



Annual Report

2020/21

Office Bearers

- President:** Campbell McLennan
- Vice-President:** Nathan Down
- Treasurer:** Graham Ford
- Registrar:** David Mitchell
- Secretary:** Darryl Kilmartin
- Committee:** Peter Coumaros, Colleen Kelly, Stephanie Larkin, Andrew Parrott, Maxime Plugge, Boris Mathys, Chow Lui and Jason Hodson

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

*A little progress each day adds
up to big results – Unknown*



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
- Club registrar and Summer Team Manager David Mitchell
- Doncaster Little Athletics Club for their use of equipment during senior athletics events
- Doncaster Volvo for their sponsorship
- Peter Coumaros and Anthony Paige for managing the DAC gym
- All coaches for supporting and developing our athletes: Christian Christopher, Peter Coumaros, Jason Hodson, Mark Howard, Matt Shiel, Colleen Kelly, Laura McLennan, Whaddon Niewoudt, Matthew Oakley, Adrian Patti, Mike Rennie, Peter Ruff, Kylie Italiano, Craig Mair, Peter Rule and Allan Watson
- Family & friends of our members for volunteering during Summer competitions
- 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
- Campbell McLennan for his great efforts as Club President and 40+ team manager.
- Graeme Down for his work on the website, assisting writing the presidents report
- Graham Ford and Kath Gawthorn for putting together the DAC Newsletters
- Colleen Kelly, Laura McLennan, Antony Gottlieb, Darryl Kilmartin and Anthony Paige for their great work with the smooth running and growth of Ruffey Runners.

All our officials who have given their time to the club and sport throughout the year: Phil Allen, Allan Watson, Ellen Perry, Sue Sturrock, Martyn Kibel, Karen Reynolds and Paul Reynolds.

Kath Gawthorn for organising the uniforms



President's Report

Looking back over the past 18 months, Summer Track & Field Athletics is one of the very few sports that has avoided the worst of COVID-19. The 2019/20 season just finished before the first wave of the nasty virus spread broadly. Later when our 2020/21 season was about to start, the initial easing of restrictions were being introduced. But in the meantime, the athletics world was also turned on its head. We didn't even get started for the 2020 Cross Country Season. And across the entire Club, there were months where, in effect, we weren't allowed to train.

Exactly how our coaches and their athletes got any work done is evidence of how dedicated and focused they are on the job at hand. I take my hat off to those of you who pushed on and kept your wheels turning. If there is an aspect of the sport of athletics that is extremely difficult, it is that much of the hard work an athlete has to master is on their own. The support and camaraderie of one's coach and fellow athletes is critical. COVID-19 took that away from our athletes so season 2020/21 was always going to be a challenge. And what a great season it turned out to be; there is no doubt, the culture at Doncaster Athletic Club is outstanding and reflective of all our members.

The 2019/20 season saw the introduction of the new Athletics Victoria Shield League (AVSL) and Doncaster was seeded in Division 2. We won the 2019/20 Division 2 Premiership and started season 2020/21 in the Premier Division. Not only did we mix it with the best in town, we went on to win the Premier Division Premiership in our first season, and in our 50th year as a club. What a win!

And one of the most important aspects of this win was the culture of Doncaster. While athletics can be a very individual sport, winning a premiership is more about the team; working together, supporting each other and having as much fun together as possible. And we did!

Our club has a very bright future. Our youngsters are gold! At the AVSL final, our top eight point scorers were all under 18 years of age. They were Alessia Wynne, Brodie Mierisch, Liam McLennan, Tahlia Grace, Matthew Parrott, Angelica Selkirk, Eliza Chivers, and Lachlan Parrott. And to add a little 'balance', six of our top 20 point scorers that day were over 40 years of age.

But as great a day as the Premier Division Premiership was there were other season highlights. Continuing the team aspect, Doncaster love the Relay Championships. In January we brought home Gold Medals in the Men Under 16 4x100, Men Open 4x400, Female 40+ 4x100, Men 40+ 4x100 and 4x400. Silver Medals in the Men Under 14 4x400, Men Under 16 Medley, Men 40+ Medley and Men 50+ 4x100. Bronze Medals in the Female Under 18 4x800, Men Under 18 Medley and Female 40+ Medley.

Naturally the Track & Field State Championships are a huge carnival at Lakeside Stadium. These Doncaster athletes brought home Gold Medals: Jamison Harding (W14 Pole Vault), Tahlia Grace (W15 Pole Vault), Petra Edwards (W18 Long Jump & Triple Jump), Alessia Wynne (W20 100m Hurdles, & Long Jump), Abby Caldwell (WOpen 1500m), Liam McLennan (M17 5000m Walk), and Anthony Jordon (MPAR17 100m, 200m & Long Jump).

Our Silver Medallists were: Rachel White (W15 3000m), Sharkira Harding (W15 200m Hurdles), Max McCool (M14 200m), Will Katic (M15 400m & 800m), Thomas Reynolds (M18 400m & 800m), Owen Rice (M18 Hammer), Declan Carman (MOpen Discus).

Our Bronze Medallists were: Lula Parrott (W14 3000m Walk), Eliza Chivers (W15 High Jump), Alessia Wynne (W20 200m), Alana Mierisch (W20 High Jump), Stephanie Larkin (WOpen 400m Hurdles), Max McCool (M14 Long Jump) and Kevin Rassool (MOpen 400m).

And once again our youngsters have been well supported by our mature Club Members. In the Victorian Masters Championships held at Doncaster in April a host of medals were won. Danielle McDowell, Laura McLennan, Wendy Smith, Kim Peak, Paul Mierisch, Roberto Chavez, Graham Ford and Jim Poulter all brought home medals.

2020/21 has been an outstanding year on the track, our athletes will take away some fond memories. But none of that would have happened without the enormous contribution of our officials and volunteers. For your support and back up we pass on our hearty and deep thanks.

And as I mentioned earlier, the hard work of our coaches during an extremely taxing COVID-19 period has been massive. A huge 'thank you' to our coaches for your care and dedication, and to those volunteers who helped facilitate COVID-safe training.

As president, I owe a lot to our amazing committee who are constantly working behind the scenes to ensure the DAC wheels keep turning. I would like to pass on the entire Club's 'thank you' to our Committee. Without you we would struggle to get to the starting blocks.

And to all our Club Members, thank you for being an integral part of a terrific club. I hope this past season has been one you fully enjoyed. Here's to celebrating many more fun and exciting moments together in the year ahead.

Campbell McLennan
President



Treasurer's Report

As predicted last year, 2020-21 was a strange year. However, our financial situation was strong and we were easily able to weather the storm. Partly due to council not charging for rent or utilities during the pandemic, we are in an even stronger financial position. Many of our income streams were reduced to zero, but there were more grants on offer. The Elite Athlete Sponsorship Program was suspended, Repairs and Maintenance down due to limited access to the track, but higher cleaning expenses due to COVID.

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	\$90
Recreational Runner	\$60
Alternate First Claim	\$40
Club Transfer	\$50

Registrar's Report

The 2020/2021 season saw our membership reach unprecedented heights as we had a total of 218 registered members which is the first time we have had over 200 members. This is even more remarkable considering we did not have a cross country season.

One hundred and thirty six of our members are competing athletes, with recreational runners and training members 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 Female and Under 16 Male members, 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.

This season, we have elected to keep our competition membership fees unchanged, as well as our training fees. We have elected to reduce our social membership fee as a cheaper option for our non-competing members to support the club.

With many juniors coming through the age groups and the large increase in the number of parents becoming involved in competition, we have decided to institute a family discount for three or more athlete members from the same household. It is hoped this discount will ease the financial pressure on some families when re-registering for the season.

David Mitchell



“

*Success is not final;
Failure is not fatal;
It is the courage to continue that
counts.* ”
- Winston Churchill

Summer Report

Coming off our 2019/2020 Division 2 premiership, the 2020/21 AVSL season saw us contest Premier Division for the first time. Competing against the biggest clubs including Glenhuntly, Essendon, and traditional rivals Box Hill, the first four rounds of the season were held at Doncaster, providing the club with a big opportunity to assert itself in the top division, where we finished second to Essendon in all four weeks.

After the Christmas/New Year period, we continued to perform exceptionally. After ten rounds, six of our ten age group teams had won Red Zone premierships with the 40+ Women claiming their first premiership as well as the Under 18 Men winning their fifteenth premiership in club history, the Under 18 Women going back-to-back, Under 16 Men claiming their third premiership in a row, the Under 14 Women winning their first premiership in eight years and the Under 14 Men claiming a fourth straight premiership. The club also managed to qualify for the AVSL Final against Box Hill and reigning champions Essendon.

Essendon got the jump on us with many of their walkers and field event athletes turning up early and gradually building a 2,000 point gap. As the day went on we managed to close it down and were neck-and-neck for some time thanks to our strong contingent of 100m and 1500m runners and elite field eventers scoring massive points. As the sun began to set, we had reversed the gap and had a massive 11,000 point lead over Essendon with the 4x200m relay to come.

With everyone from every age group running for us, it was glory to Doncaster finishing 13,800 points ahead of Essendon and an enormous 40,000 points ahead of Box Hill! Our first top division premiership since the Open Women won the AV Shield Final in 1991!

In the state championships, the 2020 Victorian Relay Championships provided another massive success for the club with many teams qualifying for finals, resulting in five gold, four silver and three bronze medals. Special mentions to our inaugural 40+ Women's teams who had fun and came away with a gold and bronze medal, our Under 18 Women's 4x800 team medalling for a fourth consecutive year and our Under 16 Men's 4x100 team on winning consecutive titles to go with last year's Under 14 4x100 title.

Both our Open 4x400m teams advanced to their twelfth consecutive final, with the women's team finishing fourth. But with three athletes under the age of 25, the team is showing potential for the future. Our Open Men's team ran a phenomenal race which came down to a thrilling duel with Glenhuntly in the last leg where we managed to pull away in the last 50m for the victory and to regain the prestigious Open 4x4 title!

With several other teams placing in finals, our relay teams are in a very good position for future success.

Across both weekends of the Victorian Track & Field Championships, DAC came away with thirteen gold, nine silver and seven bronze medals to go with four club records. We also had a record thirty athletes contesting state finals.

Success was also seen at the Australian Track & Field Championships, with seven of our athletes winning medals of all colours, including three gold medals to Anthony Jordan, national titles were also won by Alessia Wynne and Tahlia Grace. Abbey Caldwell and Stephanie Ratcliffe won silver medals in their respective Open events, while Liam McLennan and Jessica Nolan won bronze medals.

Summer Report Continued

Firstly, a big thank you to the parent helpers who assisted us with club helper duty this season. Your time is sincerely appreciated and we are always grateful for your assistance.

Finally, thank you to every athlete who ran, jumped and threw for DAC this season. Everyone's contribution during the season has resulted in an outstanding year and is a testament to the positive, welcoming atmosphere being fostered at the club.

David Mitchell

Individual State and National Championship results below:

Victorian State Champions:

Open Women's 1500m – Abbey Caldwell
Open Women's Hammer Throw – Stephanie Ratcliffe
Under 20 Women's 100m Hurdles – Alessia Wynne
Under 20 Women's Long Jump – Alessia Wynne
Under 18 Women's Long Jump – Petra Edwards
Under 18 Women's Triple Jump – Petra Edwards
Under 17 Men's Para 100m – Anthony Jordan
Under 17 Men's Para 200m – Anthony Jordan
Under 17 Men's Para Long Jump – Anthony Jordan
Under 17 Men's 5000m Walk – Liam McLennan
Under 15 Men's 100m Hurdles – Nash Chandler
Under 15 Women's Pole Vault – Tahlia Grace
Under 14 Women's Pole Vault – Jamison Harding

National Championship medallists:

Open Women's 1500m – 2nd Abbey Caldwell
Open Women's Hammer Throw – 2nd Stephanie Ratcliffe
Under 20 Women's 100m Hurdles – 1st Alessia Wynne
Under 17 Men's Para 100m – 1st Anthony Jordan
Under 17 Men's Para 200m – 1st Anthony Jordan
Under 17 Men's Para Long Jump – 1st Anthony Jordan
Under 17 Men's 5000m Walk – 3rd Liam McLennan
Under 15 Women's Pole Vault – 1st Tahlia Grace
Under 14 Women's Javelin – 3rd Jessica Nolan



Ruffey Runners Report

Agile and flexible have been two of the most widely used words over the past twelve months as individuals, families, sporting clubs and communities learned to adapt to the ever-changing COVID environment. The uncertainty coupled with the challenges of lockdowns and restrictions impacted every facet of our lives. The importance of structure, social connections, health and an exercise routine was never greater than during this time.

When the track closed during the middle of last year, we tried to maintain regular contact with our *Ruffey Runners* through frequent posts on our Facebook page. These updates included weekly session plans as well as personal challenges which focused mainly on core strength and conditioning exercises. Many also downloaded Strava which was used to plot and share weekend runs. Creativity certainly came into play when the 5km restriction was imposed. It was great to have this engagement with our members and be part of someone's run!

During this period, we communicated with our members through phone calls, text messages and emails. Staying connected became important for both the health and wellbeing of us all. Once we were able to exercise in small groups, one on one sessions were offered to those needing a little more support and motivation.

The easing of restrictions and subsequent introduction of COVID protocols proved quite challenging at first. QR codes, sanitising and social distancing became part of the *Ruffey Runners'* vernacular. We would like to acknowledge and thank Darryl Kilmartin who stepped in to take on the responsibility of the COVID safety officer allowing our smooth return to training.

One benefit of the new guidelines has been exclusive use of the track by our members for the *RR* sessions. This has provided an extra layer of safety, while fostering a greater sense of freedom, enjoyment and kinship within our group. There was a real energy, joy and appreciation on our first session back at the track. Everyone ran just a little bit faster that night! Thank you to all our members for accepting the challenges of restrictions and working with us to ensure that COVID protocols have been followed upon entry to the track and during our *RR* sessions.

While social events have been limited, we managed to host our first ever *RR* baby shower at Ruffey Park Lake for expectant parents, Sarah and Ben. It was a great afternoon and well attended. A big thank you to Christina for organising the event and to the Csorba family for bringing along a giant version of the Jenga game where strategy and timing delivered a win. We also discovered that not only do we have an enthusiastic, talented and committed group of recreational runners we also have an extremely competitive one!

On 20 February 2021, we welcomed little James Kenneth Chiverton into the *RR* family. It's been great having Sarah and Ben back at the track for sessions and hearing all their news of James' development and milestones reached.

As mentioned in last year's report, we were keen to introduce a second weekly session. This goal was realized in November last year with the introduction of Thursday evening training. While our Tuesday sessions remain predominantly whistle based, our Thursday night program has been geared more towards individual goals, which at the moment are 5km and 10km directed. The addition of Thursday's has been well received with numbers gradually building. Being able to offer our members an additional session each week helps support and promote our narrative that "three sessions of a fitness-based activity a week helps build a habit and therefore routine."

Ruffey Runners Report (continued)

While Ruffey Runners remains a community focused recreational running group, some of our members have been keen to compete for DAC over both the summer and winter seasons. RR entered a couple of invitational relay teams for the opening of the cross-country season at Jells Park a few weeks back. Those that competed, embraced the opportunity and loved the experience but not the twists and turns of the course! Our members who have since joined DAC, have really enjoyed the competitive and social element of an interclub environment.

Many of our *Ruffey Runners* have been with us since our inception and have encouraged friends and family to come along and join us, which is one of the greatest compliments a coach can receive. Membership numbers have also grown on the back of our recent inclusion on the AV recreational running group promotional page. Our current membership number is 35 with several new memberships and renewals pending. Our age demographic remains broad with family groups, couples and friends making up a large proportion of our Ruffey Runner numbers.

One of the most rewarding aspects of coaching our RR group is seeing friendships form both on and off the track. We now have runners pairing off and grouping up, working together at each session, supporting, encouraging and challenging each other. These friendship groups are also setting running and fitness goals outside the track which often include fun runs, park runs, charity focused events or simply coffee catch ups. While this strengthens the social connections and spirit within the wider group, it also creates an element of accountability to each other.

It's also been encouraging to see individuals growing in confidence, wanting to discuss health and training while setting both short and long term fitness goals. We continue to offer advice on all things running, including technique, footwear, dynamic and static stretches and their application, as well as preparing individual training programs when requested. Some of our members are also taking on greater responsibility within the group, assisting with warm ups, collecting cones or closing the gates after a session. This is a wonderful sign that our athletes feel at home, both on the track and within the group.

In closing, it wouldn't be possible to run a recreational running group without the support of the D.A.C. committee and its membership base. We thank you all for your ongoing encouragement and commitment to our *Ruffey Runners* program.

Finally, *Ruffey Runners* is blessed to have such a wonderful and dynamic team of coaches in Laura McLennan, Darryl Kilmartin, Ant Gottlieb and Lec Paige. Thank you for your continued dedication and enthusiasm with our group. The energy, expertise and knowledge that you bring both individually and collectively is invaluable and greatly appreciated. Our ability to work together to deliver a program which not only promotes exercise health and wellbeing, but which continues to nurture and foster a love of running among our RR family is one of the greatest rewards a coach can have.

Thank you to all involved, especially our *Ruffey Runners*!

Colleen Kelly

Records



It's going to be hard, but hard does not mean impossible - Unknown

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Men

Event	Athlete	Performance	Existing Record	Age Grp	Date and Venue	Notes
400m	Thomas Reynolds (DoB 5 Sept 2004)	49.21	49.3 (A Medhurst March 1997)	U17	21 February 2021, Vic State Champs, Lakeside Stadium	
5000m Walk	Liam McLennan (DoB 20 Dec 2005)	27:14.39	Not claimed	U15	28 February 2020, Vic State Champs, Lakeside Stadium	
5000m Walk	Liam McLennan (DoB 20 Dec 2005)	24:36.37	Not claimed	U16 U17	17 April 2021, Aust. National Champs, Sydney Olympic Park	

Women

Event	Athlete	Performance	Existing Record	Age Grp	Date and Venue	Notes
400m	Laura McLennan (DoB 27 May 1976)	77.38	88.90 (self, December 2016)	40+	6 December 2020, AV Shield League, Tom Kelly Athletics Track	
800m	Laura McLennan (DoB 27 May 1976)	2:59.80	Not claimed	40+	20 December 2020, AV Shield League, Tom Kelly Athletics Track	
1500m	Abbey Caldwell	4:08.67	4:12.00 (Susie Power, February 1995)	Open	17 April 2021, Aust. National Champs, Sydney Olympic Park	
1500m	Laura McLennan (DoB 27 May 1976)	6:24.60	6:50.40 (Kath Gawthorn, October 2019)	40+	13 March 2021, AV Shield League, Aberfeldie	
3000m	Laura McLennan (DoB 27 May 1976)	15:08.50	Not claimed	40+	6 December 2020, AV Shield League, Tom Kelly Athletics Track	
80m Hurdles	Shakira Harding (DoB 2 Nov 2007)	12.77 (w+0.8)	12.98 (Z Freeny, December 2015)	U14	27 March 2021, AVSL playoffs, Lakeside Stadium	
200m Hurdles	Shakira Harding (DoB 2 Nov 2007)	30.92 (w+1.3)	31.44 (J Harvey, February 1993)	U14	28 February 2021, Vic State Champs, Lakeside Stadium	
2000m Walk	Laura McLennan (DoB 27 May 1976)	11:24.20	11:56.30 (self, December 2019)	40+	6 March 2021, AV Shield League, Tom Kelly Athletics Track	
300m Walk	Laura McLennan (DoB 27 May 1976)	17:52.60	18:52.60 (self, December 2018)	40+	6 February, AV Shield League, Tom Kelly Athletics Track	
5000m Walk	Laura McLennan (DoB 27 May 1976)	30:46.00	33:20.00 (self, February 2019)	40+	21 March 2021, Victorian Race Walking Club, Collingwood	
200m Steeple	Laura McLennan (DoB 27 May 1976)	10:27.20	Not claimed	40+	24 April 2021, Victorian Masters Champs, Tom Kelly Athletics Track	
High Jump	Charmaine Smith (DoB 3 January 1975)	1.15m	Not claimed	40+	20 March 2021, AV Shield League, Tom Kelly Athletics Track	
Long Jump	Charmaine Smith (DoB 3 January 1975)	3.27m	Not claimed	40+	29 November 2020, AV Shield League, Tom Kelly Athletics Track	
Triple Jump	Charmaine Smith (DoB 3 January 1975)	8.11m	Not claimed	40+	20 March 2021, AV Shield League, Tom Kelly Athletics Track	

Records

Women (continued)

Event	Athlete	Performance	Existing Record	Age Grp	Date and Venue	Notes
Javelin	Charmaine Smith (DoB 3 January 1975)	26.42m	Not claimed	40+	16 January 2021, AV Shield League, Aberfeldie	
Discus	Charmaine Smith (DoB 3 January 1975)	25.55m	15.77m (Kath Gawthorn, November 2019)	40+	16 January 2021, AV Shield League, Aberfeldie	
Shot Put	Charmaine Smith (DoB 3 January 1975)	8.20m	Not claimed	40+	20 November 2021, AV Shield League, Tom Kelly Athletics Track	
Hammer Throw	Charmaine Smith (DoB 3 January 1975)	22.33m	20.06m (Laura McLennan, October 2019)	40+	21 March 2021, AV Shield League, Tom Kelly Athletics Track	
Pole Vault	Tahlia Grace (DoB 8 May 2007)	3.10m	U14-U18 (self, March 2020)	U14-U18	6 April 2021, AV Rare Air, Melbourne University	



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!