

# SALISBURY AMATEUR ATHLETIC CLUB



YEARBOOK 2008-2009

## Presidents Report 2008/2009

It gives me great pleasure to present the 2008/2009 annual report. The club has been very successful this season talking 6 premierships and narrowly missing out of a couple more. The women's open team was narrowly beaten out of third place at the national clubs championships held here in Adelaide by 3 points and had we had all out athletes available we would surely have been in the medals.

However, the club results do not fully show the results of the work that has gone on behind the scenes here at Salisbury. That will be seen in future results. Over the last few years much work has been done to improve the financial position of the club. Grants and sponsorships have been sought to buy equipment, install lighting, and build new training facilities such as the new shed and pole vault pit. Athletes and parents have been sent on coaching courses as have some of our more experienced coaches. We have also managed to make contacts in local area schools and have recently renewed our association with Trinity College in a bid to increase our membership in the coming years. We had over 80 registered members this season and last season over 100. Things look good for the future.

Thanks must go to Viv Wilson for leaving the club in a very good position when he stepped down as president mid season. Since that time he has worked behind the scenes to continue building the club contributing to recruiting and helping out where he can. Thank you Viv.

During the season, our pole vault facility was completed. We have been fortunate that we have received grants and sponsorships enough to completely fund the facility. Thank you to Trinity College for donating the bags and equipment, The Department of Rec and Sport for the Active Club Grant, Adelaide Airports, and The Parafield Gardens Community Club for funding the run up and slab under the bags.

We have done significant fund raising this season with the Bunnings BBQ held last week which was most successful. Thank you to those parents and athletes who helped out. We are also in the middle of selling raffle tickets sponsored by The Australian Central Credit Union. This will be a major source of funds if we can sell all the tickets. Please continue to sell tickets when asked. We have many books left to sell and time is running out.

Our coaches have worked tirelessly this season. All athletes should appreciate the time and effort they spend with little reward. Special mentions should be made to Simon Moran who travels from Barossa several times a week to coach our athletes and Warren Davey who has taken on the Pole Vault coaching on Wednesday nights as well as his normal sessions on Monday, Tuesday and Thursday nights. We welcome two new coaches in Mike Butler and Chris Hodgeson who will be coaching Distance and Pole Vault respectively. We also extend our thanks to the athletes who have completed coaching courses and who now help out with coaching others during training sessions.

Thank you to our officials who fulfil our club obligations to provide officials at competitions week by week. I'm sure they would appreciate help in the coming season from parents and athletes who are prepared to take up officiating in order to help Athletics SA run the weekly competitions. As officials retire, they need to be replaced and our club must do its part to supply officials of the future.

## President's Report cont.

I must thank the outgoing committee for the work they have done since I took over as the President mid season. Most have taken on additional responsibility when asked and shared the workload. Together we have been able to get to the end of this season with our sanity intact. Special thanks go to Garry Davies for filling the team manager's role at major competitions and doing a great job.

Special thanks also to Marilyn Williams for organising the Quiz night earlier this season and taking care of the Bunnings BBQ. Thank you also to Sharon Devlin for managing the Raffle. Special mention should also be made of the work done by Andrew Hall as he tried to lobby to get a new president after the resignation of Viv Wilson. It must have been a stressful time for him.

Finally, I'd like to thank the athletes and parents who have supported the club so strongly this season. Our competition numbers far exceeded most other clubs week after week. You have done the club proud and I ask you to come back again next season and bring your friends and families with you. You are the heart of the club and the reason for the rest of us to be here. Without you there is no club.

In closing I'd like to remind everyone that a growing club needs members prepared to help out around the club. Many people don't seem to be motivated to get involved while things are running smoothly. I ask you all to consider taking a position on the committee. The more people on the committee, the lighter the load for everyone, but be prepared to do something. If you aren't motivated to come on the committee, then please help out when asked to take part in fund raising activities, officiating and set up and take down activities at competitions when Salisbury is the responsible club.

*Adrian Pounsett*

## **Sponsors**

The Salisbury Amateur Athletic Club is very grateful for the support received from our sponsors and supporters. The help given to our Club through grants, equipment and fundraising enables us to survive and to promote our sport; to develop junior athletes in our area and to support our hard working athletes in their endeavors to be successful.

**Adelaide Airport Ltd.**

**Athletics SA**

**Australian Sports Commission**

**Doser Freight Forwarding**

**Parafield Gardens Community Club**

**Salisbury Council**

**South Australian Office of Recreation and Sport**

**Trinity College**

## Registrar's Report 2008/2009

The number of athletes registered with the club this season fell short of last year's record-breaking number of 101 athletes. The total number of athletes registered this year was 89 athletes (47 male and 42 female); a drop of about 12%. However, this is still a good number when compared with the years from 2002/03 to 2006/07 (as shown on the table of registered athletes). The U14 group has the highest number of athletes and this is positive for the future. These athletes will hopefully progress through the age groups and thus achieve a stronger representation in the older age groups.

Group	2008/09	2007/08	2006/07	2005/06	2004/05	2003/04	2002/03
U14 M	12	12	6	9	8	-	1
U14 W	14	14	7	14	13	-	3
U16 M	8	11	8	12	5	3	11
U16 W	9	12	9	10	5	13	12
U18 M	13	14	14	3	10	7	6
U18 W	8	11	8	3	4	6	10
U20 M	6	1	4	6	5	6	5
U20 W	4	4	2	1	2	7	6
U23 M	-	-	4	7	-	-	-
U23 W	-	-	2	2	-	-	-
Open M	4	6	3	4	10	7	11
Open W	4	4	2	2	5	3	4
O35 M	2	3	4	3	-	-	-
O35 W	3	5	1	1	-	-	-
Veteran M	-	-	-	1	1	3	1
Veteran W	-	-	-	-	-	-	-
AWD M	2	3	5	3	4	3	-
AWD W	-	1	2	2	-	1	-
<b>Total</b>	<b>89</b>	<b>101</b>	<b>81</b>	<b>83</b>	<b>72</b>	<b>59</b>	<b>70</b>

*Veronica Dorrestyn*

Registrar

## Pacific School Games Dec 2008

Zahlie Davies	u/15 Women	Discus	42.30	Silver
Lachlan Page	u/12 Men	Discus	36.53	4th
Clare Short	u/15 Women	800m	02:17.7	5th
Katie Thackray	u/18 Women	800m	02:18.8	5th
Lachlan Page	u/12 Men	Shot Put	13.55	5th
Katie Thackray	u/18 Women	2000m Steeple	07:49.3	5th
Aaron Dollman	u/14 Men	High Jump	1.70	5th
Clare Short	u/15 Women	1500m	04:49.6	6th
Amie Blanden	u/15 Women	Javelin	33.97	7th
Joseph Humphries	u/17 Men	High Jump	1.93	8th
Rosalind Short	u/13 Women	Discus	31.93	8th
Dale Holliday	u/18 Women	High Jump	1.60	9th
Molly Thackray	u/16 Women	2000m Steeple	08:23.2	9th
Luke Richards	u/15 Men	Hammer	34.50	10th
Aaron Dollman	u/14 Men	90m Hurdles	13.77	10th
Katie Devlin	u/14 Women	200m	26.47	12th
Charlene Thompson	u/17 Women	Shot Put	9.74	12th
Zahlie Davies	u/15 Women	Shot Put	9.20	12th
Luke Richards	u/15 Men	Triple Jump	11.74	12th
Lydia Wright	u/17 Women	400m Hurdles	70.97	12th
Kimberley Butler	u/13 Women	200m	28.03	13th
Amie Blanden	u/15 Women	High Jump	1.55	13th
Lauren Edwards	u/18 Women	100m	12.82	13th
Luke Richards	u/15 Men	Discus	42.36	13th
Dale Holliday	u/18 Women	Long Jump	4.94	13th
Matthew Janicki	u/13 Men	Discus	32.94	13th
Joshua Russo	u/13 Men	Javelin	31.69	13th
Kimberley Butler	u/13 Women	800m	02:35.3	14th
Sam Russell	u/14 Men	1500m	04:42.7	14th
Joshua Russo	u/13 Men	Shot Put	10.36	17th
Lauren Edwards	u/18 Women	400m Hurdles	74.26	17th
Joshua Russo	u/13 Men	Discus	30.34	18th
Katie Devlin	u/14 Women	100m	13.11	18th
Matthew Janicki	u/13 Men	Shot Put	9.10	19th
Kimberley Butler	u/13 Women	Discus	Foul	22nd
Sam Russell	u/14 Men	800m	02:20.0	22nd
Kimberley Butler	u/13 Women	100m	13.99	23rd
Julia Dorrestyn	u/14 Women	1500m Walk	DQ	24th

## **Arles, France, International Decathlon**

20th Jarrod Sims 7329 points

## **Waitakere, New Zealand International Decathlon**

2nd Jarrod Sims 6516 points with NH in pole vault

### **Jarrod Sims**

Jarrod won the SA Open Decathlon Championships and recorded a Commonwealth Games B quality.

Jarrod is currently ranked Number 1 Open Male Decathlete in Australia.



Jarrod in Arles, France

### **Shirley Wright**

Shirley was appointed as Coach/ Manager /Sports Trainer to South Australian Pacific Schools Games Team and also appointed as Throws Coach to the Australian All Schools Team to compete in the World Schools Championships in Qatar in August 2009

Athletics South Australia

# SUMMER INTERCLUB TEAMS

2008/2009

## PREMIERS

### Under 14 Girls:

Charlee Boxall, Kimberley Butler, Danielle Crisford, Katie Devlin, Julia Dorrestyn, Imogen Hodgson, Erin Horsnall, Dahaab Nganga, Carly Martin, Meaghan Price, Rosalind Short,

### Under 14 Boys

Luke Baehnisch, Aaron Dollman, Alex Haydon, Matthew Janicki, Ethan Mills, Lachlan Page, Sam Ratsch, Joshua Russo, Sam Russell

### Under 16 Girls

Amie Blanden, Kimberley Butler, Danielle Crisford, Zahlie Davies, Katie Devlin, Ashley Jordan, Imogen Hodgson, Chelsea Lemke, Carly Martin, Meaghan Price, Ashley Sanderson, Hayley Sayers, Carly Seekamp, Clare Short, Molly Thackray

### Under 16 Boys

Nathan Bowden, Shannon Crothers, Dylan Debellis, Aaron Dollman, Luke Hall, Lewis Hvalica, .Callan Jaensch, Craig Ratsch, Luke Richards, Alex Skewes,

**Under 20 Women** Penny Abbot, Charlee Boxall, Danielle Crisford, Zahlie Davies, Dale Holliday, Ashley Jordan, Melissa Leach, Amber Richards, Hayley Sayers, Jess Wedd, Lisa Williams

### Under 20 Men

Jake Clark, Will Coad, Kale Davies, Richard Frimpong, Benjamin Hall, David Haydon, Royce Liveley, Dominic Milne, Jordan Portlock, Anthony Skewes, Dan Sotoriou, Ben Vandervlag, Simon Walter, Joshua Ware,

### Other Results

**Men** Open Men 3rd, U18 Men 3rd, O35 Men 4th

**Women** U18 Women 2nd, O35 Women 2nd, Open Women 5th

# **CLUB AWARDS 2008/09**

## **Club Athlete of the Year**

**Jarrood Sims**

## **President's Award**

**Melissa Leach**

Best All Round Athlete Male: **Jarrood Sims**

Best All Round Athlete Female: **Chelsea Lemke**

Most Improved Senior Athlete Female: **Jessica Wedd**

Most Improved Senior Athlete Male: **Andrew Hall**

Most Improved Junior Athlete Female: **Amie Blanden**

Most Improved Junior Athlete Male: **Craig Ratsch**

Best Female Newcomer: **Chelsea Lemke**

Best Male Newcomer: **Lewis Hvalica**

Best Race Walker: **Julie Dorrestyn**



# Club Recognition Awards

Charlee Boxall

Jake Clark

Danielle Crisford

Richard Frimpong

Luke Hall

Alex Haydon

Meaghan Price

Sam Ratsch

Nathan Rout

Sam Russell

Ros Short

Alex Skewes

Best performance ASA T&F Championships Male

**Gary Thompson**

Best performance ASA T&F Championships Female

**Jess Wedd**

# INTERCLUB AWARDS

Open Men's Highest Point Scorer (Ingle Farm Trophy):

**Jarrold Sims**

Open Women's Highest Point Scorer (Carlin Trophy):

**Chelsea Jaensch**

Over 35 Men's Highest Point Scorer:

**Andrew Hall**

Over 35 Women's Highest Point Scorer:

**Gerry Leach**

Under 20 Men's Highest Points Scorer :

**Simon Walter**

Under 20 Women's Highest Points Scorer:

**Jessica Wedd**

U18 Men's Highest Points Scorer:

**Benjamin Hall**

U18 Women's Highest Points Scorer:

**Charlene Thompson**

U16 Men's Highest Points Scorer:

**Luke Richards**

U16 Women's Highest Points Scorer:

**Amie Blanden**

U14 Men's Highest Points Scorer:

**Joshua Russo**

U14 Women's Highest Points Scorer:

**Katie Devlin**

# RECOGNITION AWARDS

## Club Records

Chelsea Jaensch	Open Women	60m	8.14s
Melissa Leach	u/20 Women	60m	8.28s
Jess Wedd	u/20 Women	Discus	44.12m
Jess Wedd	u/20 Women	Javelin	38.41m
Luke Richards	u/16 Men	Javelin	43.30m
Clare Short	u/16 Women	800m	2.17.70
Clare Short	u/16 Women	1500m	4.48.01
Zahlie Davies	u/16 Women	Discus	42.30m
Aaron Dollman	u/14 Men	90m Hurdles	13.77s
Katie Devlin	u/14 Women	60m	8.19s
Katie Devlin	u/14 Women	100m	12.72s
Katie Devlin	u/14 Women	200m	26.47s
Lesley Dawson	o/50 Women	Shot Put	8.78m
Lesley Dawson	o/50 Women	Discus	20.82m

## Thank You

To the coaches at Salisbury Amateur Athletics Club

Adrian Pounsett

Andrew Hall

John Walter

Nathan Rout

Mel Leach

Jessica Wedd

Mike Butler

Viv Wilson

Ron Wasgynd

Simon Walter

Katrina Masters

Kim Richards

Simon Abbot

Garry Davies

Shirley Wright

Warren Davey

Simon Moran

Gary Thompson

Ben Hall

Amber Richards

Penny Abbot

Chris Hodgson

# State Level Achievements

## **SASI Scholarship**

Jarrood Sims

## **South Australian Little Athletics State Team**

### *U 13s*

Kimberley Butler      400m, 800m, Relay

Matthew Janicki      Shotput, Discus

Joshua Russo      Javelin, Race walk

### *U15 multievent*

Chelsea Lemke (withdrew injured)

Amie Blanden

## **Athletics SA State Road Race Walking Championship U14 3000m**

Silver      Julie Dorrestyn      16min 36 sec

## **Athletics SA Development Squad**

Joseph Humphries

Juwella Nganga

Anthony Skewes

# Athletics SA Awards

## **Athletics SA Male Athlete of the Year:(2007/2008)**

Jarrold Sims

## **Athletics SA Athlete of the Year with a Disability**

Ben Hall

## **Derek McFadden Memorial Cup Best and Fairest Team Manager**

Viv Wilson

## **Premiership Pennants**

U14Men, U14 Women, U18 Men, U18 Women, U20 Men

## **Best Female Club 2007/2008 State Track & Field Championships**

## **Best Male Club 2007/2008 State Track & Field Championships**

## **A & C Mangos Family Trophy**

Salisbury Club of the Year



Viv Wilson

### **Viv Wilson** (pictured above)

Viv has been involved with Salisbury Amateur Athletics Club in a number of capacities for many years. Viv has been a coach since 1973. Viv was also President of the Club from 2006 to 2008.

It is a fitting tribute to his dedication that Viv was presented with the **Derek McFadden Memorial Cup Best and Fairest Team Manager** in May 2008 by Athletics SA.

## Athletics South Australia Track and Field Championships 2009

### Open Women

<b>Gold : Jessica Wedd</b>	<b>Javelin</b>	<b>37.92m</b>
Silver : Jessica Wedd	Discus	42.19m
Bronze : Jessica Wedd	Hammer	34.64m
Bronze : Zahlie Davies	Discus	39.68m

### Open Men

Bronze : Tom Darmody	100m	12.63
Bronze : Tom Darmody	Long Jump	5.87m
Bronze : Kale Davies	400m	61.10

### Over 50 Women

<b>Gold : Lesley Dawson</b>	<b>Shot Put</b>	<b>8.78m</b>
<b>Gold : Lesley Dawson</b>	<b>Discus</b>	<b>20.82m</b>
<b>Gold : Lesley Dawson</b>	<b>Hammer</b>	<b>23.62</b>
<b>Gold : Geraldine Leach</b>	<b>Javelin</b>	<b>20.55m</b>
Silver: Geraldine Leach	Shot Put	7.16m
Silver: Geraldine Leach	Discus	17.1.
Silver : Geraldine Leach	Hammer	22.44m
Bronze : Lesley Dawson	Javelin	12.48m

### Over 35 Women

<b>Gold : Geraldine Leach</b>	<b>Javelin</b>	<b>19.22m</b>
Silver : Lesley Dawson	Hammer	20.12m
Bronze : Lesley Dawson	Shot Put	7.90m
Bronze : Lesley Dawson	Discus	19.91m
Bronze : Lesley Dawson	Javelin	14.75m

### Under 20 Women

<b>Gold : Melissa Leach</b>	<b>Long Jump</b>	<b>5.04m</b>
<b>Gold : Jessica Wedd</b>	<b>Shot Put</b>	<b>10.59m</b>
<b>Gold : Jessica Wedd</b>	<b>Javelin</b>	<b>38.41m</b>
<b>Gold : Jessica Wedd</b>	<b>Discus</b>	<b>43.44m</b>
<b>Gold : Jessica Wedd</b>	<b>Hammer</b>	<b>32.76m</b>
Silver: Charlene Thompson	Shot Put	9.60m
Silver : Charlene Thompson	Javelin	25.85m
Silver : Melissa Leach	Hammer	18.68
Silver : Melissa Leach	200m	27.36
Silver : Melissa Leach	100m	13.33
Silver : Zahlie Davies	Discus	39.42m
Bronze: Charlene Thompson	Discus	28.57m
Bronze : Charlene Thompson	Hammer	18.67m



## Athletics South Australia Track and Field Championships 2009

### U 20 Men

<b>Gold : Joseph Humphries</b>	<b>High Jump</b>	<b>1.80m</b>
<b>Gold : Kale Davies</b>	<b>110m Hurdles</b>	<b>16.70</b>
<b>Gold : Richard Frimpong</b>	<b>400m Hurdles</b>	<b>61.80</b>
<b>Gold : Gary Thompson</b>	<b>Discus</b>	<b>39.93m</b>
Silver : Richard Frimpong	1500m	04:29.0
Silver : Benjamin Hall	Triple Jump	11.77m
Silver : William Coad	100m	12.13
Silver : Anthony Skewes	200m	24.78
Silver : Anthony Skewes	400m	59.18
Silver : Gary Thompson	Shot Put	11.99m
Silver : Simon Walter	Hammer	32.99m
Silver : Kale Davies	Discus	36.70m
Bronze : Anthony Skewes	100m	12.14
Bronze : Cash Davies	200m	24.89
Bronze : Benjamin Hall	Discus	34.97m
Bronze : Benjamin hall	Javelin	42.11m

### U18 Women

<b>Gold : Katie Thackray</b>	<b>2km Steeplechase</b>	<b>7:41.2</b>
<b>Gold : Zahlie Davies</b>	<b>Discus</b>	<b>39.24m</b>
<b>Gold : Charlene Thompson</b>	<b>Shot Put</b>	<b>9.97m</b>
Silver : Amie Blanden	Discus	30.87m
Silver : Katie Thackray	800m	02:24.9
Silver : Charlene Thompson	Javelin	29.7m
Bronze : Katie Thackray	1500m	05:02.2
Bronze : Charlene Thompson	Discus	30.56m
Bronze : Charlene Thompson	Hammer	19.21m
Bronze : Dale Holliday	100m Hurdles	19.94
Bronze : Amber Richards	Long Jump	4.92m
Bronze : Melissa Leach	100m	13.01
Bronze : Charlene Thompson	Javelin	24.01m

### U18 Men

<b>Gold : Joseph Humphries</b>	<b>High Jump</b>	<b>1.85m</b>
Silver : Jack Foster	Shot Put	12.77m
Silver : Royce Liveley	400m	59.27
Bronze : Jack Forster	Discus	34.65m



## Athletics South Australia Track and Field Championships 2009

### U16 Women

<b>Gold : Amie Blanden</b>	<b>High Jump</b>	<b>1.60m</b>
<b>Gold : Chelsea Lemke</b>	<b>Triple Jump</b>	<b>11.62m</b>
<b>Gold: Amie Blanden</b>	<b>Javelin</b>	<b>34.40m</b>
<b>Gold : Zahlie Davies</b>	<b>Discus</b>	<b>40-98m</b>
Silver : Amie Blanden	Discus	28.92m
Bronze : Ashley Jordan	1500m	05:08.0
Bronze : Molly Thackray	2k Steeple	08:07.7
Bronze : Chelsea Lemke	200m Hurdles	31.78
Bronze : Chelsea Lemke	Long Jump	5.18m
Bronze : Molly Thackray	400m	64.11
Bronze : Chelsea Lemke	90m Hurdles	14.71

### Under 16 Men

<b>Gold : Luke Richards</b>	<b>Triple Jump</b>	<b>12.08m</b>
Silver : Dylan Debellis	High Jump	1.65m
Silver : Dylan Debellis	Triple Jump	11.05m
Silver : Luke Richards	Shot Put	12.83m
Silver: Luke Richards	Hammer	38.14m
Silver : Luke Richards	Javelin	40.98m
Silver : Luke Richards	Discus	44.76m
Bronze : Aaron Dollman	High Jump	1.55m
Bronze : Lewis Hvalica	Discus	37.29m
Bronze : Lewis Hvalica	Hammer	30.40m
Bronze : Lewis Hvalica	Javelin	39.85m

### U14 Women

<b>Gold : Carly Martin</b>	<b>Long Jump</b>	<b>4.21m</b>
<b>Gold : Carly Martin</b>	<b>Triple Jump</b>	<b>9.60m</b>
<b>Gold : Rosalind Short</b>	<b>Discus</b>	<b>25.40m</b>
Silver : Carly Martin	High Jump	1.50m
Silver : Kimberley Butler	Shot Put	8.75m
Silver : Danielle Crisford	80m Hurdles	13.71
Silver : Carly Martin	Javelin	25.10m
Bronze : Meaghan Price	Long Jump	3.94m
Bronze : Meaghan Price	Triple Jump	8.98m
Bronze : Kimberley Butler	400m	67.99
Bronze : Meaghan Price	High Jump	1.40m
Bronze : Danielle Crisford	100m	13.96
Bronze : Carly Martin	80m Hurdles	14.04

### Under 14 Men

<b>Gold : Matthew Janicki</b>	<b>Discus</b>	<b>30.26m</b>
Silver : Lachlan Page	Shot Put	10.97m
Silver : Lachlan Page	Discus	28.96m
Bronze : Alex Haydon	Long Jump	3.95m
Bronze : Matthew Janicki	Shot Put	10.30m

## Powerade (SA All Schools) Games 2008

### U14 Women

Gold : Katie Devlin	200m	26.48
Gold : Julie Dorrestyn	1500m Walk	07:52.9
Gold : Katie Devlin	100m	12.72
Silver : Rosalind Short	Discus	24.79
Bronze : Katie Devlin	80m Hurdles	14.4

### U15 Women

Gold : Chelsea Lemke	Triple Jump	11.85
Gold : Clare Short	800m	02:20.5
Gold : Zahlie Davies	Discus	38.24
Gold : Clare Short	1500m	04:58.5
Gold : Amie Blanden	Javelin	30.96
Gold : Zahlie Davies	Shot Put	9.44
Gold : Amie Blanden	High Jump	1.50
Silver : Chelsea Lemke	Long Jump	5.22
Silver : Amie Blanden	Discus	28.72
Silver : Chelsea Lemke	Shot Put	8.93

### Under 16 Women

Gold : Ashley Jordan	1500m	05:13.5
Silver : Molly Thackray	800m	02:24.8
Silver : Molly Thackray	200m Hurdles	34.84
Bronze : Molly Thackray	2000m Steple	08:31.5

### Under 17 Women

Gold: Charlene Thompson	Shot Put	9.76
Gold : Zahlie Davies	Discus	37.91
Gold : Lydia Wright	400m Hurdles	71.10
Silver : Charlene Thompson	Discus	28.81
Silver : Charlene Thompson	Javelin	29.40
Silver : Charlene Thompson	Hammer	19.92

## Powerade (SA All Schools) Games 2008

### Under 18 Women

Gold : Dale Holliday	High Jump	1.55
Gold : Dale Holiday	Long Jump	5.31
Gold : Katie Thackray	800m	02:23.0
Gold : Katie Thackray	2000m Steeple	07:58.9
Gold : Dale Holliday	Triple Jump	10.65
Silver : Dale Holliday	100m Hurdles	16.13
Silver : Lauren Edwards	100m	13.30

### Under 20 Women

Gold : Charlene Thompson	Shot Put	10.37
Gold : Charlene Thompson	Discus	31.26
Gold : Dale Holliday	Long Jump	4.12
Silver : Charlene Thompson	Javelin	28.39
Bronze: Charlene Thompson	Hammer	19.39

### Under 14 Men

Gold : Joshua Russo	Shot Put	11.05
Gold : Sam Russell	1500m	04:43.5
Gold : Joshua Russo	Javelin	34.53
Gold : Matthew Janicki	Discus	32.81
Gold : Aaron Dollman	Triple Jump	10.25
Silver : Sam Russell	800m	02:16.9
Silver : Aaron Dollman	Discus	31.92
Silver : Aaron Dollman	90m Hurdles	14.25
Silver : Matthew Janicki	Shot Put	9.42
Bronze : Joshua Russo	Discus	30.45

## Powerade (SA All Schools) Games 2008

### Under 15 Men

<b>Gold : Luke Richards</b>	<b>Hammer</b>	<b>37.87</b>
Silver : Shannon Crothers	1500m	04:59.6
Silver : Luke Richards	Discus	43.15
Bronze: Luke Richards	Triple Jump	11.25
Bronze: Luke Richards	Javelin	36.33
Bronze: Shannon Crothers	800m	02:25.2
Bronze: Luke Richards	Long Jump	5.12

### Under 16 Men

Silver : Lewis Hvalica	Javelin	39.66
Silver : Lewis Hvalica	Shot Put	10.92
Silver : Lewis Hvalica	Discus	33.58
Bronze : Lewis Hvalica	Hammer	23.60

### Under 17 Men

<b>Gold : David Haydon</b>	<b>Long Jump</b>	<b>5.93</b>
<b>Gold : Joseph Humphries</b>	<b>High Jump</b>	<b>1.83</b>
Silver : Alex Oxley	200m	23.61
Silver : Royce Lively	400m Hurdles	60.74
Silver : Jack Foster	Discus	34.54
Bronze : David Haydon	110m Hurdles	16.70
Bronze : Jack Foster	Shot Put	12.23
Bronze : Royce Lively	1500m	04:29.2

### Under 18Men

<b>Gold : Ben Hall</b>	<b>Discus</b>	<b>39.11</b>
Silver : Ben Hall	Long Jump	5.74
Silver : Ben Hall	High Jump	1.65
Silver : Ben Hall	400m Hurdles	72.62
Bronze : Ben Van Der Vlag	200m	24.47
Bronze : Ben Hall	Javelin	42.62

### Under 20 Men

Bronze : William Coad	100m	11.68
Bronze : Ben Hall	Discus	29.17 20

## **U20 and U23 Australian Championships**

**Jess Wedd** U20 - Discus 3rd (43.52m), Hammer 10th (36.02m),  
Javelin 6th (39.52m)  
**Zahlie Davies** U20 Discus 6th (39.20m)  
**Gary Thomspson** U20 Shot Put 6th (11.94m), Discus 7th (40.40m)

## **National Club Championships**

**Female Teams—5th**

**Male Team - 6th**



## **AccountingGenie**

### ***Reliable, Accurate & Friendly Bookkeeping Service***

Debtors, Creditors, General Ledger, Bank Reconciliation, Cash Flow  
BAS Preparation, Financial Reporting

### **Auditor for the Salisbury Amateur Athletic Club**

**For further information please  
contact Jenny on 0400 330 680**



# SALISBURY A.A.C. CLUB RECORDS

At 1/05/2009

Current event records only . For details and old records visit the club website [www.salisburyathletics.com](http://www.salisburyathletics.com)

## Men

50m			
Open	Dale Woodhams	7.20s	25/02/06
u/23	Dale Woodhams	7.30s	18/01/08
u/20	Dale Woodhams	7.20s	25/02/06
u/18	Will Coad	7.23s	20/10/07
u/16	Will Coad	7.48s	28/01/06
u/14	Derek Mai	7.45s	04/03/06
u/35	Darryl Reichelt	8.14s	18/02/06

## 100m

Open	Jarrold Sims	10.60s	05/01/08
u/23	Dale Woodhams	10.94s	09/01/08
u/20	Justin Enkelmann	10.90s	02/02/91
u/18	Steve McBain	11.16s	18/03/83
u/16	Steven Vacca	11.30s	26/11/94
u/14	Derek Mai	12.03s	04/03/06
u/35	Paul Townley	11.70s	21/12/91

## 200m

Open	Dale Woodhams	21.77s	10/01/08
u/23	Dale Woodhams	21.77s	18/01/08
u/20	Justin Enkelmann	22.50s	09/02/91
u/18	Mike Osborne	22.66s	16/03/85
u/16	Robbie Carruthers	23.40s	17/11/79
	Rhys Sportmann	23.40s	27/10/90
	Terry Smith	23.40s	31/01/92
u/14	Derek Mai	24.45s	27/11/05
u/35	Paul Townley	24.22s	01/03/92

## Women

60m			
Open	Chelsea Jaensch	8.14s	17/01/09
	Lauren Edwards	8.14s	20/01/07
u/23	Chelsea Jaensch	8.16s	10/02/07
u/20	Melissa Leach	8.28s	08/11/08
u/18	Lauren Edwards	8.14s	20/01/07
u/16	Lauren Edwards	8.19s	07/01/06
u/14	Katie Devlin	8.19s	18/01/08
o/35	Kathryn Liveley	9.66s	07/01/06

## 100m

Open	Tania Van Heer	11.29s	17/09/98
u/23	Chelsea Jaensch	12.87s	03/03/07
u/20	Leah Wills	11.90s	13/02/88
u/18	Kristy Sando	12.53s	14/12/96
	Lauren Edwards	12.53s	06/12/07
u/16	Leah Wills	12.50s	01/12/84
u/14	Katie Devlin	12.72s	26/10/08
o/35	Tania Van Heer-Murphy	12.49s	16/02/08

## 200m

Open	Tania Van Heer	22.42s	06/02/99
u/23	Megan Hedges	27.72s	
u/20	Leah Wills	24.96s	05/03/88
u/18	Leah Wills	25.20s	23/11/85
u/16	Leah Wills	25.40s	24/11/84
u/14	Katie Devlin	26.47s	01/12/08
o/35	Tania Van Heer-Murphy	25.71s	16/02/08

**Men****400m**

Open	Peter Bubner	47.86s	23/02/85
u/23	Jarrold Sims	49.06s	24/02/07
u/20	Warwick Bryant	49.74s	03/03/94
u/18	Robbie Carruthers	49.10s	21/02/82
u/16	Robbie Carruthers	51.90s	24/11/79
u/14	Keith Kaesler	54.60s	14/12/85
o/35	Kris Wolszczak	55.68s	18/11/00

**800m**

Open	Michael Hane	1.48.08	14/03/98
u/23	Matt Fallon	2.01.10	
u/20	Rodney Marks	1.51.30	19/03/88
u/18	Steven Wilson	1.56.70	09/02/85
u/16	Ben Rogers	1.57.51	08/02/03
u/14	Ralph Allan	2.03.40	78/79
o/35	Bob Munzberg	2.04.60	06/03/82

**1500m**

Open	Michael Hane	3.42.64	18/12/97
u/23	Nathan Rout	4.22.40	16/02/08
u/20	Rodney Marks	3.53.00	19/11/88
u/18	Michael Champion	4.00.40	21/12/91
u/16	Ben Rogers	4.12.25	02/03/03
u/14	Ralph Allan	4.16.00	78/79
o/35	Bob Munzberg	4.19.60	27/02/82

**3000m**

Open	Michael Hane	8.25.30	21/02/01
u/23	Nathan Rout	9.47.27	18/11/08
u/20	Derek McFadden	9.05.80	06/02/85
u/18	Michael Champion	8.39.37	08/12/90
u/16	Royce Liveley	9.54.60	17/01/08
u/14	Michael Champion	9.15.00	02/03/88
o/35	Kris Wolszczak	9.38.00	21/02/01

**Women****400m**

Open	Tania Van Heer	51.28s	20/03/99
u/23	Megan Hedges	59.06s	
u/20	Melinda McAinsh	57.17s	26/02/89
u/18	Megan Hedges	58.30s	02
u/16	Tania Driehuis	57.20s	20/02/83
u/14	Tania Driehuis	59.40s	20/02/82
o/35	Marcia Sheer	60.69s	27/03/93

**800m**

Open	Tania Van Heer	2.06.83	26/02/95
u/23	Rebecca Kozien	2.14.11	10/12/05
u/20	Rebecca Kozien	2.18.23	08/11/03
u/18	Rachael Plunkett	2.16.40	19/02/94
u/16	Clare Short	2.17.70	01/12/08
u/14	Clare Short	2.18.73	07/12/08
o/35	Marcia Sheer	2.15.50	28/03/93

**1500m**

Open	Marcia Sheer	4.25.00	19/12/92
u/23	Rebecca Kozien	4.33.95	04/02/06
u/20	Rebecca Kozien	4.41.70	20/03/04
u/18	Katie Thackray	4.50.10	07/12/07
u/16	Clare Short	4.48.01	01/11/08
u/14	Clare Short	4.58.91	27/10/07
o/35	Marcia Sheer	4.34.30	05/03/94

**3000m**

Open	Marcia Sheer	9.34.90	05/03/93
u/23	Rebecca Kozien	9.45.90	18/02/06
u/20	Lindy Nolan	10.27.70	06/12/97
u/18	Rebecca Kozien	10.37.00	08/12/01
u/16	Lindy Nolan	10.57.40	17/02/93
u/14	Lee Piantadosi	10.15.80	22/11/00
o/35	Marcia Sheer	9.38.37	28/03/93



**Men****5000m**

Open	Jonathon Creasey	14.57.50	02/02/00
u/23	Nathan Rout	17.29.50	29/11/08
u/20	Derek McFadden	15.38.00	27/11/85
o/35	Alan Todd	17.00.90	18/12/91

**10000m**

Open	Jonathon Creasey	32.51.10	24/02/99
u/23			

**2000m Steeple (91cm, o/35 & u/16 - 76cm)**

u/18	Michael Champion	6.06.00	22/01/92
u/16	Ben Rogers	6.09.51	12/12/03
o/35	Kris Wolszczak	6.35.00	24/01/01

**3000m Steeple (91cm)**

Open	Bob Sweet	9.33.50	29/01/83
u/23	Matt Fallon	11.25.70	
u/20			

**100m Hurdles (76cm)**

u/14	Aaron Dollman	13.77s	01/12/08
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**200m Hurdles (84cm)**

u/16	Jason King	13.71s	29/03/98
o/35	Andrew Hall	18.69s	14/02/09

**100m Hurdles (106cm, u/18 - 91cm, u/20 - 99cm)**

Open	Dean Smith	14.78s	05/03/94
u/23	Jarrold Sims	15.19s	09/03/07
u/20	Andrew Munzberg	16.10s	15/12/84
u/18	Morgan Heggie	15.62s	28/11/98

**200m Hurdles (76cm)**

Open	Jarrold Sims	26.50s	27/11/04
u/23	Jarrold Sims	26.50s	27/11/04
u/16	James Baumeister	27.08s	23/03/02

**Women****5000m**

Open	Marcia Sheer	16.21.10	02/03/94
u/23	Rebecca Kozien	16.59.07	06/07
u/20	Lindy Nolan	17.56.70	01/04/98
o/35	Marcia Sheer	16.21.10	02/03/94

**10000m**

Open	Marcia Sheer	35.36.71	10/12/91
u/23			

**2000m Steeple (76cm)**

u/18	Katie Thackray	7.27.90	13/02/08
u/16	Molly Thackray	7.41.16	09/02/08
o/35			

**3000m Steeple (76cm)**

Open	Rachael Plunkett	11.42.00	11/02/98
u/23			
u/20			

**80m Hurdles (76cm)**

u/14	Nadia DeBellis	13.20s	07/12/01
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**90m Hurdles (76cm)**

u/16	Chelsea Jaensch	13.46s	09/12/00
o/35			

**100m Hurdles (84cm, u/18 - 76cm)**

Open	Sharon Ward	14.90s	26/01/91
u/23			
u/20	Kelly Wilding	15.22s[w]	01/03/97
u/18	Chelsea Jaensch	14.19s	24/03/02

**200m Hurdles (76cm)**

Open	Chelsea Jaensch	29.42s	04/12/00
u/23			
u/16	Chelsea Jaensch	29.42s	04/12/00

## Men

### 400m Hurdles (91cm, u/18 & o/35 - 84cm)

Open	Peter Bubner	53.08s	24/02/85
u/23	Matt Fallon	57.23s	
u/20	Anthony Bedworth	56.00s	20/02/83
u/18	Ian Upton	55.30s	10/12/83
o/35	Kris Wolszczak	61.68s	19/01/01

### 1500m Walk

u/14	Liam Murphy	6.31.30	06/03/93
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### 3000m Walk

Open	Liam Murphy	11.38.30	10/11/99
u/23			
u/20	Liam Murphy	12.11.90	04/03/98
u/18	Liam Murphy	12.54.60	14/02/96
u/16	Liam Murphy	12.31.31	25/03/95
o/35	Don Cox	13.39.10	30/11/88

### 5000m Walk

Open	Liam Murphy	20.12.30	26/01/00
u/23			
u/20	Liam Murphy	20.51.10	15/01/99
u/18	Liam Murphy	22.03.12	26/01/96
o/35	Don Cox	23.25.00	09/11/88

### 10000m Walk

Open	Rob McFadden	42.12.40	29/03/92
u/23			
u/20	Liam Murphy	42.57.30	15/02/98
o/35	Don Cox	50.44.40	29/01/89

### 20000m Walk

Open	Liam Murphy	1h 26m 50s	
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## Women

### 400m Hurdles (76cm)

Open	Chelsea Jaensch	63.03s	20/03/04
u/23			
u/20	Chelsea Jaensch	63.03s	20/03/04
u/18	Rachael Hutton	64.14s	06/03/94
o/35			

### 1500m Walk

u/14	Simone York	6.49.80	01/11/92
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### 3000m Walk

Open	Jane Barbour	12.56.60	02/03/94
u/23			
u/20	Jenny Crooks	13.30.60	28/02/96
u/18	Jenny Crooks	13.56.00	09/02/94
u/16	Jenny Crooks	14.30.60	25/03/92
o/35			

### 5000m Walk

Open	Jane Barbour	22.15.50	16/02/94
u/23			
u/20	Jenny Crooks	23.04.90	24/01/96
u/18	Lara Kara-Ali	23.41.50	29/11/95
o/35			

### 10000m Walk

Open	Jane Barbour	46.26.90	20/02/94
u/23			
u/20	Jenny Crooks	49.40.50	18/02/96
o/35			

**Men****High Jump**

Open	Daniel Wiseman	2.20m	19/11/94
u/23	Jarrold Sims	2.02m	09/03/07
u/20	Daniel Wiseman	2.15m	07/11/92
u/18	Clive Munzberg	2.08m	16/03/85
u/16	Andrew Munzberg	2.06m	18/12/81
u/14	Andrew Munzberg	1.80m	27/10/79
o/35	Rod Stone	1.60m	78/79

**Pole Vault**

Open	Tim Foster	5.40m	22/02/92
	Pat Jesser	5.40m	18/08/00
u/23	Jarrold Sims	4.60m	05/02/05
u/20	Patrick Jesser	5.40m	18/08/00
u/18	Patrick Jesser	4.85m	28/03/98
u/16	Patrick Jesser	4.75m	09/03/97
u/14	Craig Ratsch	2.30m	25/01/08
o/35	Istvan Dobo	3.00m	14/12/96

**Long Jump**

Open	Dean Smith	7.86m	02/12/89
u/23	Jarrold Sims	7.34m	09/03/07
u/20	Justin Enkelmann	7.36m	04/03/90
u/18	Tony Blumson	7.12m	09/12/06
u/16	Tony Blumson	6.82m	27/11/05
u/14	Steven Vacca	6.05m	13/03/93
o/35	Rod Stone	6.03m	15/11/80

**Triple Jump**

Open	Alwyn Jones	16.79m	26/01/06
u/23	Alwyn Jones	16.79m	26/01/06
u/20	Alwyn Jones	16.52m	08/01/05
u/18	Tony Blumson	14.52m	31/03/06
u/16	Steve McBain	14.15m	15/12/82
u/14	Sam Laidlaw	12.58m	21/02/04
o/35	Rod Stone	12.23m	78/79

**Women****High Jump**

Open	Sheridan Seekamp	1.80m	09/12/05
u/23	Sylvie Callegari	1.60m	
u/20	Sheridan Seekamp	1.70m	
u/18	Sheridan Seekamp	1.75m	27/01/07
u/16	Sheridan Seekamp	1.80m	09/12/05
u/14	Kay Dowley	1.59m	07/03/81
o/35	Cheryl Dollman	1.40m	03/11/07

**Pole Vault**

Open	Lauren Eley	3.85m	08/12/00
u/23	Lauren Eley	3.50m	
u/20	Lauren Eley	3.70m	15/03/03
u/18	Lauren Eley	3.85m	08/12/00
u/16	Natalie Anderson	2.78m	04
U/14	Stephanie Talbot	2.60m	24/11/07
o/35			

**Long Jump**

Open	Kathy Hale	5.88m	18/03/83
u/23	Chelsea Jaensch	5.55m	24/02/07
u/20	Kathy Hale	5.88m	18/03/83
u/18	Chelsea Jaensch	5.80m	23/11/02
u/16	Angela Window	5.83m	15/12/79
u/14	Chelsea Jaensch	5.41m	11/12/98
o/35	Chris Mallison	5.07m	19/01/90

**Triple Jump**

Open	Sharon Ward	12.51m	20/02/94
u/23	Sylvie Callegari	10.74m	
u/20	Sharon Ward	12.12m	28/11/87
u/18	Rachael Hutton	11.85m	01/12/94
u/16	Danielle Collins	12.22m	10/12/89
u/14	Chelsea Jaensch	10.70m	05/12/98
o/35	Chris Mallison	10.53m	10/02/90

**Men****Shot Put (7.26kg, u/20 - 6kg, o/35 & u/18 - 5kg, u/16 - 4kg, u/14 - 3kg)**

Open	Paul Carlin	16.06m	08/02/97
u/23	Jarrold Sims	12.10m	09/03/07
u/20	Sean Carlin	15.56m	01/03/87
u/18	Stephen Larsson	16.48m	22/11/86
u/16	Stephen Larsson	16.44m	09/12/84
u/14	Steven Martin	16.18m	09/11/96
o/35	Paul Carlin	16.06m	07/01/06
o/50			

**Discus(2kg, u/20 - 1.75kg, o/35 & u/18 - 1.5kg, u/16 & u/14 - 1kg)**

Open	Luke Poli	55.19m	04/02/06
u/23	Jarrold Sims	38.38m	06/01/07
u/20	Sean Carlin	51.92m	22/01/86
u/18	Sean Carlin	60.08m	23/11/85
u/16	Stephen Larsson	61.10m	03/11/84
u/14	Stephen Larsson	54.68m	18/12/82
o/35	Simon Abbott	28.39m	01/03/08
o/50			

**Javelin (800g, o/35 u/18 & u/16 - 700g, u/14 - 600g)**

Open	Travis Peter	65.02m	11/03/94
u/23	Jarrold Sims	53.50m	25/02/06
u/20	Travis Peter	65.02m	11/03/94
u/18	Peter Dohnt	60.26m	31/10/81
u/16	Luke Richards	43.30m	11/10/08
u/14	Steven Martin	47.18m	14/12/96
o/35	John Walter	36.88m	26/11/05
o/50			

**Hammer (7kg, u/20 - 6kg, o/35 & u/18 - 5kg, u/16 - 4kg)**

Open	Sean Carlin	77.58m	11/02/94
u/23			
u/20	Sean Carlin	70.36m	29/03/87
u/18	Sean Carlin	75.08m	23/11/85
u/16	Christian Codila	68.16m	17/03/90
o/35	Paul Carlin	68.91m	07/01/06
o/50			

**Women****Shot Put (4kg, u/14 & o/50 - 3kg)**

Open	Kerrie Mallison	12.52m	17/03/90
u/23			
u/20	Kerrie Mallison	12.34m	08/12/90
u/18	Kerrie Mallison	12.52m	17/03/90
u/16	Kerrie Mallison	12.03m	13/02/88
u/14	Zahlie Davies	11.87m	20/10/07
o/35	Chris Mallison	9.21m	02/02/91
o/50	Lesley Dawson	8.78m	14/02/09

**Discus (1kg)**

Open	Sally Penson	45.58m	26/02/89
u/23	Alicia Marshall	41.63m	18/02/06
u/20	Jess Wedd	44.12m	14/03/09
u/18	Alicia Marshall	44.31m	02/11/02
u/16	Zahlie Davies	42.30m	01/12/08
u/14	Zahlie Davies	39.79m	23/02/08
o/35	Chris Mallison	29.80m	24/11/91
o/50	Lesley Dawson	20.82m	07/02/09

**Javelin (600g, u/14 - 400g)**

Open	Alicia Marshall	44.03m	03
u/23	Alicia Marshall	36.38m	12/11/05
u/20	Jess Wedd	38.41m	14/02/09
u/18	Alicia Marshall	44.03m	03
u/16	Jessica Wedd	36.84m	29/10/05
u/14	Tina Heilmann	36.50m	22/10/00
o/35	Cheryl Dollman	25.46m	15/12/07
o/50	Geraldine Leach	23.12m	16/02/08

**Hammer (4kg, o/50 - 3kg)**

Open	Anthia Rallis	52.30m	27/11/99
u/23			
u/20	Jess Wedd	36.94m	07/03/09
u/18	Rebecca O'Dea	42.70m	05/11/05
u/16	Rachel Cremer	39.46m	02/03/03
o/35	Geraldine Leach	22.67m	10/01/09
o/50	Geraldine Leach	23.12m	09/02/08

## Men

### Combined Events

Open/Decathlon	Dean Smith	7964	10/03/92
u/23/Decathlon	Jarrold Sims	7556	09/03/07
u/20/Decathlon	Andrew Munzberg	5482	01/85
u/18/Octathlon	Morgan Heggie	6429	26/03/98
u/16/Octathlon	David Woods	4169	14/03/86
u/14			
0/35/Pentathlon	Andrew Hall	1200	03/01/09

### 4x100m Relay

Open	John Standen, Dean Smith, Steve Moore, Justin Enkelmann	42.57s	21/12/91
u/20	S.Butler, S.McBain, M.Rasheed, P.Wallis	43.90s	20/02/83
u/18	Ian Woods, S.Carlin, S.Larsson, M.Osborne	44.00s	23/03/85
u/16	Scott Ware, Alan Brooks, Step Larsson, Tom Seelig	45.50s	05/11/83
u/14	Luke Champion, Dylan DeBellis, Aaron Dollman, Luke Richards	54.65s	15/12/07

### 4x400m Relay

Open	David Graham, Peter Wallis, Dean Smith, Rod Marks	3.16.0	16/03/91
u/20	M.Carruthers, S.Butler, M.Rasheed, A.Bedworth	3.26.4	20/02/83

### Medley Relay (1600m, u/14 u/16 u/18 - 1000m)

Open	Ben Van Der Vlag, Kale Davies, Anthony Skewes, Royce Liveley	3.50.76	13/12/08
u/20	Ben Van Der Vlag, Kale Davies, Anthony Skewes, Royce Liveley	3.50.76	13/12/08
u/18 Short	Alex Oxley, Josh Ware, Cash Davies, David Haydon	2.07.84	13/12/08
u/16	Alex Oxley, Robert Klingner, Josh Ware, Royce Liveley	2.12.05	08/11/07
u/14	Brandon Champion, Shannon Crothers, Sam Russell, Craig Ratsch	2.27.55	15/12/07

## Women

### Combined Events

Open/Heptathlon	Sharon Ward	4996	17/01/93
u/23			
u/20/Heptathlon	Megan Hedges	3313	17/01/04
u/18/Heptathlon	Chelsea Jaensch	4821	23/03/02
u/16/Heptathlon	Nicole Main	4202	16/03/92
u/14/Pentathlon	Nicole Main	3169	26/01/90
o/35			

### 4x100m Relay

Open	T Van Heer, K Sando, L Thalbourne, K Wilding	47.06s	21/12/96
u/20	M.McAinsh, S.Ward, R.Sloman, L.Wills	50.42s	18/02/89
u/18	T.Driehuis, S.Ward, Jo Dunstan, L.Wills	51.10s	23/01/86
u/16	C.Bedworth, Chris Gray, A.Window, Sue Green	51.40s	77/78
u/14	Katie Devlin, Danielle Crisford, Meaghan Price, Imogen Hodgson	55.33s	13/12/08

### 4x400m Relay

Open	Orlaith Moore, S Ward, Mel McAinsh, Leah Wills	3.57.1	17/03/90
u/20	C.Charlton, M.Hedges, K.Sando, K.Wilding	4.13.23	05/04/98

### Medley Relay (1600m, u/14 u/16 u/18 -

Open	Lauren Edwards, Melissa Leach, Kelly Ladyman, Clare Short	4.23.17	24/11/07
u/20			
u/18	Lauren Edwards, Melissa Leach, Kelly Ladyman, Clare Short	4.23.17	24/11/07
u/16	Carly Martin, Amie Blanden, Carly Seekamp, Clare Short	2.33.48	14/03/09
U/14			
u/14	Danielle Crisford, Meaghan Price, Kimberley Butler, Katie Devlin	2:41.31	14/03/09

