAMPIONSHIPS 2011

IBS Individual Results - Women

WOMEN U14

Women 100 metre Heat 2 Preliminaries

Placing	Name	Performance
1	Punch, Avalon	28.43

Women 100 metre

Placing	Name	Performance
2	Punch, Avalon	27.47

WOMEN U/16

Women 100 metre Heat 1 Preliminaries

Placing	Name	Performance
5	McCauley, Keeleigh	13.41

Women 100 metre Heat 3 Preliminaries

Placing	Name	Performance
6	Drake, Riana	13.72
8	Bain, Tara	14.11

Women 200 metre Heat 2 Preliminaries

Placing	Name	Performance
2	Drake, Riana	27.46
5	McCauley, Keeleigh	27.92

Women 200 metre Heat 3 Preliminaries

Placing	Name	Performance
8	Bain, Tara	28.63

Women 200 metre

Placing	Name	Performance
8	Drake, Riana	27.55

Women 400 metre Heat 2 Preliminaries

Placing	Name	Performance
2	Bain, Tara	61.89

Women 400 metre
Heat 3 Preliminaries

Placing	Name	Performance
2	Drake, Riana	60.77

Women 400 metre

Placing	Name	Performance
5	Drake, Riana	61.68
9	Bain, Tara	63.21

Women 90m Hurdles 0.762m
Heat 2 Preliminaries

Placing	Name	Performance
3	McCauley, Keeleigh	14.59

Women 90m Hurdles 0.762m

Placing	Name	Performance
5	McCauley, Keeleigh	14.27

Women 200m Hurdles 0.762m
Heat 1 Preliminaries

Placing	Name	Performance
3	McCauley, Keeleigh	31.43

Women Long Jump

Placing	Name	Performance
14	McCauley, Keeleigh	4.15

WOMEN U18

Women 100 metre
Heat 1 Preliminaries

Placing	Name	Performance
2	Taddeo, Abbie	12.61

Women 100 metre Open

Placing	Name	Performance
4	Taddeo, Abbie	12.76

Women 200 metre
Heat 4 Preliminaries

Placing	Name	Performance
1	Taddeo, Abbie	25.98

Women 400 metre
Heat 1 Preliminaries

Placing	Name	Performance
2	Chambers, Karlie	59.49

Women 1500 metre

Placing	Name	Performance
17	Chambers, Gemma	5.12.45

Women 100m Hurdles 0.762m Heat 1 Preliminaries

Placing	Name	Performance
1	Taddeo, Abbie	14.41

Women 100m Hurdles 0.762m

Placing	Name	Performance
1	Taddeo, Abbie	14.19

WOMEN U20

Women 100 metre Heat 2 Preliminaries

Placing	Name	Performance
3	Scott, Talissa	12.98

Women 100 metre

Placing	Name	Performance
5	Scott, Talissa	12.87

Women 800 metre

Placing	Name	Performance
7	Burnett, Claire	2.28.29

Women 100m Hurdles 0.84m

Placing	Name	Performance
2	Scott, Talissa	15.15

Women Long Jump

Placing	Name	Performance
1	Scott, Talissa	5.75

Women Javelin Throw

Placing	Name	Performance
2	Debrot, Emily	37.44
3	Walsh, Claire	35.19

IBS Individual Results - Men

MEN U16

Men 800 metre

Heat 1 Preliminaries

Placing	Name	Performance
2	Kentwell, Joshua	2.05.03

Men 800 metre

Placing	Name	Performance
3	Kentwell, Joshua	2.05.04

Men 3000 metre

Placing	Name	Performance
3	Kentwell, Joshua	9.27.66

Men 2000 metre Steeplechase 0.762m

Placing	Name	Performance
1	Kentwell, Joshua	6.34.26

MEN U18

Men 100 metre

Heat 3 Preliminaries

Placing	Name	Performance
2	Leeson, Brodie	11.88

Men 100 metre

Placing	Name	Performance
5	Leeson, Brodie	11.46

Men 200 metre

Heat 1 Preliminaries

Placing	Name	Performance
1	Leeson, Brodie	23.65

Men 200 metre

Placing	Name	Performance
3	Leeson, Brodie	23.29

MEN U20

Men 200 metre

Heat 1 Preliminaries

Placing	Name	Performance
4	Hollingsworth, Ben	23.18

Men 200 metre

Placing	Name	Performance
7	Hollingsworth, Ben	23.18

Men 400 metre

Heat 1 Preliminaries

Placing	Name	Performance
4	Hollingsworth, Ben	51.30

Men 400 metre

Placing	Name	Performance
7	Hollingsworth, Ben	52.38

Country Championships 2011

IBS Team Members Individual Results - Women

Women 100 metre 10 Yrs Heat 1 Preliminaries

Placing	Name	Performance
7	Hynoski, Gabrielle	24.77

Women 100 metre 10 Yrs Heat 2 Preliminaries

Placing	Name	Performance
4	Hynoski, Natasha	17.38

Women 100 metre 10 Yrs

Placing	Name	Performance
8	Hynoski, Natasha	17.92

Women 200 metre 10 Yrs

Placing	Name	Performance
6	Hynoski, Natasha	36.61
9	Hynoski, Gabrielle	55.89

Women 800 metre 10 Yrs

Placing	Name	Performance
7	Hynoski, Natasha	3.42.11

Women Long Jump 10 Yrs

Placing	Name	Performance
7	Hynoski, Natasha	2.44
9	Hynoski, Gabrielle	1.40

Women 1500 metre 11 Yrs

Placing	Name	Performance
5	Lavalle, Chloe	6.44.03

Women Shot Put 11 Yrs

Placing	Name	Performance
6	Lavalle, Chloe	4.79

Women 100 metre 12 yrs

Placing	Name	Performance
6	Gibbins, Isabella	17.53

Women 200 metre 12 yrs Heat 2 Preliminaries

Placing	Name	Performance
6	Gibbins, Isabella	37.41

Women Shot Put 12 yrs

Placing	Name	Performance
9	Gibbins, Isabella	3.74

Women Discus Throw 12 yrs

Placing	Name	Performance
8	Gibbins, Isabella	9.45

Women 100 metre 13 yrs Heat 1 Preliminaries

Placing	Name	Performance
1	Punch, Avalon	14.40

Women 100 metre 13 yrs Heat 2 Preliminaries

Placing	Name	Performance
1	Lavalle, Alexandra	14.52

Women 100 metre 13 yrs

Placing	Name	Performance
1	Punch, Avalon	13.82
7	Lavalle, Alexandra	14.59

Women 200 metre 13 yrs Heat 1 Preliminaries

Placing	Name	Performance
2	Punch, Avalon	29.96

Women 200 metre 13 yrs

Placing	Name	Performance
2	Punch, Avalon	28.71

Women 400 metre 13 yrs

Placing	Name	Performance
1	Punch, Avalon	1.05.07

Women 200 metre Hurdles 13 yrs

Placing	Name	Performance
3	Lavalle, Alexandra	14.26.09

Women 4x100 metre Relay 13 yrs

Placing	Name	Performance
4	Illawarra Blue Stars Athletic 'A'	1.02.47

Women Long Jump 13 yrs

Placing	Name	Performance
2	Punch, Avalon	4.49m
7	Lavalle, Alexandra	4.00m

Women Triple Jump 13 yrs

Placing	Name	Performance
2	Punch, Avalon	9.36m
9	Lavalle, Alexandra	8.39

Women 100 metre 14 yrs Heat 2 Preliminaries

Placing	Name	Performance
1	McCauley, Keeleigh	13.54
2	Docker, Chloe	13.55

Women 100 metre 14 yrs

Placing	Name	Performance
1	McCauley, Keeleigh	13.31
5	Docker, Chloe	13.76

Women 200 metre 14 yrs

Placing	Name	Performance
1	McCauley, Keeleigh	27.04

Women 90 metre Hurdles 14 yrs

Placing	Name	Performance
1	McCauley, Keeleigh	15.42

Women Long Jump 14 yrs

Placing	Name	Performance
2	Docker, Chloe	4.68

Women Triple Jump 14 yrs

Placing	Name	Performance
2	McCauley, Keeleigh	9.81

Women 100 metre 15 yrs

Placing	Name	Performance
1	Bain, Tara	14.10

Women 200 metre 15 yrs

Placing	Name	Performance
2	Bain, Tara	27.68
5	Cowgill, Larni	28.57

Women 400 metre 15 yrs Final

Placing	Name	Performance
2	Brown, Caitlin	1.04.06
3	Bain, Tara	1.04.91

Women 90 metre Hurdles 15 yrs

Placing	Name	Performance
3	Bain, Tara	17.34

Women 4x100 metre Relay 15 yrs

Placing	Name	Performance
-	Illawarra Blue Stars Athletic 'A'	DNF

Women High Jump 15 yrs

Placing	Name	Performance
2	Cowgill, Larni	1.60

Women Long Jump 15 yrs

Placing	Name	Performance
2	Cowgill, Larni	4.92
4	Bain, Tara	4.48

Women Triple Jump 15 yrs

Placing	Name	Performance
1	Cowgill, Larni	10.28

Women 1500 metre Race Walk 15 yrs

Placing	Name	Performance
7	Lavalle, Chloe	9.54.31

Women 100 metre 16 yrs

Placing	Name	Performance
2	Ryan, Skye	13.34

Women 200 metre 16 yrs

Placing	Name	Performance
1	Ryan, Skye	26.61

Women 400 metre 16 yrs

Placing	Name	Performance
7	Chambers, Jemma	1.08.61

Women 1500 metre 16 yrs

Placing	Name	Performance
4	Chambers, Jemma	5.31.40

Women 100 metre 17 yrs

Placing	Name	Performance
1	Taddeo, Abbie	13.09

Women 200 metre 17 yrs

Placing	Name	Performance
2	Taddeo, Abbie	25.74

Women 400 metre 17 yrs

Placing	Name	Performance
3	Chambers, Karlie	59.62

Women 100 metre Hurdles 0.762m 17 yrs

Placing	Name	Performance
1	Taddeo, Abbie	14.72

Women 4x100 metre Relay 17 yrs

Placing	Name	Performance
1	Illawarra Blue Stars Athletic 'A	52.44

Women 100 metre 18/19 yrs

Placing	Name	Performance
1	Scott, Talissa	13.16

Women 400 metre 18/19 yrs

Placing	Name	Performance
2	Burnette, Claire	1.01.06

Women 800 metre 18/19 yrs

Placing	Name	Performance
2	Burnette, Claire	2.21.90

Women 1500 metre 18/19 yrs

Placing	Name	Performance
2	Burnette, Claire	4.55.49

Women 100 metre Hurdles 0.84m 18/19 yrs

Placing	Name	Performance
1	Scott, Talissa	15.40

Women Long Jump 18/19 yrs

Placing	Name	Performance
1	Scott, Talissa	5.91

Women Triple Jump 18/19 yrs

Placing	Name	Performance
3	Burnette, Claire	9.41

Women Shot Put 18/19 yrs

Placing	Name	Performance
3	Walsh, Claire	9.41

Women Discus Throw 18/19 yrs

Placing	Name	Performance
5	Walsh, Claire	26.58
6	Burnette, Claire	21.27

Women Hammer Throw 18/19 yrs

Placing	Name	Performance
1	Walsh, Claire	23.27

Women Javelin Throw 18/19 yrs

Placing	Name	Performance
1	Walsh, Claire	35.66

Women 100 metre Open Heat 2 Preliminaries

Placing	Name	Performance
3	Mogentale, Gianna	13.30
6	dos Santos, Rebecca	14.70

Women 100 metre Open

Placing	Name	Performance
6	Mogentale, Gianna	13.35
8	dos Santos, Rebecca	14.82

Women 200 metre Open

Placing	Name	Performance
8	dos Santos, Rebecca	30.46

Women 400 metre Open

Placing	Name	Performance
1	Bull, Kara	1.01.66

Women 800 metre Open

Placing	Name	Performance
1	Foster, Melanie	2.21.90
4	dos Santos, Rebecca	3.13.42
5	Blayney, Michelle	3.14.85

Women 1500 metre Open

Placing	Name	Performance
1	Foster, Melanie	4.49.62

Women 4x100 metre Relay Open

Placing	Name	Performance
1	Illawarra Blue Stars Athletic A	52.00

Women Long Jump Open

Placing	Name	Performance
1	Scott, Talissa	5.66

Women Triple Jump Open

Placing	Name	Performance
3	dos Santos, Rebecca	8.68

Women Shot Put Open

Placing	Name	Performance
10	dos Santos, Rebecca	6.27

Women Discus Throw Open

Placing	Name	Performance
9	dos Santos, Rebecca	16.42
11	Blayney, Michelle	15.53

Women Hammer Throw Open

Placing	Name	Performance
2	Mumberson, Asheigh	48.74

Women Javelin Throw Open

Placing	Name	Performance
2	Walsh, Claire	31.46

Women 100 metre 30-39 yrs

Placing	Name	Performance
6	Bain, Carmen	16.82

Women 200 metre 30-39 yrs

Placing	Name	Performance
5	Bain, Carmen	33.42

Women 3000 metre 30-39 yrs

Placing	Name	Performance
4	Sundstrom, Jodie	20.43.72

Women Long Jump 30-39 yrs

Placing	Name	Performance
2	Cowgill, Kim	1.30

Women Long Jump 30-39 yrs

Placing	Name	Performance
7	Bain, Carmen	2.98

Women Triple Jump 30-39 yrs

Placing	Name	Performance
3	Cowgill, Kim	8.80

Women Shot Put 30-39 yrs

Placing	Name	Performance
2	Cowgill, Kim	8.10
5	Sundstrom, Jodie	5.83

Women Discus Throw 30-39 yrs

Placing	Name	Performance
3	Cowgill, Kim	25.21
4	Sundstrom, Jodie	22.83

Women 3000 metre Race Walk 30-39 yrs

Placing	Name	Performance
1	Sundstrom, Jodie	19.16.82

Women 100 metre 40-49 yrs

Placing	Name	Performance
1	Mogentale, Gianna	13.49

Women 200 metre 40-49 yrs

Placing	Name	Performance
1	Mogentale, Gianna	27.48

Women 400 metre 40-49 yrs

Placing	Name	Performance
1	Mogentale, Gianna	1.02.17

Women 800 metre 40-49 yrs

Placing	Name	Performance
1	Mogentale, Gianna	2.41.37

Women 1500 metre 40-49 yrs

Placing	Name	Performance
6	Gibbins, Cassie	8.46.06

Women 3000 metre 40-49 yrs

Placing	Name	Performance
6	Gibbins, Cassie	19.06.93

Women 4x100 metre Relay 40-49 yrs

Placing	Name	Performance
2	Illawarra Blue Stars Athletic 'A'	1:00.23
3	Illawarra Blue Stars Athletic 'C'	1.22.39

Women Long Jump 40-49 yrs

Placing	Name	Performance
1	Mogentale, Gianna	4.76m

Women Triple Jump 40-49 yrs

Placing	Name	Performance
1	Mogentale, Gianna	9.82

Women Hammer Throw 40-49 yrs

Placing	Name	Performance
5	Gibbins, Cassie	17.62

Women 100 metre 50-59 yrs

Placing	Name	Performance
2	Mead, Annette	15.88
3	Lowe, June	15.91

Women 200 metre 50-59 yrs

Placing	Name	Performance
2	Mead, Annette	33.76
4	Steele, Julie	35.25

Women 400 metre 50-59 yrs

Placing	Name	Performance
2	Steele, Julie	1.18.15
4	Mead, Annette	1.22.95

Women 800 metre 50-59 yrs

Placing	Name	Performance
2	Steele, Julie	3.00.67

Women 1500 metre 50-59 yrs

Placing	Name	Performance
3	Steele, Julie	13.47.06

Women 2000 metre Steeplechase 50-59 yrs

Placing	Name	Performance
1	Steele, Julie	9.49.02

Women Long Jump 50-59 yrs

Placing	Name	Performance
2	Mead, Annette	3.21
3	Lowe, June	2.85

Women Shot Put 50-59 yrs

Placing	Name	Performance
3	Lowe, June	8.22

Women Discus Throw 50-59 yrs

Placing	Name	Performance
3	Lowe, June	19.25

Women Hammer Throw 40-49 yrs

Placing	Name	Performance
1	Lowe, June	19.04

Women Shot Put 60+ yrs

Placing	Name	Performance
1	Thomas, Mary	7.45

Women Discus Throw 60+ yrs

Placing	Name	Performance
1	Thomas, Mary	22.23

Women Javelin Throw 60+ yrs

Placing	Name	Performance
1	Thomas, Mary	20.61

IBS Team Members Individual Results - Men

Men 100 metre 12 Yrs Preliminaries Heat 1

Placing	Name	Performance
6	Bain, Cody	19.09

Men 80 metre Hurdles 12 Yrs

Placing	Name	Performance
2	Twigg, Jarrod	15.53

Men Long Jump 12 yrs

Placing	Name	Performance
1	Twigg, Jarrod	4.36

Men Shot Put 12 yrs

Placing	Name	Performance
1	Bain, Cody	9.30

Men Discus Throw 12 yrs

Placing	Name	Performance
1	Twigg, Jarrod	26.10

Men Javelin Throw 12 yrs

Placing	Name	Performance
2	Twigg, Jarrod	24.75

Men 200 metre Hurdles 13 yrs

Placing	Name	Performance
1	Twigg, Jarrod	40.08

Men 100 metre Hurdles 0.840m 14 yrs

Placing	Name	Performance
2	Acev, Mitchell	20.30

Men 200 metre Hurdles 14 yrs

Placing	Name	Performance
6	Acev, Mitchell	36.53

Men High Jump 14 yrs

Placing	Name	Performance
4	Acev, Mitchell	1.35

Men Triple Jump 14 yrs

Placing	Name	Performance
7	Acev, Mitchell	7.73

Men 1500 metre 15 yrs

Placing	Name	Performance
2	Kentwell, Joshua	4.22.68
5	Steele, Harrison	5.34.19

Men 3000 metre 15 yrs

Placing	Name	Performance
1	Kentwell, Joshua	9.50.97
5	Steele, Harrison	12.04.06

Men 2000 metre Steeplechase 15 yrs

Placing	Name	Performance
1	Kentwell, Joshua	7.16.40
5	Steele, Harrison	9.06.79

Men Long Jump 15 yrs

Placing	Name	Performance
4	Kentwell, Joshua	4.71

Men Triple Jump 15 yrs

Placing	Name	Performance
3	Kentwell, Joshua	10.26

Men Javelin Throw 15 yrs

Placing	Name	Performance
6	Steele, Harrison	29.26

Men 1500 metre Race Walk 15 yrs

Placing	Name	Performance
7	Acev, Mitchell	9.50.89

Men 100 metre 16 yrs

Placing	Name	Performance
2	Gibbins, Reece	12.41
3	Mansergh, Chad	12.68
4	Gibbins, Braeden	12.87

Men 200 metre 16 yrs

Placing	Name	Performance
2	Gibbins, Reece	24.71
3	Twigg, Christopher	24.79
4	Gibbins, Braeden	25.21
5	Mansergh, Chad	25.74

Men 400 metre 16 yrs

Placing	Name	Performance
4	Gibbins, Braeden	57.92

Men 800 metre 16 yrs

Placing	Name	Performance
-	Twigg, Christopher	DQ

Men 400 metre Hurdles 16 yrs

Placing	Name	Performance
1	Twigg, Christopher	1.07.66

Men Shot Put 16 yrs

Placing	Name	Performance
3	Gibbins, Braeden	9.24
5	Gibbins, Reece	8.54

Men Hammer Throw 16 yrs

Placing	Name	Performance
2	Gibbins, Reece	23.46
3	Gibbins, Braeden	20.77

Men Javelin Throw 16 yrs

Placing	Name	Performance
4	Mansergh, Chad	30.04
6	Twigg, Christopher	26.79

Men 100 metre 17 yrs

Placing	Name	Performance
1	Leeson, Brodie	12.04

Men 200 metre 16 yrs

Placing	Name	Performance
1	Leeson, Brodie	23.76

Men 4x100 metre Relay 17 yrs

Placing	Name	Performance
1	Illawarra Blue Stars Athletic 'A'	47.62

Men High Jump 16 yrs

Placing	Name	Performance
3	Leeson, Brodie	1.65

Men 200 metre 18/19 yrs

Placing	Name	Performance
3	Hollingsworth, Ben	23.93

Men 400 metre 18/19 yrs Preliminaries Heat 2

Placing	Name	Performance
2	Hollingsworth, Ben	52.67
5	Chapman, Mitchell	55.82

Men 400 metre 18/19 yrs

Placing	Name	Performance
3	Hollingsworth, Ben	52.61

Men 1500 metre 18/19 yrs

Placing	Name	Performance
6	Hollingsworth, Ben	4.42.98

Men 110 metre Hurdles 18/19 yrs

Placing	Name	Performance
3	Chapman, Mitchell	16.56

Men 400 metre Hurdles 18/19 yrs

Placing	Name	Performance
3	Chapman, Mitchell	1.03.07

Men Long Jump 18/19 yrs

Placing	Name	Performance
7	Hollingsworth, Ben	5.49

Men 100 metre Open Preliminaries Heat 1

Placing	Name	Performance
3	Peest, Joachim	11.63
4	Miller, Justin	11.64
6	Parry, Lachlan	11.85

Men 100 metre Open Preliminaries Heat 2

Placing	Name	Performance
2	Grimm, James	11.19
6	Parry, Joshua	12.34

Men 100 metre Open

Placing	Name	Performance
2	Grimm, James	10.91
5	Miller, Justin	11.34
-	Peest, Joachim	DQ

Men 200 metre Open Preliminaries Heat 1

Placing	Name	Performance
2	Grimm, James	22.15
4	Peest, Joachim	22.65
7	Chapman, Shane	24.33
8	Parry, Joshua	25.28

Men 200 metre Open Preliminaries Heat 2

Placing	Name	Performance
5	Miller, Justin	22.77
6	Parry, Lachlan	22.78

Men 200 metre Open

Placing	Name	Performance
2	Grimm, James	21.60
6	Peest, Joachim	22.82
9	Miller, Justin	23.14

Men 400 metre Open

Placing	Name	Performance
3	Chapman, Shane	53.21
4	Parry, Joshua	53.86
6	Parry, Lachlan	54.76

Men 5000 metre Open

Placing	Name	Performance
2	Sundstrom, Troy	16.29.35

Men 3000 metre Steeplechase Open

Placing	Name	Performance
1	Sundstrom, Troy	11.00.12

Men 4x100 metre Relay Open

Placing	Name	Performance
1	Illawarra Blue Stars Athletic 'A'	43.06
2	Illawarra Blue Stars Athletic 'B'	45.55

Men 3000 metre Race Walk Open

Placing	Name	Performance
1	Sunstrom, Troy	13.17.86
4	Perin, Anson	18.41.09

Men 100 metre 30-39 yrs

Placing	Name	Performance
3	Cowgill, Dave	13.04

Men 200 metre 30-39 yrs

Placing	Name	Performance
3	Cowgill, Dave	25.20

Men Discus Throw 30-39 yrs

Placing	Name	Performance
3	Cowgill, Dave	25.36

Men 100 metre 40-49 yrs Preliminaries Heat 1

Placing	Name	Performance
5	Bain, Tony	13.61

Men 100 metre 40-49 yrs Preliminaries Heat 3

Placing	Name	Performance
3	Hynoski, Geoff	13.72

**Men 200 metre 40-49 yrs
Preliminaries Heat 1**

Placing	Name	Performance
6	Bain, Tony	27.80

**Men 200 metre 40-49 yrs
Preliminaries Heat 2**

Placing	Name	Performance
6	Baker, James	26.65

**Men 400 metre 40-49 yrs
Preliminaries Heat 1**

Placing	Name	Performance
4	James Baker	57.44

**Men 400 metre 40-49 yrs
Preliminaries Heat 2**

Placing	Name	Performance
3	Hynoski, Geoff	1.02.19
4	Bain, Tony	1.03.50

Men 400 metre 40-49 yrs Final

Placing	Name	Performance
3	Baker, James	58.67
8	Hynoski, Geoff	1.04.75

Men 800 metre 40-49 yrs

Placing	Name	Performance
4	Baker, James	2.18.95
11	Hynoski, Geoff	2.40.07

Men 1500 metre

Placing	Name	Performance
4	Baker, James	4.43.89
6	Hynoski, Geoff	5.02.72

Men 2000 metre Steeplechase 40-49 yrs

Placing	Name	Performance
1	Hynoski, Geoff	8.42.30

Men 4x100 metre Relay 40-49 yrs

Placing	Name	Performance
3	Illawarra Blue Stars Athletic 'A'	50.72
5	Illawarra Blue Stars Athletic 'B'	55.83

Men Long Jump 40-49 yrs

Placing	Name	Performance
4	Hynoski, Geoff	4.86

Men Shot Put 40-49 yrs

Placing	Name	Performance
5	Gibbins, Jodie	7.80

Men Discus Throw 40-49 yrs

Placing	Name	Performance
4	Gibbins, Jodie	23.21

Men Hammer Throw 40-49 yrs

Placing	Name	Performance
2	Gibbins, Jodie	24.08

Men Javelin Throw 40-49 yrs

Placing	Name	Performance
6	Gibbins, Jodie	29.58

Men 100 metre 50-59 yrs

Placing	Name	Performance
7	Hollingsworth, Jeff	14.44

Men 200 metre 50-59 yrs

Placing	Name	Performance
6	Hollingsworth, Jeff	30.79

Men 400 metre 50-59 yrs Preliminaries Heat 1

Placing	Name	Performance
5	Hollingsworth, Jeff	1.08.67

Men 400 metre 50-59 yrs

Placing	Name	Performance
7	Hollingsworth, Jeff	1.11.63

Men 800 metre 50-59 yrs

Placing	Name	Performance
7	Hollingsworth, Jeff	3.14.68

Men 1500 metre 50-59 yrs

Placing	Name	Performance
5	Hollingsworth, Jeff	5.43.58

Men 2000 metre Steeplechase 50-59 yrs

Placing	Name	Performance
2	Steele, Bruce	9.56.80

Men Shot Put 50-59 yrs

Placing	Name	Performance
6	Hollingsworth, Jeffrey	8.55

Men Discus Throw 50-59 yrs

Placing	Name	Performance
6	Hollingsworth, Jeffrey	26.28
9	Steele, Bruce	23.88

Men Hammer Throw 50-59 yrs

Placing	Name	Performance
5	Steele, Bruce	29.55

Men Javelin Throw 50-59 yrs

Placing	Name	Performance
2	Hollingsworth, Jeff	34.61
6	Steele, Bruce	32.21

Men 100 metre 60+ yrs

Placing	Name	Performance
1	Van Stappen, John	14.01
7	Donohoe, Noel	18.15

Men 200 metre 60+ yrs

Placing	Name	Performance
2	Van Stappen, John	28.86
6	Donohoe, Noel	40.95

Men 100m Hurdles 0.84m 60+ yrs

Placing	Name	Performance
1	Donohoe, Noel	29.81

Men High Jump 60+ yrs

Placing	Name	Performance
3	Donohoe, Noel	1.05

Men Long Jump 60+ yrs

Placing	Name	Performance
4	Donohoe, Noel	3.30

Men Triple Jump 60+ yrs

Placing	Name	Performance
3	Donohoe, Noel	6.01

Men Discus Throw 60+ yrs

Placing	Name	Performance
6	Donohoe, Noel	22.62

Men Javelin Throw 60+ yrs

Placing	Name	Performance
4	Donohoe, Noel	21.67

MISCELLANEOUS NSW CHAMPIONSHIPS 2011

Hunter Track Classic 29.01.11

Name	Event	Placing	Performance
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Open Men

James Grimm	100m	4	10.79
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U18 Women

Abbie Taddeo	100m	1	12.62
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NSW U14, U16, U18 & U20 Championships 11 - 13.02.11

Name	Event	Placing	Performance
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U14 Women

Avalon Punch	200m (heat)	1	28.43
	200m (final)	2	27.47

U16 Women

Tara Bain	100m (heat)	8	14.11
	200m (heat)	8	28.63
	400m (heat)	2	61.89
	400m (final)	9	63.21

Riana Drake	100m (heat)	6	13.72
	200m (heat)	2	27.46
	200m (final)	8	27.55
	400m (heat)	2	60.77
	400m (final)	5	61.68

Keeleigh McCauley	100m (heat)	5	13.41
	200m (heat)	5	27.92
	90m Hurdles (heat)	3	14.59
	90 m Hurdles (final)	5	14.27
	200m Hurdles (heat)	3	31.43
	200m Hurdles (final)	6	31.63
	Long Jump	14	4.15m

Name	Event	Placing	Performance
U18 Women			
Claire Burnett	800m (final)	7	2:28.29
Jemma Chambers	1500m (final)	17	5:12.45
Karlie Chambers	400m (heat)	2	59.49
	400m (final)	6	59.43
Alice Hewitt	100m (heat)	7	13.96
	100m Hurdles (heat)	5	17.87
Cassie Lieschke	High Jump	13	1.55m
Skye Ryan	100m (heat)	2	12.95
	100m (final)	6	12.97
	200m (heat)	2	26.24
	200m (final)	5	26.17
Abbie Taddeo	100m (heat)	2	12.61
	100m (final)	4	12.76
	200m (heat)	1	25.98
	200m (final)	7	26.28
	100m Hurdles (heat)	1	14.41
	100m Hurdles (final)	1	14.19
U20 Women			
Emily Debrot	Javelin Throw	2	37.44m
Talissa Scott	100m (heat)	3	12.98
	100m (final)	5	12.87
	100m Hurdles (final)	2	15.15
	Long Jump	1	5.75m
Claire Walsh	Javelin Throw	3	35.19m
U16 Men			
Joshua Kentwell	800m (heat)	2	2:05.03
	800m (final)	3	2:05.40
	3000m	3	9:27.66
	2000m Steeplechase	1	6:34.26

Name	Event	Placing	Performance
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U18 Men

Brodie Leeson	100m (heat)	2	11.88
	100m (final)	5	11.46
	200m (heat)	1	23.65
	200m (final)	3	23.29

U20 Men

Ben Hollingsworth	200m (heat)	4	23.18
	200m (final)	7	23.18
	400m (heat)	4	51.30
	400m (final)	7	52.38

NSW Open Championships 25 - 27.03.11

Name	Event	Placing	Performance
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Open Women

Melanie Foster	1500m	DNF	
Ashleigh Mumberson	Hammer Throw	5	47.22m

Open Men

James Grimm	100m (heat)	3	11.22
	100m (final)	7	10.83
	200m (heat)	2	21.85
	200m (final)	3	21.67
Justin Miller	100m (heat)	7	11.68
	200m (heat)	6	22.99

NSW Masters & Under23 State Championships 09 – 10.04.11

Name	Event	Placing	Performance
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U23 Women

Ashleigh Mumberson	Hammer Throw	1	46.34m
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NSW Masters & Under 23 State Championships 09 – 10.04.11 (cont)

Name	Event	Placing	Performance
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U23 Men

James Grimm	100m (heat)	2	10.97
	100m (final)	1	10.74
Joshua Parry	100m (heat)	9	11.61
	200m	4	23.80
	400m	2	52.05
Lachlan Parry	100m (heat)	8	11.41
	100m (final)	8	11.50
	200m	3	23.74
	400m	3	53.85

Name	Event	Placing	Performance
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Women 45-49

Gianna Mogentale	60m	1	7.79
	100m	1	12.94
	200m	1	26.01
	400m	1	59.82
	800m	1	2.29
Kim Debrot	Shot Put	2	8.81m
	Discus Throw	3	23.23m
	Hammer Throw	3	27.48m
	Weight Throw	3	9.24m

Women 50-54

Annette Mead	60m	4	9.48
	100m	6	15.53
	200m	4	34.24
Julie Steele	200m	6	36.23
	800m	2	2.56.69
	1500m	3	6.06.27
	2000m Steeplechase	1	9.20.32

Name	Event	Placing	Performance
Women 55-59			
June Lowe	100m	1	17.80
	Short Hurdles	1	21.85
	Long Jump	2	2.57m
	Shot Put	2	8.26
	Javelin Throw	4	15.53m
	Hammer Throw	3	29.05m
Women 65-69			
Mary Thomas	Discus Throw	1	20.16m
	Javelin Throw	1	20.91m
	Shot Put	1	7.59m
Men 40-44			
Geoff Hynoski	200m	8	27.87
	400m Long Hurdles	1	1.14.46
	3000m Steeplechase	2	12.57.18
Men 50-54			
Ron Burzacott	3000m Steeplechase	2	14.08.61
Peter Shepherd	60m	2	7.99
	100m (heat)	5	12.89
	100m (final)	4	12.67
Bruce Steele	400m	6	30.79m
	1500m	8	6.06.65
	High Jump	2	1.35m
	Javelin Throw	8	32.04m
Men 70-74			
Noel Donohoe	High Jump	1	1.15m
	Long Jump	3	3.12m
	Triple Jump	3	6.59m
	Shot Put	4	7.76m
	Javelin Throw	2	23.74m
	Discus Throw	3	23.03m
	Weight Throw	2	11.22m

Name	Event	Placing	Performance
Men 85-89			
Max McKay	100m	1	24.29
	High Jump	1	0.85m
	Javelin Throw	1	11.85m
	Hammer Throw	1	16.44m

MISCELLANEOUS AUSTRALIAN CHAMPIONSHIPS 2011

Australian Junior & Youth Championships 10 – 14.03.2011

Name	Event	Placing	Performance
U16 Women			
Riana Drake	400m (heat)	16	63.47
Keeleigh McCauley	100m (heat)	12	13.45
	90m Hurdles(heat)	6	14.05
	90m Hurdles (final)	4	13.78
	200m Hurdles (heat)	4	30.62
	200m Hurdles (final)	8	26.50
U18 Women			
Abbie Taddeo	100m (heat)	7	12.50
	100m (final)	6	12.31
	100m Hurdles (heat)	1	14.04
	100m Hurdles (final)	1	13.46
Skye Ryan	100m (heat)	7	12.60
	100m (final)	8	12.54
	200m (heat)	9	25.86
	200m (final)	8	26.50
Karlie Chambers	400m (heat)	12	59.30
U20 Women			
Claire Burnett	800m (heat)	8	2.15.15
	800m (final)	8	2.18.86
Emily Debrot	Javelin Throw	4	39.50m
Talissa Scott	100m (heat)	13	12.50
	100m Hurdles (final)	2	14.71
	Long Jump	2	5.97 m
Claire Walsh	Javelin Throw	8	34.19m
U16 Men			
Joshua Kentwell	3000m	10	9.24.82
	2000m Steeplechase	2	6.20.55

Name	Event	Placing	Performance
U18 Men			
Brodie Leeson	200m (qualifer)	8	22.49
	200m (final)	7	22.43

Sydney Track Classic 19.03.2011

Name	Event	Placing	Performance
Karlie Chambers	4 x 400m Relay (Aust Green)	3	3.48.11
Talissa Scott	Long Jump	7	6.05m
Abbie Taddeo	4 x 100m Relay (Aust Blue)	DQ	

Australian Open Championships 15 – 17.04.11

Name	Event	Placing	Performance
James Grimm	100m (heat)	5	10.84
	100m (semi final)	6	10.92
	200m	4	21.99

Australian Masters Championships 21.04.2010 – 24.04.2010

Name	Event	Placing	Performance
Women 45-49			
Gianna Mogentale	60m(heat)	1	8.06
	60m (final)	2	7.97
	100m (heat)	1	12.86
	100m (final)	2	12.77
	100m(Champ of Champ)	1	11.56
	200m (final)	2	26.28
	400m (final)	2	1.00.08
	4 x 100m Relay 180+	1	49.24
	4 x 400m Relay 180+	1	4.12.53
	4 x 100m 45+	1 (WR)	48.92
	4 x 400m 45+	1 (WR)	4.01.22

Name	Event	Placing	Performance
Women 50-54			
Annette Mead	60m (heat)	5	9.68
	100m (final)	8	15.44
	200m (heat)	13	34.61
	4 x 100m Relay 200+	1 (SR)	59.35
Women 50-54			
Julie Steele	400m (final)	6	1.17.74
	800m	3	2.56.16
	1500m	3	6.01.46
	2000m Steeplechase	1	9.27.40
	8km Cross Country	2	39.49.00
	4 x 400m Relay 200+	1	4.58.68
Women 65-69			
Mary Thomas	Discus Throw	1	23.49m
	Javelin Throw	1	22.58m
	Shot Put	3	7.93m
Men 50-54			
Bruce Steele	Pentathlon	7	2144
	- Long Jump	7	4.11m
	- Javelin Throw	6	30.79m
	- 200m	6	28.94
	- Discus Throw	5	23.57m
	- 1500m	5	6.04.23
Men 85-89			
Max McKay	60m	3	14.05
	High Jump	1	0.80m
	Long Jump	2	2.32m
	Triple Jump	1	4.35m
	Shot Put	3	6.40m
	Discus Throw	3	12.32m
	Hammer Throw	2	18.65m
	Throws Pentathlon	2	2149
	- Heavy Throw	2	18.46m
	- Shot Put	2	5.88m
	- Discus Throw	2	11.93m
	- Javelin Throw	2	11.61m
	- Weight Throw	1	7.17m

