

**Illawarra Blue Stars**

**Athletic Club Inc**

# **Annual General Meeting**

**Beaton Park Leisure Centre**

**Tuesday 28 May 2019**

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# Illawarra Blue Stars Athletics Club

## President's Report

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2018/2019 has been another successful year for IBS with athletes, officials and administrators all performing above and beyond and making us all proud. The highlight was Valmai winning the coveted ANSW Club Administrator of the Year Award for the 2017/2018 season and as a Club we used that momentum to carry us forward. ANSW continued to develop the One Sport program with a few hiccups (and leadership changes) throughout the year and as it is still a work in progress we will continue to assist ANSW in making the One Sport program work for all involved. As a Club, and as part of a larger organisation, we must continue to be supportive and our input must be constructive. With the help of the affiliated Clubs ANSW can succeed!

Our athletes at ANSW events were impressive. Our Open and Juvenile athletes were outstanding this year with many qualifying for AA Nationals. Grace and Ashlyn Adams and newcomer Grace Shaw were our standouts with podium finishes in their State events. At AA Nationals there were no podium finishes this year but all of our representatives performed fantastically for NSW and IBS. We again had strong performances at the State Relays with a fantastic team performing well against much larger Clubs. The Treloar Shield events were not as highly attended as previous years possibly due to lower Club numbers. Our Masters ladies were brilliant again at the State Titles showing the men how it's done with dominating performances from Gianna and June again this year. I echo previous observations that we need more Masters men out there!

Country in Newcastle was a bit disappointing with the new 4 day program and having the 100m on a work day ruling out a lot of athletes. The searing heat didn't daunt our team though and despite lower numbers we managed a creditable 5<sup>th</sup> in the Hooper Cup. The overall feel was lost somewhat this year, but ANSW is committed to the success of Country and with the help of the Clubs we can bring it back to being the event we all love.

Our summer Club meets again had modest numbers and were run largely by the same group of board members and volunteers. They were amazing and we could not run Club without everyone who put their hands up week in week out. We have a few issues to look at for next year to make the Club meets run more efficiently so both athletes and officials alike can enjoy their Sunday afternoons. After all, we are there to enjoy ourselves first and foremost!

We experimented with a different Winter program last year that didn't really work. The attendances even at Club organised events were low as we are primarily a Summer orientated Club. The 2019 Winter program will return to a more conventional schedule and how it goes will decide how we move forward.

Parkrun is affecting the sport as a whole, particularly in the recreational running field so it is imperative that we highlight the advantages of Club membership and make sure we do everything right when new athletes come to our meets and events.

Every year our Technical Officials lead the way with their dedication to the sport. We are very proud of our Officials and I cannot thank them enough for all of their hard work. We

said goodbye to our long standing official and great friend John Munro who moved to Queensland and wish him all the best in his new life.

Finally, I would like to thank my fellow committee members, coaches and volunteers who were there with me throughout this very challenging year. I know I can rely on you all and value our friendship more than you all could imagine. IBS is a huge part of my life and it is all of you that make the journey worthwhile.

**Geoff Hynoski**  
**President**

# **Illawarra Blue Stars Athletics Club**

## **Secretary's Report**

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Another Annual Report, and the season seemed to go so quickly, but once again, it is a pleasure to present this report for the season 2018 /2019. It is great to say our Board has acted effectively all season and has supported myself as Secretary of the club. My thanks go to Geoff for the wonderful support he has given but also the way he has acted as a great ambassador of our sport.

Our poster says it all, we are a club that “never stops” with both track and field in summer and cross country and winter competition in the winter. I am pleased to say we are doing a full scale cross country program this coming winter, as I really do not believe that the season just ended was effective enough as far as bringing people into our club for winter cross country. Having park runs do effect the clubs in general as far as numbers are concerned at club events, but the “get togethers” etc are lacking as far as our club is concerned. Although we only have small numbers at our cross country compared to many clubs, it is the bringing together, running together and enjoying one another's company and also enjoying the runs on offer. It also encourages athletes to come and compete, as it is a club event, whereas the park runs, people only go if they wish. For this reason I am glad we are having a full winter program this coming winter season, and thanks to Geoff for drawing it up for us.

Let's give this winter our full support. Our winter track and field was conducted once again and it was great to see a number of dual registered athletes come in and especially athletes from clubs such as Bowral who travelled down. This has enabled us to develop a strong communication with this club and I do believe we will benefit from this with more athletes to fully register with IBS or promote our club as the dual registered club to be with.

### **Committee**

Each Committee member will give their own reports but it is great to see the committee working together and working for the benefit of the members. I am sure Bec and Jodie will give a full report on our fund raising and this year we saw Jodie and Bec taking on different forms of raising income and both have been very effective. The chocolate sales were excellent and some members took advantage of this to pay their entry fees to the NSW State relays.

### **Dual Registered members**

It would be the ideal world if all our dual registered members attended our club meets but it is pleasing to say that many have taken advantage of 'getting to know' what senior athletics is all about by attending either the winter meets or some of the summer meets. Others have contested the Country titles for us as with some at State Youth. Our coaches too, have supported the dual members, with some taking them into their squads. Dual registration is a great idea and if One Sport really takes off, then it will mean a bigger development of our sport. But we all, as administrators, have to be careful that we don't overdo it, and by this I mean giving these young people too much too quick. Many have already expressed that they have to go to ANSW events plus Little A's. If one sport is to be

successful, all events should be conducted under one umbrella, and run together. Many athletes of junior age have to decide what is the most important thing to do, either participate in Zone, Regional Little A's or miss this and go to State Youth (then they miss out on their little A's State. Too many title events for athletes so young. Can we not combine the State Youth for dual registered members and Little A's run their State titles for athletes not of dual registered age? We do not want our junior athletes burnt out by the time they reach 17/18 years of age, and becoming bored with the sport.

### **Supporting ANSW**

Our club has, and is still supportive of our controlling body, Athletics NSW. We support as much as possible and encourage all members to participate in such events as Country, State Relays, State Youth, State Open and as many cross country events as possible. Our athletes are encouraged to participate in the Treloar Shield to gain that much needed competition. But until ANSW changes the format of the Club Championship, our club is not in support of such an event under the present format.

### **Officials**

I am sure Jodie will address this in her report, but officials are in desperate need by not only our club but ANSW in general. Far too many clubs believe that they are not responsible for the development of their people as technical officials and leave the job to others. All clubs should have a percentage of qualified officials. Many are being overworked and many are now stipulating which events they will work at. Our own technical officials have given so much of their time, but we do miss the expertise of such people as John Munro. Jodie Sundstrom has been superb and has spent many hours on the track at ANSW meets and then backed up and come down to club on the Sunday to compete and officiate. Our Sunday meets need more people to put up their hands to help out, the four round series is great for athletes but we do need more people to come on board and offer their services so that many of the regulars can have a little break every so often. My thanks go to the officials on Sunday for supporting our members (athletes) and I have to say that with asking members, we very rarely see people say no. But let's not burn out a few, let's ensure they too can watch their own athletes or at least have a week's rest from officiating.

My thanks go to the equipment officers and people who have offered their services to help set up our weekly program. More hands on deck make it so much easier for our officials. I would love to see next season a rotating format that people are delegated to helping with equipment set up so that it is not the same people each round. If elected back into the position of competition portfolio, I would like to see people delegated to each round so that they know they are responsible for setting up on that particular round. This would relieve the same people each week.

### **On the Track**

Our success has continued on the track and we have seen, once again our athletes being selected in All Schools, Youth Australian and Open Australian. The State relays are the first major event on the track in the summer, after the All Schools, and our success here has continued again this season.

## Relay teams shine again

State Relays always bring out the best in athletes and this year was no different. Illawarra Blue stars submitted teams in both men and women and then combined with the Nowra club to field teams under the South Coast banner. It was a great weekend of relays and our teams were well up with the top teams and have to be congratulated on their great sportsmanship and determination. Our open women of Toyah Edwards, Jessica Hogg, Rebecca Dos Santos, Kaitlyn Neto (4 x 100m) and Kaisha Edwards substituting in the 4 x 200m, witnessed one of the best 4 x 100m and 4 x 200m performances when State records were broken. They were not deterred and contested both sprints and then backed up-for the open medley, taking out 5<sup>th</sup> in this event, 8<sup>th</sup> in the 2 x 200m and 10<sup>th</sup> in the 4 x 100m. The U18 men's teams in the shot and discus saw two Blue Stars and two Nowra athletes combine to take out two 4<sup>th</sup> spots. Our open men also performed well and once again were up against the very best in strong teams contesting the finals. Our men of Cameron Chisolm, Kyle Grubnic, Connor Dymond and Lachlan Parry, showed a lot of grit by just making the final in 9<sup>th</sup> spot but then taking out a well-earned 6<sup>th</sup> spot in the final, a very close event with only 10ths separating the top teams.

The U14 men's team gave a lot away in age but gave solid performances all-round bringing home a surprised bronze medal in the shot-with Cooper Deegan, Joshua Hoskings, Drew Langdon and Elias Oldfield – outstanding. They also took out 6<sup>th</sup> in the 4 x 100m, 4<sup>th</sup> in the discus, and 5<sup>th</sup> in the 4 x 1500m, Joshua Smith moving into the 4 x 1500m. Jonti Faulker teamed with Nowra athletes in the men's U18 4 x 400m and were just edged out of the major placings, whilst the men's U20 with Vincent Trevillion and Jonti Faulkner teaming with two Nowra athletes to bring home a surprised silver medal in the 4 x 200m.

The masters' athletes never seem to amaze and always fly the banner in a manner that all members should be proud of. Competing in the men's 4 x 100m and 4 x 200m female athlete Dianne O'Toole teamed with her club mates of John Lamb, Colin Clarson, and David McCann, to make up the age bracket of 240 years. They ran superbly to take the bronze medal in the 4 x 100m and 5<sup>th</sup> in the 4 x 200m. McCann, Lamb, Clarson then teamed with Nowra specialist 400m athlete Erin Smart to bring home 2<sup>nd</sup> in one of the best races on the program- the men's 4 x 400m in the 200 years age bracket.

The U16 girl's teams ran well and gave it everything against some of the top junior athletes in the State but their 5<sup>th</sup> spot in the 4 x 200m of Abby Cox, Charlotte Smith, Ashlyn Adams and Nowra Hanah Bright looks bright for the future. The U18 girls also teamed well and with high jumper Grace Shaw substituting for sprint athlete Emma Matthews not being available, the team did well with 8<sup>th</sup> in the 4 x 100m of Natasha Hynoski, Grace Adams, Grace Shaw and Ashyn Adams combining well. They then backed up to take out 7<sup>th</sup> spot in the women's 4 x 200m.

Masters women in the 160 age bracket fought hard to take out 5<sup>th</sup> in the 4 x 100m, but it was the 2<sup>nd</sup> placing in the women's 4 x 200m -160 age bracket that saw them fight all the way. The team of Rina Flynn, Diane O'Toole, Sarah Guevara teamed again with Nowra Erin Smart to bring home the silver.

Backing up, O'Toole, Guevara, Flynn and Heidi Smith bought home another surprise medal with 2<sup>nd</sup> in the 4 x 100m -200 age bracket, giving our masters athletes another successful relay meet.

Great to have Nowra club combine with us in some of the teams as many athletes would have missed a spot in many teams so we thank our Nowra friends.

### **Country proves a real challenge - Proud of all athletes and officials**

Four of the hottest days ever in Glendale, Newcastle confronted our athletes when they travelled to the NSW Country Championships. The championships have been held under a lot of criticism due to the length of the titles (4 days) competing on Thursday and Friday, two working days, along with Saturday and Sunday. Blue Stars have not been in favour of this format going away from the original 2.5 days, but a team of very dedicated IBS athletes joined together to form a very good all round team. Although many were missing due to work commitments etc, the team rallied around and showed some outstanding performances. For all athletes the weather was unbearable, with officials suspending the champs on the Saturday when temperatures soared above the accepted conditions. Athletes of our club were greatly supported by our support crew and at all times, the general health of our athletes was our main concern. But what an effort our athletes put in. Many performances were rewarded with a medal, some not but they competed with commitment in all events they took part in many resulting in personal best performances. You could not have been more proud of our athletes in such conditions but also a program that leaves a lot to be desired. Well done everyone.

### **Country record come to Open men's relay**

Our open men sprinters were in fine form and only the former Australian sprint champion, Joshua Ross could stop them from taking the open men's trifecta over the 100 metres. Ross finished in first place followed by Lachlan Parry, Kyle Grubnic and Chris Devery. Cameron Chisolm finished in 5th and Connor Dymond also made the final. But the 200 metres was a little different when the Blue Stars men took the trifecta with Parry taking the gold, followed by Grubnic and Cameron Chisolm in 3rd and Chris Devery in 4th. What a performance this was for the men in blue, but they didn't stop there. Teaming together in the open men's 4 x 100m, good baton changing and an understanding of one another gained the Blue Stars men not only the gold medal but also the country record, breaking their own time set last year, recording a great 42.75. The team was a joy to watch and has set a great bench mark for up and coming sprinters of the club. This is the fastest time set by a quartet of sprinters from Blue Stars at a country championship Championships.

### **Performances up with the best**

All athletes performed so well and it is hard to itemise everyone in this column. It is great to see the number of younger athletes achieve high placings but it was also great to see our masters shine yet again in most of their events. Back to competition level Gianna Mogentale outclassed her opposition to take out her division over 100m, 200m, 400m 800m, long jump and triple jump. June Lowe had to withdraw from hurdles and sprints due to injury but dominated her throws. John Lamb dominated in the sprints and hurdles, and also added the long jump to his medal wins. Diane O'Toole took out both sprints, the 100m



and 200m and Sarah Guevara took out gold in the long jump and was placed in her sprints and high jump. Newcomer John Hogg went home with medals as did Mark Matthews.

Our open and junior athletes were impressive with Eve Way recording a national qualifying mark for the 400 metres hurdles and Grace Shaw taking out the under 17 high jump and then backed up to win gold in the open women's. Male high jumper Brett Harriman showed his true ability to take out gold in his division. Emma Matthews continued on her winning way to gain placings in both sprints in a highly competitive age bracket. Our senior women made sure they were among the points with Rebecca Dos Santos taking out the steeplechase and along with Kaitlyn Neto making the final of the open women's 100 metres. Jess Hogg impressed with a personal best in the 1500 metres to take out 2nd and Rebecca Dos Santos in third. The Barnes family, Rhys, Belinda and Jessica also captured a bag of placings whilst Andrew Lau surprised himself in the field events. Stepping up to a heavier javelin both Josh Smith and sister Charlotte were not deterred. Charlotte winning her division and Joshua placing second. In an all-round great performance, the members of IBS can be proud of their achievements and have shown once again that they are a force away from home at any country championship event.

### **Great success at Country**

Blue Stars members can be very proud of their performance at the recent Country Championships held at Glendale, Newcastle, but it is the pleasing all round result that has the club buzzing and acknowledging the members teamed together for a great all round result. The Hooper Trophy for most points scored went to the very large Mingara club followed by Newcastle Hunter (2nd), Coffs Harbour 3rd and Illawarra Blue Stars in 4th spot. Out of 58 clubs competing in Country this is a fine result and an indication of true team spirit considering the amount of athletes who could not take part. Well done Blue Stars, a top effort.

Divisional break up is listed below:

#### **WOMEN**

Under15 girls - 11<sup>th</sup>

Under 17 girls - 5<sup>th</sup>

Under 18 women - 4<sup>th</sup>

Under 20 women - 2<sup>nd</sup>

Open women - 2<sup>nd</sup>

40-49 women - 5<sup>th</sup>

50 plus women - 3rd

#### **MEN**

Under 14 men - 17<sup>th</sup>

Under 17 men - 15<sup>th</sup>

Under 18 men - 3<sup>rd</sup>

Open men - 1<sup>st</sup>

40-49 men - 9<sup>th</sup>

60plus men - 2nd

## **Illawarra Track Challenge brings top praise**

Firstly, my thanks go to everyone who helped make this meet the success it was. Overnight we had a few little hiccups with the pizza man's van blowing a motor. Steve was awesome and gave us names to call to arrange for an ice cream van and another van for our coffee. We cannot thank him enough as those two extra vans supported our own barbecue fantastic.

My thanks go to the people who came in on Saturday morning and worked tirelessly to ensure that the ground and equipment was already to go by the time Athletics NSW arrived. The following worked so well.

Geoff Hynoski, Gary Kidd, Valmai Loomes, Rose Faulkner, Julie Bird, Andrew Lau, Sally Barnes, Rhys Barnes, Kaitlyn Neto, Lynda Douglass, Sue Sundstrom and Jodie Sundstrom preparing tents, benches, equipment, barbecue etc. Many did not go home and remained till the meet commenced. A big thank you.

The ladies on the barbecue with Sue Sundstrom, Lynda Douglass, Nan Bird, Sally Barnes relieving, have helped make the club some money, and doing it for the first time at this meet, they certainly did a great job. Jodie will give report in Treasurer's report.

I would like it known that Ian Smith and Rebecca Dos Santos, both who would have been great helpers on the day, succumb to illness and offered their apologies but I am sure that both would have been there if possible.

The Illawarra Track Challenge is proving to be one of the best meets of track and field in the state and the performances all around are exceeding expectations. What a day/night of track and field.

It was not only the performances of the athletes but also our own officials who worked in so well with Athletics NSW that helped produce a quality championship meet.

Opening the evening was Commonwealth Games silver medallist in the hammer, Alex Hulley. Alex showed why she is world class with a magnificent display of throwing. The Sutherland athlete had full control of the event, and was a clear winner by 10 metres in a quality field with a throw of 61.57m.

Abbie Taddeo was impressive in her win of the Kings Track and Field 60 metres Championship and was not going to be denied the win after missing last year's event due to Athletics Australia commitments. In a time of the 7.34 she showed her blistering speed out of the blocks and held on to win. Training partner and another local product Stephanie Power just edged out Maisie Stevens, Power in 7.56 and Stephens in 7.57. Five divisions were run in the Women's Championship event, and locals were well up in the title events. Blue Stars Emma Matthews recorded the fastest time of the Clubs female athlete and pocketed a small cheque to celebrate the clubs 65th season of track and field. Her third place in the Women's 60metres Under 18 in a time of 7.84 is an impressive run by a 15 year old athlete.

The men were not going to be outdone and what a race this turned out to be. Competing for the Kirrawee Prestige Smash Repairs 60 metres Championship title, defending

champion Anas Abu-Ganaba had to run a quick time of 6.72 to nudge out his team mate from Campbelltown Ismail Dudu Kamara with Kenneth Vvong Asics West taking out third in a time of 6.90. The event presented some great competition and times over this short popular distance with 8 sections being conducted. Fastest IBS Athlete Kyle Grubnic ran an impressive 7.02 to just beat club mate Lachlan Parry (7.09) Impressive for IBS was newcomer to the club, Corey Williams, who ran 7.25 to take third in the under 20 Men's title. He also performed well in supporting event, the long jump. Unlucky athlete was IBS Jonty Faulkner who was placed in a slower heat and was not pushed at all to win his round but time not good enough to take a placing. In a faster heat Faulkner may have been in the mix with the Under 18 men.

Once again the Bing Lee Mile for both men and women was a highlight and running under the lights in perfect conditions the young athletes dominated. In the women a brilliant run by 17 year old up and coming distance athlete Jayla Cameron-Hancock finishing in a great time of 4min 41.95 to defeat Universities Georgia Winkcup (4min 48.47) and another young athlete Lauren Carey from St George club taking out bronze. Winkcup tried to bridge the gap created by Hancock but admitted the gap was too much and she felt she left her run too late. It was an impressive run by the winner and one that will be noted by Athletic Australia as a future distance runner.

The Men's mile was a little more tactical and a cat and mouse game developed throughout the race. It was not until the final straight that Run Crew member Jackson Sharp took control to cross the line in 4min 11.02 from Randwick Botany's Sam Byrne (4min 12.16) and Nathan Breen from St George in 4min 21.69.

Supporting events were also of a high standard and the performance of 400m athlete and gold medallist at the World Youth Games Bendere Oboya in an impressive 53.45 establishes her among the best 400m athletes in Australia. She defeated local athlete Sarah Carli who is showing great improvement over the flat 400m, an indication her 400 hurdles will be just as impressive. The Men's 400m was a quick one also with Jordan Sarmento stopping the clock in an impressive 47.42 from Damien Mizzi in 48.86 and Rohen Laurendet in 49.72

### **Sponsors are so important**

The Sponsors are to be thanked for a wonderful contribution to this meet. Kings Track and Field for the Women's 60m, Kirrawee Prestige Smash Repairs for the Men's 60m and Bing Lee Warilla for the mile. Some wonderful items were also thrown into the crowd with soccer balls and stress balls courtesy of Bing Lee and packages donated by Kirrawee Prestige Smash Repairs.

Thanks to Jodie Sundstrom for making up officials packages, a gesture that is only carried out through our club and one that is really appreciated by the hard working officials, many travelling from outside the area to help us out.

### **Gianna takes yet another record**

In the background and making a reappearance at a major meet, Blue Stars Masters athlete Gianna Mogentale stopped the clock at a good time of 8.69 for the 60m to break the NSW Record, wind reading looking good for her to claim yet another state record. It was a sign that this talented master's sprinter is on the way back. Our masters performed well and

along with Gianna, Diane O'Toole took gold, Sarah Guevara silver and Rina Flynn silver in their respective age brackets. What a day/evening. This event is certainly going to be back on the calendar for season 2020.

### **Kyle and Emma take out cheque**

Female sprinter Emma Matthews and open male sprinter Kyle Grubnic both pockered a nice little cheque to the value of \$65 in recognition of the clubs 65<sup>th</sup> season of track and field and both athletes recording the fastest time over 60m for Blue Stars athletes. Well done Kyle and Emma.

### **Mel Gainsford-Taylor pays us a visit**

Great to have one of the best female athletes ever present at our meet, Melinda Gainsford-Taylor, who travelled from Sydney with her daughter who took part successfully. Melinda stated how well the meet went and also the track & grounds impressed her so much. Welcome to the Gong again Mel, it's been a long time.

### **Thanks to Beaton Park Management**

Thanks must go to the staff of Beaton Park who worked in so well with us to produce this meet. Jason delivered on all his promises and staff carried out the work perfectly. One little glitch again with the microphone but we believe that this is being looked into again as it is not the best system to have for such a meet. Special thanks to the staff who supported us all the way.

Our special thanks also go to Wollongong City Little A's for the use of a lot of their equipment, and to Athletics Wollongong for manning the Pole Vault and also Arda Van Bockel for being our first aid lady

Our thanks go to the Illawarra Pipe Band who played Happy Birthday to our club on our 65<sup>th</sup> birthday and also the National anthem and a couple of Aussie favourites. This band is loved by the people who attend our meet.

Then it was time to finish and our people rose to the top yet again. After one announcement for Blue Stars members to stay around for a while to help pack up and put away, we had Geoff Hynoski, Valmai Loomes, Sue Sundstrom, Lynda Douglass, Jamie Deegan, Jaime Deegan, Gianna Mogentale, Annabel Wray, Joshua Way, Diane O'Toole, Eve Way, Jaz Way, Monica Way, Sarah Guevara, Tyson Guevara, Marie-Louise Meier and Grace Meier, all hung around and helped to allow our members to be out of the track in a reasonable time. Thank you everyone.

Finally, we have a few things we can improve on and during the winter we can work on these issues so that this meet becomes one of the very best in the State.

Areas that can be improved are:

- a. Having heats and finals of the age divisions earlier and then the finals around the same time as the open.
- b. Ensuring that masters' athletes receive their medals in 5 year age brackets and are recognised for such.

- c. To have javelin and hammer for next year rather than shot, and no pole vault.

Once again my own personal thanks go to everyone who helped out whether it be on the barbecue, on the ground as an official, or in admin. Everyone is important and by joining together we can produce a meet that attracts quality athletics to our area. To our athletes who took part and were very successful, great to see you support such an event and at the same time have quality top line athletes to compete against on home soil.

### **Juniors off to Nationals**

The hurdling sisters Ashlyn and Grace Adams have made sure of their spot on the NSW team for the National Youth Titles after their great personal bests in their respective ages. Competing in the NSW Youth titles, Ashlyn took out 3<sup>rd</sup> in the 90m hurdles in 13.20, then she backed up in the 100m final to gain 8<sup>th</sup> overall, only 1/100 outside the qualifying for the flat 100m. Ashlyn made sure of her selection with another personal best in the 200m hurdles to take out the silver medal.

Older sister Grace recorded a solid personal best time of 13.94 over the 100m hurdles to take the silver medal in the U18 division, first time under the 14 seconds mark. She too then qualified for the final of the women's 100m flat U18 taking out 7<sup>th</sup> spot. Grace then moved onto the 200m and made the final of the women's U18 for the first time in a final of the 200m.

Emma Matthews can also pack her bag for the National titles after a gutsy run in the women's U17 100m, recording a very quick 12.39 to be placed 5<sup>th</sup> in one of the highly contested women's 100s of the meet.

High Jumper and newcomer to senior athletics Grace Shaw is one happy jumper with a bronze medal in U18 State title to add to her country win in both U18 and open jumps. She can now pack her bags for the National titles, and was quick to convey her willingness to take part, a top effort for an athlete who virtually has just come into senior athletics.

Jonti Faulkner can be proud of his effort in the men's U18 100m, another quality field of some of the best junior sprinters in the land. Faulkner ran a personal best legal 100m to record 11.39 in his heat and then progressed to the final to take out 7<sup>th</sup> overall in his first attempt at State Youth Titles.

Jake Attwell could not contest the Youth titles but has taken on the "big men" in the open 5km walk and has taken a staggering 5 min off the qualifying time for the U18 National titles. He finished a great 7<sup>th</sup> in the Open State and 6<sup>th</sup> in the U23 State title. He will now join the others at the National titles but will contest his own age bracket, U18.

Andrew Lau was a busy man in the men's U18 division taking out 5<sup>th</sup> in the triple jump, 4<sup>th</sup> in the hammer, 4<sup>th</sup> in the shot and also running the 400m and 200m. No medals but he can be proud of his all-round effort. Andrew added the discus to his efforts and finished a strong 8<sup>th</sup> spot, showing his all-round ability in a variety of events.

Charlotte Smith hit National broadcasting when she was selected to be on Sunrise to promote the titles and did an excellent media job at such a young age of 13 years. She then

took to the track and came in 5<sup>th</sup> in the girls U15 javelin, moving up a heavier weight to what she has been using.

Hurdler/sprinter Abby Cox also moved into “senior athletics” and handled the situation well to record a personal best time over the 100m. She was also hurdling well until a little mishap that pushed her out of contention, but a great effort for her first year attempt at ANSW Youth titles.

Corey Williams also contested the Youth titles, competing under Blue Stars colours for the first time in the U20 men’s 100m. Corey ran a solid 100m in 11.47, but his favourite event, the long jump he had to miss due to University commitments. Moving from Ulladulla to Wollongong over the last week did not help his preparation, but he is a talent in both events and one to be watched in future.

### **Senior sprinters hit out in Canberra**

Lachlan Parry and Kyle Grubnic were happy to be received as entries in the “star studded” men’s open 100m held at the Sydney Track Classic. Viewed as a lead into the Australian open titles, the 100m was billed as one of the best events on the meet, and with such a field great to see two of our local IBS sprinters make the starting list. Parry ran a solid 10.9 on the eve of the men’s open state titles but Grubnic was a little unlucky to pull up with a groin strain, an injury he is hoping to overcome by State title events.

### **Morning of Sprints and Throws**

Blue Stars have announced they will continue to 17 March with summer competition each Sunday but have announced a later meet on Sunday 7 April. This meet is designed to assist athletes preparing for Australian titles and will include a Morning of Sprints and Throws with 60m, 100m, 200m along with shot, hammer and javelin. A cross country event will be held outside Beaton Park commencing at 10.00 am and then onto the track for the track events for a 10.30 am start. Open to all ages, male and female athletes, this meet will cater for many who are seeking competition on the back end of the summer competition. No cost only entry into Beaton Park through the leisure centre.

Cross country athletes will meet at Wisemans Park, behind the Bowling club opposite Beaton Park, with two distances to be run, 2km and 4km.

### **Athletes prepare for biggest meet – Australian Open and Youth combined**

Our athletes who have and are vying for selection for the National Titles (1 April till 7 April) will compete in one of the biggest events of the summer calendar. All ages from U14 right through to Open men and women will all compete in the same meet. To be held at Homebush, the top event of the athletic calendar will see the best athletes in the land, and will certainly be a showcase of top quality athletes. We wish our seniors all the best to qualify and to our juniors who have to meet the standard.

It is now the business end of the season with all our title events being held. It is great to see that the club will once again have representation in both the Youth and Open teams for the Australian titles to be held in Sydney. What a great way to finish off the summer

season with reps in both divisions and competing all together at the one time, with over 3,500 athletes expected to take part.

To our officials also who have been at most of the events, spending countless hours on the track, a big thank you.

Our Masters athletes have had their State titles and some great performances have come out of these events, but they too will head to Melbourne for their Australian titles late in April.

Our Little A's Members and dual registered members have also had some great performances, and they too will head to their State titles after coming through zone and regional titles.

### **Masters athletes on top**

Torrential rain and storms greeted masters' athletes on their first day of competition at Homebush on Friday but events were postponed to the Saturday and athletes were greeted with two beautiful days for track and field State titles.

Illawarra Blue Stars Masters athletes were very prominent and certainly brought home a bag of medals and a pending State record. Dominant on the track was 55-59 year old Gianna Mogentale, who carried on from her Country titles to bring home gold in the 60m, 100m, 200m, 400m, 800m, and triple jump, and silver medals in the long jump and high jump. She also created a new State masters record in the 100m and is now waiting ratification.

Mary Thomas returned to the track with a great display of courage and determination after a recent operation. She brought home gold in the women's 70+ javelin, discus, hammer, weight throw and shot.

All-rounder June Lowe showed why she is classed as one of the best all-rounders with wins in the 60-64 age bracket in the high jump, hammer, hurdles, shot, javelin, long jump and was placed 2nd in the 60m, 100m, and the weight throw. Her second in the sprints did not go outside Blue Stars with the winner being club mate Diane O'Toole who took both short sprints and then added the 200m to give her the trifecta.

Long jumper/sprinter Sarah Guevara added the State title to her Country championship title 40-44 long jump when she took out gold in a personal best jump. She then competed well in the short sprints to take 4th over the 60m, 100m and 200m.

Rina Flynn fought hard to the finish in the women's 55-59 400m to take the bronze medal, just being nudged out of 2nd placing. She also ran well to gain 4th in the 100m and 200m.

Colin Clarson flew the flag for the IBS men due to others having commitments or injuries. Colin had one of the hardest age brackets over all distances, but showed sheer determination and courage against some of the best sprinters and middle distance male athletes in Australia. He finished a good 4th in the 1500m, 7th in the 100m and was just outside medals in the 400m, 200m and 800m.

Total number of medals at NSW Masters titles:

Gold 21

Silver 5

Bronze 1

### **Massive performances, massive numbers at National Titles**

What a week of athletics we have just witnessed. Over 3,500 athletes have taken part in the Australian Youth and Open Championships held over 8 days at the Homebush Centre. The youth at these titles have shown that Athletics in Australia is in a strong position if these young people continue in the sport, as they have shown that the potential of many in these age brackets is the best we have seen for many years. Let's hope they continue on and develop into top line senior athletes and follow in the footsteps of the open athletes who took centre stage over the last few days.

Our IBS youth were outstanding up against the very best in the land. Hurdling sisters Ashlyn and Grace took honours in their events with both girls making their finals. Ashlyn finished a very close 5th in the girls U16 90m hurdles and then backed up to take out 7th in the 200m hurdles. Older sister Grace ran well to finish in 7th in the U18 100m hurdles final, whilst U17 400m hurdler Eve Way finished a very creditable 14th in her hurdles. Whilst on hurdles, Connor Dymond finished in 17th spot in the open men's 110metres hurdles.

Young U17 sprinter, Emma Matthews had a top nationals and although she didn't make it to her finals of the 100m and 200m (finished in 15th and 16th spot overall) she believed the experience was invaluable to her. Suffering a leg injury this wasn't going to deter this young determined athlete taking part in her favourite events at national level. Another to fall to injury was high jumper Grace Shaw who finished in a good spot of 9th overall in the women's U18 high jump, taken out by another local jumper in Rozie Tozer (well done to Rozie). This experience at such a level is more than valuable for Grace who came up against seasoned competitors.

Our open men came up against one of the best fields in the short sprints Australia has seen for some time. The men's open 100m and 200m was so competitive they pushed one another to some of the best times on an overall basis. Lachlan Parry took out 6th in his heat that was won by final 3rd placegetter Jack Hale, whilst IBS Club mate, Kyle Grubnic took the 7th spot in the same heat. Both men should be proud to be part of what has been classed as the best field of male sprinters Australia has seen.

### **University Games/Masters Australian – Athletes use morning of sprints and throws**

Some of the clubs athletes will now head back to Homebush to contest the Australian University Games, among them being Connor Dymond, Cameron Chisolm, Chris Devery and possibly Liam Ryan. Once again these titles are highly competitive and will be interesting to see how many of the athletes will back up from Nationals to compete again next week. Chisolm and Devery had a good track session on Sunday when they raced at the Morning of Sprints and Throws held by IBS last Sunday. Some excellent performances were recorded and good to see some of the outside masters coming down and using this event as preparation for their National titles to be held in late April. Star master athlete Darren



Hughes used the meet for his preparation and travelling from Parramatta had a solid hit out over the 60m, 100m and 200m with close friend Todd Devery from the Blue Mountains pushing him all the way. Peter Verhius was also up there in the sprints as with newcomer to IBS Mark Harris who has shown massive improvement since coming into the club only a few weeks ago. Gianna Mogentale also had a good hit out over the short sprints and she too will be a force come the Masters National titles.

### **Masters shine at national Titles and are among winners at Presentation evening**

Masters' athletes returned home from the National championships to see their performances taken into account for major awards at Illawarra Blue Stars Annual Awards Presentation. Sprinter Gianna Mogentale's effort in winning all her events, 60m, 100m, 200m, 400m, triple jump and pentathlon and breaking State record and Australian record in the 60m and State and Championship record in the 100m. She then took out the pentathlon in a State record, and also added the State record for the long jump whilst competing in the pentathlon. After her effort at Country and State titles gained her the award of Outstanding Athletic Performance. She added the Female Sprinter of the Year sharing with up and coming State rep, hurdler, Ashlyn Adams, who has proven she is among the best juniors in the land over both short and long hurdles.

Male sprinter Lachlan Parry was chosen the Male Sprinter of the Year and teamed with club mates, Chris Devery, Kyle Grubnic and Cameron Chisolm to take out the Most Outstanding Athletic Performance for their runs in the State Open men's relay and then backing up to win the Country title in championship record time. Thrower of the Year went to Mary Thomas, sharing with June Lowe and male athlete Mark Matthews. Thomas added the Australian titles in javelin, hammer, shot, throws pentathlon and was also winner of the Champion of Champions, and was 2nd in the discus and weight throw. June Lowe did not contest the Australian but her wins at Country and State were impressive whilst Mark Matthews showed talent in the Country titles.

State rep, Grace Shaw took out the Jumper of the Year being selected in her first State team and winning Country, whilst male jumper Brett Harriman took out the men's award. Distance Athlete of the Year Jessica Hogg proved her award both on track and cross country and backed this up with a top ten placing in the recent Sydney ten, whilst long distance athlete Geoff Hynoski took out the men's award. Diane O'Toole was awarded the Elvire Asprey Award for her great return to athletics after a long break and capturing 2nd in the 60m, 3rd in the 100m, and 3rd in the 200m at the recent Australian Masters Titles, and competing so well at both State and Country titles.

Up and coming walker Jake Attwell was named Walker for the Year whilst under 12 athlete Joshua Smith was named Juvenile Athlete of the Year. The GE and JH Loomes award went to Jodie Sundstrom for her dedication to the sport and in particular her efforts at a high level officiating, whilst Official of the Year went to Sally Barnes for her dedication to officiating at local club level. Rookie Master Athlete was awarded to newcomer John Hogg and Annie Van Tilburg, whilst Lynda Douglass and Colin Clarkson took out the award for Loyal Support to club and Community Welfare.

Ideal club People was Corey Hogg and Kaitlyn Neto whilst Rebecca Dos Santos not only took out the overall point score for the Year but was also named Promising Distance athlete, and

also Sportsmanship and Continued Support to Club along with male athlete Connor Dymond.

The Deegan family scooped the Pool with Cooper taking out the men's overall point score in winning his age bracket, whilst brothers Cale, Cohen and Connor also winning their age brackets. Encouragement to continue awards went to Sarah Guevara in the women's field after her great performance both at Country, State and Australian, and Chris Devery for the men, and Jonty Faulkner and Grace and Eve Way for the track.

### **What a way to finish the season with a wonderful turn up for our annual awards and presentation evening**

Although we had some away due to illness and other commitments it was a great way to finish the 2018/2019 season. Once again my thanks go to the ladies who prepared the supper, Gianna Mogentale, Lynda Douglass and Julie Bird. A wonderful job done yet again. To Jodie Sundstrom for organising the raffle and door prizes and to Geoff who once again was always there to support and help. My thanks goes to Andrew Lau for assisting with tables and chairs, but above all to the athletes who attended with their supporters to help make this a great evening. Our presentation evening would not be possible without the strong Fund Raising that has been held throughout the season. Thanks go to Rebecca Dos Santos, Jodie Sundstrom for organising the chocolates and fund raising activities and to Geoff Hynoski for organising the Tri the Gong. What a great fund raising venture this is, and my thanks go to all the people who supported this event and allowed us to raise much needed finance.

I end this report by saying a big thank you to the committee and especially to Gianna for her work as Assistance Secretary. To our President Geoff for his great support of myself and the club in general and his unwavering support of IBS and its members. It is a great shame that Geoff will not be standing for the board or President but he will still be an active member of our club. Thanks Geoff on a job well done.

May I ask that all our people give the same support for the incoming board and that 2019/2020 be just as successful as the years gone by.

**Valmai Loomes**  
**Secretary**

**ILLAWARRA BLUE STARS ATHLETICS CLUB INC**

ABN: 80 299090816

**FINANCIAL REPORT**

**AS AT 31ST MARCH 2019**

Column1	CURRENT YEAR	PRIOR YEAR
ACCUMULATED FUNDS		
BALANCE AT BEGINNING OF YEAR	\$5,489.86	\$5,305.93
YTD OPERATING SURPLUS/(DEFICIT)	1,507.73	\$183.93
<b>TOTAL ACCUMULATED FUNDS</b>	<b>\$6,997.59</b>	<b>\$5,489.86</b>
<b>REPRESENTED BY:</b>		
<b>CURRENT ASSETS:</b>		
St George Cheque Account: 028298540	\$7,201.63	\$6,149.13
St George Express Saver: 429056525	\$15.96	\$15.96
Less Unpresented Cheques	\$220.00	\$675.23
	<b>\$6,997.59</b>	<b>\$5,489.86</b>
I report to the Board of Illawarra Blue Stars Athletics Club Inc that I as Treasurer have prepared these documents and they represent the financial position at the end of March 2019		
Jodie Sundstrom		
Treasurer		

**ILLAWARRA BLUE STARS ATHLETICS CLUB INC**

ABN: 80 299 090 816

**INCOME AND EXPENDITURE STATEMENT  
FOR YEAR ENDED 31 MARCH 2019**

Column1	CURRENT YEAR	PRIOR YEAR
<b>INCOME</b>		
REGISTRATIONS ANSW	\$3,450.00	\$4,285.00
CLUB FEES	\$1,509.30	\$1,679.44
UNIFORMS	\$380	\$1,636
ENTRY FEES	\$650	\$760
FUNDRAISING	\$3,590.00	\$2,523.00
INTEREST RECEIVED	\$5.84	\$8.96
TRI THE GONG VOLUNTEERS		\$1,200.00
NSW COUNTRY TITLES		\$395.00
SPONSORSHIP	\$1,913.83	\$2,000.00
WINTER CROSS COUNTRY		
SCHOOL CARNIVALS	\$3,720	
OTHER		\$55
<b>TOTAL INCOME</b>	<b>\$15,218.97</b>	<b>\$14,542.40</b>
<b>EXPENDITURE</b>		
REGISTRATIONS ANSW	\$3,845.00	\$4,530.00
AFFILIATION ANSW		\$713.93
FAIR TRADING	\$45.00	\$72.00
UNIFORMS	\$630.00	\$1,404.00
ENTRY FEES		\$760
OFFICIAL ASSISTANCE		\$400
ATHLETES ASSISTANCE		\$300
PRESENTATION	\$1,316.74	\$1,445.66
ADMINISTRATION		
EQUIPMENT		
STATE 60M & I MILE PRIZES	\$1,800	\$2,185
NSW COUNTRY TITLES ADMIN		\$175.00
WINTER CROSS COUNTRY		
HALL HIRE/ GROUNDS	\$50	\$50
WEBSITE		\$583.76
AWARDS/GRANTS		
SCHOOL CARNIVALS	\$3,720	
OTHER	\$2,304.50	\$1,739.13
<b>TOTAL EXPENDITURE</b>	<b>\$13,711.24</b>	<b>\$14,358.48</b>
<b>OPERATING SURPLUS/ (DEFICIT)</b>	<b>\$1,507.73</b>	<b>\$183.92</b>

## **Illawarra Blue Stars Athletics Club**

### **Treasurer's Report**

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The 2018/2019 finances have shown a considerable increase in the yearly surplus. Fundraising income was up thanks to the effort of many in the club especially the board.

This was despite there being no income from Tri the Gong as last year's came in before the end of the financial year and we have not received this year's earnings.

The large amount in other in expenditure was because the expenditure on chocolates as well as officials gift card draws and IBS awards at Track Challenge.

**Jodie Sundstrom**  
**Registrar**

## **Illawarra Blue Stars Athletics Club**

### **Official's Report**

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This season lost valuable officials with John Munro moving interstate, Neville Fenn deciding not to continue and Ann Grimm needing to take a break. All of these officials have given an immense amount of time and expertise to our club over many years.

It was good to see others move in to fill the gaps especially at club and some Athletics NSW meets in the local area.

We still managed to have officials this year at Commonwealth, Nationals, Track Classic, State, Country Championships as well as Treloar Shield.

Many thanks to all who assisted with officiating at club and other events and we encourage all who are interested to complete the on-line exams at Athletics Australia to start the accreditation process.

**Jodie Sundstrom**

**Member for Officials with Ian Smith**

## **Illawarra Blue Stars Athletics Club**

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

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The athletics season of 2018/2019 has been one of many successes by both Junior and Senior athletes and at all levels of competition. Illawarra Blue Stars Athletics Club is consistently filled with members and associates providing unwavering support and encouragement to the club, which is great to see. It is also evident that this support extends beyond the club level through members and associates volunteering their time at Athletics New South Wales (ANSW) events and community events such as Tri-the-gong. However, as with previous seasons, it would be great to see a higher number of attendees competing at club meets as well as representing the club at ANSW events.

As the Athletes' Representative this season, I ensured that I was available and approachable to enable members of the club to ask any questions or raise concerns they may have had. Issues that have been raised by club members and brought forward to the committee to be discussed, included:

- Clarifying that those competing in the Steeplechase event would have to complete the event to its specifications and in its entirety to qualify for club points.
- If athletes are competing by 'invitation' at throwing events, they would be required to seek permission to compete by 'invitation', notify the official running the event and help collect their correct weight implement. Additionally, as with all athletes, if they were to leave the event to compete at another event, they have to return at the respective round that the competition is up to.

Also, in regards to 'invitation' athletes, the implementation of a club competition rule was discussed. As of next summer season, they will only be able to participate in one invitation event per week. This is to enable the competition to run as efficiently as possible.

Overall, we are finding that club members are becoming increasingly more aware and responsive to the club Facebook page. This has been implemented as a social media outlet enabling club members to connect with each other and share recent achievements, performances and other social activities occurring amongst club members. It has proven to be an adequate tool in keeping members updated on upcoming events, as the 'reach' to club members on the majority of posts is strong.

I would like to take this opportunity to thank all the officials, athletes, family and friends of the club for their tireless support and much needed assistance they have provided throughout this past season.

**Kaitlyn Neto**  
**Athletes' Representative**

## Illawarra Blue Stars Athletics Club

### Fundraising Report

The 2018/19 season for IBS was once again successful in its fundraising efforts. This season we put our efforts into fundraising through the following forms:

- ❖ Sale of Cadbury chocolate boxes
- ❖ Illawarra Track Challenge BBQ and Raffle
- ❖ Christmas Raffle & Hamper
- ❖ Tri the Gong
- ❖ Presentation Night Raffle (2018)

The above, with an expenditure of \$1,489.20 brought in a total of \$4,590 to provide IBS with a profit of \$3,100.80 for the 2018/19 athletics season.

#### A breakdown of fundraising

We put two orders in of Cadbury chocolate boxes, the first order on 13/11/2018 (5 x Freddo & Friends; 5 x Goody & 5 x Biscuit) costing \$510 and the second on 28/2/2019 (8 x Goody; 4 x Europe; 4 x Peppermint; 4 x Freddo and Caramello; 8 x Freddo & Friends; 2 x Biscuit) costing \$979.20. The following is a breakdown of each box type and the cost price, sale price and profit margin.

Box Type	Cost price \$	Sell price \$	Profit \$
Freddo & Friends	30	60	30
Biscuit	36	72	36
Freddo & Caramello	36	60	24
Goody	36	60	24
Europe	30	50	20
Peppermint	28.80	48	19.20

In summary the Chocolate boxes cost us \$1,489.20 to purchase and our profit after all sales should be \$1,206.80. There are still a few members with outstanding money from the sale of the chocolates.

The Illawarra Track Challenge brought in a total of \$700.05 from sales of Raffle tickets (\$2 each or 3 for \$5) and the BBQ (burgers \$3; sausage sandwich \$2; bacon & egg \$2.50; water \$1; drink cans \$2; cakes/slices \$1; lolly bags \$1).

The Christmas hamper, as usual, was formed by a donation of goods from our fabulous club members. Tickets were then sold at \$2 each or 3 for \$5 and brought in a total of \$320.

The Raffle at the 2018 IBS Presentation night brought in \$100 from ticket sales. These were being sold at \$2 each or 3 for \$5.



Our biggest fundraising venture as usual is Tri the Gong. In this our club is given \$50 per person for anyone over the age of 18 years for volunteering for 5+ hours. This year we raised \$950.

We were also given a donation of \$50 from Lachlan Parry as he was unable to attend the Tri the Gong fundraiser which was banked on 13/5/2019 directly into the IBS bank account bringing the total raised for Tri the Gong to \$1,000.

In summary our 2018/19 season at IBS brought in a total of \$2,100.05 through its various fundraising efforts (excluding the \$1,000 from Tri the Gong as this income has not yet been received).

Thank you to everyone involved and to another successful and financial year of athletics.

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

# **Illawarra Blue Stars Athletics Club**

## **Registrar's Report**

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**Registrations for the 2018/2019 season**

**Members : 163 Athletes**

### **Breakdown of Members**

Open (includes Masters)	23 Athletes
Age concessions	5 Athletes
Club Associates	3 Athletes
Club Athletes	10 Athletes
Community	4 Athletes
Junior	7 Athletes
Youth	1 Athletes
Life Members (ANSW)	2 Members
Officials	6 Officials
Dual	102 Athletes

4 members have been counted twice.

**Sue Sundstrom**  
**Registrar**

## **Illawarra Blue Stars Athletics Club**

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

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It is with great pleasure that I present this report, but at the time of writing, our athletes are contesting the Australian Titles and some are still in preparation for the Australian Masters. Coaches play an important role in not only guiding and coaching the athletes, they also play an important role in the development of the person not only as an athlete, but as a person also.

Coaches can be proud of their achievements, such as athletes are proud of theirs. It takes both parties to blend and work together, to understand one another and take the highs and the lows together. Far too many people place the blame of a performance onto the other party. I believe it takes a number of years to become "a coach", and not just a person who writes a program for athletes to follow. It is for the above reasons that I believe it does take time. Like an athlete, it is not instant, and performances may go down for a period, for the coach to be able to develop a long term line of success. In saying this, our coaches within the club have done a fabulous job, and many athletes who have been around for some time, have developed and are now seeing the "fruits of success" under their coaches. Some athletes have just come under the guidance of a coach and are now starting to realise that there is plenty of work to do to gain the success that they aspire to.

Like athletes, coaches must listen. They must listen to their athletes and an athlete's input is vital to the success of the athlete.

We are still trying hard to gain a coach for the pole vault. It is an event that lacks coaches but an event that is crying out for people to undertake their qualifications in this event. It is pleasing to see that we have gained another coach, who has developed a small but successful squad of hurdlers, whilst we have had talks with another coach who is prepared to coach our 400m hurdles. Great to see that we do have athletes in our club who are specialising in hurdles, and at this time, two of our athletes under this coach, are competing in the National titles. Not a bad effort for first year as a coach.

We are also seeing a group of young people being coached in field events, and this area is now starting to show the rewards, but I feel this will be even better next season as many have indicated they will be joining IBS next season as dual registered athletes.

Some of our coaches have been to Little A's meets and have accepted athletes into their squads. The walks program is effective, whilst we have also undertaken a small sprint squad of dual registered athletes. We are also seeing development in the jumps area, especially in the high jump, with two of our coaches dividing their time between jumps and throws.

It is also great to see coaches working together, and also some of our members offering assistance to athletes from other clubs. The generous donation of John Van Stappen of a set of training hurdles to Sara Carli from Kembla Joggers, was great to see and has paid dividends to not only Sara but can be used by our hurdles coaches for our own club members. John realised that the training hurdles Sara was using were in bad condition, and having access to the piping required, he quickly set about making a full set, to which both Sara and the other coaches and athletes are extremely grateful.

The use of the track sometimes can be an issue and some coaches have to realise that they do not have access only for their squads. It is clear what lanes are to be used for distance and sprints, and coaches have to follow this request. The track is also there for squads such as the beach sprinters and also the tri athletes and we all, as coaches, have to realise it is important that we share properly.

Coaches also have to realise that we have to maintain this track and also follow the rules of safety both for athletes, coaches and spectators.

Coaches have to:

- a. Ensure their squads do not take up all lanes and share with one another.
- b. That the inside lane on the circular track cannot be used for training and can only be used for time trials and competition. This means the barriers must be closed unless competition.
- c. That throws have to be conducted inside the circles, and no throwing/coaching to take place outside of the circles or cages.
- d. That coaches must supervise their athletes at all times and cannot have two disciplines going on at once, such as throws and jumps.
- e. That spectators cannot be on the track at training times.
- f. Ensure the training room is locked once equipment has been taken out, (we have found some more equipment on the ground again this season and only senior athletes have access to the training room outside of coaches. Independent athletes such as non-affiliated local club members do not have access to our training room and equipment.

I would like to take this opportunity of congratulating all our coaches on the success they have had with their athletes for the season 2018/2019 and for future success in all they do. Success with an athlete is not just achieving international or national standard entry, it is all about assisting, guiding and developing an athlete to their fullest potential. Personal bests can only be achieved so many times, so the encouragement given to the athlete to challenge themselves with a different event/s, can also keep that athlete in our sport.

Best of luck to everyone, both coaches and athletes. If there is anyone out there thinking of taking up coaching, please do not hesitate to make contact.

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

# **Illawarra Blue Stars Athletics Club**

## **Publicity Report**

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The old saying “any publicity is good publicity” is a saying that is not only incorrect but has proven over the years, and especially lately, that bad publicity is damaging to not only the person, but the club and the sport in question. We have seen that in other sports, and I am pleased to say that our publicity is not only positive but it is heading in the right direction in promoting and developing our club. With this, it must develop the sport on a whole, not only here in the “Gong” but across the State.

Our means of publicity and promotion have changed over the years and we now have the internet, face book and social media. But we must not forget the greatest means of publicity that we have, and that of course is word of mouth. Everything we do as coaches, administrators and officials are judged by the community and it a chain reaction across many, if the outcome is negative. I believe our club has been conducted in a very positive manner and if for any reason we do have a negative, it is dealt with as quickly as possible. This is the best form of promotion, but what other tools do we have to expose our club and athletics in general to the general public.

### **Word of mouth**

This has spread through our members at Wollongong University and we have seen a number of new members joining our club, purely by word of mouth by existing members. This form of communication has to continue and continue through other channels not just the university. Has to go to Little A’s clubs, schools, etc and now the park runs and places where people love to keep fit.

### **Our face book to members**

This is a great tool and allows us to communicate very quickly as to results, achievements, selling and general notes to our members. It is quick and it is kept up to date as much as possible. But it can only relate to small items, and ones of importance to our already members. It is an important item.

### **Web site**

Gives us more power, more ways of relaying what our club does and why it is of interest to the general public. We now have as much advertising material as possible added to our website so that the general public can read, become interested and send us an email of interest. This is handled as quickly as possible by the Assistant Secretary/web designer. It is a source of information that can relay as much information about our club, the activities, the coaching, officials, etc and also enables us to generate great interest by promotional stories on the success of our athletes. This is possibly the “bible” of our information and I am indeed grateful to Gianna Mogentale for ensuring it is kept up to date at all times when information is fed to her for inclusion as quickly as possible. Thanks “G” on a job well done.

## **Advertiser**

Never is there an Annual report that doesn't mention the Advertiser newspaper. What a great source of promotion this is, and once again we are indeed grateful that our column has been retained. Many sports are so jealous of this column we have for continual promotion of our club and the sport of athletics and would do anything to have a regular column such as this. But we will retain this and ensure that our column is full of interesting items so that the paper has good stories to offer the general community. We are now able to send photos that we ourselves take and have them incorporated into our stories, a great achievement in itself and great source of promotion.

## **Illawarra Track Challenge**

This is a great source of not only promoting our club but promoting our sport to the general public. It is an event that highlights what track and field is all about and the continuation of this event is vital to us as a club. It brings people to our city, it highlights our complex and it generates a great deal of interest in our sport. It is also highly regarded as one of the best by ANSW. Let's retain this event and bring bigger and better promotion to it at all times.

## **Flyers and newsletters**

We have cut down on the number of newsletters that we send out, and now only send three per season. We have had flyers printed that show our club is the one that "never stops" highlighting that we are not only a track and field club but continue in the winter with cross country and also the winter track and field program. Many went to schools, little A's, park runs, and handed out to members who promoted it in their own business or local business.

Overall, our publicity and promotion of our club is highlighted by a message received from ANSW employee who stated that we are one of the best clubs in the State who promote and support ANSW as much as possible and in the best possible way. What more can we ask for except that we continue in this manner but at the same time explore other avenues that we can promote our club.

**Valmai Loomes**

**Promotion and Publicity**

## **Illawarra Blue Stars Athletics Club**

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

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I present this report to you regarding our own domestic competition, our winter meets and leading into the Summer Track and Field season. Firstly, may I say thank you to everyone who helped out at competition level whether it be at our own weekly events, at Sydney competitions and also major meets conducted by ANSW and also Athletics Australia.

#### **Weekly competition**

These are held every Sunday in the summer season and we only had three weeks out due to wet weather and little A's titles. Our program is structured around everyone and it is one that caters for all athletes and all disciplines. Our decision to add hurdles back on the program was welcomed and many athletes took part but we still require people to come down early to help and not rely on one or two. Great to see new people putting their hands up to help. Our officials do need help and the competition in the summer requires quite a few officials/volunteers to help out. The structure is a good one but we also realise that there are many athletes out there that are not fully utilising the competition that we present.

It was great to see an increase of senior athletes competing in local meets. Our main passion for major meets continues and this was shown by the Country titles and although we travelled with around half our usual team due to the long drawn out meet and many not available, our club still flies the flag well and came out in a well deserved 4<sup>th</sup> placing. Once again we have reps in most major State teams from All Schools through to Australian open and we congratulate our athletes on a great performance. We also saw a number of our athletes contest the Treloar Shield and our presence in all major track and field meets by ANSW has not gone unnoticed. We may not be a large club, but our presence is always taken into account and once again we say thank you.

I have reported on the major meets in my Secretary's report but the delight to have the feedback from the Illawarra Track Challenge makes the promotion of this event all the worthwhile. Only just recently I had an email from a family wanting to know the date for the 2020 meet as they don't want to miss it and are arranging their holidays around this popular meet. How good is that and what good feedback to receive.

#### **Sunday Meets**

More athletes, more officials is the ideal scenario and we all need to encourage our members to support this weekly competition.

#### **Winter**

Our winter program was geared around people contesting some of the major meets by ANSW and then encouraging people to take part in the local Park Runs. We found this not to be successful and this winter has gone back to our old format. But once again, we need people to come and attend. The time to mark courses etc cannot be costed out, but to have a handful of people attend is not only discouraging but also does not give heart to following this format for the next season. Our winter track and field Sunday meets is always popular and it was great to see some of our dual registered athletes from Bowral support these

meets and then joining up with our club. This format is always welcomed by athletes and the added relay events over the longer distances was also welcomed.

Athletes need competition and whether it be low key such as a club meet, there is no substitute for competition. Ironing out the flaws, just competing and ensuring your race fitness is maintained, are the reasons why. All the training can be done but lack of competition at any level is the reason many athletes do not perform at their top level when major meets come around. Only recently an athlete expressed her opinion on competition, saying that the lack of competing on a regular basis at club level, let her down in a major meet, how right can he be. Come along everyone, Sunday is your day of competition in the summer and Sunday morning is your morning in winter for some cross country and winter meets. Bring your family, friends etc to help out. All hands to help out are most welcomed.

Join us this winter and enjoy the friendship, the competition and above all, keeping fit, then you may like to have a go at the summer season. We are the club that “never stops”, it is here for your benefit. Take advantage on what’s on offer. My big thanks goes to Geoff for his continued support and his dedication to ensure the tracks for cross country are fully marked out and prepared.

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



# **Illawarra Blue Stars Athletics Club**

## **Website Report**

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The website is continually being kept up to date with news articles, information and events for all our members and the general public.

A lot of time and effort is spent on keeping the website up to date but I feel that the majority of members would prefer to obtain their information from our facebook page rather than the website. Members will often ask questions on facebook rather than taking time to look on the club's website where the information is quite readily available. This is very demoralising because, as I mentioned above, many hours are spent to continually keep it updated. It should be the main source of information for all members and potential members of IBS.

Our gallery page is also a great way to display our athletes' performances but as always, I am unable to get people to assist in supplying me with photos to upload onto the site. Again, members prefer to post them all on facebook.

Maybe we should consider promoting our club further by providing information to schools and other places of interest with flyers, posters, etc. We could supply them with our club's website address and encourage them to use our website to find out more information about our club and what we have to offer.

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

# Illawarra Blue Stars Athletics Club

## Uniform Report

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Last season I stated that I was pleased to have a uniform that is:

- a. Recognisable
- b. Cost effective
- c. One that all athletes should be proud to wear

I think we have maintained this and as I realise from many other clubs, it is very hard to maintain the fabric, and at the same time, the colour. We have to go with a uniform that is not a fashion issue but one that is easy to compete in, one that is presentable and acceptable by all athletes and all supporters. Our uniform is sleek and smart. It is comfortable and from an athlete's point of view, it is nice to wear. Our uniform has similar colours to that of the state teams but can be easily recognisable by the logo and the stars which are incorporated onto the shorts, singlets and crop tops.

This season I have been able to sell more crop tops and these have turned out well for the athletes who have purchased them. There may be a need to order more stock this season, but this fluctuates each year. Our supplier has been very supportive of our club, and tries, at all times to produce the items that we require. The last batch of uniform order changed slightly in colour as did the fabric but because our colours are quite basic it is very unnoticeable.

I have had some enquiries from our male senior sprinters who have enquired about having a one piece. This will need to be discussed with the manufacturer, and also the club, if we wish to add to our uniform stock. Maybe we can find a manufacturer the athletes can purchase direct, and not have stock on hand that we may not be able to sell.

I am proud to wear this uniform as an athlete, and from reports, so are IBS club member.

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

### Stock on Hand

DESCRIPTION	Total Quantity on Hand	Samples on Hand
Women's Singlet	15	4
Women's Hipsters	20	5
Crop Tops	7	0
Men's Singlet	11	4
Men's Shorts	14	5
<b>TOTAL</b>	<b>67</b>	<b>18</b>

**Gianna Mogentale**  
Uniform Officer

## **Illawarra Blue Stars Athletics Club**

### **Equipment Report**

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Most importantly a big thank you to all those people who helped with equipment this year, in particular for the Illawarra Track Challenge. Although some of the equipment is starting to age, particularly the throwing implements, we had a good year. This next year we will require some replacements as we move forward.

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

## **Illawarra Blue Stars Athletics Club**

### **Beaton Park Management Report**

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At the beginning of the season we welcomed the new manager to the Beaton Park Complex, Jason Foye. Although we have had very few meetings with him during this time, he has expressed a very keen interest to work in with all clubs to the benefit of our sport and the track facilities.

We have seen the documents presented to the public re. the changes to be made to the Beaton Park complex and although we have not seen any changes take place so far, these changes will have to have an impact on our sport and also the nature of the complex itself. Beaton Park, it is hoped, will be the sporting hub of the area and we will see an increase of resources, but above all, bringing the complex into line with what is required by the general public of today.

Fortunately, so far we have avoided the use of the track by soccer and in the draft plan Kerryn McCann Athletic Centre is purely for our sport. This is not to say that more usage will be required, to avoid other sports having the use of such.

Jason has made it clear to all clubs that any infrastructure that has to be done to the track and any major improvements should be on a collective basis from all clubs, so that the WCC can allocate in the budget for the year. So far we have seen the following take place:

- a. Improved surface around the high jump area.
- b. Infield for the shot has been re-surfaced, and topped dressed with new soil, twice this year, and is a big improvement in the top end circle.
- c. A proposed new netting and fixing the hammer cage. Discus circle has also been put into the budget and a recommendation to improve similar to the Canberra cage has been circulated to all clubs for approval. Our club has supported this proposal as it not only is an improvement for our throwers, but a necessary safety precaution.

Bubblers - still on the list, and Council has approved the installation of high tech bubblers courtesy of Sydney Water. This improvement has been on the drawing board for some time, courtesy of Ian Smith and Peter Hadfield of Sydney Water and approval has been given. We were informed half way through the season that they would be installed but not in time for our Track Challenge but not long after. We are still waiting. We do believe that the holdup has something to do with the placement but after discussing with Jason and management, it has been decided that the only place they can go is the far end of the grand stand, closest to the gate near the 60m start. Although we originally wanted to have them near the top end at the finish, this is not possible, as with the back of the grandstand, but the area proposed is quite handy due to the number of athletes who enter and leave the track at the point proposed. Let's hope some action takes place during the track "off season".

Hands on assistance: During this season we have seen an increase of assistance by staff members of Beaton Park. Although staff have always been helpful, their time is very restricted due to the duties they have within the complex. This season we have seen

brilliant assistance and in particular towards our Track Challenge meet. We believe this has come from the management by Jason, as he has stipulated that the track is a vital component of the complex itself.

Sector Markings: Have been up to date at all time and at the commencement of the summer season we had no issues with what was required to be done for us to commence the season. Pits were filled, grass has been kept cut, and the general clean-up of the complex has also improved. The grandstand does need a complete paint and clean, but this too will have to go on the budget list for Council.

Once again storage is our main issue, not only from IBS point of view but also all other clubs. This issue will again be the talking point of all meetings we have until it has been resolved.

Overall, we have worked well with Management again this year, and although we see the general admittance fees go up again, it is only marginal, and one that is in line with most other tracks. Athletes continue to ask why their entry fees are going up each year, but the maintenance of the track and surrounds is an expensive issue and unfortunately we have to pay for such things.

We are very grateful that Council does replace such things as starting blocks, hurdles, and any improvements that must be done on “inhouse areas” such as hammer, shots, discus, high and long jump pits and pole vault areas.

We will continue to work with management but have to advise that we must, at all time, make our voice heard and ensure that we have the Kerryn McCann complex up to the standard, but not only to what we expect, but what ANSW and AA expect of us for major meets.

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

## **Illawarra Blue Stars Athletics Club**

### **Social Activities Report**

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It is a pleasure to present the report for the season 2018/2019 Social activities.

As we are all aware our club meets on a Sunday afternoon and are one big 'social event' as we all come together, mix and share our experiences, our highs and our lows but at the same time, join in together in a great afternoon of athletics. This is possibly one of the best "social activities" that we conduct, and putting on a barbecue every so often makes it that little more relaxed and enjoyable.

The members have mixed in well and it is great to talk to people from our Little A's clubs over a barbecue after events to fill them in on our club.

BBQ at the club were always successful. You can't beat the tempting smell of a sausage sanga!

Some of the training group get-togethers to have a nice meal at the tennis club after training and especially birthday times when groups get together to enjoy a great meal at a very reasonable price. This too is a great way to mix, enjoy the meal and celebrate at the same time.

Some members have had birthday bashes outside of the club, and many members have been invited, another great way to celebrate and mix outside the club scene.

The Tri-the-Gong, although it is a fund raising event, this is also a social outing for our athletes and supporters, getting together to help out as volunteers for a major event held in Wollongong. It is great to see our people supporting this event as officials, but at the same time enjoying the moment together to witness a very high quality event.










Country titles also brought people together and many went out for a meal together but due to the heat it was hard to not only enjoy the meal but to relax in such terrible conditions. But it was a way to get together again and enjoy one another's company.

Mostly people and families are fairly busy in their personal lives so outings were minimal and usually after training at the tennis club where they put on an affordable meal. We really do appreciate the time and effort that all our club members put in and due to family commitments it is hard to organise social activities outside of club that all could attend.

**Lynda Douglass**  
**Social Activities Co-ordinator**

**Blue Stars Athletics Club**  
**Club Management 2017-2018 Season**

**Executive and Management Committee**

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

## KINGS SPORTS STORE TRELOAR SHIELD 2018 and Allcomers

### Various locations

Name	Event	Place	Performance
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#### Treloar Shield Round 1 Blacktown 13-10-18

##### Open Women

Ashlyn Adams	90m hurdles 76.2cm	1st	14.04
	100m	38th	13.65
Monique Byers	800m	6th	2:23.73
Emma Matthews	100m	11th	12.73
	400m	15th	1:00.38

##### Open Men

Liam Ryan	100m	13th	11.65
	200m	14th	25.98

#### Treloar Shield Round 2 SOPAC 20-10-18

##### Open Women

Charlotte Smith	Javelin 400g	1st	31.23m
Emma Matthews	60m	12th	8.04
	400m	15th	1:00.38

##### Open Men

Liam Ryan	60m	26th	7.45
	200m	22nd	23.30

#### Allcomers South region The Ridge 27-10-18

##### Open Women

Emma Matthews	100m	2nd	12.48
	400m	5th	1:00.95



## KINGS SPORTS STORE TRELOAR SHIELD 2018 and Allcomers

### Various locations

Name	Event	Place	Performance
<b>Open Women cont.</b>			
Eve Way	400m	28th	1:06.04
	Javelin 500g	6th	25.65m
Monica Way	100m	13th	14.25
<b>Treloar Shield Round 3 Campbelltown 3-11-18</b>			
<b>Open Women</b>			
Ashlyn Adams	100m	45th	13.89
	90m hurdles 76.2cm	4th	14.19
Eve Way	400m	28th	1:06.07
<b>Open Men</b>			
Cameron Chisholm	100m	15th	11.64
<b>Treloar Shield Round 4 SOPAC 10-11-18</b>			
<b>Open Women</b>			
Ashlyn Adams	200m hurdles 76.2cm	1st	29.81
	60m	44th	8.55
	200m	33rd	26.83
Grace Adams	60m	42nd	8.46
	200m	36th	26.91
Emma Matthews	200m	14th	25.79
Charlotte Smith	Javelin 400g	2nd	33.83m
Eve Way	200m	74th	29.02
	800m	31st	2:42.47
	Javelin 500g	10th	26.59m
Monica Way	200m	79th	30.12

## KINGS SPORTS STORE TRELOAR SHIELD 2018 and Allcomers

### Various locations

Name	Event	Place	Performance
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#### Treloar Shield Round 5 SOPAC 1-12-18

##### Open Women

Monique Byers	400m	17th	1:01.00
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#### Treloar Shield Round 7 SOPAC 19-1-19

##### Open Women

Charlotte O'Brien	High jump	2nd	1.70m
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Charlotte Smith	Javelin 500g	8th	27.84m
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#### Allcomers Bankstown The Crest 16-03-19

##### Open Men

Cameron Chisholm	60m	10th	7.49
	200m	7th	23.00

Alex Harris	60m	33rd	8.23
	200m	26th	26.28

## MASTERS THROWS CHAMPIONSHIPS 2018-2019

### 23rd AMA Winter Throws Championships Sep 29 - October 1 2018

#### June Lowe W60

Shot Put	9.08m	1st
Discus	21.59m	2nd
Hammer	32.83m	1st
Javelin	22.08m	1st
Weight Throw	11.52m	2nd

#### Throws Pentathlon

Event	Hammer	Shot	Discus	Javelin	Weight	Total	
Distance	25.51m	9.50m	19.96m	22.49m	11.76m		
Points	693	812	498	595	754	3352	1st

#### Mary Thomas W70

Shot Put	7.53m	1st
Discus	18.13m	1st
Hammer	22.96m	1st
Javelin	17.66m	1st
Weight Throw	9.05m	1st
56lb Weight Throw	2.41m	1st
100lb Weight Throw	1.02m	1st
W70 weight for distance	9.20m	1st

#### Throws Pentathlon

Event	Hammer	Shot	Discus	Javelin	Weight	Total	
Distance	23.94m	6.57m	18.65m	16.44m	9.40m		
Points	841	674	621	562	726	3424	1st

#### Heavy weight Pentathlon

Points	3405	1st
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### Heavy Weight Pentathlon Wollongong March 16th 2019

#### Mary Thomas W70

56lb Weight Throw	2.16m	1st
100lb Weight Throw	0.91m	1st

#### Heavy weight Pentathlon

Points	3182	1st
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## PAN PACIFIC CHAMPIONSHIPS

Gold Coast 2nd - 11th November 2018

Name	Event	Place	Performance
<b>Women W55</b>			
Rina Flynn	60m	5th	10.16
	100m	5th	16.22
	200m	4th	35.24
	400m	3rd	1:25.44
	Shot Put	8th	5.64m
	Discus	7th	17.82m
<b>Women W60</b>			
June Lowe	60m	1st	9.89
	100m	1st	16.8
	80H	1st	18.71
	Shot Put	1st	9.67m R
	Discus	1st	21.60m
	Javelin	1st	23.83m
	Hammer	1st	32.43m
	Weight Throw	2nd	12.21m
	Throws Pentathlon	1st	3719 pts R
	High Jump	1st	1.05m

## NSW and CLUB COMBINED EVENT CHAMPIONSHIPS

Sydney Olympic Park Athletic Centre - 15th December 2018

Name	Event	Place	Performance
<b>Open Men</b>			
Christopher Devery	100m	18th	11.41
Connor Dymond	110H	5th	16.06
Kyle Grubnic	100m	15th	11.17

## ILLAWARRA TRACK CLASSIC

Kerryn McCann Athletic Centre, Beaton Park, Wollongong - 12th January 2019

Name	Event	Place	Performance
<b>Open Women</b>			
Abby Cox	60m	5th	8.61
	100m	6th	14.01
Sarah Guevara	100m	2nd	15.39
Emma Matthews	60m	1st	7.84
Gianna Mogentale	100m	5th	14.04
Dianne O'Toole	100m	3rd	15.94
Eve Way	100m	4th	13.98
	400m	4th	1:06.70
Monica Way	100m	1st	14.66
	Long jump	6th	3.87m
<b>Open Men</b>			
Cameron Chisholm	60m	4th	7.27
	100m	2nd	11.27
Chris Devery	60m	5th	7.26
	100m	4th	11.17
Connor Dymond	60m	6th	7.31
	100m	7th	11.48
Kyle Grubnic	60m	5th	7.02
	100m	5th	10.88
Jonty Faulkner	60m	1st	7.62
	100m	4th	11.61
	Long jump	3rd	5.40m
Andrew Lau	60m	7th	8.24
	100m	5th	13.12
	400m	5th	1:01.80
	Long jump	4th	4.83m

## ILLAWARRA TRACK CLASSIC

Kerryn McCann Athletic Centre, Beaton Park, Wollongong - 12th January 2019

Name	Event	Place	Performance
<b>Open Men cont.</b>			
Lachlan Parry	60m	2nd	7.09
	100m	2nd	11.05
Corey Williams	60m	3rd	7.25
	100m	8th	11.51
	Long jump	2nd	6.54m
<b>Women 40-49</b>			
Sarah Guevara	60m	2nd	9.35
<b>Women 50-59</b>			
Gianna Mogentale	60m	1st	8.69R
Rina Flynn	60m	4th	10.06
<b>Women 60-69</b>			
Dianne O'Toole	60m	1st	9.80

# NSW COUNTRY CHAMPIONSHIPS 2019

Hunter Sports Centre, Glendale January 24th - 27th January 2019

## IBS Team Members Individual Results - Women

Name	Event	Place	Performance
<b>Women U15</b>			
Charlotte Smith	Javelin	1st	29.94m
<b>Women U17</b>			
Emma Matthews	100m heat	4th	12.79
	100m final	2nd	12.53
	200m	3rd	26.19
Eve Way	400H	3rd	1:12.27
	200m	13th	29.91
	400m	5th	1:05.48
	800m	2nd	2:33.21
	Javelin	4th	25.85m
Monica Way	100m heat	12th	14.87
	Long Jump	9th	3.52m
<b>Women U18</b>			
Belinda Barnes	Shot put	6th	8.15m
	Hammer	2nd	19.65m
	Javelin	3rd	22.61m
	Discus	3rd	16.33m
Grace Shaw	High Jump	1st	1.60m
	100m	6th	14.56
<b>Women U20</b>			
Jessica Barnes	Hammer	2nd	17.57m
	Shot Put	3rd	8.08m
	Discus	6th	15.18m
	3000m Walk	3rd	23:28.06
Ashleigh Hogg	Discus	5th	19.76m
	Javelin	5th	14.70m
	200m	6th	33.84
	400m	6th	1:28.73
	1500m	2nd	8:14.61



# NSW COUNTRY CHAMPIONSHIPS 2019

Hunter Sports Centre, Glendale January 24th - 27th January 2019

## IBS Team Members Individual Results - Women

Name	Event	Place	Performance
<b>Women U20</b>			
Jazmin Way	Long Jump	4th	3.70m
	100m	8th	15.17
	200m	5th	32.37
<b>Open Women</b>			
Rebecca Dos Santos	Hammer	10th	15.78m
	Shot Put	14th	6.36m
	Discus	11th	20.24m
	Javelin	5th	15.57m
	Long Jump	6th	3.71m
	Triple Jump	5th	8.35m
	3000m Steeplechase	1st	16:07.08
	100m heat	9th	14.90
	100m final	9th	14.90
	800m	2nd	3:09.26
	1500m	3rd	6:39.88
Jessica Hogg	Triple Jump	6th	8.04m
	Javelin	7th	12.11m
	200m	7th	30.92
	400m	6th	1:11.95
	1500m	2nd	5:36.68
Kaitlyn Neto	Hammer	9th	19.83m
	Shot Put	12th	6.88m
	Discus	12th	19.43m
	Javelin	6th	13.00m
	100m heat	8th	14.71
	100m final	8th	14.84
	200m	8th	32.21
Grace Shaw	High Jump	1st	1.60m
4 x 100m relay A team		4th	58.07
4 x 100m relay B team		6th	58.87

# NSW COUNTRY CHAMPIONSHIPS 2019

Hunter Sports Centre, Glendale January 24th - 27th January 2019

## IBS Team Members Individual Results - Women

Name	Event	Place	Performance
<b>Women 40-49</b>			
Sarah Guevara	Long Jump	1st	4.26m
	High Jump	3rd	1.25m
	100m	4th	14.90
	200m	3rd	31.93
	400m	3rd	1:13.73
<b>Women 50-59</b>			
Gianna Mogentale	Long Jump	1st	4.05m
	Triple Jump	1st	8.69m
	Javelin	5th	15.40m
	100m	1st	13.95
	200m	1st	29.49
	400m	1st	67.68
	800m	1st	2:45.00
Jodie Redmond	Hammer	4th	21.61m
	Shot Put	6th	6.86m
	Discus	6th	16.93m
Annie Van Tilberg	3000m Walk	2nd	24:31.73
	2000m Steeplechase	2nd	11:48.86
<b>Women 60-69</b>			
June Lowe	Hammer	1st	33.41m
	Shot Put	1st	9.49m
	Discus	1st	21.83m
	Javelin	1st	22.98m
Dianne O'Toole	100m	1st	16.27
	200m	1st	36.26
<b>Women 30+</b>			
4 x 100m relay		3rd	59.17

# NSW COUNTRY CHAMPIONSHIPS 2019

Hunter Sports Centre, Glendale - January 24th - 27th 2019

## IBS Team Members Individual Results - Men

Name	Event	Place	Performance
<b>Men U13</b>			
Joshua Smith	Javelin	2nd	22.29m
	200m	10th	33.19
<b>Men U14</b>			
Luke Arregui	Long Jump	8th	3.44m
	200m	7th	36.01
<b>Men U16</b>			
Rhys Barnes	Shot Put	5th	9.13m
	Hammer	4th	19.76m
	Javelin	6th	22.65m
	Discus	3rd	25.78m
	High Jump	9th	1.40m
	1500m Walk	2nd	10:42.48
	100m heat	9th	13.88
	100m final	9th	13.68
Tyson Guevara	100m heat	11th	15.11
	200m	10th	32.31
	Javelin	8th	13.14m
	Discus	6th	9.03m
<b>Men U17</b>			
Brett Harriman	High Jump	1st	1.80m
	200m	9th	26.95
	400m	9th	61.77
<b>Men U18</b>			
Andrew Lau	Hammer	2nd	22.97m
	Javelin	3rd	28.66m
	Discus	5th	29.55m
	Long Jump	6th	4.66m
	Triple Jump	3rd	9.90m
	High Jump	5th	1.55m
	100m heat	10th	13.15
	200m	6th	28.07
	400m	3rd	61.96

## NSW COUNTRY CHAMPIONSHIPS 2019

Hunter Sports Centre, Glendale - January 24th - 27th 2019

### IBS Team Members Individual Results - Men

Name	Event	Place	Performance
<b>Open Men</b>			
Cameron Chisholm	Long Jump	3rd	6.43m
	100m heat	4th	11.38
	100m final	5th	11.29
	200m	3rd	22.51
Chris Devery	Long Jump	3rd	6.43m
	100m heat	2nd	11.38
	100m final	4th	11.04
	200m	4th	22.62
Connor Dymond	100m heat	5th	11.57
	100m final	9th	11.50
	200m	12th	24.11
	Javelin	2nd	42.26m
Kyle Grubnic	Long Jump	2nd	6.55m
	100m heat	2nd	11.27
	100m final	3rd	10.86
	200m	2nd	22.30
Lachlan Parry	100m heat	1st	10.94
	100m final	2nd	10.76
	200m	1st	22.16
4 x 100m relay		1st	42.75R
<b>Men 40-49</b>			
John Hogg	200m	6th	30.95
	400m	3rd	69.56
	1500m	1st	5:51.66
<b>Men 60-69</b>			
John Lamb	Long Jump	1st	4.15m
	Triple Jump	1st	8.14m
	100m	2nd	13.97
	200m	1st	29.06
	400m	1st	63.76
	800m	5th	4:15.06
	100H	2nd	20.07
	300H	1st	49.71

## NSW COUNTRY CHAMPIONSHIPS 2019

Hunter Sports Centre, Glendale - January 24th - 27th 2019

### IBS Team Members Individual Results - Men

Name	Event	Place	Performance
<b>Men 60-69 cont.</b>			
Mark Matthews	Hammer	3rd	19.57m
	Shot Put	3rd	8.47m
	Discus	3rd	24.79m
	Javelin	4th	24.63m
	High Jump	1st	1.25m
	100m	6th	16.58
Ian Smith	Javelin	5th	18.06m

## NSW MASTERS CHAMPIONSHIPS

SOPAC - 8th - 10th February 2019

Name	Event	Place	Performance
<b>Women 40-44 Years</b>			
Sarah Guevara	100m	4th	15.54
	200m	4th	32.33
	Long Jump	1st	4.33m
<b>Women 55-59 Years</b>			
Rina Flynn	60m	4th	10.52
	100m	4th	16.41
	200m	5th	35.47
	400m	3rd	1:22.49
Gianna Mogentale	60m	1st	8.81
	100m	1st	13.69
	200m	1st	29.31
	400m	1st	67.45
	800m	1st	2:44.18
	High Jump	2nd	1.10m
	Long Jump	2nd	4.04m
	Triple Jump	1st	8.80m
<b>Women 60-64 Years</b>			
June Lowe	60m	2nd	10.08
	100m	2nd	16.38
	80H	1st	19.41
	High Jump	1st	1.10m
	Long Jump	1st	3.23m
	Shot Put	1st	9.35m
	Hammer	1st	33.81m
	Javelin	1st	22.35m
	Weight Throw	2nd	12.65m
Dianne O'Toole	60m	1st	9.80
	100m	1st	15.68
	200m	1st	34.45

## NSW MASTERS CHAMPIONSHIPS

SOPAC - 8th - 10th February 2019

Name	Event	Place	Performance
<b>Women 70-74 Years</b>			
Mary Thomas	Shot Put	1st	6.85m
	Discus	1st	14.65m
	Hammer	1st	22.41m
	Javelin	1st	15.71m
	Weight Throw	1st	8.17m
<b>Men 55-59 Years</b>			
Colin Clarson	100m	12th	14.27
	200m	9th	28.29
	400m	6th	64.51
	800m	5th	2:39.23
	1500m	4th	5:26.98

## NSW JUNIOR YOUTH CHAMPIONSHIPS

SOPAC, Sydney - 22nd - 24th February 2019

Name	Event	Place	Performance
<b>U15 Women</b>			
Charlotte Smith	Javelin	5th	28.31m
<b>U16 Women</b>			
Ashlyn Adams	100m heat	8th	12.93
	100m final	8th	12.75
	90H	3rd	13.20
	200H	2nd	29.63
<b>U17 Women</b>			
Emma Matthews	100m heat	6th	12.59
	100m final	5th	12.39
	200m heat	17th	27.07
Eve Way	400m heat	12th	64.37
	400H	3rd	69.49
<b>U18 Women</b>			
Grace Adams	100m heat	9th	13.00
	100m final	7th	13.10
	200m heat	9th	26.69
	200m final	9th	26.90
	100H	2nd	13.94
Grace Shaw	High Jump	3rd	1.60m
<b>U18 Men</b>			
Jonty Faulkner	100m heat	8th	11.39
	100m final	7th	11.57
Andrew Lau	200m heat	17th	27.22
	400m heat	10th	61.65
	Triple Jump	5th	10.11m
	Shot Put	4th	8.81m
	Discus	8th	30.76m
	Hammer	4th	21.02m
	Javelin	7th	30.06m
<b>U20 Men</b>			
Corey Williams	100m heat	20th	11.47



# ATHLETICS AUSTRALIA - TRACK CLASSICS and WORLD CHALLENGE

## Sydney Track Classic SOPAC Saturday 23.02.19

Name	Event	Place	Performance
<b>Open Men</b>			
Kyle Grubnic	100m	21st	11.57
Lachlan Parry	100m	18th	10.90

## NSW OPEN and PARA CHAMPIONSHIPS

SOPAC, Sydney - 8th - 10th March 2019

Name	Event	Place	Performance
<b>Open Men</b>			
Jake Attwell	5000m walk	7th	25:21.71
Chris Devery	100m heat	22nd	11.19
	200m heat	21st	22.65
Connor Dymond	100m heat	38th	11.59
	110m hurdles heat	15th	16.13
Lachlan Parry	100m heat	11th	10.96
	100m semi	14th	11.04
	200m heat	9th	21.97
	200m final	8th	22.01

## WORLD MASTERS INDOOR CHAMPIONSHIPS

Torun, Poland - 24th - 30th March 2019

Name	Event	Place	Performance
<b>Women W70</b>			
Mary Thomas	Shot Put	13th	7.15m
	Discus	10th	15.81m
	Javelin	7th	16.57m
	Hammer	6th	22.89m
	Weight Throw	8th	9.00m

## AA AUSTRALIAN OPEN and JUNIOR CHAMPIONSHIPS

Sydney Olympic Park Athletic Centre - 1st - 7th April 2019

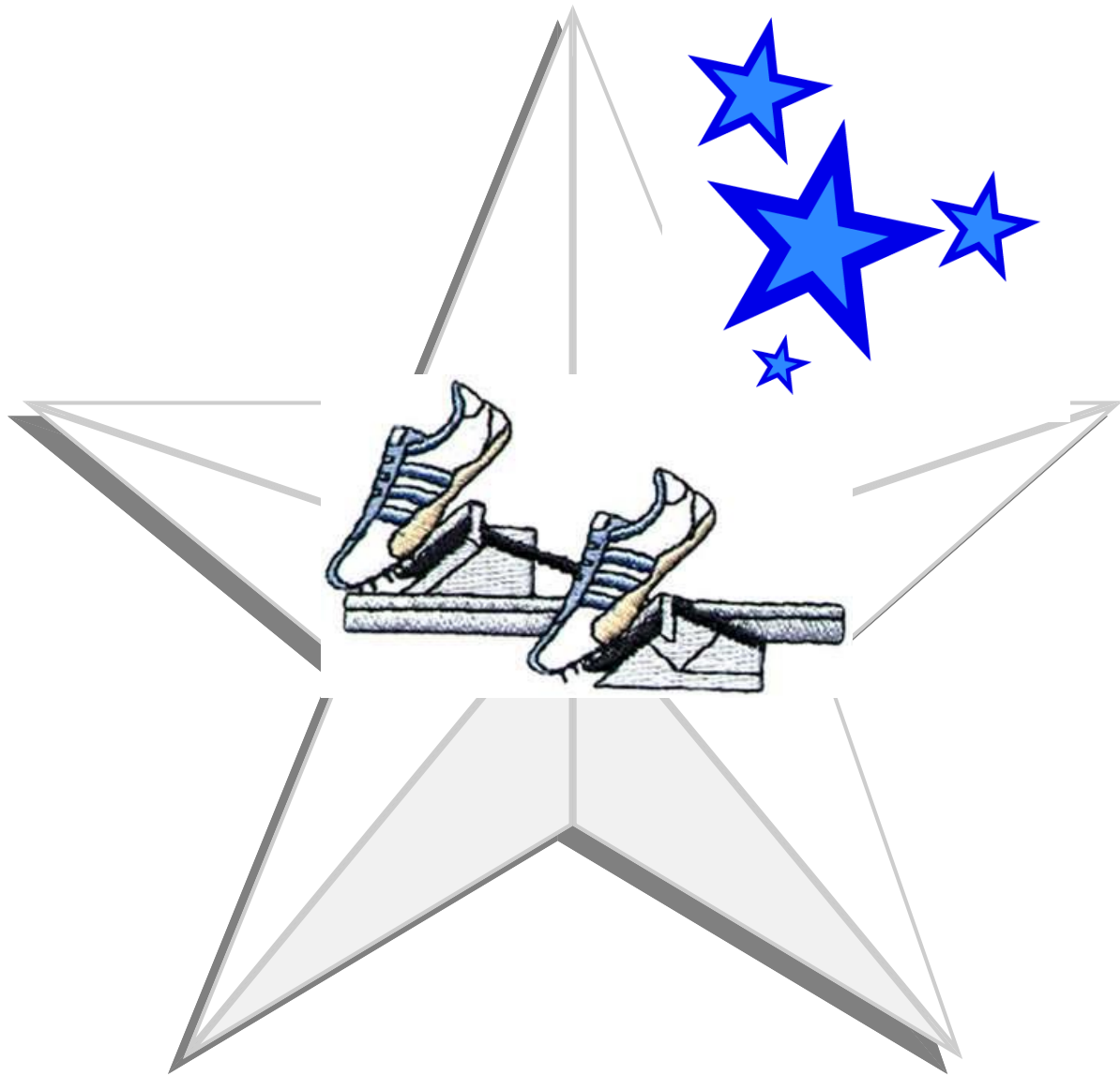
Name	Event	Place	Performance
<b>Women U16</b>			
Ashlyn Adams	90m Hurdles heat	4th	13.31
	90m Hurdles final	5th	13.16
	200m hurdles heat	4th	30.11
	200m hurdles final	7th	29.70
<b>Women U17</b>			
Emma Matthews	100m heat	16th	12.80
	200m heat	15th	25.69
Eve Way	400m Hurdles heat	14th	69.82
<b>Women U18</b>			
Grace Adams	90m Hurdles heat	4th	14.51
	90m Hurdles final	7th	14.50
Grace Shaw	High Jump	9th	1.60m
<b>Open Men</b>			
Connor Dymond	110m Hurdles heat	17th	16.05
Kyle Grubnic	100m heat	42nd	11.29
Lachlan Parry	100m heat	41st	11.14

# AUSTRALIAN MASTERS CHAMPIONSHIPS 2019

Melbourne, Victoria - 26.04.19 to 29.04.19

Name	Event	Place	Performance
<b>Women 40-44</b>			
Sarah Guevara	100m	6th	15.49
	200m heat	7th	33.14
	200m final	7th	32.60
	Long Jump	5th	4.30m
<b>Women 55-59</b>			
Rina Flynn	60m	9th	10.28
	100m heat	13th	16.73
	200m heat	12th	35.90
	400m heat	9th	89.10
	Discus	6th	18.88m
Gianna Mogentale	60m	1st	8.44 SR/AR
	100m heat	1st	13.63 SR
	100m final	1st	13.44
	200m heat	1st	29.90
	200m final	1st	28.78
	400m heat	1st	70.78
	400m final	1st	67.55
	Triple Jump	1st	8.98m
	Pentathlon	1st	3708 pts SR
	<b>Women 60-64</b>		
Dianne O'Toole	60m	3rd	9.77
	100m	2nd	16.06
	200m	3rd	34.09
<b>Women 70-74</b>			
Mary Thomas	Weight Throw	2nd	8.82m
	Shot Put	1st	7.10m
	Javelin	1st	19.13m
	Javelin Champions	6th	19.13m
	Hammer	1st	23.03m
	Discus	2nd	16.68m
	Throws Pentathlon	1st	3448 pts
<b>Men 65-69</b>			
John Lamb	200m	3rd	28.03
	400m	2nd	64.02
	300m Hurdles	1st	50.08
	Triple Jump	3rd	8.47m

# Illawarra



# Blue Stars