



Annual Report

2014/15

Office Bearers

- President:** Adrian Patti
- Vice-President:** Stuart McLay, Matthew Harpantidis
- Treasurer:** Daniel De Bortoli
- Registrar:** Mitch Wooffindin
- Secretary:** Tom Robertson
- Committee:** Edward Vining, Ross Reber,
Nick Finch, Leah Finch, Claire Walpole
Breanna Large, Charmaine Smith,
Peter Coumaros



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	Roderick De Highden
	John Yarranton	2009	Phil Allen
1989	Tom Hassall	2011	Stuart McLay
	Michelle Pain	2012	Matthew Harpantidis
1990	Mark Tomsett		
1991	Diane Pain		
	Peter Stewart		
1992	John Hirst		
1993	Ivan Harding		



Acknowledgements



To give anything less than your best is to sacrifice the gift

The club expresses its gratitude to:

- Manningham City Council for their continued support in keeping the venue up to scratch
- Adrian Patti, Ben Ashkettle, Claire Walpole who were this years Winter Team Managers
- Doncaster Little Athletics Centre for their use of equipment and canteen facilities during senior competitions at Doncaster
- Daniel De Bortoli and Mitch Woofindin for taking on the roles of Treasurer and Registrar.
- Eddie Vining for all the hard work put into keeping the website up to date.
- Adam Robertson for his work as gym coach and coordinator
- The officials who have supported the club throughout the year
- Our coaches for supporting our athletes
- Eddie Vining for organising and managing the uniform sales and restock
- The family and friends of members for assisting as volunteers during the winter and Shield competitions
- Leah Finch for her hard work in organising the annual Trivia Night
- Ivan Harding and Matthew Harpantidis for their work on the equipment, facilities and liaison with Manningham City Council on the club's behalf.
- Fiona from Doncaster Little Athletics Centre for all her hard work in the canteen this summer for events held at the Doncaster venue
- Tom Robertson for his ongoing input towards the social media streams
- Eddie Vining for the submission of articles to the Manningham Leader
- Jenny Watson for her wonderful photography throughout the season
- The DAC committee in conjunction with Rev. Fr Michael Gallacher, DLAC and the Kelly family in organising the Tom Kelly Fundraiser Ball
- Allan Watson and Phil Allan for setting up and managing equipment throughout the season.



President's Report

It's been a remarkable twelve months for the Doncaster Athletic Club, a big thank you to everyone who has helped to make the year such a successful one on and off the track.

A major reason why 2014/15 has been such a success was due to the hard work of the committee. Stu McLay (Vice President), Matthew Harpantidis (Vice President), Daniel De Bortoli (Treasurer), Tom Robertson (Secretary), Mitch Wooffindin (Registrar), Charmaine Smith, Peter Coumaros, Eddie Vining, Nick Finch, Breanna Large, Leah Finch and Claire Walpole all gave their time to help shape and grow the Club.

DAC is incredibly lucky to have highly skilled and talented coaches and I would like to thank them for all their great work helping our athletes to get the best out of themselves. Our officials often go unnoticed, they help run the competition throughout the year with little thanks. They are among the first people to arrive and last to leave, and sit and stand through all types of weather. Thank you to all of you for your dedication and commitment. I would also like to take this opportunity on behalf of the Club to congratulate Ellen Perry, one of our Life Members and long standing officials on her award of Life Membership of Athletics Victoria. A wonderful achievement and an acknowledgement of her contributions to the sport of athletics in Australia.

There were many outstanding performances during the long winter season. It was great to see so many DAC athletes take on the difficult cross country events. The Men's Open team took out the Division 3 title and the Women's Open team finished 3rd in Division 2. The Club's juniors also showed why the club has a bright future with some fantastic results across the age groups.

The summer season was a magnificent one for DAC athletes, with terrific performance from members at all different levels. We had a number of medallists and finalists at National and State Championships, while a host of new Club records and many PBs were set throughout the track and field season. The Men's Open, Women's Open, Men's U16, and Women's U18 all made the AV shield finals. DAC teams also performed with great success at the State Relay Championships.



It was a tough time for the club in September as we remembered one year on the tragic loss of our coach, mentor and mate Tom Kelly. DAC yet again showed its true colours in November when it celebrated Tommy's life by honouring him at the renaming of the track that we call home and a gala dinner to launch the scholarship in his name. The track renaming ceremony was attended by the Mayor of the City of Manningham, State and Federal Ministers, members of Tommy's family and several hundred members and supporters.

Thanks to Leah, Eddie and Nick who organized the annual trivia night which is a highlight of the social calendar each year and raised a significant amount of money. Bundoora Park cross country, our major fundraiser, was a success once again thanks to the leadership and hard work of Charmaine Smith and an amazing team of volunteers.

On a little bite of a sour note, we again struggled to get people to help out at events we held. Once again it was left to the same people to help the Club. It may not seem like much but every little bit helps. If we can't get the help, it will be increasingly difficult to host events at our track, something that raises much needed funds to provide equipment, coaching and facilities for all members.

In closing I would like to make special mention of Charmaine Smith who is stepping down from the Committee after 20 years of service. Charmaine's work over those years has been second to none and what she has given to DAC can never be repaid. Thank you so much Charmaine.

Finally, I would like to thank you all for giving me the opportunity to lead the Doncaster Athletic Club.

Adrian Patti
President



Treasurer's Report

The club has recorded a modest profit of \$205.20 for the 2014/15 season. This is mainly a result of the outlay for new uniforms to which the club currently holds \$4,085 stock and have just ordered a further \$5,634 worth of stock for next season. Other major expenditure during the year included new equipment such as the new bench press in the club's gym facility. The club is still in a healthy state with total funds of \$26,319.73. The club also held a highly successful Tom Kelly Ball which raised a net surplus of \$1267 which coupled with further donations and canteen takings see the Tom Kelly Scholarship balance at a total of \$297.55

Fundraising activities were again an important part of the club's income. The BBQ held at Bundoora is always a great source of funds as well as the DAC Trivia night and thank you to Charmaine Smith and the Finch family for managing these events.

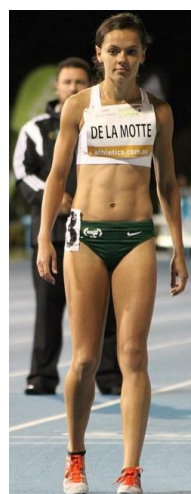
Athletics Victoria has advised that the 2015/16 season fees will increase by in the open age group by \$7. The committee recommends that the club fees increase by an additional \$5 for the open age only after the fees were raised by only \$2 following an \$8 price rise from AV in the 2014/15 season. The club continues to be concerned about the lack of help provided by athletes/parents at athletics meetings, working bees and fundraising events. As such the \$50 levy on membership (\$25 for dual athletes) will continue this coming season. As with this season the levy will be reimbursed to members provided they help at club events/functions on 2 occasions throughout the year and register their claim.

Therefore the new fees for the 2015/16 season will be:

Open \$305
U18/20 \$280
U14/16 \$260
Youth \$205
Dual \$80

The club is continually investigating new sources of revenue via fundraising and other social activities and the committee is committed to having a financially strong club in 2015/16

Daniel De Bortoli



The club would like to thank to Daniel De Bortoli and Mitch Woofindin for their hard work throughout the last 12 months. Both members have shown a passion and dedication towards their new senior roles.

Financial Summary:

Profit & Loss 1 April 2014 – 31 March 2015

INCOME	2014/15	2013/14
Registration Fees	\$ 14,555.00	\$19,605
Canteen	\$ 4,624.65	\$6,021.05
Uniform Sales	\$ 10,236.06	\$2,760
Hire of Equipment/Track	\$ 540.00	\$2,850
Social Club	\$ 4,183.00	\$5,039.75
Donations	\$ -	\$100
Insurance Refund	\$ -	\$1,510.77
Interest	\$686.24	\$967.18
Tom Kelly Funeral	\$-	\$518
Tom Kelly Ball	\$ 15,882.00	\$-
Tom Kelly Scholarship	\$ 4,030.55	\$-
Summer Season	\$ 3,270.00	\$-
Grants	\$ 760.00	\$-
TOTAL INCOME	<u>\$ 87,477.50</u>	<u>\$39,371.75</u>
EXPENSES		
Registration Fees	\$ 3,774.00	\$13,660
Affiliation Fees	\$ -	\$400
Reports	\$ 970.54	\$594
Trophys	\$ 370.60	\$1,869.18
Winter Season	\$ 910.00	\$940
Summer Season	\$ 560.00	\$511.24
Bank Fees	\$ 38.85	\$45.30
Website	\$ 180.00	\$239
Tom Kelly Funeral	\$ -	\$6,773.56
Tom Kelly Ball	\$14,615.00	\$-
Coaches Subscriptions	\$ 780.00	\$-
Clubroom Expenses	\$ 2,144.53	\$1,280.19
Equipment	\$ 2,764.50	\$16,545
Floodlighting	\$ 750.04	\$648.86
Track Rental	\$ 2,145.94	\$2,089.00
Printing and Stationery	\$ -	\$21.47
Equipment and Maintenance	\$ 486.00	\$537.61
Uniform	\$20,078.51	\$3,052.81
Canteen	\$ 2,043.56	\$2,209.25
Social Club	\$ 652.68	\$582.39
Sundry	\$ -	\$50.10
TOTAL EXPENSES	<u>\$81,974.75</u>	<u>\$52,048.96</u>
TOM KELLY SCHOLARSHIP	<u>\$5,297.55</u>	<u>\$0</u>
NET PROFIT/(LOSS)	<u>\$205.20</u>	<u>-\$12,677.21</u>

	April 1 2015	April 1 2014
Investment Account Balance	\$19,882.94	\$22,253.23
Debit Card Balance	\$295.07	\$2,053.56
Cheque Account Balance	\$6,141.72	\$1,807.74
Tom Kelly Scholarship Fund	\$5,297.55	-

Winter Report

“Most people never run far enough on their first wind to find out they’ve got a second”

Open Women

After taking out the Division 3 title in 2013, the open women were unsure of what to expect after being moved up into Division 2. Surprisingly the Open Women performed strongly across most rounds and finished third on the ladder overall – an impressive effort considering one round where points were not scored.

Honourable mentions go to Georgie Buckley who competed strongly in every round although due to some minor “chip” issues was unable to score points in her 10km run at Albert Park. Newcomers: Renee Williams (also completing the Gold Coast Marathon), Colleen Murphy, Caitlin Murphy were welcomed on board!

A huge thank you to all other open females who competed in one round or more over the cross country season: Breanna Large, Bronte Gange, Clare O’Shea, Georgia Chalmers, Georgia Febin, Jemima Bourke, Kate Downward, Laura Dawson, Leah Finch, Sam Carberry, Simone Eades, Stephanie Larkin.

Round 1 - Jells Park Relays: Despite the rain we had the biggest turn out in years and a strong season start with the Division 2 Open Women (Bronte, Georgie B, Georgia C & Clare) placing 2nd. All other open teams performed strongly even with a fifth team racing incomplete.

Results:

Division 4 (Kate, Simone, Colleen) - 3rd

Division 5 (Clare, Jemima, Renee) - 5th, (Leah, Caitlin, Steph) - 8th, (Laura & Georgia F) - incomplete

Rounds 2, 3, 4 - Lardner/Brimbank/Bundoora

Park: Getting the “cross country races” out of the way early in the season. Six athletes ran the 4km course in Drouin and followed by the trip to Brimbank to tackle the infamous hill over the 6km course. Bundoora provided ideal conditions with Div 2 continuing their strong form. The team placed 3rd, 2nd and 3rd respectively in these rounds.

Lardner: Claire 40th, Kate 47th, Georgie B 53rd, Georgia C 71st, Simone 89th, Renee 115th

Brimbank: Bronte 20th, Georgie B 57th, Claire 65th, Kate 72nd, Georgia C 117th, Leah 186th

Bundoora: Bronte 16th, Claire 61st, Kate 72nd, Georgie B 81st, Leah 171st

Round 5 - Albert Park Relays: This saw the first top of the ladder win for the Division 2 women knocking off the always strong Glenhuntly. The Division 4 & 5 teams also placed well with two athletes running 6.2km course just a week after completing either the Gold Coast half or full marathon.

Division 2 (Bronte, Claire, Kate & Georgie B) - 1st

Division 4 (Colleen, Georgia C & Simon) - 3rd

Division 5 (Steph, Laura & Renee) - 8th, (Leah, Caitlin & Georgia) - 11th

Round 6, 7, 8 - Albert Park, Lake Wendouree & Burnley

Half: Here came the harder and longer park of the season with the 10km, 15km and half marathon. Georgie Buckley, able to also run much longer than just 800m, although wasn’t able to score points in the 10km was the first DAC female home. Ballarat was the first time the women were unable to fill a full team however the individual athletes that competed all performed strongly. Albert Park: Claire 47th Simone 100th, Colleen 110th, Renee 149th + Georgie B

Lake Wendouree: Claire 34th, Georgie B 39th, Kate 61st

Burnley: Simone, Claire, Georgie B + Sam C (no result recorded)

Round 9 Tan Relays: Final round and a great end to the season, with U18 juniors Charlotte and Jess stepping up to help fill the Open Women’s teams.

Division 2 (Charlotte Bassett, Kate, Claire & Georgie B) - 2nd

Division 4 (Sam & Colleen) - incomplete

Division 5 (Georgia F, Renee, Steph) - 3rd, (Caitlin, Leah, Maree) - 5th, (Clare, Jess O’Keefe, Breanna) - 13th

Overall a great result for the women especially finish 3rd in Division 2. Looking forward to a hopefully even more successful 2015 XC Season!

Juniors:

Whilst the numbers were not present across all rounds there were still a few stand out performances across the year with Charlotte Bassett the U18 Women Champion, and Jessica O’Keefe placing 21st. U16 Men, Yuan Chow Lui placed 9th while Katie Gamble placed 8th for the U20 women.

Notable results include the **Jells Park Relays** where U20 girls (Katie, Charlotte, Jessica) and U16 boys (Charlie Thompson, Chow, Tim Caldwell) both came first in their respective age groups.

At **Sandown Relays** although the U16 girls were an incomplete team: Anna Musker & Abby Caldwell ran their own very strong races, while the U20 girls (Kate, Charlotte & Kirsten Walburg) placed 3rd.

Finally with the **Tan Relays** the U16 Boys (Chow, Riley Thompson, Charlie) - 10th, U16 Girls (Abby, Anna & Emily Sharp) ran as invite, while Charlotte and Jessica helped fill the Open Women teams.

Claire Walpole

Winter Report

Men's winter report

What a year 2014 was. Much of it didn't go as planned (more on that later), but we topped Division 3 and earned ourselves promotion!

2014 started off with a star studded squad capable of challenging the top teams in Division 1. The team boosts the return of US collegiate stud Matthew Johnson after 4 years at Lamar University (TX, USA) and Stuart Walpole after a year out competing in triathlons. In addition, we introduced new recruits, Ben Lucas, Hirotaka Tanimoto, Tristan Harradine, and Nick Antonopoulos. Ben joins the squad as a nationally recognized triathlete, Hirotaka boosts a 2.20 marathon out of Japan (a top 5 ranking in Australia), and Tristan and Nick would go on to make big improvements in what was their first XC seasons.

Round 1 at Jells Park served as an opportunity to display strength as we went stride for stride with the top teams of division 1, and left our competitors in division 3 for daylight. Our second and third teams would show the same, finishing 1st and 6th in division 7. It had been over 5 years since Doncaster had last fielded as many as 3 full teams.

Our biggest competitor this season was ourselves as injuries became prevalent. We were to be narrowly defeated in Rounds 2 (Lardner Park 8km) and 3 (Brimbank 16km), starting just the minimal required runners to score (5). It should be noted that 73 year old competitor Barry Murley, would score for the A team over the gruelling 16km of Brimbank; a remarkable feat that would prove the difference in topping the division.

Next up was the Bundoora state championships (12km). This time we took home the W, finishing ahead of our established rivals, Diamond Valley.

A few weeks later we raced at the Sandown Relays (5x6km) and Albert Park (10km), recording podium finishes and looking like our title hopes were back in business.

Any regular cross country runner knows that once Ballarat (15km) and Burnley (Half marathon) comes and goes, the season is over. This would almost prove fatal once again as we failed to field a team in Ballarat. All 4 of our new comers would make up our top 4 at the Half Marathon along with Stuart Walpole, in what would set us up for a title showdown with Diamond Valley at the Tan Relays.

The significance of Andrew Reddies return in the final race of the season was unforgettable as he held off Diamond valley in the final leg to claim victory by just 5 seconds. That 5 seconds would also see us tie on points at the top of ladder with Diamond Valley. We would go on to win the division on aggregate (for the most event victories). Big congratulations to the boys who deservedly earned us promotion into division 2!

Ben Ashkettle



Summer Report

The 2014/2015 summer season has proven to be Doncaster's most competitive in recent times with multiple clubs records being broken, Shield Final representation in both Open teams as well as the U/16 boys and U/18 girls, State and National Representatives and Champions.

Majority of the outstanding individual performances were seen in the throwing cages/ runways with James Joycey (Hammer), Steff Ratcliffe (Hammer and Shotput), Julia Bryne (Hammer) and Breanna Large (Javelin) all smashing club records. James Joycey and Steff Ratcliffe took home the state titles in their respective age groups and continued onto Nationals which saw James take home the Silver in the Under 17 boys hammer throw. Rounding out the top performances in the Field; Zachary Nunis (U/17) and Seb Reyneke (U/15) both took home Victorian titles. Zach managed to win both the Long and Triple Jump and Sebastian took out the Pole Vault which included a new Doncaster record to boast. Zach went on to finish second at the National Championships in the Triple Jump.

Hurdle Queens; Nicole Reynolds (U/17) and Courtney Yates (Open) both broke Doncaster records this season in the 100m event, which also saw them win Victorian State Titles and progress to the National Championships. Nicole continued her winning form after Sally Pearson presented her with the National crown. Damon Zethoven (U/20) kept himself on the podium in both major Championships after finishing third at both State and Nationals.

Middle distance stars; Abbey Caldwell (U/15), Chow Lui (U/17) and Abbey De la Motte (Open) all showed their outstanding potential after showing their versatility over several distances. Both Abbey Caldwell and Chow Lui achieved the double victory in the 1500m and 3000m at the State Championships; a feat that was almost achieved again by Abbey at Nationals as she finished 1st and 2nd respectively in the 3000m and 1500m. Abbey De la Motte who is still relatively new to 800m; after she moved up from the 400m, had a dream season after she claimed the Open Victorian title and narrowly missed out on taking home the National title as well.

Individual Results State and National below:

Victorian State Champions

Under 17 Girls 100m Hurdles – Nicole Reynolds
Under 17 Girls 400m Hurdles – Nicole Reynolds
Under 15 Girls 1500m – Abbey Caldwell
Under 15 Girls 3000m – Abbey Caldwell
Under 16 Girls Shot Put – Stephanie Ratcliffe
Under 16 Girls Discus – Stephanie Ratcliffe
Under 17 Boys 1500m – Chow Lui
Under 17 Boys 3000m – Chow Lui
Under 17 Boys Triple Jump – Zachary Nunis
Under 17 Boys Long Jump – Zachary Nunis
Under 17 Boys Hammer Throw – James Joycey
Under 15 Boys Pole Vault – Sebastian Reyneke
Open Girls 800m – Abbey De La Motte
Open Girls 100m Hurdles – Courtney Yates

National Championship Medallists:

Open Girls 800m – 2nd Abbey De La Motte
Under 17 Girls 100m Hurdles – 1st Nicole Reynolds
Under 15 Girls 3000m – 1st Abbey Caldwell
Under 15 Girls 1500m – 2nd Abbey Caldwell
Under 17 Boys Hammer Throw – 2nd James Joycey
Under 17 Boys Triple Jump – 2nd Zachary Nunis
Under 20 Boys 110m Hurdles – 3rd Damon Zethoven

As a team both the Open Division 1 Men's and Woman's teams made it through to the Shield Final as well as the U/16 boys and U/18 girls. The Open woman took out the Red Region Premiership finishing on top of the standings ahead of club rivals Diamond Valley Athletics Club.

Congratulations to all that competed throughout the season and for the fantastic results. Looking forward to see what 2015/16 season has to offer.

Edward Vining

Handicap Summary

19th July 2014

What a great turn out we had for this year's event with 22 starters. Back marker was Chow Liu off 9:30. A close race with all finishers finishing within 3 minutes saw Abbey Caldwell in 1st off 4:30 in a time of 25:23, Tim Calwell 2nd off 8:15 and Nathan Down in 3rd off 9:00. Nathan Down ran the quickest time for the day in 21:59.

18th December 2014

While we were up against it weather wise, the rain did clear and The Adam Robertson, Javelin, Ivan Harding 800m, Peter Ruff Handicap and Tom Kelly Steeple were all conducted on this evening.

There were two strong heats in the Peter Ruff Handicap with a good representation of both males and females. Both heats were dominated by our male mid to back markers and Clement Chan the winner of the previous year was looking good again this year.

The final saw Clement Chan off 8.25, Chow Liu off 9.5m, Zach Nunis off 11m, Alex DiMedio off 12, Nathan Down off 12.5, Fraser Robertson off 17.5m, Joanna O'Connell off 22, Emily Sharpe off 24.5m and Stephanie Larkin off 27m. The finish was an extremely close one with Clement picking off all ahead of him to take out the title again in 10.30. Zac was 2nd and Joanna in 3rd.

The next event on the track was the Tom Kelly Steeple. A number of female athletes tackled this event in the damp conditions. Abbey Caldwell and Clare Walpole both set off at a cracking pace but it was the younger legs of Abbey that prevailed.

The ever popular men's Ivan Harding 800m event was next on the track. With quite a number of men taking part, this year again proved extremely competitive. It was an extremely exciting event again this year with front markers Peter Sharpe and Max Thompson getting off to a good start with Max overtaking Peter early on. The rest of the field worked hard to reel them in, with quite a number of runners looking like they may pick these two up out in front but it was Max who hung to take 1st place.

As with previous years, while the track events were going on the Javelin Robertson Javelin Handicap was in progress. As per other years this event again proved popular with 22 competitors. There was some great throwing with a couple of members throwing over 30m, and many throwing in the 20's. Young thrower Stephanie Radcliffe finished 1st with 27.01m plus her handicap of 25m. 2nd was Zach Nunis with a throw of 26.42m plus a handicap of 20m, and 3rd was Nicole Reynolds with 17.75m plus a handicap of 25m.

Charmaine Smith



Coaching Report



If I have seen farther than others, it is by standing on the shoulders of giants”

After the passing of the legendary club coach Tom Kelly in September 2013, the committee has been actively working to rebuild much of our Track coaching group to cover the great loss of Tom. Fortunately for the Doncaster Athletic Club we have not only a strong image within the Athletics community and a big Little Athletics group but also excellent facilities making us an attractive prospect to new coaches. Bert Tilley and Leana Joyce joined Doncaster in 2013, both bringing strong groups of athletes to the club and continuing to develop these with both having state champions and national level competitors. Bert and Leana are both specialist coaches and their separate groups each contain predominantly hurdlers and sprinters over a range of events. The committee has been unanimously delighted with their athletes' involvement in club level competition, relays and importantly social events.

The absence of Tom has provided opportunity for new coaches to step-up to looking after DAC's athletes. Adrian Patti, Daniel De Bortoli and Edward Vining all have to be thanked for their recent efforts in looking after groups of Tom's athletes. Patti has worked exceptionally well not only looking after his running group but also coaching some of our elite athletes.

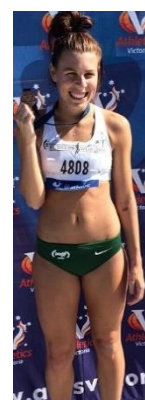
Peter Sharpe is the first of the DAC's new coaches, coming through DLAC as his daughter Emily moved to senior athletics. Peter is an invaluable asset being closely in touch with the DLAC, not only junior runners but also senior runners. One of the committee's biggest goals going into the future is to develop this relation with DLAC to improve retention of athletes and we feel Peter is our man to encourage juniors along this path. We look forward to him also being a part of the DAC 40+ team this year as the big man manages to draw amazing crowd support every time he races, Go Peter!

Retiring in 2014 as a VFL Field Umpire and with TAC Cup Grand Final under his belt, Robert Monk recently moved to East Doncaster for convenience commuting to work. His love of running and friendship with a VFL umpire at the club brought Rob to start some of his own rehab work in our gym. Being a Track and XC coach at St Francis Xavier College Rob saw the opportunity to improve his own experience at the DAC by providing these services as well as Strength and Conditioning coaching. Rob has his bachelor's degree in Physical Education but also achieved first class Honours in Sport Science with a research study done on shin splints so we suggest you sure to exploit him for this if you get the chance. Welcome to the DAC Rob!

Doncaster's head Strength and Conditioning coach Adam "Boss" Robertson continues to become busier every season as popularity in the use of the gym grows year on year. Adam has been training a huge range of athletes for a long duration now with an amazing ability to keep track of not only the experienced but also the first timers. The "Boss" is frequently directing club dollars to new equipment that is always well used, make sure to say hi to Mr Robbo and have a chat next time you're in the gym!

Throws coaches Allan Watson and Peter Coumaros have been working well down in the nets this season having a number of our throwers doing extremely well at the high level. Our throwers have been smashing club records this season so we really have to thank these coaches for their amazing efforts! The committee extends their gratitude to our jumps coaches Peter Ruff and Kylie Italiano who have continued to put time into developing their athletes and make excellent use of the club's facilities.

Nick Finch



Records

Women

Event	Athlete	Performance	Existing Record	Age	Date and Venue	Approved
Javelin (600g)	Breanna Large	43.51m	42.89m J Campbell (Feb 2003)	Open	29 Sept – 2 Oct 2014, Sydney Olympic Park, Australian University Games	Feb-15
Javelin (600g)	Breanna Large	44.28m	43.51m Breanna Large (Oct 2014)	Open	7 February 2015, AV Knockout Rd.2, Lakeside Stadium	Feb-15
Hammer (3kg)	Stephanie Ratcliffe	36.12m	U14 – 36.04m Stephanie Ratcliffe (Mar 2014)	U14	9 November 2014, Vic All Schools, Lakeside Stadium	Feb-15
	(DoB 29 Dec 2000)		U15 – 36.04m Stephanie Ratcliffe (Mar 2014)	U15		
Hammer (3kg)	Stephanie Ratcliffe	43.15m	U18 – 40.54m Julia Byrne (Oct 2013)	U18	16 December 2014, AV Shield Rd. 8, Red Region, Doncaster	Feb-15
	(DoB 29 Dec 2000)		U17 – 40.54m Julia Byrne (Oct 2013)	U17		
			U16 – 40.54m Julia Byrne (Oct 2013)	U16		
			U15 – 36.12m Stephanie Ratcliffe (Nov 2014)	U15		
			U14 – 36.12m Stephanie Ratcliffe (Nov 2014)	U14		
Hammer (3kg)	Stephanie Ratcliffe	43.24m	U18 – 43.15m Stephanie Ratcliffe (Dec 2014)	U18	21 February 2015, AV Zone final, Lakeside Stadium	
	(DoB 29 Dec 2000)		U17 – same	U17		
			U16 – same	U16		
			U15 – same	U15		
Hammer (3kg)	Julia Byrne	44.05m	U18 – 43.24m Stephanie Ratcliffe (Feb 2015)	U18	15 March 2015, 2015 Australian Junior T&F Champs, Sydney Olympic Park	
	(DoB 19 Oct 1998)		U17 – 43.24m Stephanie Ratcliffe (Feb 2015)	U17		
Shot Put (3kg)	Stephanie Ratcliffe (DoB 29 Dec 2000)	12.07m	11.94m D Bottos (Feb 1985)	U14	16 December 2014, AV Shield Rd. 8, Red Region, Doncaster	Feb-15
100m hurdles (84cm)	Courtney Yates	14.19 (w:-2.3)	14.26 – K Burns (Mar 1990)	Open	28 February 2015, Vic Champs, Lakeside Stadium	
100m hurdles (76.2cm)	Nicole Reynolds	13.96 (w:1.7)	U18 – 14.64 K Burns (Oct 1988)	U18	13 March 2015, 2015 Australian Junior T&F Champs, Sydney Olympic Park	
	(DoB 8 April 1999)		U17 – 14.68 Sarah Fitt (Dec 2013)	U17		
			U16 – 15.84 B Rennie (1979)	U16		
200m hurdles (76.2cm)	Nicole Reynolds (DoB 8 April 1999)	28.37 (w: 0.9)	unclaimed	U16	7 December 2014, National All Schools Champs, Adelaide	
3000m	Abbey Caldwell (DoB 3 July 2001)	10:11.9	10:24.20 C Bassett (Oct 2011)	U14	7 November 2014, Vic All Schools, Lakeside Stadium	Feb-15
5000m Walk	Kirsten Walburg (DoB 24 Dec 1998)	36:01.6	unclaimed	U18	6 December 2014, AV Shield Rd. 7, Red Region, Doncaster	Feb-15



A dictionary is the only place where success comes before work. Hard work is the price we must pay for success. I believe you can accomplish anything if you are willing to pay the price”

Records

“*Citius, Altius, Fortius
Faster, Higher, Stronger*”

Men

Event	Athlete	Performance	Existing Record	Age Group	Date and Venue	Approved
Hammer (4kg)	James Joycey	59.93m	U15 – 51.29m James Joycey (Mar 2014)	U15	4 October 2014, Shield Rd 1, Geelong Region	Feb-15
	(DoB 12 Oct 1999)		U16 – 51.29m James Joycey (Mar 2014)	U16		Feb-15
Hammer (4kg)	James Joycey	61.18m	59.93m James Joycey (Oct 2014)	U16	9 November 2014, Vic All Schools, Lakeside Stadium	Feb-15
	(DoB 12 Oct 1999)					
Hammer (5kg)	James Joycey	57.61m	U18 – 54.86m M Harpantidis (Mar 1997)	U18	14 March 2015, 2015 Australian Junior T&F Champs, Sydney Olympic Park	Feb-15
	(DoB 12 Oct 1999)		U17 – 50.80m S Young (Mar 1989)	U17		
Hammer (6kg)	James Joycey	49.68m	48.28m - M Stevens (Nov 1988)	U20	14 March 2015, 2015 Australian Junior T&F Champs, Sydney Olympic Park	Feb-15
	(DoB 12 Oct 1999)					
Pole Vault	Sebastian Reyneke	3.15m	U15 – 3.00m P Rose (date unknown)	U15	14 March 2015, 2015 Australian Junior T&F Champs, Sydney Olympic Park	Feb-15
	(DoB 25 Mar 2001)		U14 – 2.6m P Rose (date unknown)	U14		

Relays

Event	Athletes	Performance	Existing Record	Age Group	Date and Venue	Approved
Women's Distance Medley	Courtney Yates / Kayla Bunevicius	03:59.7	4:00.00 (Jan 2001)	Open	29 November 2014, AV Relay Championships, Lakeside Stadium	Feb-15
	Georgia Feben / Georgie Buckley					
Men's Distance Medley	Chris Tetaz / Conrad Coumaros	03:26.1	3:28.66 (Nov 2011)	Open	29 November 2014, AV Relay Championships, Lakeside Stadium	Feb-15
	Alex Di Medio / Eddie Vining					
Men's Distance Medley	Clement Chan / Zachary Nunis	03:46.8	3:56.06 (Feb 2008)	Open	29 November 2014, AV Relay Championships, Lakeside Stadium	Feb-15
	Ben Macri / Y Chow Lui					
Women's 4 x 800m	Georgie Buckley / Connor Gist	08:52.0	9:06.44 (Dec 1992)	Open	29 November 2014, AV Relay Championships, Lakeside Stadium	Feb-15
	Kath Katsanevakis / Abbey de la Motte					
Men's 4 x 400m	Alex Di Medio / James D'Alfonso	03:14.1	3:14.74 (Jan 1988)	Open	11 December 2014, Zatopek, Lakeside Stadium	Feb-15
	Conrad Coumaros / Kevin Rassool					

Officials Report



The achievement of one goal, should be the starting point of another

Thank you to all the officials who have assisted with the running of various local, state and national competitions this season. The officials have given up their time to put in a lot of hard work and dedication to make sure this season's competitions have been run punctually and professionally.

The Club officials are Ivan Harding, Don Blyth, Peter Coumaros, Jean Gell, Dennis Mews, Ellen Perry, Barbara Rumble, Martyn Kibel, Allan Watson, David Mitchell, Stu Sturrock and Phil Allen.

If you or someone is interested in becoming an official please contact Phil Allen for details.

David Mitchell



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!