

## **THE HARRIER REPORT, WINTER 2010**

### **WEST METROPOLITAN 2010 RUNNING SEASON**

The West Metropolitan series was conducted on 14 afternoons between the end of March and August 2010. The Asics Wests athletes who were placed in the top 3 in the West Metropolitan season point scores:

<b>Event</b>		<b>Name</b>	<b>Place</b>
Shorter Event (2km)	Male U14	William Smith	1 <sup>st</sup>
	Male U14	Aaron Jeffery	2 <sup>nd</sup>
	Male U14	Daniel Murray	3 <sup>rd</sup>
	Male U10	Justin Murray	3 <sup>rd</sup>
Medium Event (4km)	Male 50+	David Lewis	2 <sup>nd</sup>
Longer Event (8km)	Male 30+	Michael Doggett	3 <sup>rd</sup>

### **ATHLETICS NSW CHAMPIONSHIP EVENTS**

In Winter 2010, Earl O'Brien placed 4<sup>th</sup> in the NSW Male Distance Runner of the Year. His performances included top 5 on the first relay leg at Miranda (4<sup>th</sup>) and the last relay leg at Wollongong (4<sup>th</sup>) and in the first 10 in the Open Championship races at Sydney Olympic Park, Nowra and Dundas. He also represented NSW at the National Cross Country titles in Brisbane in August.

In the junior ranks, David Ricketts (U20) had great cross country results with 2<sup>nd</sup> in the 8km at Nowra in June, 1<sup>st</sup> in the 5km at Dundas in July and 2<sup>nd</sup> at the Australian Cross Country U20 8km in Brisbane in August.

The number of our athletes participating at winter championships is higher than it has been in the last few years. It has been pleasing to see an increased number of junior runners during the winter season.

### **ASICS WESTS RECENT HISTORY AT WINTER CHAMPIONSHIPS NUMBER OF COMPETING INDIVIDUALS**

	2003	2004	2005	2006	2007	2008	2009	2010
Road Champs	21	16	8	11	8	8	15	10
XC Relays	18	7	19	19	15	20	23	37
XC Champs	12	14	8	5	9	8	12	7
Road Relays	24	11	4	8	8	6	18	15
Short XC Champs	16	9	6	13	9	8	12	25
	<b>91</b>	<b>57</b>	<b>45</b>	<b>56</b>	<b>49</b>	<b>50</b>	<b>80</b>	<b>94</b>

Individuals running twice at the same championship only counted once.  
Excludes Novice, Half Marathon and Marathon championships.

The strong representation of our club at the cross country and road relays in 2010 was due in no small part to the efforts of John Murray who sought interest from athletes and arranged the teams. His good work on this and keeping members informed via email and through the website is much appreciated.

**NSW MOUNTAIN RUNNING CHAMPIONSHIPS  
SATURDAY 11 APRIL 2010  
KEDUMBAH, WENTWORTH FALLS**

Event	Distance	Name	Place	Time
Open Female	8km	Deborah Walsham	3 <sup>rd</sup> (2 <sup>nd</sup> ANSW)	54:30

**NSW NOVICE CROSS COUNTRY CHAMPIONSHIPS  
SATURDAY 24 APRIL 2010  
SCARBOROUGH PARK, RAMSGATE**

Event	Distance	Name	Place	Time
Invitation	2km	Abbey Rockliff	20 <sup>th</sup>	7:36
		Olivia Whiting	46 <sup>th</sup>	8:20
		Antonia Whiting	59 <sup>th</sup>	8:39
		Amy Bonthorne	81 <sup>st</sup>	9:23
Invitation	4km	David Ricketts	1 <sup>st</sup>	11:43
		William Smith	84 <sup>th</sup>	17:48
		Daniel Murray	85 <sup>th</sup>	17:50
		John Murray	86 <sup>th</sup>	17:50
Novice Male	10km	Warren Simpson	9 <sup>th</sup>	34:04
		Michael Doggett	20 <sup>th</sup>	35:48

**NSW ROAD CHAMPIONSHIPS  
SATURDAY 1 MAY 2010  
SYDNEY OLYMPIC PARK**

Event	Distance	Name	Place	Time
U14 Female	2.5km	Jemma Wotton	27 <sup>th</sup>	12:33
U18 Female	5km	Elise Blunden	19 <sup>th</sup>	23:43
U20 Female	5km	Charlotte Wilson	3 <sup>rd</sup>	18:54
Open	10km	Bronwyn Ellis-White	373 <sup>rd</sup> 10 <sup>th</sup> F35-39	43:32
Open	10km	Earl O'Brien	6 <sup>th</sup>	31:18
		Robin Whiteley	15 <sup>th</sup> 1 <sup>st</sup> 35-39	31:49
		Warren Simpson	33 <sup>rd</sup>	33:32
		Michael Doggett	92 <sup>nd</sup>	35:58
		Edward O'Brien	139 <sup>th</sup>	37:22
		Robert Mason	526 <sup>th</sup>	49:45

Open Male A Grade Team Result: 4<sup>th</sup> (Earl O'Brien, Robin Whiteley, Warren Simpson, Michael Doggett)

**NSW CROSS COUNTRY RELAY CHAMPIONSHIPS  
SATURDAY 29 MAY 2010  
MIRANDA PARK, MIRANDA**

The course conditions at Miranda were muddy again this year. We had 10 teams compete at the Cross Country Relays with the best result being the 35+ Men team winning gold. It is worth pointing out the 3 athletes who put in extra effort and ran twice to make up teams – John Crandell in the U20 3km and Open 4km, Robin Whiteley in the 35+ 4km and Open 4km and Charlotte Wilson in the U20 3km and Open 4km teams.

<b>Event</b>	<b>Distance</b>	<b>Name</b>	<b>Place</b>	<b>Time</b>
U12 Female	4 x 2km	Isabel Lorenzi		8:43
		Skye Lorenzi		8:58
		Alexandra Oreshkin		10:46
		Scarlett Pye		9:46
			<b>8<sup>th</sup></b>	<b>38:13</b>
U14 Female	4 x 2km	Antonia Whiting		8:04
		Amy Bonthorne		8:46
		Olivia Whiting		8:08
		Abbey Rockliff		7:33
			<b>5<sup>th</sup></b>	<b>32:31</b>
U18 Female	4 x 3km	Sara Klein		13:32
		Aleisha Wawn		11:37
		Talisha Maruta		14:20
		Shay Southern		13:19
			<b>7<sup>th</sup></b>	<b>52:48</b>
U20 Female	4 x 3km	Jemma Wotton		12:37
		Georgia Dawson		12:23
		Jo Dawson		13:06
		Charlotte Wilson		11:15
			<b>4<sup>th</sup></b>	<b>49:21</b>
U14 Male	4 x 2km	Aaron Jeffery		8:02
		Daniel Murray		8:06
		Justin Murray		8:52
		William Smith		8:23
			<b>8<sup>th</sup></b>	<b>33:23</b>
U20 Male	4 x 3km	Thomas McCoy		10:54
		Daniel Keene		10:44
		Jack Bangel		13:16
		John Crandell		11:07
			<b>6<sup>th</sup></b>	<b>46:01</b>
Open Male	4 x 4km	Earl O'Brien		12:08
		Campbell Hislop		13:58
		Ed O'Brien		14:00
		Robin Whiteley		13:36
		<b>Asics Wests A</b>	<b>8<sup>th</sup></b>	<b>53:42</b>

Event	Distance	Name	Place	Time
Open Male	4 x 4km	Ian Dewhurst		13:55
		Robert Jessep		19:06
		Rajitha De silva		15:31
		James Perrett		14:21
		<b>Asics Wests B</b>	<b>24<sup>th</sup></b>	<b>62:53</b>
Open Male	4 x 4km	Charlotte Wilson		15:46
		Milly Clark		15:13
		Michael Loudon		15:53
		John Crandell		16:52
		<b>Asics Wests C</b>	<b>26<sup>th</sup></b>	<b>63:44</b>
35+ Male	4 x 4km	Robin Whiteley		12:31
		Richard Roberts		13:29
		Marty Doak		14:34
		Michael Doggett		13:33
			<b>1<sup>st</sup></b>	<b>54:07</b>

**NSW CROSS COUNTRY CHAMPIONSHIPS  
SATURDAY 19 JUNE 2010  
WILLANDRA CROSS COUNTRY VENUE, CAMBEWARRA (NOWRA)**

At the State Cross Country Championships our athletes to win medals were David Ricketts 2<sup>nd</sup> in the U20 8km and Richard Roberts 1<sup>st</sup> in the 40-44 12km.

Event	Distance	Name	Place	Time
U20 Female	6km	Charlotte Wilson	4 <sup>th</sup>	24:30
Open Female	8km	Milly Clark	7 <sup>th</sup>	32:54
U20 Male	8km	David Ricketts	2 <sup>nd</sup>	27:56
Open Male	12km	Earl O'Brien	7 <sup>th</sup>	41:55
		Richard Roberts	12 <sup>th</sup> 1 <sup>st</sup> 40-44	43:36
		James Perrett	22 <sup>nd</sup>	47:01
		Edward O'Brien	25 <sup>th</sup>	47:34

The Open men's team probably should have picked up a medal for 3<sup>rd</sup> place but ANSW rules stipulate the team with names be submitted after the race. In the 12km and short cross country and 10km road the Open Male teams only require 4 members in 2010, down from 6 in 2009.

**NSW ROAD RELAY CHAMPIONSHIPS  
SATURDAY 10 JULY 2010  
FLAGSTAFF POINT, WOLLONGONG**

The Open men were 2<sup>nd</sup> in their 4x4km relay while the Open women placed third in their race, only 3 seconds behind second place. This was the first time since 1999 Wests have had an Open female team win a medal at a Winter championship, even though 3 of the 4 were U16, U18 and U20 girls. In fact it was the first time since 2003 that the club had fielded an Open Women's team in a winter relay, although in the years from 1999 to 2003 female teams consisted of only 3 runners.

Event	Distance	Name	Place	Time
Open Female	4 x 4km	Miranda Middleton		14:59
		Aleisha Wawn		15:18
		Charlotte Wilson		14:43
		Milly Clark		14:34
			<b>3<sup>rd</sup></b>	<b>59:34</b>
Open Male	4 x 4km	David Ricketts		11:38
		Robin Whiteley		12:19
		Luke Taylor		12:33
		Earl O'Brien		12:00
		<b>Asics Wests A</b>	<b>2<sup>nd</sup></b>	<b>48:30</b>
Open Male	4 x 4km	Campbell Hislop		13:27
		James Perrett		13:28
		Rajitha De silva		16:39
		Edward O'Brien		13:17
		<b>Asics Wests B</b>	<b>15<sup>th</sup></b>	<b>56:51</b>
35+ Male	4 x 4km	Michael Doggett		12:52
		Glenn Ritchie		14:41
		Marty Doak		14:01
		Robin Whiteley		13:22
			<b>4<sup>th</sup></b>	<b>54:56</b>

**NSW SHORT COURSE CROSS COUNTRY CHAMPIONSHIPS  
SATURDAY 17 JULY 2010  
UPJOHN PARK, DUNDAS**

The club had 25 athletes compete at the short course cross country. Individual medals were won by David Ricketts (gold), Charlotte Wilson (silver) and Abbey Rockliff (bronze) while the Open Men's team of 4 was placed 2<sup>nd</sup>.

Event	Distance	Name	Place	Time
U12 Female	1.5km	Abbey Rockliff	3 <sup>rd</sup>	5:43
		Antonia Whiting	11 <sup>th</sup>	6:09
		Amy Bonthorne	22 <sup>nd</sup>	6:45
U14 Female	2.5km	Jemma Wotton	30 <sup>th</sup>	10:55
		Olivia Whiting	32 <sup>nd</sup>	11:06

Event	Distance	Name	Place	Time
U18 Female	2.5km	Miranda Middleton	8 <sup>th</sup>	9:32
		Sara Klein	25 <sup>th</sup>	11:17
U20 Female	5km	Charlotte Wilson	2 <sup>nd</sup>	19:33
U12 Male	1.5km	Justin Murray	34 <sup>th</sup>	7:14
U14 Male	2.5km	Hayden Sly	5 <sup>th</sup>	9:01
		William Smith	32 <sup>nd</sup>	10:40
		Daniel Murray	35 <sup>th</sup>	11:02
		Aaron Jeffery	36 <sup>th</sup>	11:20
U16 Male	2.5km	Daniel Keene	16 <sup>th</sup>	9:13
		Tom McCoy	18 <sup>th</sup>	9:16
U20 Male	5km	David Ricketts	1 <sup>st</sup>	16:00
Open Male	7.5km	Earl O'Brien	6 <sup>th</sup>	24:31
		Luke Taylor	7 <sup>th</sup>	24:33
		Robin Whiteley	13 <sup>th</sup> 1 <sup>st</sup> 35-39	25:19
		James Perrett	26 <sup>th</sup>	26:51
		Michael Doggett	49 <sup>th</sup>	28:32
		Marty Doak	55 <sup>th</sup>	29:05
		Edward O'Brien	61 <sup>st</sup>	29:32
		Robert Mason	139 <sup>th</sup>	44:52
65-69 Male	5km	John Taylor	17 <sup>th</sup>	32:57

Open Male A Grade Team Result: 2<sup>nd</sup> (Earl O'Brien, Luke Taylor, Robin Whiteley, James Perrett) and 8<sup>th</sup> (Michael Doggett, Marty Doak, Ed O'Brien, Robert Mason)

U14 Male Team 5<sup>th</sup> (Hayden Sly, William Smith, Daniel Murray, Aaron Jeffery)

**AUSTRALIAN CROSS COUNTRY CHAMPIONSHIPS  
SATURDAY 21 AUGUST 2010  
ST PAULS COLLEGE, BALD HILLS, QUEENSLAND**

David Ricketts was placed 2<sup>nd</sup> in the Under 20 8km only 4 seconds behind first place while Milly Clark was 3<sup>rd</sup> Australian in the Under 23 8km.

Event	Distance	Name	Place	Time
U14 Female	4km	Miranda Middleton	32 <sup>nd</sup>	15:57
U18 Female	6km	Charlotte Wilson	7 <sup>th</sup>	22:53
Open Female	8km	Milly Clark	10 <sup>th</sup> 3 <sup>rd</sup> U23	29:41
U14 Male	3km	Hayden Sly	17 <sup>th</sup>	10:39
U20 Male	8km	David Ricketts	2 <sup>nd</sup>	25:22
		Campbell Hislop	54 <sup>th</sup>	30:40
Open Male	12km	Earl O'Brien	17 <sup>th</sup>	39:09

**NSW HALF MARATHON CHAMPIONSHIPS**  
**SUNDAY 22 AUGUST 2010**  
**LAKE GILLAWARNA, GEORGES HALL**

<b>Event</b>	<b>Distance</b>	<b>Name</b>	<b>Place</b>	<b>Time</b>
Open Male	21.1km	Robin Whiteley	3 <sup>rd</sup> 1 <sup>st</sup> 35+	71:58
		Michael Doggett	29 <sup>th</sup> 11 <sup>th</sup> 35+	90:06

**NSW MARATHON CHAMPIONSHIPS**  
**SUNDAY 19 SEPTEMBER 2010**  
**SYDNEY**

<b>Event</b>	<b>Distance</b>	<b>Name</b>	<b>Place</b>	<b>Time</b>
45+ Male	42km	Robert Mason	10 <sup>th</sup>	5:15.27

On 23 January 2011 the Australian Cross Country Selection Trial was held at Stromlo Forest Park in Canberra. In the Open Women 8km cross country Milly Clark was placed 14<sup>th</sup> in 30:10.5

Michael Doggett, Cross Country Secretary