



Annual Report

2019/20

Office Bearers

President: Campbell McLennan

Vice-President: Nathan Down

Treasurer: Graham Ford

Registrar: David Mitchell

Secretary: Darryl Kilmartin

Committee: Peter Coumaros, Mark Howard, Colleen Kelly, Stephanie Larkin, Andrew Parrott, Caleb Sinn, Maxime Plugge and Boris Mathys

Life Members

1982	Allen Stevens*		Ed Oakley
1983	William Chambers*	1994	Tom Kelly*
	Joan Mahoney	1997	Sean Quilty
1984	Judith Banks	1999	Adam Robertson
1986	Jeff Chambers	2000	Murray Harding
	Ellen Perry	2002	Scott Young
	Debra Tomsett	2003	Dean Paulin
1987	Peter Ruff		Charmaine Smith
1988	Richard Davis	2007	Kate Downward
	Brian Pierson		Adrian Patti
	Graham Russell	2008	Roderic De Highden
	John Yarranton	2009	Phil Allen
1989	Tom Hassall	2011	Stuart McLay
	Michelle Pain	2012	Matthew Harpantidis
1990	Mark Tomsett	2013	Allan Watson
1991	Diane Pain	2017	Michael Gallacher
	Peter Stewart		
1992	John Hirst		
1993	Ivan Harding	* deceased	

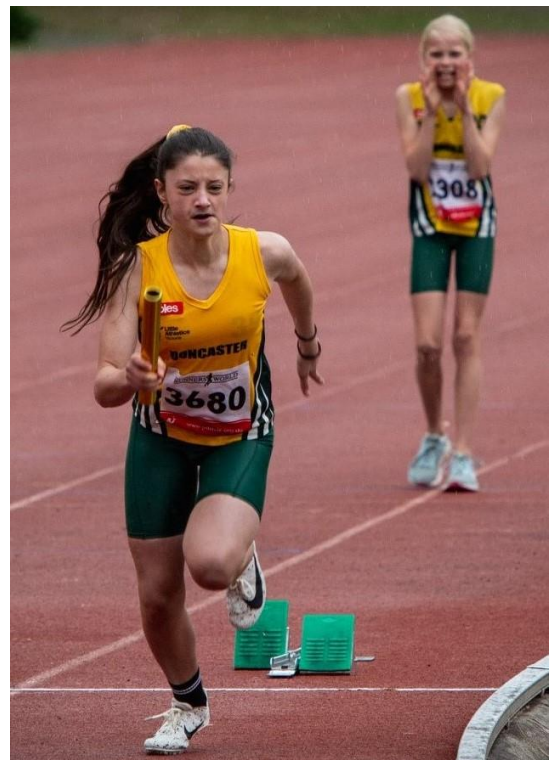
Acknowledgements



Teamwork is the ability to work together toward a common vision – Andrew Carnegie »

The club expresses its gratitude to:

- Our life members, who have given so much of their time and passion into building our club to be the strong, inclusive, friendly club we are
- Manningham City Council for their continuous support of maintaining the facilities
- All committee members for dedicating their personal time and efforts to help maintain and ensure a smooth running of our beloved club
- Winter Team Managers: Ben Ashkettle, Emma Bakker, Darryl Kilmartin, Evelyn Kuys, Campbell McLennan, Zac Naunton, Camilla Niewoudt, Andy Parrott, Hugh Parrott, Maxime Plugge and Jodie White
- Summer Team Managers: David Mitchell and Stephanie Larkin
- Doncaster Little Athletics Club for their use of equipment and canteen facilities during senior athletics events
- Doncaster Volvo for their sponsorship of the club
- Peter Coumaros and Anthony Paige for managing the DAC gym
- All coaches for supporting and developing our athletes: Christian Christopher, Peter Coumaros, Mark Howard, Kylie Italiano, Leana Joyce, Colleen Kelly, Laura McLennan, Whaddon Niewoudt, Matthew Oakley, Adrian Patti, Mike Rennie, Peter Ruff, Peter Rule, Peter Sharpe and Allan Watson
- Family & friends of our members for volunteering during Winter and Summer competitions
- Family, friends and members that helped at our successful annual fundraiser at Bundoora Park
- Andrew Parrott for his time and efforts on the maintenance of the club facilities and liaising with Manningham City Council on the club's behalf
- Allan Watson and Phil Allen for managing and setting up equipment throughout the season
- Nick Watson for his Photography
- Campbell McLennan for his great efforts as Club President and 40+ team manager.
- David Mitchell for not only his time as club registrar, but also for his work organising club helper duties
- Colleen Kelly and the sub committee for their dedication and hard work organising the Trivia Night
- Graham Ford, David Mitchell, Graeme Down and Kathryn Gawthorn for their contribution and putting together the DAC Newsletter
- Colleen Kelly, Laura McLennan, Antony Gottlieb and Darryl Kilmartin for their great work with the smooth running and growth of Ruffey Runners.
- Fiona from Doncaster Little Athletics Club for her hard work running the canteen for Shield events held this summer.
- All officials who have supported the club throughout the year



President's Report

What challenging times we live in! The COVID-19 virus pandemic has changed some of the fundamentals we do in our lives and I am moved by the manner in which this great club has responded to these challenges. While we did finish the 2019/20 Track & Field season before the lockdown had to be implemented, it has since closed our track and completely stopped all our regular track training, taking group coaching sessions off the track, and our Cross Country Season didn't even get started.

The thing that stands out to me is the way DAC members have kept in touch, helped each other stay fit and well, and been there to support one another. Our coaches have kept in close contact with their athletes to help them continue to train, almost exclusively, on their own. Training is never straight forward, doing it alone is even harder. Well done to the coaches and athletes who have gone the extra mile to keep going in this time.

While the lockdown restrictions are starting to ease, our Cross Country Season is unlikely to proceed as we were looking forward to. We will keep you posted and help you all adapt and participate wherever possible.

Following the very successful DAC Trivia Night in February, Nathan Down and Boris Mathys did a podcast of that night. The podcasts have since evolved into a great way for the Club Members to keep in touch, talk athletics and hear from Club coaches & athletes as they offer tips and traps, given we can't meet at the track at the moment.

On the track, the 2019/20 Season was outstanding.

The 2019/20 season saw the introduction of the new Athletics Victoria Shield League (AVSL) which took over from the traditional AV Shield. The AVSL is still 'settling down' and it may take a season or two to fully understand the new structure. AVSL ranks the various clubs as 'whole teams' rather than in age groups as was the case in the traditional AV Shield. In 2019/20 Doncaster was seeded in Division 2 and we got off to a terrific start winning the Division 2 Premiership in the play off in February against Athletics Nunawading. In what was an outstanding 'come from behind' win and the Division 2 victory means we will be promoted to the Premier Division for 2020/21. Coupled with our 40+ Men, Under 18 Women, Under 16 Men and Under 14 Men all winning premierships in their respective age groups at Red Zone level, our future looks bright.

At Doncaster we love the Relay Championships and once again we brought Gold medals home. Gold medals were won by our Open Women's 4x800m, Under 14 Men and 40+ Men 4x100m and 4x400 and our Open Men and Open Women contested the 4x400m final for the eleventh consecutive year.

Doncaster athletes also shone at the individual level. Declan Carman (Discus) and Abbey Caldwell (1500m) qualified for the IAAF World Junior Championships. We hope for Declan and Abbey this Championship will go ahead at a date to be confirmed.

Declan Carman (Discus) and Anthony Jordan (AWD sprints and Long Jump) won gold in every event they contested at the State Championships (both All-Schools and club Track & Field Champs) and Josh Maisey contested Zatopek:10 finishing 21st.

The 2019 XCR season was another very strong year for Doncaster. Over a hundred members represented the club from Under 14 to Masters. Once again, Abbey Caldwell was the standout athlete across the season winning every individual event to finish on top of the Under 20 individual ladder, Abbey went on to finish 5th in the Australian Cross Country Championships in August. Abbey was well supported in the Under 20 Women by Jessica Ng who placed 10th on the ladder after a very consistent season.

In the Open Men, Joel Tobin-White was our shining light with a Half Marathon time of 1.02.03 in Japan in February, the 13th fastest Half marathon time in Australian history! During the XCR season Joel placed 9th on the individual ladder. Colleen Kelly and Evelyn Kuys (Masters) were placed in the top 3 on the ladders for their respective age groups, and showed very strong performances the entire season. At the Bundoora Championships Hannah Williams U18, Darcey Roberts and Rachel White both U14 competing for their schools all qualified for the Australian Junior Cross Country Championships.

At the team level our Open Women's Division 4 team finished the season in 1st place and will be promoted to Division 3 next season. Our Open Men Division 6 finished their season in 2nd place and will also be promoted next season, to Division 5. Our U20 Women also had a very strong season finishing the year in 2nd place on their ladder. Our 40+ XCR teams also had very consistent seasons with all 40+ and 50+ Men and Women teams all finishing the top half of their ladders.

We were saddened by the passing of Bill Chambers in October 2019.

Bill was instrumental in shaping the club into what it is today and was one of the first to be awarded DAC life membership in 1982. His name holds present to this day with the annual running of the Bill Chambers Handicap event now held at Ruffey Lake Park. It was fitting that this year's handicap race was run in September 2019 with the biggest turn out of athletes in recent years.

Our thoughts are with the Chambers family and friends.

Away from the track, the wheels are turning. With Kevin Heinze Grow no longer moving into our gym we are not being forced out, so our gym will not change in the immediate term. However, together with the Doncaster Little Athletics Centre and the cricket and football clubs we are discussing with the Manningham Council the possibilities of building a football/cricket club rooms on the other side of the oval with the existing pavilion dedicated to the athletics community. In time we would look to build a new gym, photo finish, storage, grandstand and social space for the athletes. This is an exciting prospect and is on the agenda for future lobbying to council for approvals and funding.

The Manningham Council has applied for a State Government grant to help fund the upgrade of the track lighting. If this application is successful, the funds would be added to the Federal Government grant of \$125,000 and the lighting could be upgraded in 2021. We are lobbying and are hopeful that the lighting will be to a competition standard to facilitate a range of exciting 'twilight events' at the Tom Kelly Track.

No Saturday just happens and I would like to thank our wonderful officials and volunteers. As athletes, we come on a Saturday with our minds on our events; we warm up, compete and love doing it. But without the support and backup of our officials and volunteers, it simply wouldn't happen. A hearty 'thank you' from all our members.

A big thank you also to our coaches. No doubt your immediate athletes are very quick to thank you for all your help and direction. But that kind of input and support spreads around the entire Club and we are so much the better for your involvement.

To our Committee, I would like to extend a club wide thank you. So much is done 'behind the scenes' and our committee are an outstanding group of extremely hard workers. We continue to grow in our reputation as a friendly, welcoming, and competitive club, due in no small part to the hard work and culture of the committee.

To all our members, I trust that your summer season was an enjoyable one. Obviously, the winter season has been a challenge but our club has been very supportive and is there to help you get back on the track and back into your athletics. We all look forward to catching up with everyone very soon.

Campbell McLennan
President



Treasurer's Report

2019-20 was a very successful year financially for Doncaster Athletic Club. The Ruffey Runners has had a significant increase in membership, and the committee were fortunate to attract \$3,000 sponsorship from Doncaster Volvo. Thanks to the efforts of Darryl Kilmartin and many helpers on the day, the Bundoora Park Cross-Country BBQ was very successful making \$2,000 profit

Another great fundraiser was hosting the Victorian All Schools Championships.

The trivia night, not held the previous year, was a great success making almost \$4,000, many thanks to Colleen Kelly and her band of helpers.

These very effectively covered some extra expenses we had. Repairs and Maintenance were up because of work on the jumps pits and hurdles in particular. New steeples were also paid for, but are still to arrive. In the next year or two the high jump mats will need to be replaced. Utility costs were higher as we had to cover some invoices from the previous year.

With the cross-country season wiped out due to the Coronavirus, next year's figures will be quite different, but we are in a very healthy position and should be easily able to weather the new world we are now living in.

We would like to thank Patrick Vaiano, Doncaster Little Athletics Club treasurer, for his assistance with the financial reports.

Accountant John Saflekas was asked to review the accounts and concluded "Chart of Accounts – Well-structured" and provides relevant information when the Profit and Loss and the Balance Sheet reports are run. Bank Reconciliations – Processed and reconciled so no issues there." He made some constructive suggestions for improvement as well.

Our thanks to John for his pro bono service to the club

Graham Ford

2019/2020 Membership fees

Membership Type	Either one XCR / Track & Field Season	Combined Package (Both Seasons)
DAC Athlete – Open/40+	\$440	\$530
DAC Athlete – Junior	\$385	\$440
Coach	\$0	\$0
Official	\$0	\$0

Membership Type	Cost
Social Member Only	\$170
Recreational Runner	\$60
Alternate First Claim	\$40
Club Transfer	\$50

Registrar's Report

The 2019/2020 season saw us achieve record membership for the third consecutive year with the club having 188 registered members across a wide range of ages and membership categories.

One hundred and thirty six of our members are competing athletes, making up for almost three quarters of our membership, with Recreational runners making up just under a quarter and the remaining numbers being coaches, officials and social members. We saw a massive increase in the number of Under 14 Women and Under 16 Men, partially due to the committee's decision to slightly reduce the DAC portion of our membership to juniors who are also registered with DLAC to compensate for AV scrapping the \$50 dual registration.

The graph below is membership data provided by Athletics Victoria showing our membership trends over a four season period. Overall the numbers have been fluctuating but are starting to stabilise with many of our Under 14's transitioning to Under 16's and our Under 20's moving into Open competition. While there are some areas that can be improved such as the number of female members and the worryingly low number of officials, myself and the DAC committee are open to suggestions on ways to address these gaps.

David Mitchell

Club	Doncaster Athletic Club				
Year	2016/17	2017/18	2018/19	2019/20	Trend
				(as of 17/02/2020)	
Male	79	93	81	89	
Female	51	56	38	47	
U14	13	23	20	18	
U16	21	14	15	20	
U18	18	26	13	18	
U20	10	12	15	12	
Open	68	74	56	68	
Total	130	149	119	136	
Recreational Runners	0	2	16	35	
Coaches	38	48	39	18	
Officials	9	6	8	9	

Winter Report



The 6-month winter season required great commitment from athletes, volunteers and club officials. Of the ten rounds, nine went ahead as scheduled with one event cancelled due to weather and safety issues. Events occurred in both Metro areas, and as far afield as Ballarat; there were 4 relay events (road, cross country, Ekiden and Tan Track), 2 individual cross country and 3 individual road races with one round cancelled due to weather and safety issues.

No less than 111 athletes represented DAC over the winter season; 23 junior boys, 18 junior girls, 7 open Women and 14 Masters Women, 22 open Men and 27 Masters Men. These numbers, including a number of DAC newcomers, contributed to strong team performances within very stiff competition. A number of the Ruffey Runners recreational group formed invitation teams in the relay events and were welcomed by all.

The winter season posed many challenges; mud, cold, wind and rain, hills that seemed to continue way over the horizon, and events up to 21.1km. The body and mind rebelled at times; the physios were kept in business! Driving into the regions met with roadworks, and the AV portaloos – always too few, and the toilet paper too scarce!

However, the camaraderie and support of club members for each other meant that athletes met the challenges head on and with a laugh. Round 2 (St Anne's Winery cross country) provided an opportunity for purchase of discounted wine, Round 4 (Angelsea, Ekiden Relay) included a stop at a Chocolateria on the way home, and Round 10 (Tan track relays) allowed for brunch with other DAC members at the Botanic Gardens café. Certainly some 'fringe benefits' of the XCR season!

Winter Report

A number of athletes had extremely successful winter seasons. In the open men's competition, Joel Tobin-White was placed 9th on the season ladder, particularly for his win in the first individual cross country event at St Anne's. Colleen Kelly and Evelyn Kuys (Masters) were placed in the top 3 on the ladders for their respective age groups, and showed very strong performances the entire season. Abbey Caldwell (U20) won every individual event of the season (and was #1 on the ladder), demonstrating that she is one of Australia's most promising junior distance runners. Jessica Ng (also U20) placed 10th after a very consistent season, and in one relay event (Angelsea, Round 5) stepped up to the Open Men's Division 1 team! Hannah Williams (U18) was placed 7th, and also enjoyed a very successful season. In Round 3 (Bundoora, cross country), 3 junior athletes competing for their school qualified for the Australian Junior Cross Country Championships (namely, Hannah Williams – U18; Darcey Roberts and Rachel White – both U14). Congratulations to all!

In terms of participation and contribution to the club, 2 athletes managed to run every winter season event (9 run in total), and 7 competed in all but 1 event. As a result of their consistency all enjoyed improved performances that set them up for the summer season. All who contributed and participated were greatly appreciated. This included the parents who drove their kids along, partners who supported athletes in the sometimes cold and wet conditions and photographers who captured those grimaces on the faces of the athletes. Thank you!

DAC Team	Placing	Outcome	Winning Club
Open Men Div 1	7 th		St Stephens
Open Men Div 6	2 nd	Promotion to Div 5	VCCL
Open Men Div 7	9 th (of 25 teams)		Western Athletics
Open Women Div 4	1 st	Promotion to Div 3	DAC
Open Women Div 5	6 th (of 9 teams)		Collingwood
Men 40+	9 th (of 22 teams)		Geelong
Men 50+ (teams 1 and 2)	12 th and 21 st (of 25 teams)		Box Hill
Women 40+	6 th (of 19 teams)		APS United
Women 50+	5 th (of 10 teams)		Box Hill
Men U20	4 th		Western Athletics
Men U18	10 th		Ballarat Region
Men U16	13 th		Ballarat Region
Women U20	2 nd		Geelong
Women U18	4 th		Western Athletics
Women U14	5 th		Western Athletics

The above chart shows the level of competition faced by DAC over the winter season; Ballarat, Geelong, Western Athletics and Box Hill being particularly strong opposition. The Men's Open Division 6 team enjoyed a good season, winning or placed 2nd in a number of rounds. The Women's Open Division 4 team were extremely consistent all season, and even though they didn't win any of the rounds, topped the ladder by season's end. The Women's Under 20 team contained a number of very strong athletes, Abbey Caldwell and Jessica Ng both placed in the top 10 of U20 Women season ladder.

Winter Report

Outside the XCR series, a number of athletes achieved outstanding performances. In the February 2019 Marugame ½ Marathon (Japan), Joel Tobin-White (Open Men) ran a sizzling time of 1.02.03! This was a club record, a PB for Joel by 3 mins 19 seconds, and the 13th fastest ½ marathon in Australian history, surpassing many established stars! Unfortunately, Joel then badly broke his foot during a subsequent cross country event (Bundoora, XCR Round 3), but is recovering well and aiming for a quality full marathon in the future. Abbey Caldwell (U20) finished 5th in the Australian Cross Country Championships (August in Kembla, SA), whilst Darcey Roberts and Rachel White also performed admirably in the 12 year-old girl's 3km. All are very promising junior distance runners.

The XCR/Winter season was a major success for DAC thanks to the contribution of athletes, volunteers, and club officials. This included our team managers who kept track of and informed athletes. Each round, the club gazebo was set up, food supplied, correct uniform and bibs provided, along with plenty of moral support! Round 3 (Bundoora cross country) was a BBQ major fundraiser, requiring food, equipment and volunteers and successfully raising \$2000 for the club. Thank you to our dedicated team managers and club helpers for your level of commitment and hard work throughout the season!

With the 2020 XCR season cancelled due to Coronavirus, our focus turns to 2021. Wishing all at DAC, and their families a safe journey through this crisis. Use it as an opportunity to train consistently, and we look forward to seeing you all again fit and well as soon as restrictions are lifted.

Kath Gawthorn



Summer Report



*It's not whether you get knocked down; it's whether you get up –
Vince Lombardi* ”

The 2019/2020 season saw AV Shield become AV Shield League (AVSL). This meant every athlete's score was counted towards the club as well as their own individual age group. The restructure saw us placed in Division 2 alongside nine other clubs including Nunawading, Mornington Peninsula, Eaglehawk and Ringwood.

The season saw us hosting a relay round and a Nitro round modelled on the Nitro Athletics competition seeing athletes compete over 60m, 600m and a Mile which were well received. We managed to remain competitive throughout the season, developing a three way rivalry between ourselves, Nunawading and Mornington for the opportunity to finish in the top two of our division to qualify for the AVSL Final.

After twelve rounds of Shield, four teams won Red Zone premierships with the 40+ Men winning their first premiership, the Under 18 Women won their second premiership in three years, the Under 16 Men went back-to-back and the Under 14 Men won their third in a row. The club also qualified for the AVSL Final, which involved a head-to-head competition with Nunawading for the Division 2 Premiership.

Nunawading piled on the points early in the 3000m and field events, building a 7,000 point gap. But the club rallied with our 800m runners leading the charge to close the gap and our 200m sprinters also playing a big role, the gap decreased to 2,500 points before we took the lead by just over 1,000 points with two hours of competition to go. Our elite junior field eventers chipped in with another 1,500 points before our 4x100m relay teams combined to blow the gap out to 6,500 points and help us claim the Division 2 Premiership!

On the championships front we hosted both weekends of the Victorian All-Schools Championships, which provided us with a record medal haul with 10 gold, 9 silver and 5 bronze medals. Alessia Wynne was the stand-out performer, winning gold in the 100m Hurdles and Long Jump and a bronze in the 200m.

The 2019 Victorian Relay Championships were another massive success for the club with a strong team atmosphere and athletes of all ages cheering on all DAC teams regardless of age group or finishing position. This year, the club won five gold, two silver and three bronze medals while our Under 14 and 40+ Men's 4x100 and 4x400 teams broke club records.

Both our Open 4x400m teams advanced to the final for the eleventh year in a row, winning bronze for the second consecutive year. With another eight teams placing in finals and a healthy number of junior athletes, the outlook is positive for next season.

The Victorian Track & Field Championships saw another avalanche of medals with fifteen gold, six silver and six bronze medals won over two weekends of competition, as well as twenty one athletes placing in finals and Declan Carman and Shakira Harding breaking club records.

Unfortunately, due to the Coronavirus outbreak, the Junior and Open National Championships were cancelled. However, we wish to acknowledge the following athletes who had entered to compete in the Championships: Sanne Bakker, Abbey Caldwell, Declan Carman, Eliza Chivers, Conrad Coumaros, Petra Edwards, Tahlia Grace, Peter Holland, Anthony Jordan, Will Katic, Chow Lui, Lachlan Marasco, Liam McLennan, Brodie Mierisch, Daniel Minz, Kyle Nicolussi, Isabella Parrott, Lachlan Parrott, Mariah Pezos, Liam Procaccino, Kevin Rassool, Lachlan Reynolds, Nicole Reynolds, Owen Rice, Ashton Sinn, Luke Sinn, Wesley Spargo, Rachel White, Hannah Williams and Alessia Wynne.

Summer Report Continued

A huge thank you to the parent helpers who assisted with our duties throughout the season. Whether it was lap scoring, relay duty, Hammer Throw or setup, your contribution to the club and competition is invaluable and we really appreciate your assistance.

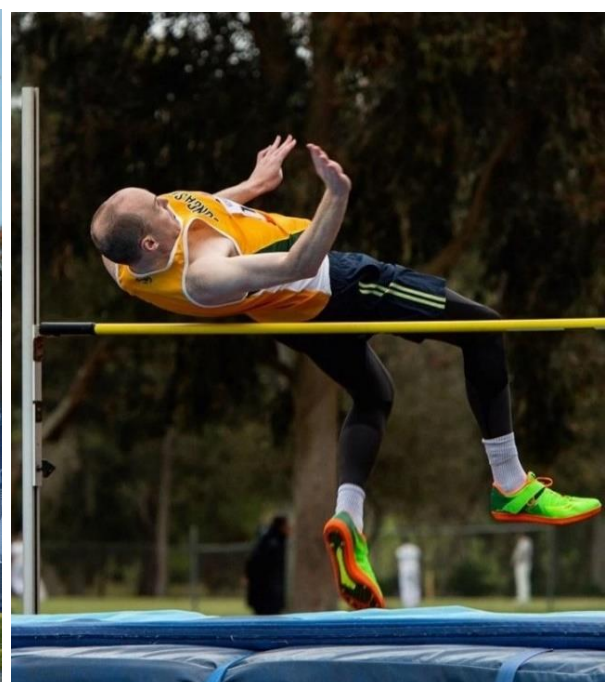
Finally, thank you to the athletes who represented the club this season, from the Under 14's to the 40+ team, your contribution throughout the season and toward the premiership cannot be understated.

David Mitchell & Steph Larkin

Individual State Championship results below:

Victorian State Champions:

- Open Men's Discus – Declan Carman
- Under 20 Women's 800m – Abbey Caldwell
- Under 20 Men's Discus – Declan Carman
- Under 20 Women's Para Discus – Abbey Gartlan
- Under 20 Women's Para Shot Put – Abbey Gartlan
- Under 18 Women's 200m – Alessia Wynne
- Under 18 Women's 100m Hurdles – Alessia Wynne
- Under 18 Women's Long Jump – Alessia Wynne
- Under 17 Women's Long Jump – Petra Edwards
- Under 17 Men's Discus – Owen Rice
- Under 17 Men's Hammer Throw – Owen Rice
- Under 16 Men's Para 100m – Anthony Jordan
- Under 16 Men's Para 200m – Anthony Jordan
- Under 16 Men's Para Long Jump – Anthony Jordan
- Under 14 Women's Pole Vault – Tahlia Grace



“

Age is no barrier. It's a limitation you put on your mind – Jackie Joyner-Kersey”

Officials Report

Athletics is mainly an individual sport. Our athletes compete largely on their own. Many squads exist, however on the track for most of us it's a single athlete against many others, who are thinking the same thing, have I done enough to compete to my best ability. The Officials role is to make sure that everyone is on a level playing field, fairness, equal footing call it what you will, the Officials are crucial to a fair competition where everyone at the start line has the best possible chance to do what they want to do- compete to the best of their ability.

Hence the Officials role is so important that without them, we have no competition, no athletics. I had the pleasure to assist in a state Championship event this year and got to experience firsthand how professional and serious the Officials perform, to make sure all the comp and results are run smoothly, and fairly for all competitors. These guys really do a great job which often goes unnoticed. Hence while Athletics maybe an individual sport, there is a team looking after them and making sure they perform to the best of their ability.

We are lucky indeed that these unsung heroes turn up week after week and do their jobs- being an Official is so important to our sport. At Doncaster Athletic club we have in the past had many such people like Allan Watson, Phil Allen, Paul Reynolds, Karen Reynolds, Peter Coumaros, Jean Gell OAM, Martyn Kibel, Andrew Parrott, Antony Gottlieb, and legends like Ellen Perry, Ivan Harding, Sue Sturrock and Barbara Rumble to name a few.

You too can contribute to making sure Athletics continues to function and make a difference to all our Athletes-became an Official and grow with our Athletes. If you wish to learn more go to the website www.athsvic.org.au

Thanks to all who did their Club duty in 2019/2020 season and we look forward to seeing all of you in the 2020/2021 season.

Peter Coumaros



Ruffey Runners Report

It's been a successful and rewarding year for Ruffey Runners. We have continued to grow our membership with 36 registered members as of the end of March. Our weekly participation has remained consistent with strong numbers attending each Tuesday evening session. The positivity of the group, their encouragement and support of each other has fostered a very social, and welcoming environment for training. Our members have enjoyed and embraced the whistle based sessions which have allowed them to participate at their own pace, in a combination of walking, jogging and running efforts.

By incorporating warm up and cool down routines into our sessions we have been able to reinforce the importance of these as part of their overall training approach. We have also continued to provide feedback on running technique while promoting the ongoing benefits of health and wellbeing through a regular fitness and exercise routine.

Our Tuesday sessions are a small component of this and ideally we would love to expand our program by offering another session each week, possibly on a Thursday. One of the highlights of our coaching experience with RR has been watching the group gaining confidence and enjoyment in their running, setting individual goals and then achieving them. Throughout the past year, many nominated specific fun run events to participate in and as a way of motivating and supporting them, we provided many with individualised training programs geared towards their targeted distance and or event. To further and nurture the social connections within our group, we have also organised several park runs and post run breakfasts.

Some of our RR have also become DAC members, competing in both the cross country and track and field seasons while others have run by invitation in cross country relay events. It has been great to see the social interaction between Ruffey Runners and DAC. We were thrilled to have a table of RR support our recent Trivia Night fundraiser.

We have also attempted to broaden Ruffey Runners reach throughout the Manningham Community. We undertook a series of advertising campaigns, which included an article in Manningham Matters, a community event board, (courtesy of Jellis Craig), the distribution of flyers, DAC/DLAC website posts and word of mouth. We would like to thank Nathan Down for organising and producing the promotional article for Manningham Matters. In March this year, we registered Ruffey Runners with Manningham Council, who were partnering with Vic Health to promote the April initiative of "This Girl Can." Laura and I attended the launch of the campaign which provided RR positive and valuable exposure and endorsement from Manningham Council and Vic Health.

Unfortunately, due to the health crisis attached to the COVID-19 pandemic, this initiative has been suspended until further notice. The imposed restrictions on sporting activities and community gatherings, has also meant that Ruffey Runners has ceased until further notice. We have, however, been posting weekly session plans on our Facebook page as a way of keeping connected with our members, supporting and encouraging them during these challenging times. By incorporating a workable exercise routine into their week, we hope that we have been able to provide some structure and balance in their lives as we all try to adapt to a new normal!

In closing, I would like to sincerely thank my fellow coach Laura McLennan and assistant coaches Antony Gottlieb and Darryl Kilmartin for your expertise, dedication, motivation and friendship throughout the year. It's been a wonderful and productive partnership, and year with our Ruffey Runners.

Finally, one of the greatest rewards coaches can receive is the commitment of their athletes to work hard to improve their fitness levels while motivating and supporting each other. The confidence gained by our group this year has enabled them to set goals and then "run" towards achieving them. It has been such a pleasure seeing the joy on their faces as they share in our love of running.

Thank you Ruffey Runners!

Colleen Kelly

“ Adversity causes some to break; others to break records – William A. Ward ”

Records

Women

Event	Athlete	Performance	Existing Record	Age Grp	Date and Venue	Notes
400m	Laura McLennan	01:28.9	Not claimed	W40	10 December 2016, AV Shield, Tom Kelly Athletics Track	Missed last season
1,500m	Kath Gawthorn	06:50.4	Not claimed	W40	5 October 2019, AVSL Bill Sewart Athletics Track	Missed last season
200m Hurdles	Shakira Harding (DoB 2 Nov 2007)	32.58 (w= - 2.14)	36.59 – February 1993 – C. Short	U13	8 March 2020, Victorian T&F Championships, Duncan McKinnon Reserve	
1,500m walk	Laura McLennan	07:14.9	Not claimed	W40	12 October 2019, AVSL Tom Kelly Athletics Track	
2,000m walk	Laura McLennan	11:56.3	Not claimed	W40	6 October 2019, AVSL Bill Sewart Athletics Track	
3,000m walk	Laura McLennan	18:55.4	Not claimed	W40	15 December 2018, AV Shield, Tom Kelly Athletics Track	Missed last season
5,000m walk	Laura McLennan	33:20:00	Not claimed	W40	17 February 2019, Victorian Race Walking Club, Mentone Athletic Field	
Pole Vault	Tahlia Grace (DoB 8 May 2007)	2.60m	U14 – U16 – Unclaimed U17/U18 (Alice Evans 2.35m October 2013)	U13- U18	5 March 2020, AV Rare Air, Box Hill Athletics Track	
Discus Throw	Kath Gawthorn	15.77	Not claimed	W40	30 November 2019, AVSL Meadowglen Athletics Track	

“ See what happens when you don't give up – Unknown ”

Records

Men

Event	Athlete	Performance	Existing Record	Age Grp	Date and Venue	Notes
100m	Paul Mierisch (DoB 28 Jul 1976)	12.07 (w= 1.9)	12.26 – (D. Firth December 2017)	40+	23 Mar 2019, Vic Masters Championships, Tom Kelly Athletics Track	Missed last season
3,000m	Sean Quilty	10:00.8	Not claimed	40+	7 October 2017, AV Shield, Tom Kelly Athletics Track	Missed last season
5,000m	Sean Quilty	17:16.0	Campbell McLennan 18:12.0	40+	17 November 2017, World Masters Athletics Championships, WA Athletics Stadium	Missed last season
10,000m	Campbell McLennan	38:48:00	Not claimed	40+	10 May 2016, George Knott Athletic Field	Missed last season
3,000m walk	Campbell McLennan	20:06.4	Not claimed	40+	10 December 2016, AV Shield, Tom Kelly Athletics Track	Missed last season
Triple Jump	Campbell McLennan	9.26	Not claimed	40+	24 October 2014, Tom Kelly Athletics Track	Missed last season
Discus	Declan Carman (DoB 27 Jun 2001)	58.55m	57.50m – (Self – Feb 2019)	U20	8 March 2020, Victorian Track & Field Championships, Duncan McKinnon Reserve	



See what happens when you don't give up – Unknown

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Records

Relays

Event	Athletes	Performance	Existing Record	Age Group	Date and Venue	Notes
4x400m	Conrad Coumaros / Liam Procaccino / Daniel Minz / Kevin Rassool	3:11.26	3:11.30 (December 2018 – Coumaros/Procaccino/Minz/Robinson)	Open Men	6 Feb 2020, Melbourne Track Classic, Lakeside Stadium	
4x100m	Brodie Mierisch / Ashton Sinn / Lachlan Marasco / Lachlan Reynolds	4:00.26	4:06.27 – November 2018 (Reynolds/Parrott/Marasco/Purser)	Under 14 Men	23 Nov 2019, Victorian Relay Championships, Box Hill Athletics Track	
4x100m	Mark Howard/David Firth/Campbell McLennan/Paul Mierisch	48.61	49.53	40+ Men	23 Nov 2019, Victorian Relay Championships, Box Hill Athletics Track	
4x400m	Brodie Mierisch / Lachlan Reynolds / Ashton Sinn / Lachlan Marasco	51.02	51.14 (November 1988 – Young/Mayfield/Kingsley/G'poulos)	Under 14 Men	23 Nov 2019, Victorian Relay Championships, Box Hill Athletics Track	

The Club would like to thank each and every member, official and coach for all their efforts throughout this last year. We look forward to your involvement with us next year!