

# **ILLAWARRA BLUE STARS ATHLETIC CLUB INC.**

## **ANNUAL GENERAL MEETING**

**20 May 2014 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



**Illawarra Blue Stars**

**Athletic Club Inc**

# **Annual General Meeting**

**Beaton Park Leisure Centre**

**Tuesday 20 May 2014**

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### **IBS Results 2013-2014 Season**

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## **PRESIDENT'S REPORT**

The 2013-2014 athletic season ended with some great results from our Junior members at State and Nationals as well as sensational results from our Masters athletes at State, National and International Competitions. Injuries thinned the ranks but others performed above expectations.

This season was a particularly busy one with the club hosting the State titles for the 60m and mile in our 60<sup>th</sup> year as well the demand the country titles placed on our executive as well as the officials. Both events were supplemented by sponsorship and this could not happen without the work of Valmai.

We thank every club member for their support of the Country titles and for their help over the whole carnival. It was much appreciated and everyone worked to make this a great event for local and visiting athletes and so that the drain on the club's finances was minimal.

It was pleasing to see the increased registrations in the junior category and competition for club points has been close.

There has also been increased participation in athletes travelling to other competitions such as club premierships, state and national championships. The participation of club members at both State Relays and Country Championships was also excellent. We understand that not everyone can compete due to other commitments. Those who competed always displayed great sportsmanship as is always the IBS tradition.

The executive of Illawarra Blue Stars has worked hard to maintain club competition and the finances of the club so that we can support all athletes as well as cover the essentials such as insurance and affiliation. Fundraising is an ongoing concern and needs the support of all club members if we are going to meet the financial needs of the club without having to impose a large increase in fees.

A special thank you to all members of the executive and club coaches who have given their time to assist in the running of the club or supporting athletes. Your efforts are greatly appreciated and the club cannot run without all of you.

**Sue Sundstrom**  
**President**

## SECRETARY'S REPORT

It is with pleasure that I present the Secretary's report for the season 2013/2014, 60 seasons after the commencement of this great country club.

Our season has been a good one: we have had two exciting events for the year and have had some outstanding performances for 2013/2014. The overall structure of our club enables people to become involved but we have to ensure our club is governed and conducted in the best interests of all people who take part.

**Family Participation:** We take great pride in encouraging families to come along and join in and although we have many parents come along and help out, many have turned to the track as athletes.

We need officials and you don't have to be qualified. We need people to help put out equipment etc and put it back, but above all, we need people to take a stopwatch, hold a tape, and place a bar on the high jump. Our qualified people will instruct you, and maybe you may go on and become a qualified official yourself. Athletics NSW needs qualified officials as many are nearing an age that they cannot give the time and energy like they used to.

Parents of athletes, senior athletes and masters' athletes are the ideal person, but if you have a friend or relative that would like to help out, just bring them along on a Sunday. The club cannot operate a full Sunday afternoon program if we don't have help. To our people who have helped us this year, a big thank you and to the new people who have come forward and have done a tremendous job.

**Sunday Program:** We try to please with our program and the success of the weekly program gives all people the opportunity of taking part in their specialised event/s on a regular basis. We also tried a new format this season with approximate allocated times for each event and also order of events. On some occasions athletes had a mutual agreement to change an event, and this was done in consultation with the athletes.

**Attendance rate:** Some athletes have asked about their non eligibility of a point score award by not attending the required number of meets, but this is emphasised in our package that is given out to all registering members. All registered members are eligible for any of the clubs Special Awards.

**Juniors, Seniors and Masters:** Many athletes, for reasons, cannot attend on a Sunday, but can contest the premier league in Sydney on a Saturday through ANSW. We encourage this as they are still representing our club, and maybe a push towards more participation in these events by our older athletes is also a good way to go.

**New members:** We have a number of new members join this year and many have had the opportunity of contesting the Australian titles in Youth Championships for the first time. We congratulate all these athletes who gained recognition through qualifying for national titles.

To our masters' athletes - we certainly have one of the best contingent of masters athletes who not only compete but support the juniors and youth and are a great asset to our club. They also have had a fabulous year with many competing at Country, State and in some cases, Australian and World titles. For the first time we had two athletes represent at World Masters Indoor titles.

**60 years:** Is a long time for any club to operate but to be successful over such a number of years is a credit to all who take part - to the athletes who back up each week, to the coaches who commit to hours of dedication to their athletes, to the officials who give so much time to the club, and above all my fellow executive and management team who structure and operate the club in the best interests of all members.

**Two Special Events:** The State 60 metres/one mile as to recognise the club's 60th birthday but also to convince ANSW that these two events can be a popular one. Although we didn't get the numbers that we would have liked, there were contributing factors such as Little A's event on same weekend and the Bankstown Mile one week in between. Regardless, the event was popular with all attending saying they will be back. We will be negotiating with ANSW to either add other events or perhaps conduct a premier league meet in conjunction. Our thanks go to the two sponsors, former athletes, Gavin Rayner of Gavin Rayner Motors and Jason Giobbi. We cannot thank them enough for their wonderful support and hope that they remain with us as we develop these two events.

**Country titles:** Our club has been a great supporter of having these titles in the Gong and we saw this for 2013/2014 season. Many hours of planning and preparation, but we have learnt so much from these titles, and believe that with AW, Nowra we presented an event that was classed as one of the best Country titles for some time. Our thanks go to all our visiting officials and to the management of Beaton Park who fully supported this event.

**Structure of club captains:** Has now been finalised and has been on the web site for some time as a policy of the club so that all members can view and decide. Our funding policy is also transparent to our members by being on the web also.

**Fund Raising:** Jodie Sundstrom will give a more detailed account of fund raising but it is an area that needs support. Our decision to cut out weekly raffles but to add a small amount to club fees means that all people are helping to fund the club's operation, but I have to say our membership fee is one of the lowest of any club. Our effort with Tri-the- Gong was also good and this event is now considered a fund raising venture for our club.

**New uniform:** The committee has discussed and thanks to Mel Foster, who did some research, we now have a new singlet for both male and female, which has been readily accepted by all members. During the winter season members of the committee will also be seeking out suitable tops and shorts for the start of summer 2014/2015.

**Tirac:** The closure of Tirac, was supported by our club, with legal insurance being the main concern of this team of representatives from all clubs. The cost factor of equipment also came into the change over to council. We support this move and we have now seen numerous items secured by Council for our benefit - see Ann Grimm's report and Management Report. Each club has been delegated an area of equipment to look after, ours being the starting blocks and hurdles, to ensure they are safe and ready to use for all our meets conducted at the track.

**Presentation Evening:** We went with a Sunday over our usual Saturday night, but I for one do not believe this worked this year. The committee will need to look at times, dates, and day so that all athletes have the opportunity of attending.

Finally, I have to say a big thank you to the Executive and the Committee for the tireless work they have put in to ensure our club is operating in the best interests of all our members.

We have to promote our club, we have to seek out new members and we have to make sure that our current members enlist as many new members as possible.

To Mel Foster and Nancy Weeks for the programming and conducting the winter cross country, a big thank you.

**Valmai Loomes**  
**Secretary**

# ILLAWARRA BLUE STARS ATHLETIC CLUB INC

ABN: 80 299 090 816

## FINANCIAL REPORT

AS AT 31 MARCH 2014

	CURRENT YEAR	PRIOR YEAR
<b>ACCUMULATED FUNDS:</b>		
BALANCE AT BEGINNING OF YEAR	\$3,412.02	\$3,418.28
YTD OPERATING SURPLUS/(DEFICIT)	\$3,304.66	-\$6.26
<b>TOTAL ACCUMULATED FUNDS</b>	<b>\$6,716.68</b>	<b>\$3,412.02</b>
<b>REPRESENTED BY:</b>		
<b>CURRENT ASSETS:</b>		
St George Cheque Account 028298540	\$6,781.12	\$4,022.11
St George Express Saver 429056525	\$15.56	\$15.28
Less Unpresented Cheques	-\$80.00	-\$625.37
<b>TOTAL CURRENT ASSETS</b>	<b>\$6,716.68</b>	<b>\$3,412.02</b>



# ILLAWARRA BLUE STARS ATHLETIC CLUB INC

ABN: 80 299 090 816

## INCOME AND EXPENDITURE STATEMENT

FOR YEAR ENDED 31 MARCH 2014

	CURRENT YEAR	PRIOR YEAR
<b>INCOME</b>		
REGISTRATIONS ANSW	\$4,560.00	\$6,032.00
CLUB FEES	\$2,945.09	\$1,976.06
UNIFORM	\$923.00	\$1,610.50
ENTRY FEES	\$377.00	\$1,054.00
FUNDRAISING	\$1,453.50	\$2,221.45
INTEREST RECEIVED	\$10.05	\$14.86
TRI THE GONG VOLUNTEERS	\$1,750.00	\$0.00
NSW COUNTRY TITLES	\$3,000.00	
SPONSORSHIP	\$1,333.34	
WINTER CROSS COUNTRY	\$278.00	
OTHER	\$390.00	\$695.00
<b>TOTAL INCOME</b>	<b>\$17,019.98</b>	<b>\$13,603.87</b>
<b>EXPENDITURE</b>		
REGISTRATIONS ANSW	\$4,595.00	\$6,462.50
AFFILIATION ANSW	\$764.53	
UNIFORM	\$0.00	\$2,088.27
ENTRY FEES	\$940.00	\$1,208.00
ACCOMODATION	\$0.00	\$380.00
ATHLETE ASSISSTANCE	\$405.00	\$80.00
PRESENTATION	\$1,784.93	\$2,635.91
ADMINISTRATION	\$197.81	\$610.45
EQUIPMENT	\$365.00	\$145.00
STATE 60M & 1 MILE PRIZES	\$800.00	
NSW COUNTRY TITLES ADMIN	\$3,499.05	
WINTER CROSS COUNTRY	\$270.00	
OTHER	\$94.00	
<b>TOTAL EXPENDITURE</b>	<b>\$13,715.32</b>	<b>\$13,610.13</b>
<b>OPERATING SURPLUS /(DEFICIT)</b>	<b>\$3,304.66</b>	<b>-\$6.26</b>

## **TREASURER'S REPORT FOR YEAR ENDING 31 MARCH 2014**

The Illawarra Blue Stars financial situation improved over the last year with the level of accumulated funds rising from \$3,412 in March 2013 to \$6,716 in March 2014. The full year operating surplus was \$3,305.

The major changes to finances this year came from several initiatives:

- Tri the Gong volunteers raised \$1,750 from officiating at the triathlon.
- Club membership fees were increased in line with inflation. This is the first fee increase in many years, and we always endeavour to keep our fees to a minimum level.
- Major sponsorships from Gavin Raynor Motors and Jason Giobbi at Fairy Meadow Podiatry. We heartily thank our sponsors for their support, which was provided in association with the 50<sup>th</sup> anniversary of the IBS club, and the NSW 60 metre and 1 mile championships and the NSW Country Titles.
- Other fundraising activities contributed \$1,453 during the year.

The success in attracting new funds to the Club has enabled us to continue to provide many benefits to our members. We spent money upgrading and replacing equipment, paying athlete entry fees at State and State Country Relay events, providing travel assistance to athletes and to give trophies and awards at the annual presentation.

**Bruce Steele**  
**Treasurer**

## **MEMBER FOR OFFICIALS REPORT**

The 2013/2014 season has been another successful one for IBS athletes and officials.

IBS has seen many athletes represent our club at many levels of competition throughout all age groups and I congratulate every one of you.

I am here however, to congratulate our officials on a brilliant season. I would like to thank Janet Munro, John Munro, Jodie Sundstrom, Sue Sundstrom, Neville Fenn and Ann Grimm for representing IBS at so many ANSW and AA events. This has involved a great deal of travelling Australia wide, at their own expense, for a number of these officials.

I am very pleased to let you all know that 3 of our officials were selected for the "Australian Open Championships and Commonwealth Games Selection Trials" held in Melbourne recently.

This is a great achievement for IBS to have such a number of highly respected and qualified officials and we should be very proud of each and every one of them.

I encourage anyone that would like to become a qualified official to do so.

At club level, I would like to thank everyone that volunteered every week to assist in a variety of positions that enabled competition to take place. Without all of you, our athletes would be able to compete, however they would not have times or distances recorded. It is only because of you that we have such a successful club.

As we have such a broad range of age groups and a large component of entire families competing at our club events, we often find it quite difficult to have enough officials to run an entire afternoon's session. Therefore, this season, a number of modifications have had to be made to the weekly program.

As a club, we rely mostly on the parents of our younger athletes or those that assist us without any responsibility to be there at all, except that they like to, to be our officials. We also depend on injured athletes that sometimes come along to help out. I encourage all athletes to bring someone with them that would like to help out.

Once again, I would like to say a huge thank you to all of you that have helped so much throughout the season.

**Ann Grimm**  
**Member for Officials**

## **ATHLETES' REPRESENTATIVE REPORT**

Attendance at club meets seemed down a little this year. I'm not sure if it is reflected in the registrations, but regular meets consist mainly of masters' competitors and their children with a noticeable drop in the teenage athletes compared to previous years. The high percentage of parents competing contributes to the lack of available officials. We may be too good at getting our kids' parents up and running!

Cross-country season had one of the most successful series of some time. Meets were well attended through to the end of the season, resulting in one of our highest financial intakes.

In both seasons, further work may need to be done encouraging participation, or supporting those who do compete for the club representing us at ANSW meets and championships. While the Country Championships were well supported, IBS does not have a significant presence at an interclub level. Fostering the team environment, and promoting opportunities outside regular club meets, is an area which could encourage some of the young athletes to remain in the club.

**Melanie Foster**  
**Board Member Representing Athletes**

## **FUNDRAISING REPORT**

Thanks to all Club members who participated in all fundraising activities for the season 2013/2014.

Total raised:               \$1620

Christmas Raffle:         \$ 520

Country Titles Raffle:   \$ 150

Triathlon:                 \$ 950

**Jodie Sundstrom**

**Board Member for Fundraising**

## **COACHES CO-ORDINATOR'S REPORT**

Coaches are the same as officials - always hard to come by and people who are prepared to commit. It is not an easy task, it is time consuming and in today's society, people have so much going on, that many find it hard to do so.

Our coaches, fortunately have remained the same as previous, with one of our coaches having a little time out due to personal reasons. To the coaches, I say a big thank you for the time and effort you put into the athletes of our club. The athletes respond with good performances and many pb's, improvement in technique etc.

I can only urge all coaches to register with the ATFCA and not to coach without insurance etc. Many grounds now will not allow coaches on the tracks without the insurance to cover them, but it is in the best interests of the coach and the athletes that they have under their control.

I am still of the belief that many coaches find it extremely costly, and there should be a way to ensure we retain all coaches, rather than lose them due to cost factor.

We are still after a pole vault coach, and I feel this area of our club has been neglected for this reason - lack of a coach - maybe 2014/2015 may see someone come forward as this event needs to be developed in our club.

We will be gaining two new coaches this year, but it is up to them to make their squads of either new members or existing members who are not being coached.

We have also gained new walkers who are added to our coaches walk program, including juniors and a senior athlete.

During the coming summer season, the club has decided to add, or reinvent selected development programs for our young athletes. At this stage this has not been fully finalised but will include:

- a. Sports physiology
- b. Food intake
- c. The role of the parent.

This will only benefit our young athletes and all will be encouraged to attend.

Thanks once again to all coaches of the club. Your time, effort and invaluable guidance of our athletes is invaluable and we thank you once again.

**Valmai Loomes**  
**Coaches Co-Ordinator**

## **PUBLICITY REPORT**

Publicity is a vital ingredient of our club, and I am pleased to say that the Advertiser column is an area that many clubs within the state are envious of. I do know that the circulation is not as large as previous, but it does cover an enormous territory of Wollongong and surrounding areas. We share this column with Athletics Wollongong only, and having fortnightly reports in a paper such as this, is the ideal way to generate good solid publicity.

Throughout 2013/2014 we have generated some very positive publicity and it is the results and efforts of athletes who have enabled us to do so.

Having the Country titles in Wollongong also generated excellent coverage of our sport. We covered the following during 2013/2014:

- a. Local radio and abc with the NSW 60metres and one mile titles.
- b. Local radio and tv with commencement of summer season.
- c. My community Connect: maintaining this contact to advertise our club, both winter and summer and also important coming events.
- d. ANSW web site with 60metres/mile and also 60 years coverage.

Many people are keen to see their child's name in print and rightly so if the effort is one that the media will "pick up on". I cannot emphasise this enough - the media see it a little different to us - and have to run with an article that will appeal and generate sales. That is the bottom line of the media, and many articles do not get the exposure that they should. I am in constant contact with local media and know now (I suppose I should by now), what they are looking for and what goes into "too hard basket, but feel free to let me know of a performance we may have missed to see what we can do.

Like last year, I said that word of mouth is the best publicity we can have, but will add to that and say that a good result or an excellent promotion can generate excellent publicity. I believe our club's conduct of the 60metres/mile and our involvement in the Country titles has done just that.

But please word of mouth has to be positive, not negative, and cannot in any way generate negative vibes towards our sport and any athlete/official.

Our involvement with Tri-the-Gong is also a positive and this year we benefited from this by the donation of many items from these organisers towards the Country titles. We have also generated interest in our sport by many who take part in this particular event. It is also a great fund raising exercise - this year gave us an added \$1,000 to our fundraising items of clothing such as:

- a. Bags
- b. Beanies
- c. Weather jackets

Is a great way to generate interest in our club.

To Gianna, a big thank you for the wonderful work she does on the web site, keeping it up to date and maintaining it. Sometimes it crashes, sometimes it is excellent but she always seems to have it back up and running, a big thank you to her. It is also hard for her to put articles on the website about herself, but I have to emphasise that Gianna does not write these articles, I myself do and she places on the site - sometimes she is reluctant to do so, but a good result and excellent performance is warranted on the site, just like any other athlete.

Our connections with the university are also a great way to promote our club, and our new walker is a classic example of this, as with Mel Foster's negotiating with the use of the site for cross country. We also have some handy members of the club who have excellent contacts at the University including Professor Julie Steele, and our student athletes who attend.

The excellent photos that Julie has taken over the past season have also generated sound, good promotion. Her shots are now well known and certainly appreciated by all our members. Her desire to go on the ground, with permission of course, enables her to gain the very best shots. One of her shots of four of our masters' athletes on the winning dais generated so much positive feedback, that it was classed as one of the best action shots, by many in athletics NSW.

I thank people who have given me photos to promote in the press. Sometimes we can use them, other times we can't, but thank you.

Keep on promoting our club, the coaches, the officials, the fun that athletes can have, and the closeness of our officials, coaches and members.

Promote the club to the fullest, this way our club will survive another 60 years.

**Valmai Loomes**  
**Publicity Officer**



## **SOCIAL ACTIVITIES REPORT**

The 2013/2014 season has been an enjoyable time for our members and their families.

Unfortunately, Sunday afternoon competition saw numbers down at times due to members being injured or having to meet other commitments.

Valmai's Tuesday and Thursday training squad enjoyed their end of year celebration of consuming fish and chips at Levendi in Wollongong. A pleasant change from working hard at the track.

On Sunday 22 December 2013, the Ladies' Christmas Luncheon was held at Gigis Restaurant in Wollongong. An excellent turnout of 22 ladies from IBS enjoyed delicious food and great company. Also joining us were Robyn Sillitoe, a wonderful friend and supporter of IBS, Lynda Douglass from Nowra Athletics, whom we like to call one of our own and Helen Waterworth nee Monaghan a former member of IBS in her youth and mum of Elise Moore.

Unfortunately, I was unable to attend the Country Championships this year which were held in Wollongong but I have been told it was one of the most successful and well organised Country Championships in recent years. Well done Illawarra Blue Stars' friends and families for their contribution.

Congratulations and thank you to all involved with the Illawarra Blue Stars Athletic Club for another enjoyable and successful season.

**Annette Mead**  
**Board Member for Social Activities**

## BEATON PARK MANAGEMENT REPORT

Firstly, have to say what an exciting season for this committee, which consists of a representative of each club:

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

all users of the Kerry McCann Athletic Centre.

We meet on a regular basis to discuss issues pertaining to the use of the track and surrounds but at the same time discuss and negotiate with management the improvements needed to our track. Management of the Centre, Jenny Towers and also Kris, are excellent people to deal with and as much as we may whinge and carry on, these two ladies are very supportive of our sport. At the same time, they too have management to answer to and also have to prove that their money is being invested in the best possible manner and in the best interests of not only athletes but the people of Wollongong.

Most of us have missed some of the meetings due to other commitments but the response by clubs towards these meetings is a positive one and one that can only move us forward. I say it has been a very exciting season for the following reasons:

- a. The priority list of improvements and additions is slowly being attended to and we have seen the installation of back straight lighting, much needed for such events as the country titles, an in place for this event last season
- b. Installation of taps and water flow for steeplechase and also long jump pits
- c. Installation of underground power - although not in for use at time of country
- d. New judges and timekeeper stands
- e. New pole vault covers and stands
- f. New cover to protect high jump mats
- g. New hammer cage.

This has all come about by this committee resolving issues but also the disbandment of Tirac and council taking over the equipment (see Ann's report - Tirac).

The Priority list is moved around as the needs are placed in importance but two things that the track is in desperate need of at the moment are:

- a. Lack of storage- need to have additional space for hurdles, large equipment etc.

- b. The moving of the pole vault to where steeplechase is and moving steeplechase - this will then enable us to conduct pole vault whilst other field games are being held (there is a big push for this to happen 2014/2015).

We still do not have a grounds person purely for the Kerryn McCann Athletic Centre and this will not be achieved in the near future due to Council's constraints.

Once again this management team is constantly told that the track income generated does not offset the costs of maintaining, and the cost of such issues rises all the time.

Clubs have been given responsibilities to maintain certain items, ours being the starting blocks and hurdles - ensuring they are up to standard for all events including school carnivals and our own local meets.

My thanks go to Janet and John Munro for their technical knowledge on the track requirements that has assisted not only this committee, but also council management itself and especially towards the Country titles.

Nowadays, we are expected to present a ground that is acceptable by international standards for meets such as:

- a. Country titles
- b. Premier league
- c. State titles such as 60metres/one mile.

But Council's representatives on this committee emphasise that this ground is for the community, and has to be maintained for that reason, an issue that the committee has to work through with council representatives.

All clubs are on the same agenda as ours, and we will work hard to ensure that this ground is meeting the guidelines set down by ANSW and AA.

Council's time frame is not always the same as ours, but this committee works hard with the representatives to ensure that what we require by a certain time frame is met - our thanks must go to Jenny and Kris for pushing the lighting through in time for Country.

It is an interesting way to negotiate our needs but one that is necessary and attending meetings to ensure this happens, is the only way to go.

**Valmai Loomes**  
**Beaton Park Management Team**

## **TIRAC EQUIPMENT COMMITTEE REPORT**

Once again the TIRAC Equipment Committee had a very successful season.

Many purchases were made to improve the equipment and facilities used by all local clubs.

As you would have noticed, there is another new set of high jump bags, which were supplied by Beaton Park Leisure Centre. However, TIRAC purchased a metal cover to protect these bags as well as a spare landing mat.

Also, a complete set of 10 starting blocks, 8 x stackable bench seats, some new pole vault equipment, another set of high jump uprights, distance markers for throwing events and an equipment trolley were purchased.

The abovementioned items were the larger purchases made by TIRAC.

Illawarra Blue Stars was represented by Ann Grimm and Mary Thomas.

The TIRAC Equipment Committee has now been dissolved and the hiring of equipment to schools will be handled in future by BPLC. Members of local clubs will still act as Carnival Officers.

**Ann Grimm**

**IBS Representative of TIRAC Equipment Committee**

## NSW RELAY CHAMPIONSHIPS 2013

### IBS Team Members Individual Results – Women

Relay	Team Members	Placing	Performance
<b>U18 Women</b>			
4 x 100m	Celeste Suleryski Mili Haber Whitney Noone Rosie May Davidson	7	55.65
<b>U20 Women</b>			
4 x 200m	Kaisha Edwards Rosie May Davidson Celeste Suleryski Whitney Noone	8	1.53.52
4 x 400m	Kaisha Edwards Rosie May Davidson Whitney Noone Jazmyn Shimwell		DNF
<b>Women 120+</b>			
4 x 100m	Gianna Mogentale Lynda Douglass Giola Motti Elise Moore	1	53.98
4 x 200m	Gianna Mogentale Giola Motti Elise Moore Melissa McCann	2	1.56.99

Relay	Team Members	Placing	Performance
<b>Women 160+</b>			
4 x 100m	Gianna Mogentale Leanne Edwards Giola Motti Elise Moore	1	53.34
4 x 200m (South Coast)	Gianna Mogentale Lynda Douglass Giola Motti Elise Moore	2	1.53.11
4 x 400m	Gianna Mogentale Lynda Douglass Elise Moore Melissa McCann	1	4.38.99
4 x 1500m	Julie Steele Rina Flynn Melissa McCann Leanne Edwards	3	27.35.20
<b>Women 200+</b>			
4 x 100m	Annette Mead Julie Steele June Lowe Leanne Edwards	2	62.39
4 x 200m	Annette Mead Julie Steele June Lowe Leanne Edwards	3	2.20.21
4 x 400m	Annette Mead Julie Steele Leanne Edwards Rina Flynn	3	5.27.43
4 x 800m	Julie Steele Rina Flynn Leanne Edwards Gianna Mogentale	2	12.06.34

## NSW RELAY CHAMPIONSHIPS 2013

### IBS Team Members Individual Results – Men

Relay	Team Members	Placing	Performance
<b>Open Men</b>			
4 x 100m Preliminaries	Joshua Parry Lachlan Parry Jack Carlson Kyle Grubnic		DQ
4 x 200m Preliminaries	Joshua Parry Lachlan Parry Joshua Bell Kyle Grubnic	4	1.32.35
4 x 200m Final	Joshua Parry Lachlan Parry Joshua Bell Kyle Grubnic	8	1.32.19
<b>Men 160+</b>			
4 x 100m Preliminaries	Gianna Mogentale Geoffrey Hynoski D Martinoski Dave McCann	4	50.51
4 x 100m Final	Gianna Mogentale Geoffrey Hynoski Done Martinoski Dave McCann		DQ
4 x 400m	Dave McCann Geoffrey Hynoski Done Markinoski Melissa McCann	2	4.04.61

## NSW Country Championships 2014

### IBS Team Members Individual Results - Women

#### Women 100 Metre Run 10 Yrs Preliminaries

Placing	Name	Performance
10	Hynoski, Gabrielle	19.41
12	Kate Ruffley	21.47

#### Women 200 Metre Run 10 Yrs Preliminaries

Placing	Name	Performance
10	Hynoski, Gabrielle	40.15
11	Kate Ruffley	49.29

#### Women Long Jump 10 Yrs

Placing	Name	Performance
11	Hynoski, Gabrielle	2.27m
12	Kate Ruffley	1.96m

#### Women Discus Throw 10 yrs

6	Kate Ruffley	5.26m
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#### Women Shot Put 10 yrs

5	Hynoski, Gabrielle	4.36m
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#### Women 100 Metre Run 11 Yrs

Placing	Name	Performance
9	Grace McCann	17.29
10	Ella Ruffley	2.02

#### Women High Jump 11 yrs

Placing	Name	Performance
4	Ella Ruffley	0.90m

#### Women Long Jump 11 yrs

Placing	Name	Performance
6	Grace McCann	2.73m
7	Ella Ruffley	2.18m

#### Women Discus Throw 11 yrs

Placing	Name	Performance
5	Grace McCann	11.48m
6	Ella Ruffley	8.51m

#### Women Shot Put 11 yrs

Placing	Name	Performance
4	Ella Ruffley	2.18m
5	Grace McCann	3.78m



#### Women 100 Metre Run 12 yrs

Placing	Name	Performance
5	Natasha Hynoski	15.58
7	Jazmyn Shimwell	17.23

#### Women 200 Metre Run 12 yrs

Placing	Name	Performance
4	Natasha Hynoski	30.64
6	Jazmyn Shimwell	33.29

#### Women 80 Metre Hurdles 12 yrs

Placing	Name	Performance
4	Jazmyn Shimwell	19.94

#### Women 800 Metre Run 12 yrs

Placing	Name	Performance
6	Jazmyn Shimwell	3.01.36

#### Women 1500 Metre Run 12 yrs

Placing	Name	Performance
6	Jazmyn Shimwell	6.04.75

#### Women High Jump 12 yrs

Placing	Name	Performance
	Natasha Hynoski	NH
	Jazmyn Shimwell	NH

#### Women Long Jump 12 yrs

Placing	Name	Performance
2	Jazmyn Shimwell	3.54m

#### Women Discus Throw 12 yrs

Placing	Name	Performance
4	Jazmyn Shimwell	12.56

#### Women Javelin Throw 12 yrs

Placing	Name	Performance
3	Jazmynn Shimwell	9.40m

#### Women Shot Put 12 yrs

Placing	Name	Performance
5	Natasha Hynoski	5.28m
	Jazmynn Shimwell	F

#### Women 100 Metre Run 13 yrs

Placing	Name	Performance
6	Alice McCann	15.51
13	Grace Meier	16.06

### Women 200 Metre Run 13 yrs

Placing	Name	Performance
6	Alice McCann	31.01
8	Grace Meier	33.40

### Women Discus Throw 13 yrs

Placing	Name	Performance
3	Alice McCann	22.54m
5	Grace Meier	19.43m

### Women Shot Put 13 yrs

Placing	Name	Performance
3	Alice McCann	7.33m
5	Grace Meier	6.34m

### Women Shot Put 14 yrs

Placing	Name	Performance
4	Grace Meier	5.89m

### Women 100 Metre Run 15 yrs Preliminaries

Placing	Name	Performance
11	Celeste Sulerzyski	14.49
13	Mili Haber	16.10

### Women 200 Metre Run 15 yrs Preliminaries

Placing	Name	Performance
10	Mili Haber	33.46

### Women 400 Metre Run 15 yrs

Placing	Name	Performance
7	Mili Haber	1.17.83

### Women 90m Hurdles 15 yrs

Placing	Name	Performance
3	Celeste Sulerzyski	15.98

### Women 200m Hurdles 15 yrs

Placing	Name	Performance
2	Celeste Sulerzyski	33.97

### Women High Jump 15 yrs

Placing	Name	Performance
1	Celeste Sulerzyski	1.60m

### Women Long Jump 15 yrs

Placing	Name	Performance
4	Celeste Sulerzyski	4.55m

### Women Triple Jump 15 yrs

Placing	Name	Performance
3	Celeste Sulerzyski	9.84m

### Women Discus Throw 15 yrs

Placing	Name	Performance
1	Marie-Luise Meier	33.63m

### Women Hammer Throw 15 yrs

Placing	Name	Performance
2	Marie-Luise Meier	25.16m

### Women Shot Put 15 yrs

Placing	Name	Performance
4	Marie-Luise Meier	10.94m
5	Celeste Sulerzyski	8.12m

### Women Discus Throw 16 yrs

Placing	Name	Performance
5	Marie-Luise Meier	32.67m

### Women Discus Throw 17 yrs

Placing	Name	Performance
3	Kaitlyn Neto	20.58m

### Women Javelin Throw 17 yrs

Placing	Name	Performance
3	Kaitlyn Neto	15.16m

### Women Shot Put 17 yrs

Placing	Name	Performance
2	Kaitlyn Neto	9.01m

### Women 4x100 Metre Relay 17 yrs

Placing	Name	Performance
2	IBS (Illawarra Blue Stars) 'A' <i>Rosie May Davidson</i> <i>Kaitlyn Neto</i> <i>Mili Haber</i> <i>Celeste Sulerzyski</i>	1.00.09

### Women 100 Metre Run 18/19 yrs

Placing	Name	Performance
2	Riana Drake	13.52

### Women 200 Metre Run 18/19 yrs

Placing	Name	Performance
3	Riana Drake	26.86
6	Whitney Noone	30.82

#### **Women 400 Metre Run 18/19 yrs**

Placing	Name	Performance
3	Riana Drake	1.04.29
6	Whitney Noone	1.10.82

#### **Women 800 Metre Run 18/19 yrs**

Placing	Name	Performance
6	Whitney Noone	2.45.48

#### **Women 2000 Metre Steeplechase 18/19 yrs**

Placing	Name	Performance
1	Rosie May Davidson	7.05.42R
3	Whitney Noone	9.09.74

#### **Women Long Jump 18/19 yrs**

Placing	Name	Performance
6	Whitney Noone	3.61m

#### **Women Shot Put 18/19 yrs**

Placing	Name	Performance
1	Chelsea Lenarduzzi	12.28m

#### **Women Discus Throw 18/19 yrs**

Placing	Name	Performance
3	Lenarduzzi, Chelsea	36.88m

#### **Women 100 Metre Run Open**

Placing	Name	Performance
1	Stephanie Power	12.72
3	Gianna Mogentale	12.84

#### **Women 200 Metre Run Open**

Placing	Name	Performance
1	Stephanie Power	25.69
3	Gianna Mogentale	26.48
6	Kaisha Edwards	29.13

#### **Women 400 Metre Run Open Preliminaries**

Placing	Name	Performance
6	Claire Burnett	1.05.51
8	Kaisha Edwards	1.08.13

#### **Women 400 Metre Run Open**

Placing	Name	Performance
6	Claire Burnett	1.05.92
7	Kaisha Edwards	1.07.09

### Women 800 Metre Run Open

Placing	Name	Performance
4	Rosie May Davidson	2.15.46
6	Claire Burnett	2.27.21
11	Kaisha Edwards	2.55.37

### Women 1500 Metre Run Open

Placing	Name	Performance
2	Rosie May Davidson	4.45.51
5	Claire Burnett	5.20.83

### Women Shot Put Open

Placing	Name	Performance
1	Chelsea Lenarduzzi	12.77m

### Women Hammer Throw Open

Placing	Name	Performance
1	Ashleigh Mumberson	48.63m

### Women 4x100 Metre Relay Open

Placing	Name	Performance
2	IBS (Illawarra Blue Stars) 'A' <i>Stephanie Power</i> <i>Gianna Mogentale</i> <i>Riana Drake</i> <i>Kaisha Edwards</i>	51.87
3	IBS (Illawarra Blue Stars) 'B' <i>Giola Motti</i> <i>Claire Burnett</i> <i>Kaitlyn Neto</i> <i>Whitney Noone</i>	56.80

### Women 100 Metre Run 30-39 yrs

Placing	Name	Performance
4	Elise Moore	14.51

### Women 3000 Metre Race Walk 30-39 yrs

Placing	Name	Performance
1	Jodie Sunstrom	25.49.51

### Women Shot Put 30-39 yrs

Placing	Name	Performance
2	Jodie Sundstrom	5.97m

### Women Discus Throw 30-39 yrs

Placing	Name	Performance
3	Jodie Sundstrom	18.14m

### Women Long Jump 30-39 yrs

Placing	Name	Performance
2	Elise Moore	4.33m

#### **Women Javelin Throw 30-39 yrs**

Placing	Name	Performance
2	Elise Moore	24.08m

#### **Women 100 Metre Run 40-49 yrs**

Placing	Name	Performance
1	Giola Motti	14.25

#### **Women 200 Metre Run 40-49 yrs**

Placing	Name	Performance
1	Giola Motti	28.44

#### **Women 400 Metre Run 40-49 yrs**

Placing	Name	Performance
2	Giola Motti	1.06.70
3	Melissa McCann	1.07.70

#### **Women 1500 Metre Run 40-49 yrs**

Placing	Name	Performance
7	Cassie Gibbins	7.23.45

#### **Women 2000 Metre Steeplechase 40-49 yrs**

Placing	Name	Performance
2	Gibbins, Cassie	11.18.52

#### **Women Long Jump 40-49 yrs**

Placing	Name	Performance
2	Giola Motti	4.06m

#### **Women 100 Metre Run 50-59 yrs**

Placing	Name	Performance
1	Gianna Mogentale	13.28R
3	June Lowe	15.86

#### **Women 200 Metre Run 50-59 yrs**

Placing	Name	Performance
1	Gianna Mogentale	26.46
3	Julie Steele	35.50

#### **Women 400 Metre Run 50-59 yrs**

Placing	Name	Performance
1	Gianna Mogentale	1.02.49R
4	Rina Flynn	1.24.53

#### **Women 800 Metre Run 50-59 yrs**

Placing	Name	Performance
1	Gianna Mogentale	2.34.50R
3	Julie Steele	3.06.68

#### Women 1500 Metre Run 50-59 yrs

Placing	Name	Performance
4	Julie Steele	6.15.84

#### Women 3000 Metre Run 50-59 yrs

Placing	Name	Performance
2	Julie Steele	13.22.55
4	Rina Flynn	15.35.85

#### Women 80 Metre Hurdles 50-59 yrs

Placing	Name	Performance
1	June Lowe	18.32

#### Women 2000 Metre Steeplechase 50-59 yrs

Placing	Name	Performance
1	Julie Steele	9.34.53R

#### Women 3000 Metre Race Walk 50-59 yrs

Placing	Name	Performance
2	Rina Flynn	20.46.96

#### Women High Jump 50-59 yrs

Placing	Name	Performance
3	June Lowe	1.00m

#### Women Long Jump 50-59 yrs

Placing	Name	Performance
1	Gianna Mogentale	4.51mR
3	June Lowe	3.30m

#### Women Triple Jump 50-59 yrs

Placing	Name	Performance
1	Gianna Mogentale	9.68mR
3	June Lowe	3.30m

#### Women Shot Put 50-59 yrs

Placing	Name	Performance
2	June Lowe	9.34m

#### Women Discus Throw 50-59 yrs

Placing	Name	Performance
2	Lowe, June	21.57m

#### Women Hammer Throw 50-59 yrs

Placing	Name	Performance
1	Lowe, June	36.29m

#### Women Javelin Throw 50-59 yrs

Placing	Name	Performance
2	June Lowe	23.73m

### Women 4x100 Metre Relay 30+

Placing	Name	Performance
1	IBS (Illawarra Blue Stars) 'A' <i>Gianna Mogentale</i> <i>Giola Motti</i> <i>Elise Moore</i> <i>June Lowe</i>	55.52
3	IBS (Illawarra Blue Stars) 'B' <i>Cassie Gibbins</i> <i>Rina Flynn</i> <i>Julie Steele</i> <i>Melissa McCann</i>	1.05.15

### Women Discus Throw 60-69 yrs

Placing	Name	Performance
1	Mary Thomas	23.01mR

### Women Hammer Throw 60-69 yrs

Placing	Name	Performance
1	Mary Thomas	27.17m

### Women Javelin Throw 60-69 yrs

Placing	Name	Performance
1	Mary Thomas	23.57R

### Women Shot Put 60-69 yrs

Placing	Name	Performance
1	Mary Thomas	8.59m



## IBS Team Members Individual Results - Men

### Men 100 Metre Run 10 yrs Preliminaries

Placing	Name	Performance
9	Alexander Denham	20.04
11	Daniel Ruffley	27.30

### Men 100 Metre Run 10 yrs

Placing	Name	Performance
9	Alexander Denham	20.15

### Men 200 Metre Run 10 yrs Preliminaries

Placing	Name	Performance
6	Alexander Denham	43.36

### Men 800 Metre Run 10 yrs

Placing	Name	Performance
9	Alexander Denham	3.45.57

### Men 1500 Metre Run 10 yrs

Placing	Name	Performance
7	Alexander Denham	7.39.91

### Men High Jump 10 yrs

Placing	Name	Performance
6	Alexander Denham	0.8m

### Men Long Jump 10 yrs

Placing	Name	Performance
10	Alexander Denham	1.57m
10	Daniel Ruffley	1.57m

### Men Discus Throw 10 yrs

Placing	Name	Performance
11	Alexander Denham	8.49m

### Men Shot Put 10 yrs

Placing	Name	Performance
9	Alexander Denham	2.97m

### Men 100 Metre Run 11 yrs

Placing	Name	Performance
1	Trey Barlow	14.72

### Men 100 Metre Run 11 yrs

Placing	Name	Performance
1	Trey Barlow	30.08

### Men Discus Throw 11 yrs

Placing	Name	Performance
1	Trey Barlow	30.56mR
3	Beni Meier	16.18m

### Men Shot Put Run 11 yrs

Placing	Name	Performance
1	Trey Barlow	10.03m
4	Beni Meier	5.50m

### Men 800 Metre Run 12 yrs

Placing	Name	Performance
4	Kaeden Bianco	3.27.78

### Men Shot Put 12 yrs

Placing	Name	Performance
3	Beni Meier	5.17m

### Men 100 Metre Run 14 yrs

Placing	Name	Performance
3	Joshua Park	12.80
6	Jye Shumack	16.17

### Men 200 Metre Run 14 yrs

Placing	Name	Performance
3	Joshua Park	26.47
5	Jye Shumack	28.92

### Men 100 Metre Hurdles Run 14 yrs

Placing	Name	Performance
3	Joshua Park	17.99

### Men High Jump 14 yrs

Placing	Name	Performance
2	William Ruffley	1.58m

### Men Triple Jump 14 yrs

Placing	Name	Performance
1	William Ruffley	8.94m

### Men 100 Metre Run 15 yrs Preliminaries

Placing	Name	Performance
3	Steven Harriman	12.20

### Men 100 Metre Run 15 yrs

Placing	Name	Performance
3	Steven Harriman	12.52

**Men 200 Metre Run 15 yrs  
Preliminaries**

Placing	Name	Performance
3	Steven Harriman	24.40

**Men 200 Metre Run 15 yrs**

Placing	Name	Performance
1	Steven Harriman	23.65

**Men 400 Metre Run 15 yrs**

Placing	Name	Performance
2	Steven Harriman	54.32

**Men 1500 Metre Race Walk 15 yrs**

Placing	Name	Performance
4	Steven Harriman	10.18.51

**Men 100 High Jump 15 yrs**

Placing	Name	Performance
1	Steven Harriman	1.65m

**Men 100 Shot Put 16 yrs**

Placing	Name	Performance
1	Blake Meyer	13.31m

**Men 100 Metre Run 17 yrs**

Placing	Name	Performance
4	Joshua Bell	12.01

**Men 200 Metre Run 17 yrs  
Preliminaries**

Placing	Name	Performance
4	Joshua Bell	24.05
6	Connor Dymond	24.45

**Men 200 Metre Run 17 yrs**

Placing	Name	Performance
2	Connor Dymond	22.97
4	Joshua Bell	23.44

**Men 400 Metre Run 17 yrs  
Preliminaries**

Placing	Name	Performance
2	Joshua Bell	53.38
5	Connor Dymond	53.48

**Men 400 Metre Run 17 yrs**

Placing	Name	Performance
2	Connor Dymond	52.36
6	Joshua Bell	55.20

### Men 800 Metre Run 17 yrs

Placing	Name	Performance
2	Joshua Bell	2.21.32

### Men 110 Metre Hurdles 17 yrs

Placing	Name	Performance
1	Connor Dymond	15.81

### Men High Jump 17 yrs

Placing	Name	Performance
1	Connor Dymond	1.70m

### Men Javelin Throw 17 yrs

Placing	Name	Performance
1	Connor Dymond	44.97m

### Men Long Jump 17 yrs

Placing	Name	Performance
2	Joshua Bell	4.55m

### Men 4x100 Metre Relay 30+

Placing	Name	Performance
1	IBS (Illawarra Blue Stars) 'A' <i>Steven Harriman</i> <i>Connor Dymond</i> <i>Joshua Park</i> <i>Joshua Bell</i>	47.04

### Men 100 Metre Run 18/19 yrs

Placing	Name	Performance
3	Reece Gibbins	11.88

### Men 200 Metre Run 18/19 yrs Preliminaries

Placing	Name	Performance
2	Reece Gibbins	23.85
4	Cameron Chisholm	23.99

### Men 200 Metre Run 18/19 yrs

Placing	Name	Performance
2	Reece Gibbins	23.31
5	Cameron Chisholm	23.70

### Men 400 Metre Run 18/19 yrs

Placing	Name	Performance
6	Cameron Chisholm	53.55

### Men 100 Metre Run Open

Placing	Name	Performance
3	Lachlan Parry	11.44
4	Kyle Grubnic	12.02
6	Jack Clason	12.03
13	Zeljko Cupac	12.86

### Men 100 Metre Run Open

Placing	Name	Performance
3	Lachlan Parry	11.53
5	Kyle Grubnic	11.61
6	Jack Clason	11.70

### Men 200 Metre Run Open

Placing	Name	Performance
2	Jack Clarson	22.64
3	Lachlan Parry	22.89

### Men 400 Metre Run Open

Placing	Name	Performance
3	Lachlan Parry	51.46
5	Jack Clarson	52.80

### Men 400 Metre Hurdles Open

Placing	Name	Performance
2	Lachlan Parry	56.64

### Men 800 Metre Run Open

Placing	Name	Performance
6	Jacob Noone	2.24.74

### Men 1500 Metre Run Open

Placing	Name	Performance
4	Jacob Noone	5.14.90

### Men Long Jump Open

Placing	Name	Performance
3	Kyle Grubnic	6.42m

### Men Hammer Throw Open

Placing	Name	Performance
4	Peter Reed	32.30m

### Men 4x100 Metre Relay Open

Placing	Name	Performance
2	IBS (Illawarra Blue Stars) 'A' <i>Jack Clarson</i> <i>Lachlan Parry</i> <i>Reece Gibbins</i> <i>Kyle Grubnic</i>	45.36

#### **Men 100 Metre Run 30-39 yrs**

Placing	Name	Performance
1	Dale Wright	12.17

#### **Men 800 Metre Run 30-39 yrs**

Placing	Name	Performance
2	Malcolm Gibbs	2.17.94

#### **Men 1500 Metre Run 30-39 yrs**

Placing	Name	Performance
1	4.52.65	2.17.94

#### **Men High Jump 30-39 yrs**

Placing	Name	Performance
1	Dale Wright	1.30m

#### **Men 100 Metre Run 40-49 yrs Preliminaries**

Placing	Name	Performance
4	Darrin James	13.15

#### **Men 100 Metre Run 40-49 yrs**

Placing	Name	Performance
6	Darrin James	13.10

#### **Men 200 Metre Run 40-49 yrs Preliminaries**

Placing	Name	Performance
2	Darrin James	26.04

#### **Men 200 Metre Run 40-49 yrs**

Placing	Name	Performance
4	Darrin James	25.55

#### **Men 400 Metre Run 40-49 yrs**

Placing	Name	Performance
5	Darrin James	57.06

#### **Men 800 Metre Run 40-49 yrs**

Placing	Name	Performance
5	Darrin James	2.12.53
6	Geoff Hynoski	2.24.25

#### **Men 1500 Metre Run 40-49 yrs**

Placing	Name	Performance
5	Darrin James	4.44.71
	Jodie Gibbins	DNF

#### Men 5000 Metre Run 40-49 yrs

Placing	Name	Performance
2	Jodie Gibbins	30.16.47
6	Geoffrey Hynoski	2.24.25

#### Men 3000 Metre Steeplechase 0.914m 40-49 yrs

Placing	Name	Performance
1	Geoffrey Hynoski	12.30.52

#### Men High Jump 40-49 yrs

Placing	Name	Performance
6	Jodie Gibbins	20.66m

#### Men Javelin Throw 40-49 yrs

Placing	Name	Performance
5	Jodie Gibbins	32.60m

#### Men Shot Put 40-49 yrs

Placing	Name	Performance
5	Chris Ruffley	9.25m

#### Men 200 Metre Run 50-59 yrs

Placing	Name	Performance
4	James Baker	27.50

#### Men 400 Metre Run 50-59 yrs

Placing	Name	Performance
2	James Baker	59.27

#### Men 800 Metre Run 50-59 yrs Finals

Placing	Name	Performance
3	James Baker	2.15.70
6	Bruce Steele	3.00.41

#### Men 1500 Metre Run 50-59 yrs

Placing	Name	Performance
2	James Baker	4.45.99

#### Men 3000 Metre Steeplechase 0.914m 50-59 yrs

Placing	Name	Performance
1	Bruce Steele	16:47.50

#### Men High Jump 50-59 yrs

Placing	Name	Performance
3	Bruce Steele	1.25m

#### Men Discus Throw 50-59 yrs

Placing	Name	Performance
2	Peter Reed	35.73m
7	Bruce Steele	25.30m

### Men Javelin Throw 50-59 yrs

Placing	Name	Performance
3	Bruce Steele	28.47m

### Men Shot Put 50-59 yrs

Placing	Name	Performance
2	Peter Reed	10.14m

### Men Hammer Throw 50-59 yrs

Placing	Name	Performance
1	Peter Reed	36.56m
3	Bruce Steele	28.21m

### Men 4x100 Metre Relay 30+

Placing	Name	Performance
1	IBS (Illawarra Blue Stars) 'A' <i>Darrin James</i> <i>Dale Wright</i> <i>James Baker</i> <i>Geoff Hynoski</i>	45.36

### Men Discus Throw 70+ yrs

Placing	Name	Performance
1	Max McKay	31.38m

### Men Javelin Throw 70+ yrs

Placing	Name	Performance
3	Max McKay	10.68m

### Men Shot Put 70+ yrs

Placing	Name	Performance
5	Max McKay	5.47m

### Men Hammer Throw 70+ yrs

Placing	Name	Performance
4	Max McKay	17.93m



## MISCELLANEOUS NSW CHAMPIONSHIPS 2013-2014

### Sydney 10 inc NSW 10km Road Championships - 04.05.13

Name	Event	Place	Performance
Anita Keem	10km	5 (4 <sup>th</sup> NSW)	35.57

### NSW Cross Country Relay Championships - 01.06.13

Name	Event	Place	Performance
<b>U16 Women</b>			
Rosie May Davidson	4 x 3km (South Coast)	6	48.26
	48.26	2	

### 45+ Women

Melissa McCann	4 x 4km	8	17.16
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### 35+ Men

	4 x 4km	11	1:02.48
David McCann	15.21	33	
Geoffrey Hynoski	16.06	42	
Malcolm Gibbs	15.29	35	
James Baker	15.52	37	

### NSW Cross Country Championships - 22.06.13

Name	Event	Place	Performance
<b>U12 Women</b>			
Jazmyn Shimwell	2km	16	8.55
<b>U16 Women</b>			
Rosie May Davidson	4km	9	15.31
<b>U18 Women</b>			
Whitney Noone	4km	25	21.46

### NSW Cross Country Championships - 22.06.13 (cont)

Name	Event	Place	Performance
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#### 50+ Women

Julie Steele	8km	9 (59 <sup>th</sup> Open)	42.51
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#### 35+ Men

Malcolm Gibbs	12km	12 (97 <sup>th</sup> Open)	55.03
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### NSW Short Course Cross Country Championships - 03.08.13

Name	Event	Place	Performance
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#### U16 Women

Rosie May Davidson	2.5km	7	8.51
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### All Schools Warm Up 1 - 28.09.13

Name	Event	Place	Performance
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#### Women

Gianna Mogentale	100m		13.32
	400m		1.01.53

Rosie May Davidson	2000m Steeplechase		6.57.66R
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Celeste Sulerzyski	High Jump		1.65m
	Long Jump		4.47m
	Shot Put		8.38m

### All Schools Warm Up 2 - 05.10.13

Name	Event	Place	Performance
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#### Women

Gianna Mogentale	100m		12.89
	200m		26.85

### Treloar Shield #1 - 19.10.13

Name	Event	Place	Performance
<b>U17 Men</b>			
Connor Dymond	200m	2	23.55
	High Jump	3	1.75m

### Treloar Shield #2 - 26.10.13

Name	Event	Place	Performance
<b>U17 Women</b>			
Rosie May Davidson	2000m Steeplechase	1	7.01.39

### U20 Women

Rosie May Davidson	400m	1	1.00.28
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### Open Women

Talissa Scott	200m	1	25.46
	Long Jump		6.03m

### U17 Men

Connor Dymond	Javelin Throw	2	46.21m
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### Open Men

Connor Dymond	100m	21	11.95
	200m	8	23.67

### 35+Men

Geoff Hynoski	100m	8	14.18
	200m	7	29.27
	3000m Steeplechase	1	12.19.13

### Treloar Shield #2 - 26.10.13 (cont)

Name	Event	Place	Performance
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#### 50+ Men

James Baker	200m	6	28.31
	1500m	1	4.52.42

### Treloar Shield #3 - 02.11.13

Name	Event	Place	Performance
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#### Open Women

Rosie May Davidson	800m	1	2.16
	1500m	6	4.44

### Treloar Shield #4 - 09.11.13

Name	Event	Place	Performance
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#### Open Women

Talissa Scott	Long Jump	2	6.10m
Ashleigh Mumberson	Hammer Throw		48.22

### Treloar Shield #6 - 07.12.13

Name	Event	Place	Performance
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#### U17 Women

Marie-Luise Meier	Discus Throw	5	28.65m
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#### Open Women

Talissa Scott	100m	3	12.32
	Long Jump	1	5.98m

#### Open Men

Zeljko Cupac	60m	25	7.68
	100m	24	12.07

#### Treloar Shield #6 - 07.12.13 (cont)

Name	Event	Place	Performance
<b>50+ Men</b>			
James Baker	1500m	2	4.49.12

#### Treloar Shield #7 - 14.12.13

Name	Event	Place	Performance
<b>Open Women</b>			
Talissa Scott	100m	3	12.47
	200m	7	25.87

#### NSW 60m and 1 Mile Championships - 15.12.13

Name	Event	Place	Performance
<b>U14 Women</b>			
Jazmyn Shimwell	Mile	2	6.29.29
<b>U18 Women</b>			
Whitney Noone	Mile	1	6.27.77
<b>U20 Women</b>			
Kaisha Edwards	60m	1	8.72
<b>Open Women</b>			
Gianna Mogentale	60m	4	8.45
	100m	2	13.58
Kaisha Edwards	100m	3	14.11
Elise Moore	100m	5	14.22
Giola Motti	100m	6	14.51

## NSW 60m and 1 Mile Championships - 15.12.13 (cont)

Name	Event	Place	Performance
<b>Open Women (cont)</b>			
June Lowe	100m	9	15.15
Mili Haber	100m	11	15.71
	400m	1	1.15.81
Annette Mead	100m	12	16.68
Jazmyn Shimwell	100m	13	17.04
Rosie May Davidson	Mile	3	5.07.00
<b>35-39 Women</b>			
Elise Moore	60m	1	8.63
<b>45-49 Women</b>			
Giola Motti	60m	1	8.94
<b>45-49 Women</b>			
Melissa McCann	Mile	1	6.10.97
<b>50-54 Women</b>			
Gianna Mogentale	60m	1	8.41
June Lowe	60m	1	9.37
Annette Mead	60m	5	10.06
Julie Steele	Mile	3	6.43.87
Rina Flynn	Mile	4	7.36.74

### NSW 60m and 1 Mile Championships - 15.12.13 (cont)

Name	Event	Place	Performance
<b>U20 Men</b>			
Reese Gibbins	60m	2	7.68
<b>Open Men</b>			
Lachlan Parry	60m	2	7.27
	100m	2	11.44
Joshua Parry	60m	4	7.38
	400m	1	52.27
Reese Gibbins	100m	3	12.13
	400m	2	59.09
Joshua Bell	100m	4	12.26
James Baker	400m	3	1.0025
<b>35-39 Men</b>			
Malcolm Gibbs	Mile	1	5.13.45
<b>45-49 Men</b>			
Geoffrey Hynoski	Mile	2	5.21.16
<b>50-54 Men</b>			
James Baker	Mile	2	5.21.60
<b>55-59 Men</b>			
Bruce Steele	Mile	1	6.59.75

### Treloar Shield #8 - 21.12.13

Name	Event	Place	Performance
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#### Open Women

Talissa Scott	Long Jump	1	6.22m
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#### U17 Men

Connor Dymond	Javelin Throw	3	50.09m
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#### Open Men

Kyle Grubnic	100m	18	11.78
	Long Jump	3	6.79m

Talissa Scott	100m	3	12.47
	200m	7	25.87

Connor Dymond	100m	26	12.04
	200m	29	23.77

#### 35+ Men

Darrin James	100m	7	13.26
	200m	3	25.77

### Treloar Shield Pointscore

Overall Shield	Illawarra Blue Stars	27	211 points
Open Age Pennant	Illawarra Blue Stars	18	277.5 points
Junior Age	Illawarra Blue Stars	31	224 points
Masters Age Pennant	Illawarra Blue Stars	22	190 points

### Allcomers – 04.01.14

Name	Event	Place	Performance
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#### Open Men

Connor Dymond	100m	17	11.93
	200m	10	23.13
	400m	7	51.74



#### Allcomers – 04.01.14 (cont)

Name	Event	Place	Performance
James Baker	200m	20	27.00
	800m	14	2.16.40

#### NSW Combined Event Championships – 05.01.14 – 06.01.14

Name	Event	Place	Performance
<b>45+ Men</b>			
Jodie Gibbins	Pentathlon	1	1515 points
<b>55+ Men</b>			
Bruce Steele	Pentathlon	1	2024 points

#### NSW Club Championships Day 1 – 11.01.14

Name	Event	Place	Performance
<b>U17 Women</b>			
Rose May Davidson	400m	4	1.00.56
<b>Open Women</b>			
Rose May Davidson	1500m	12	4.37.53
<b>U20 Men</b>			
ConnorDymond	High Jump	3	1.80m
<b>Open Men</b>			
ConnorDymond	100m	34	11.72

### NSW Club Championships Day 1 – 11.01.14 (cont)

Name	Event	Place	Performance
<b>30+ Men</b>			
Darrin James	100m	7	12.80
	400m	4	56.31
	1500m	6	4.43.27

### Illawong Permit Meet – 17.01.14

#### Open Women

Rosie May Davidson	800m	4	20.20.27
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### Campbelltown Permit Meet – 21.01.14

#### Open Men

Connor Dymond	100m	7	11.87
	400m	2	53.59
Steven Harriman	100m	10	12.20
	400m	6	55.18

### Club Championships Day 2 – 01.02.14

#### U17 Men

Connor Dymond	100m Hurdles	3	15.31
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#### Open Men

Connor Dymond	200m	22	23.23
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### Club Championships Point Score

Open Combines	Illawarra Blue Stars	27	18 points
Open Women	Illawarra Blue Stars	23	14 points
Open Men	Illawarra Blue Stars	28	4 points
Junior Combined	Illawarra Blue Stars	27	57 points
Junior Women	Illawarra Blue Stars	32	17 points
Junior Men	Illawarra Blue Stars	25	40 points
Masters Combined	Illawarra Blue Stars	22	47 points
Masters Men	Illawarra Blue Stars	17	47 points

## NSW Junior & Youth Championships 07.02.14 – 09.02.14

Name	Event	Place	Performance
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### U16 Women

Celeste Sulerzyski	200m hurdles (heat)	15	34.41
	High Jump	2	1.70m
	Long Jump	19	4.53m
	Triple Jump	10	10.05m

### U20 Women

Rosie Davidson	800m (heat)	5	2.16.95
	800m (final)	5	2.19.30
	2000m Steeplechase	1	6.54.80

Chelsea Lenarduzzi	Shot Put	2	13.01m
	Discus Throw	5	35.12m

### U16 Men

Steven Harriman	200m		DQ
	400m (heat)	4	54.24
	400m (final)		54.07
	Javelin Throw	11	36.22m

### U18 Men

Connor Dymond	200m (heat)	8	22.79
	200m (final)	6	22.74
	400m (heat)	9	52.15
	400m (final)	9	54.80
	110m Hurdles (heat)	10	15.81
	110m Hurdles (final)	4	15.13
	Javelin Throw	2	46.44m

Joshua Bell	200m (heat)	20	23.57
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## NSW 5000m Championships and Allcomers - 15.02.14

Name	Event	Place	Performance
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### Open Women

Gianna Mogentale	60m	3	8.12H
	100m	4	12.89H

### Open Men

Peter Shepherd	60m	3	8.03H
	100m	6	12.92H

Darrin James	60m	3	8.02H
	100m	2	12.66H
	400m	2	55.57H

## NSW Masters Championships 22.02.14 - 23.02.14

Name	Event	Place	Performance
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### Women 35-39

Elise Moore	60m	3	8.64
	100m	3	14.02
	200m	5	31.81
	Long Jump	2	4.44m
	Javelin Throw	2	20.12m
	Shot Put	1	8.93m

### Women 45-49

Melissa McCann	200m	5	31.83
	400m	2	1.09.11
	800m	2	2.34.64

### Women 50-54

Gianna Mogentale	60m	1	8.18
	100m	1	12.83
	200m	1	27.38
	400m	1	1.03.40

**NSW Masters Championships 22.02.14 - 23.02.14 (cont)**

Name	Event	Place	Performance
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**Women 50-54**

Julie Steele	1500m	5	6.05.92
	2000m Steeplechase	2	9.36.97

**Women 55-59**

June Lowe	60m	1	9.54
	100m	1	15.42
	80m Short Hurdles	1	17.98
	High Jump	3	1.05m
	Long Jump	2	3.55m
	Shot Put	2	9.04m
	Discus Throw	2	20.24m
	Hammer Throw	3	21.02m
	Javelin Throw	1	23.00m
	Weight Throw	2	10.12m

**Men 45-49**

Darrin James	400m	3	56.00
	800m	2	2.09.47
	1500m	1	4.37.54

**Men 50-54**

Peter Shepherd	100m	11	13.16
	200m (heat)	4	27.32

**NSW Open & U23 Championships 28.02.14 – 02.03.14**

Name	Event	Place	Performance
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**Women**

Rosie May Davidson	1500m	9 (heat)	4.30.80
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Chelsea Lenarduzzi	Shot Put	5	12.75m
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### NSW Open & U23 Championships 28.02.14 – 02.03.14 (cont)

Name	Event	Place	Performance
<b>Men</b>			
Kyle Grubnic	100m	27 (heat)	11.31
		24 (final)	11.38
	Long Jump	(7 <sup>th</sup> U23)	
		8 (3 <sup>rd</sup> U23)	6.71m

### Bankstown Invitational – 06.03.14

Name	Event	Place	Performance
<b>Open Women</b>			
Rosie May Davidson	1500m	3	4.37.50

Name	Event	Place	Performance
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### Allcomers – 29.03.14

#### Open Women

Talissa Scott	Long Jump	1	5.97m
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#### Open Men

Kyle Grubnic	100m	3H (8 <sup>th</sup> overall)	11.49
	Long Jump	2	6.57m

### NSW Mountain Running Championships - 30.03.14

Name	Event	Place	Performance
<b>Open Women</b>			
Melanie Foster	11km	9	1.10.07

## MISCELLANEOUS AUSTRALIAN CHAMPIONSHIPS 2013-14

### Oceania Marathon Championships – 06.07.13 – 07.07.13

Name	Event	Place	Performance
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#### Women

Anita Keem	42.2km	3	2.45.39
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### Australian Cross Country Championships - 31.08.13

Name	Event	Place	Performance
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#### U18 Women

Rosie May Davidson	4km	11 (2 <sup>nd</sup> ANSW Team)	15.40
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### Australian Masters Championships - 07.03.14 – 10.03.14

Name	Event	Place	Performance
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#### Women 50-54

Gianna Mogentale	60m	1	8.17
	100m	1	12.91
	200m (heat)	1	29.03
	200m (final)		27.21
	400m (heat)	1	1.06.41
	400m (final)	1	1.03.25
	100m Champ of Champ	1	11.38
	4 x 100m Relay 120+	1	52.80
	4 x 400m Relay 120+	2	4.20.83

Julie Steele	1500m	6	6:20.30
	2000m Steeplechase	1	9:50.30

## Australian Masters Championships - 07.03.14 – 10.03.14 (cont)

Name	Event	Place	Performance
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### Women 55-59

<b>June Lowe</b>	60m	1	9.53
	100m	3	16.03
	80m Short Hurdles	1	18.39
	High Jump	2	1.11m
	Long Jump	3	3.46m
	Shot Put	2	9.09m
	Discus Throw	2	23.16m
	Hammer Throw	1	35.83m
	Javelin Throw	1	23.00m
	Weight Throw	2	9.99m

### Men 45-49

<b>Darrin James</b>	200m (heat)	4	26.20
	200m (final)	5	25.45
	800m	2	2.09.89
	1500m	5	4.39.81
	4 x 100m Relay 120+	1	48.05
	4 x 400m Relay 120+	1	4.24.08

### Men 60-64

<b>John Lamb</b>	60m	1	8.32
	100m	2	13.47
	200m	3	27.95
	400m	1	1.01.12
	100m Short Hurdles	1	17.73
	300m Long Hurdles	2	51.27

### Men 90-94

<b>Max McKay</b>	High Jump	1	0.75m
	Long Jump	1	1.25m
	Shot Put	1	4.85m
	Discus Throw	1	16.40m
	Javelin Throw	1	10.93m
	Weight Throw	1	6.70m



### Australian Junior Athletics Championships - 12.03.14 - 16.03.14

Name	Event	Place	Performance
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#### U16 Women

Celeste Sulerzyski	High Jump	8	1.59m
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#### U18 Women

Rosie May Davidson	2000m Steeple Chase	1	6.50.59
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#### U20 Women

Chelsea Lenarduzzi	Shot Put	4	13.20m
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#### U16 Men

Steven Harriman	400m (heat)	5 (16th overall)	54.87
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#### U18 Men

Connor Dymond	200m (heat)	5 (18 <sup>th</sup> overall)	22.87
	110m Hurdles (heat)	2	14.95
	110m Hurdles (final)	8	16.15
	Javelin Throw	6	46.86m

### Australian Athletics Championships - 03.04.14 - 06.04.14

Name	Event	Place	Performance
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#### Open Women

Talissa Scott	Long Jump	7	6.01m
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## WORLD CHAMPIONSHIPS 2013-14

### World Masters Championships – Porto Alegre, Brazil – 16.10.13 - 27.10.13

Name	Event	Placing	Performance
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#### Women 45-49

<b>Gianna Mogentale</b>	W45 100m (Preliminaries)	3	13.27
	W45 100m (Semi-final)	1	13.08
	W45 100m (Final)	3	12.93
	W45 200m (Preliminaries)	3	27.71
	W45 200m (Semi-final)	4	28.10
	W45 200m (Final)	3	26.63
	W45 400m (Preliminaries)	1	1.03.74
	W45 400m (Final)	1	1:02.18
	W35 4 x 100m Relay	1	52.44
	W35 4 x 400m Relay	3	4:15.90

#### Women 65-69

<b>Mary Thomas</b>	W65 Javelin Throw	1	24.51m
	W65 Shot Put	8	8.08m
	W65 Discus Throw	6	23.30m
	W65 Hammer Throw	4	26.56m
	W65 Weight Throw	6	10.76m
	W65 Throws Pentathlon	3	3646 points
	- <i>Hammer</i>	4	26.60m
	- <i>Shot Put</i>	4	8.30m
	- <i>Discus</i>	2	23.61m
	- <i>Javelin</i>	1	22.69m
	- <i>Weight Throw</i>	4	9.94m

**World Masters Indoor Championships – Budapest, Hungary – 25.03.14 - 30.03.14**

Name	Event	Placing	Performance
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**Women 50-59**

<b>Gianna Mogentale</b>	W50 60m (Preliminaries)	2	8.21
	W50 60m (Semi-final)	3	8.30
	W50 60m (Final)	2	8.22
	W50 200m (Preliminaries)	5	27.59
	W50 200m (Semi-final)	4	27.54
	W50 200m (Final)	4	27.66
	W50 400m (Preliminaries)	1	1.03.64
	W50 400m (Final)	1	1:02.20
	W45 x 200m Relay	6	2.00.02

**Women 65-69**

<b>Mary Thomas</b>	W65 Shot Put	9	8.42m
	W65 Discus Throw	3	23.86m
	W65 Javelin	5	23.49m
	W65 Hammer Throw	5	28.33m
	W65 Weight Throw	12	9.49m

## MISCELLANEOUS MASTERS GAMES / OCEANIA CHAMPIONSHIPS 2013-2014

### Great Barrier Reef Masters Games – 08.08.13 – 11.08.13

Name	Event	Place	Performance
<b>Women</b>			
<b>June Lowe</b>	60m	2	10.19
	100m	2	16.45
	80m Hurdles	1	20.38
	Long Jump	1	3.00m
	High Jump	1	1.05m
	Weight Throw	1	11.70m
	Shot Put	1	8.32m
	Hammer Throw	1	36.22m
	Discus Throw	1	18.38m
	Javelin Throw	1	20.99m
	Weight Pentathlon	1	3140 points

### Oceania Masters Athletics Championships – 04.01.14 – 12.01.14

Name	Event	Place	Performance
<b>Women 50-54</b>			
<b>Gianna Mogentale</b>	60m	1	8.40
	100m	1	13.4
	200m preliminaries	1	27.60
	200m final	1	26.69
	400m	1	1.02.62
	800m	1	2.38.4
	Outdoor Pentathlon	1	3479 points
	- 100m	1	13.29
	- 800m	1	2.33.56
	- Shot Put	1	7.28m
	- Long Jump	1	4.58m
	- Javelin Throw	2	16.61m
	4 x 100m Relay	3	1.03.35
	4 x 1600m Sprint Relay (800m)	1	4.41.27

## Oceania Masters Athletics Championships – 04.01.14 – 12.01.14 (cont)

Name	Event	Place	Performance
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### Women 65-69

<b>Mary Thomas</b>	Javelin Throw	1	20.23m
	Weight Throw	3	10.54m
	Shot Put	2	8.16m
	Discus Throw	1	22.20m
	Hammer Throw	2	28.11m
	Weight Pentathlon	1	3651 points
	- <i>Hammer Throw</i>	1	27.50m
	- <i>Shot Put</i>	2	7.79m
	- <i>Discus Throw</i>	1	23.35m
	- <i>Javelin Throw</i>	1	22.55m
	- <i>Weight Throw</i>	3	10.44m

### Men 90-94

<b>Max McKay</b>	Hammer Throw	1	18.36m
	Shot Put	1	5.42m
	Javelin Throw	1	10.22m
	Discus Throw	1	11.82m
	Hammer Throw	1	18.36m
	Weight Pentathlon	1	2384 points
	- <i>Hammer Throw</i>	1	18.44m
	- <i>Shot Put</i>	1	5.46m
	- <i>Discus Throw</i>	1	10.19m
	- <i>Javelin Throw</i>	1	9.31m
	- <i>Weight Throw</i>	1	6.12m