

Summer 2011-2012

Club Premiership

The Athletics NSW Club Premiership was held over 9 rounds at various venues from 22 October to 19 January as well as the NSW Relay Championships on 19-20 November.

This season the Club Premiership was won by U.T.S. Northern Suburbs while Asics Wests finished back in equal 5th place (out of 41 competing clubs). For our Club the premiership got off to a disappointing start when at the split venues on 22 October we only had five athletes compete at Campbelltown and five at Narrabeen to be placed 15th after Round 1. In later weeks when more of our athletes turned up the Club placed as high as second or third for those particular rounds, to improve our overall position from our lowly start.

In the age point scores Asics Wests were placed 4th in the Juniors, 5th in the Open and 7th in the Masters.

Club members competing most often over the 9 rounds of the Club Premiership were: Paul De la Motte (9 rounds), Robert Jessep (8), Michael Doggett (7), David Lewis (7), John Crandell (7), Robert Mason (6), Tavleen Singh (6), Lauren Clark (5), Jeff Pillon (5), Tom McCoy (5), Monique Byers (5), Charles Hunter (5), Kiara Fioravanti (5), Jake Stein (4), Emily Crutcher (4), Rhys Stein (4), Hayden Perry (4).

NSW 3000m Championships

12 November 2011

Sydney Olympic Park Athletic Centre

Our best finisher at these championships was David Ricketts in 8th place (4th NSW).

Group	Event	Name	Place	Performance
Open Male	3000m	David Ricketts	8 th	8:20.99
		Earl O'Brien	28 th	8:43.98
		Charlie Hunter	40 th	8:57.97
		Michael Doggett	52 nd	9:17.94
		Joel Smith	69 th	9:34.40
		Robert Mason	121 st	13:21.66

NSW Relay Championships

19 & 20 November 2011

Sydney Olympic Park Athletic Centre

The Club won 5 Gold medals at the 2011 Relays including the Open Men's Javelin team smashing the meet record by almost 30 metres with Ben Baker 67.56m, Elliott Lang 62.62m, Jake Stein 61.29m and John Crandell 57.41m throwing a combined distance of 248.88m.

The U18 Men Javelin team of Elliott Lang, Jake Stein, Rhys Stein, Steven Jessep also won Gold and broke their previous meet record (set by these same four Asics Wests athletes in 2010) by more than 23 metres in throwing 216.23m.

The other Gold medals went to the Open Women 4 x 1500m Walk who opened the weekend with a win for Asics Wests on the Saturday morning, the U18 Men High Jump team led by David Snowdon with a jump of 2.10m and the U18 Women High Jump team.

Another good sign for the future were our three teams in the U14 Girls 4 x 800m, with two of the three teams taking medals - a Silver to the A team and Bronze to the B team.

Our Club's relay co-ordinator, Jeff Pillon did a great job in organising the more than 50 teams for the weekend.

Group	Event		Place	Performance
U14 Female	4 x 100m	M Clarkson, E Baral, H Swinton, J Tibbett	4 th	55.38
	4 x 200m	A Nsiah, K Richardson, O Reynolds, O Bailey	7 th	2:05.23
	4 x 200m	Marie Munksgaard, H Swinton, J Bee, A Matthews	9 th	2:16.53
	4 x 800m	C Miller, S Saunders, H Swinton, A Rockliff	2 nd	10:32.06
	4 x 800m	J Tibbett, A Whiting, A Miller, H Moloney	3 rd	10:56.72
	4 x 800m	G Swinton, Marie Munksgaard, S Pye, J Bee	8 th	12:27.63
	4 x 1500m	A Rockliff, S Saunders, A Whiting, C Miller	3 rd	21:25.42
	Long Jump	E Baral, S Pye, J Bee, Marie Munksgaard	7 th	13.36m
	Shot Put	G Swinton, H Swinton, J Bee, Marie Munksgaard	5 th	23.35m
	Discus	G Swinton, M Clarkson, S Saunders, H Swinton	2 nd	83.32m
U16 Female	4 x 100m	A Blackett, D Sarkis, A Nsiah, L Russell	Prelim	53.71
		A Blackett, D Sarkis, M Byers, L Russell	9 th	56.95
	4 x 400m	M Byers, J Wotton, O Reynolds, A Nsiah	3 rd	4:24.64
	4 x 400m	Marie Munksgaard, K Richardson, O Bailey, J Bee	-	DQ
	4 x 800m	E O'Neill, O Dooley, J Wotton, C McCartney	7 th	10:31.04
U18 Female	4 x 800m	O Dooley, J Wotton, N Gusman, M Byers	5 th	10:30.86
	High Jump	N Gusman, T Bostock, K Klein, L Russell	1 st	6.15m
	Long Jump	L Russell, A Blackett, N Gusman, D Sarkis	7 th	17.15m
	Shot Put	K Blackett, N Gusman, K Klein, C Winser	4 th	38.92m
Open Female	Javelin	K Blackett, K Klein, N Gusman, C Winser	2 nd	105.99m
	4 x 100m	K Klein, C Wearne, M Barber, T Singh	4 th	50.20
	4 x 200m	T Mossfield, A Blackett, N Gusman, C Mifsud	11 th	1:51.24
	4x1500m W	K Klein, S Southern, S Jennings, E Camenzuli	1 st	30:46.40
	1600 Medley	E O'Neill, G Dawson, J Wotton, C Mifsud	9 th	4:32.53
	Long Jump	L Clark, N Gusman, T Mossfield, K Klein	5 th	18.53m
Shot Put	L Comford, K Blackett, N Gusman, K Klein	3 rd	35.93m	

Group	Event		Place	Performance
	Discus	L Cornford, K Blackett, K Klein, N Gusman	4 th	111.60m
	Javelin	K Blackett, K Klein, N Gusman, L Cornford	7 th	77.88m
U14 Male	4 x 100m	L Zaurrini, M Munksgaard, M Zaurrini, Jon. Gusman	8 th	55.96
	4 x 200m	L Zaurrini, M Zaurrini, A Keene, H Perry	8 th	1:55.50
	4 x 1500m	J Brown, D Murray, Mads Munksgaard, Jon. Gusman	8 th	21:47.86
	Long Jump	H Perry, L Zaurrini, M Zaurrini, A Keene	5 th	17.78m
	Shot Put	A Keene, H Perry, L Zaurrini, M Zaurrini	4 th	33.62m
	Discus	H Perry, A Keene, L Zaurrini, M Zaurrini	4 th	93.78m
U16 M	4 x 400m	Murtaza Tahiri, Jonny Gusman, R Stein, B Hando	4 th	3:57.43
U18 Male	4 x 400m	Murtaza Tahiri, R Stein, J Stein, Jordan Gusman	2 nd	3:29.78
	4 x 800m	D Keene, C Hunter, T McCoy, J Smith	4 th	8:21.18
	High Jump	D Snowdon, J Stein, R Stein, S Jessep	1 st	7.40m
	Long Jump	J Stein, S Jessep, Murtaza Tahiri, R Stein	5 th	19.07m
	Shot Put	E Lang, J Stein, R Stein, S Jessep	3 rd	50.73m
	Discus	J Stein, E Lang, R Stein, S Jessep	3 rd	151.11m
	Javelin	E Lang, J Stein, R Stein, S Jessep	1 st	216.23m R
U20 M	4 x 100m	N Rushworth, S Dicker, Murtaza Tahiri, R Jessep	5 th	46.46
Open Male	4 x 100m	B Spliadis, J Crandell, Jordan Gusman, J Pillon	10 th	43.96
	4 x 100m	R Jessep, Murtaza Tahiri, S Wearne, S Kunwar	17 th	46.87
	4 x 200m	N Rushworth, J Pillon, S Dicker, R Jessep	-	DQ
	4 x 1500m	B Conneely, Earl O'Brien, M Haines, M Doggett	9 th	18:41.15
	Long Jump	J Stein, J Crandell, R Jessep, S Dicker	4 th	23.71m
	Shot Put	B Baker, J Stein, E Lang, J Crandell	6 th	44.72m
	Discus	J Stein, B Baker, E Lang, J Crandell	4 th	148.18m
	Javelin	B Baker, E Lang, J Stein, J Crandell	1 st	248.88m R
160+ M	4 x 800m	P Ford, M Haines, G Ritchie, M Doggett	2 nd	8:53.87

NSW Mile Championships

10 December 2011

The Crest, Bankstown

The State Mile Championships made a return to the calendar this season, being held at the completion of Round 6 of the Club Premiership and while we did not have any athletes compete in the Open race our three Masters athletes who competed all won medals.

Group	Event	Name	Place	Performance
35-39 Male	1 Mile	Michael Doggett	1 st	4:37.71
45-49 Male	1 Mile	Robert Mason	3 rd	6:10.09
55-59 Male	1 Mile	David Lewis	2 nd	5:41.32

NSW Combined Event Championships

7 & 8 January 2012

Blacktown

The Club was represented by four athletes at the NSW Combined Event Championships in 2012. Three of these four athletes collected medals including Marnie Clarkson and Rhys Stein who both won State titles. Jake Stein due to injury was unable to compete in these championships.

Group	Event	Name	Place	Performance
U14 Female	Pentathlon	Marnie Clarkson	1st	3086
U18 Female	Heptathlon	Nicole Gusman	3 rd (2 nd NSW)	3959
U16 Male	Heptathlon	Jonathon Gusman	5 th	1725
U18 Male	Decathlon	Rhys Stein	2 nd (1 st NSW)	5630

NSW 10000m Track Walk Championships

7 January 2012

Blacktown

Kirsty Klein earned a Bronze medal for her third place in the Open Women's 10000m Walk.

Group	Event	Name	Place	Performance
Open Female	10000m Walk	Kirsty Klein	3 rd	51:20.69
		Shannon Jennings	-	DNF

NSW 5000m Championships

14 January 2012

Sydney Olympic Park Athletic Centre

Dave Ricketts was the Gold medal winner and State Champion in the Open 5000m while Earl O'Brien ran well to finish ninth.

Group	Event	Name	Place	Performance
Open Male	5000m	David Ricketts	1 st	14:42.02
		Earl O'Brien	9 th	14:59.79
		Joel Smith	32 nd	16:34.20

NSW Club Championships
4 February 2012
Sydney Olympic Park Athletic Centre

In the both the male and female competitions Asics Wests were placed 4th in the team point score in this one day meet conducted over 10 events in the Open age group.

Athletes competing in Club Championship events were Olivia Irwin, Sara Klein (2nd 200m Hurdles 29.00), Georgia Wassall, Hayley Boyd, Jemma Wotton, Caitlin McCartney, Jessica Tibbett, Miranda Middleton (2nd 3000m 10:13.69), Kiara Fioravanti (2nd Javelin 34.14m), Larissa O'Dea (3rd High Jump 1.55m), Maria McCrohon, Lauren Clark, Tamara Mossfield, Ksenia Khersontseva, Bangalie Keita, Sameer Kunwar, Robert Jessep, Shaun Wearne, Charles Hunter, James Cox, Jack Bangel, Murtaza Tahiri, Michael Haines, Aaron Keene, Daniel Keene, Tom McCoy, Hayden Sly, Cameron Jones, Earl O'Brien, James Perrett, Joel Smith, Jack Brown, Rhys Stein, David Snowdon (1st High Jump 2.10m), Andrew Doyle, Hayden Perry, Jake Stein (2nd Discus 48.06m, 2nd Javelin 59.69m), Benjamin Baker (1st Javelin 66.39m), John Crandell (3rd Javelin 59.16m).

NSW Junior and Youth Championships
10, 11 & 12 February 2012
Sydney Olympic Park Athletic Centre

The Club had a long list of competitors at the State Junior Championships this year. Our Pole Vaulters did particularly well taking 6 medals with Gold to Binta Salawu, Elizabeth Baral, Marlee Barber and Gabriel Wahl and Silver to Mudith Jayasekara and Angus Armstrong. In other events Gold medals were won by Marnie Clarkson in the 200m Hurdles, Tavleen Singh 100m, Sara Klein 400m Hurdles, Kirsty Klein 5000m Walk, Miranda Middleton 3000m Steeplechase, David Snowdon High Jump, Jake Stein 110m Hurdles and Shot Put and Elliott Lang in the Javelin.

Group	Event	Name	Place	Performance
U14 Female	100m	Marnie Clarkson	Prelim 4 th	(0.8) 13.72
	100m	Marnie Clarkson	Final 6 th	(2.6) 13.74
	400m	Jemima McCalman	Prelim 7 th	66.53
	400m	Hannah Swinton	Prelim 9 th	66.81
	400m	Hannah Swinton	Final 6 th	66.80
	400m	Jemima McCalman	Final 7 th	67.16
	800m	Catherine Miller	6 th	2:28.56
	1500m	Catherine Miller	8 th	5:12.76
	1500m	Jessica Tibbett	10 th	5:32.26
	200m Hurdles	Marnie Clarkson	1 st	(0.3) 33.53
	High Jump	Marnie Clarkson	2 nd	1.55m
	High Jump	Hannah Swinton	4 th	1.45m

Group	Event	Name	Place	Performance
	Pole Vault	Binta Salawu	1 st	2.00m
	Long Jump	Marnie Clarkson	4 th	(0.0) 4.59m
	Triple Jump	Marnie Clarkson	6 th	(1.3) 10.05m
	Discus	Marnie Clarkson	3 rd	29.68m
	Discus	Jemima McCalman	12 th	17.95m
	Discus	Sophie Saunders	13 th	17.38m
	Javelin	Marnie Clarkson	7 th	27.24m
U16 Female	100m	Elizabeth Baral	Prelim 16 th	(0.2) 13.59
	200m	Elizabeth Baral	Prelim 14 th	(0.7) 27.18
	200m	Alicia Blackett	Prelim 24 th	(-0.1) 28.56
	400m	Jemma Wotton	Prelim 13 th	66.55
	800m	Emily O'Neill	Prelim 15 th	2:30.34
	Pole Vault	Elizabeth Baral	1 st	2.80m
	Long Jump	Elizabeth Baral	9 th	(0.3) 4.65m
	Triple Jump	Carly Winser	11 th	(-2.0) 8.42m
	Shot Put	Georgia Swinton	17 th	8.58m
	Javelin	Georgia Swinton	8 th	26.14m
	3000m Walk	Ebony Camenzuli	8 th	19:01.59
U18 Female	100m	Tavleen Singh	Prelim 2 nd	(-2.2) 12.72
	100m	Olivia Irwin	Prelim 14 th	(-2.2) 13.14
	100m	Tavleen Singh	Final 1 st	(-0.6) 12.58
	200m	Tavleen Singh	Prelim 1 st	(1.7) 25.18
	200m	Olivia Irwin	Prelim 14 th	(1.7) 26.15
	200m	Tavleen Singh	Final 2 nd	(1.6) 24.86
	400m	Georgia Wassall	Prelim 12 th	59.89
	400m	Amanda Irwin	Prelim 13 th	60.55
	800m	Georgia Wassall	Prelim 2 nd	2:18.09
	800m	Georgia Wassall	Final 3 rd	2:12.81
	1500m	Georgia Wassall	7 th	4:44.53
	400m Hurdles	Nicole Gusman	Prelim 7 th	71.41
	400m Hurdles	Nicole Gusman	Final 5 th	73.57
	2000m Steeple	Caitlin McCartney	6 th	8:37.09
	High Jump	Nicole Gusman	3 rd	1.65m
	Long Jump	Nicole Gusman	10 th	(0.0) 4.84m
	Shot Put	Ksenia Khersontseva	8 th	11.07m
	Shot Put	Nicole Gusman	10 th	10.00m
	Discus	Larissa O'Dea	7 th	30.86m
	Hammer Throw	Ksenia Khersontseva	7 th	28.67m
	Javelin	Katrina Blackett	4 th	40.58m
	Javelin	Ksenia Khersontseva	9 th	35.26m
	5000m Walk	Shay Southern	3 rd	28:31.36
U20 Female	1500m	Miranda Middleton	3 rd	4:34.89
	400m Hurdles	Sara Klein	1 st	60.04
	3000m Steeple	Miranda Middleton	1 st	11:00.87
	High Jump	Emily Crutcher	2 nd	1.65m
	Pole Vault	Marlee Barber	1 st	2.70m

Group	Event	Name	Place	Performance
	Long Jump	Kiara Fioravanti	7 th	(1.3) 4.88m
	Javelin	Kiara Fioravanti	4 th	33.41m
	5000m Walk	Kirsty Klein	1 st	24:42.43
	5000m Walk	Shannon Jennings	-	DQ
U14 Male	100m	Zane Camenzuli	8 th	(0.1) 14.31
	200m	Zane Camenzuli	5 th	(1.0) 29.34
	High Jump	Hayden Perry	2 nd	1.55m
	Pole Vault	Gabriel Wahl	1 st	2.20m
	Javelin	Hayden Perry	2 nd	38.79m
U16 Male	800m	Hayden Sly	Prelim 8 th	2:09.25
	800m	Jonathon Gusman	Prelim 22 nd	2:37.20
	800m	Hayden Sly	Final 6 th	2:05.88
	1500m	James Cox	9 th	4:33.53
	3000m	James Cox	6 th	9:33.19
	3000m	Jack Brown	10 th	9:43.16
	200m Hurdles	Jonathon Gusman	8 th	(-0.4) 38.02
	2000m Steeple	Jack Brown	3 rd	6:48.90
	High Jump	Jonathon Gusman	-	NH
	Pole Vault	Angus Armstrong	2 nd	3.70m
U18 Male	400m	Charlie Hunter	Prelim -	DQ
	800m	Daniel Keene	Prelim 1 st	1:59.02
	800m	Tom McCoy	Prelim 8 th	2:00.66
	800m	Charlie Hunter	Prelim 13 th	2:02.51
	800m	Daniel Keene	Final 2 nd	1:59.53
	800m	Tom McCoy	Final 6 th	2:06.90
	1500m	Charlie Hunter	9 th	4:14.57
	110m Hurdles	Rhys Stein	4 th	(0.1) 15.26
	High Jump	David Snowdon	1 st	2.09m
	High Jump	Rhys Stein	8 th	1.75m
	Pole Vault	Mudith Jayasekara	2 nd	3.70m
	Long Jump	Rhys Stein	7 th	(1.9) 6.31m
	Discus	Rhys Stein	9 th	40.60m
	Javelin	Rhys Stein	2 nd	55.67m
	U20 Male	800m	Jordan Gusman	Prelim 6 th
800m		Jordan Gusman	Final 2 nd	1:54.58
110m Hurdles		Jake Stein	1 st	(NW1) 14.53
400m Hurdles		Jack Bangel	2 nd	55.70
Long Jump		Jake Stein	5 th	(0.0) 6.93m
Shot Put		Jake Stein	1 st	16.33m
Discus		Jake Stein	2 nd	51.85m
Javelin		Elliott Lang	1 st	65.01m
Javelin		Jake Stein	4 th	57.99m

Sydney Track Classic
18 February 2012
Sydney Olympic Park Athletic Centre

The Sydney Track Classic was one of the meets on the Australian Athletics Tour and our best placed athlete at this meet was Beki Lee who placed second in the 5000m Walk in 21:23.60.

Group	Event	Name	Place	Performance
Open Women	400m Hurdles	Sara Klein	6 th	60.05
	High Jump	Emily Crutcher	5 th	1.75m
	5000m Walk	Beki Lee	2 nd	21:23.60
	5000m Walk	Shannon Jennings	B Race 4 th	24:58.70
	5000m Walk	Kirsty Klein	B Race 5 th	25:29.20
Open Men	100m	Bangalie Keita	B Race 6 th	(-1.1) 10.86
	Discus	Jake Stein	5 th	47.49m

A week later on Saturday 25 February, Beki Lee competed in the Australian 20km Road Walks Championships & Selection Trials in Hobart where she was the third placed Australian in the Open Women's 20km Race Walk in a time of 1:39.16. Her placing in that event secured her selection in the Australian team for the 2012 London Olympics.

NSW Masters Championships
25 & 26 February 2012
The Crest, Bankstown

Our State Masters Champions this year were Deb Walsham in the 400m and Michael Doggett in the 800m and 1500m.

Group	Event	Name	Place	Performance
35-39 F	400m	Deborah Walsham	1 st	1:06.32
35-39 Male	800m	Michael Doggett	1 st	2:00.75
	1500m	Michael Doggett	1 st	4:09.23
45-49 Male	200m	Paul De la Motte	12 th	(0.1) 27.86
	400m	Paul De la Motte	4 th	1:04.76
	3000m Steeple	Robert Mason	2 nd	15:40.39

Australian Junior Championships
14 - 18 March 2012
Sydney Olympic Park Athletic Centre

Gold medals were won by Sara Klein in the 400m Hurdles in a meet record and World Junior qualifier, Elizabeth Baral in the Pole Vault, Marnie Clarkson in the High Jump and 4 x 100m Relay, Tavleen Singh in the 200m, Mudith Jayasekara in the Pole Vault and Rhys Stein in the Javelin.

Other Club members who were medal getters were Binta Salawu, Georgia Wassall, Nicole Gusman, Katrina Blackett, Shannon Jennings, Hayden Perry, Gabriel Wahl, Jack Brown, Charlie Hunter, David Snowdon, Jake Stein and Elliott Lang. A number of the performances by our athletes were personal bests.

Group	Event	Name	Place	Performance
U14 Female	100m	Marnie Clarkson	7 th	(-0.3) 13.61
	800m	Sophie Saunders	Prelim 12 th	2:39.52
	High Jump	Marnie Clarkson	eq 1 st	1.64m
	Pole Vault	Binta Salawu	2 nd	2.30m
	Discus	Marnie Clarkson	4 th	29.73m
U15 Female	200m Hurdles	Marnie Clarkson	Prelim 10 th	(-0.2) 33.28
	Pole Vault	Elizabeth Baral	1 st	3.15m
U17 Female	200m	Olivia Irwin	Prelim 15 th	(0.8) 25.95
	800m	Georgia Wassall	Prelim 2 nd	2:16.25
	800m	Georgia Wassall	Final 2 nd	2:09.01
	1500m	Georgia Wassall	3 rd	4:31.15
U18 Female	100m	Tavleen Singh	2 nd	(-0.6) 12.34
	200m	Tavleen Singh	Prelim 1 st	(0.6) 24.41
	200m	Tavleen Singh	Final 1 st	(-0.2) 24.55
	400m Hurdles	Nicole Gusman	Prelim 10 th	72.15
	High Jump	Nicole Gusman	2 nd	1.70m
	Javelin	Katrina Blackett	2 nd	40.84m
	5000m Walk	Shay Southern	-	DQ
U20 Female	400m Hurdles	Sara Klein	Prelim 2 nd	61.74
	400m Hurdles	Sara Klein	Final 1 st	58.02
	High Jump	Emily Crutcher	5 th	1.71m
	10000m Walk	Shannon Jennings	3 rd	51:25.44
	10000m Walk	Kirsty Klein	4 th	52:25.02
U14 Male	High Jump	Hayden Perry	2 nd	1.55m
	Pole Vault	Gabriel Wahl	3 rd	2.30m
	Javelin	Hayden Perry	2 nd	39.92m
U15 Male	3000m	Jack Brown	8 th	9:39.91
	200m Hurdles	Jonathon Gusman	13 th	(-0.3) 35.51
	2000m Steeple	Jack Brown	2 nd	6:41.32
U16 Male	800m	Hayden Sly	Prelim 19 th	2:04.31
	Pole Vault	Angus Armstrong	-	NH

Group	Event	Name	Place	Performance
U17 Male	800m	Daniel Keene	Prelim 11 th	2:00.10
	800m	Charlie Hunter	Prelim -	DQ IAAF 163.3
	800m	Daniel Keene	Semi 14 th	2:01.60
	3000m	Charlie Hunter	2 nd	8:49.30
	110m Hurdles	Rhys Stein	4 th	(0.2) 14.83
	Pole Vault	Mudith Jayasekara	2 nd (1 st Aus)	4.15m
	Javelin	Rhys Stein	1 st	62.13m
U18 Male	800m	Tom McCoy	Prelim 25 th	2:02.78
U20 Male	800m	Jordan Gusman	Prelim 18 th	1:55.73
	110m Hurdles	Jake Stein	Prelim 5 th	(-0.1) 14.38
	110m Hurdles	Jack Bangel	Prelim 9 th	(-0.2) 15.15
	110m Hurdles	Jake Stein	Final 3 rd	(0.1) 14.14
	400m Hurdles	Jack Bangel	Prelim 3 rd	54.62
	400m Hurdles	Jack Bangel	Final 4 th	54.06
	High Jump	David Snowdon	2 nd	2.12m
	Long Jump	Jake Stein	5 th	(1.5) 7.17m
	Shot Put	Jake Stein	3 rd	15.67m
	Discus	Jake Stein	3 rd	54.99m
	Javelin	Elliott Lang	3 rd	64.77m
	Javelin	Jake Stein	5 th	62.00m
	Javelin	Rhys Stein	7 th	57.09m

In addition to the above individual results Marlee Barber ran in the NSW U14 Women 4 x 100m relay team that won Gold with a time of 50.98 seconds, Sara Klein was in the second placed NSW U20 Women 4 x 400m team and Tavleen Singh ran in the second placed NSW U18 Women 4 x 100m team.

Miranda Middleton placed 3rd in the U20 Female 3000m Steeplechase but by the time of these of championships had transferred from Wests to UTS Norths.

NSW Open and AWD Championships

30, 31 March & 1 April 2012

Sydney Olympic Park Athletic Centre

The Club's State Open Champions were Dave Ricketts in the 10000m in 30:08.54 and Marlee Barber who defended her title in the Pole Vault with a jump of 3.30m. Silver medals were gained by Emily Crutcher and David Snowdon in the High Jump, Lauren Clark in the Triple Jump and Ben Baker in the Javelin while Bronze medals went to Kirsty Klein (5000m Walk) and Nathan Rushworth (Pole Vault).

Group	Event	Name	Place	Performance
Open Female	200m	Ayesha Billimoria	Prelim 12 th	(-0.7) 25.88
	200m	Georgia Wassall	Prelim 16 th	(-0.7) 26.55
	200m	Rebecca Goodwin	Prelim 22 nd	(-1.3) 29.67
	400m	Ayesha Billimoria	Prelim 10 th	58.08
	800m	Georgia Wassall	Prelim 8 th	2:13.12
	High Jump	Emily Crutcher	2 nd	1.65m
	Pole Vault	Marlee Barber	1 st	3.30m
	Pole Vault	Elizabeth Baral	4 th	2.90m
	Pole Vault	Binta Salawu	7 th	2.50m
	Triple Jump	Lauren Clark	2 nd (1 st U23)	(1.5) 11.98m
	Discus	Rachel Evans	6 th	41.21m
	5000m Walk	Kirsty Klein	3 rd	24:48.98
	5000m Walk	Shannon Jennings	4 th	24:55.52
	Open Male	100m	Billy Spliadis	Prelim 11 th
200m		Joel Milburn	Prelim 7 th	(0.5) 22.05
200m		Joel Milburn	Final 8 th	(-0.7) 22.52
400m		Ian Dewhurst	Prelim 11 th	49.00
400m		Charles Hunter	Prelim 20 th	54.30
800m		Charles Hunter	Prelim 21 st	1:59.67
800m		Michael Doggett	Prelim 23 rd	1:59.83
1500m		Charles Hunter	Prelim 14 th	3:59.18
1500m		Michael Doggett	Prelim 22 nd	4:05.93
1500m		Joel Smith	Prelim 29 th	4:21.16
400m Hurdles		Jack Bangel	6 th	57.05
400m Hurdles		Cameron Jones	9 th (2 nd U23)	58.64
High Jump		David Snowdon	2 nd	2.10m
Pole Vault		Nathan Rushworth	3 rd (1 st U23)	4.30m
Pole Vault		Angus Armstrong	eq 5 th	4.00m
Pole Vault		Mudith Jayasekara	eq 5 th	4.00m
Javelin		Benjamin Baker	2 nd	72.21m
Javelin		Elliott Lang	4 th	63.22m
Javelin		John Crandell	5 th (2 nd U23)	61.90m
10000m		Dave Ricketts	1 st (1 st U23)	30:08.54
10000m		Robert Mason	25 th	49:20.16
10000m		Earl O'Brien	-	DNF

Australian Junior Combined Event Championships

31 March & 1 April 2012

Sydney Olympic Park Athletic Centre

Jake Stein and Rhys Stein both won Gold medals at the Australian Combined Event Championships. Jake's score in the Decathlon of 7,886 points was an Australian Under 20 record breaking the record of 7,637 that he set at the Victorian Junior Multi Event Championships in Melbourne earlier in March.

Group	Event	Name	Place	Performance
U18 Female	Heptathlon	Nicole Gusman	5 th	3693
U15 Male	Heptathlon	Jonathon Gusman	4 th	1837
U17 Male	Decathlon	Rhys Stein	1 st	6292
U20 Male	Decathlon	Jake Stein	1 st	7886

Australian Masters Athletic Championships

6 - 9 April 2012

Melbourne

At these Championships Michael Doggett (M 35-39 years) won a Gold medal in the 1500m in 4:17.76 and a Silver medal in the 800m in 2:03.98.

Earlier in the season the Oceania Masters Championships were held in Tauranga, New Zealand from 5-12 February 2012 where Michael Doggett won Gold in the 800m in 2:02.29, Silver in the 1500m in 4:13.71 and Bronze in the 8km Cross Country. He collected a further 2 Gold medals as a member of the winning Australian teams in the M30-54 Cross Country and the M200-239 Medley Relay.

Australian Athletic Championships

13, 14 & 15 April 2012

Lakeside Stadium, Melbourne

At the 90th Australian Athletics Championships Ben Baker took a Bronze medal in the Javelin with a throw of 74.66m.

Group	Event	Name	Place	Performance
Open Female	100m	Christine Wearne	Prelim 16 th	(0.2) 12.29
	100m	Christine Wearne	Semi 14 th	(1.4) 12.09
	Triple Jump	Lauren Clark	8 th	(1.5) 11.87m
Open Male	100m	Bangalie Keita	Prelim 17 th	(1.8) 10.86
	Pole Vault	Nathan Rushworth	-	NH
	Javelin	Benjamin Baker	3 rd	74.66m
	Javelin	John Crandell	11 th	61.81m

The Harrier Report, Winter 2011

West Metropolitan 2011 Running Season

The West Metropolitan series was conducted on 14 afternoons between April and August 2011. The Asics Wests athletes who were placed in the top 3 in the West Metropolitan season point scores:

Event		Name	Place
Shorter Event	Female U10	Hannah Moloney	2 nd
	Female U12	Breanna Ivankovic	2 nd
	Male U12	Brian Smith	3 rd
Medium Event	Female U12	Josie Bee	1 st
	Male U14	William Smith	2 nd
	Male 30+	Michael Haines	1 st
	Male 45+	John Murray	3 rd
	Male 55+	David Lewis	1 st
Longer Event	Male 30+	Michael Doggett	1 st

Championship Events

The Open Men's results were not particularly strong in Winter 2011. Kevin Batt joined our Club and he was available for a few events helping the team to third place at the Road Relays in Wollongong. However the Open Men did not field a team in the State Cross Country at Nowra and in the Short Course Cross Country at Upjohn Park three of the four Open Men were 35+ but still contributed to the Open team that finished a respectable fourth. The most consistent performer at State Championship events was Richard Roberts with the Club's fastest time at the Cross Country Relays and second fastest at the 10km Road, 12km Cross Country and 7.5km Cross Country.

In the younger age groups the highlight of the Winter was the National title to Abbey Rockliff in the Girls 10 years 2km at the Australian Cross Country Championships in Canberra in August. Abbey also won the State title in the U12 Girls 1.5km at the Short Course Cross Country at Upjohn Park in July and led the U12 Girls 4 x 2km team to Gold at the Cross Country Relays at Miranda Park at the end of May.

In the 2011 ANSW Winter Premiership the Asics Wests U12 Girls were placed equal 3rd in their season point score as were the U16 Men. The 35+ Men and U14 Boys were placed fourth in their respective season point scores. Overall Asics Wests finished 10th in the 2011 Winter Club Trophy.

NSW Novice Cross Country Championships

Saturday 30 April 2011

Scarborough Park, Ramsgate

Event	Distance	Name	Place	Time
Invitation	2km	Abbey Rockliff	9 th	7:13
		Hannah Moloney	44 th	8:24
		Amy Bonthorne	45 th	8:27
Invitation	4km	David Ricketts	1 st	11:50
		John Murray	81 st	17:30
		William Smith	84 th	17:52
		Daniel Murray	88 th	18:06
		Justin Murray	98 th	18:50
		Brian Smith	117 th	22:18
		Yvonne Fillery	120 th	23:02
Invitation	10km	Robin Whiteley	2 nd	33:05
		Richard Roberts	7 th	35:30
Novice Female	4km	Caitlin McCartney	50 th	17:36
Novice Male	10km	James Perrett	5 th	33:55
		Michael Doggett	40 th	39:07

NSW Cross Country Relay Championships

Saturday 28 May 2011

Miranda Park, Miranda

In the first race of the day a Gold medal went to our Under 12 Girl's 4 x 2km team led by Abbey Rockliff with a time of 7:00 on the first 2km leg. Abbey then backed up to run the last leg of the U14 Girl's B team in a time of 7:17. Other medals gained by our teams were Bronze to the U14 Girls 4 x 2km A team and a Silver to the 35+ Men 4 x 4km.

Event	Distance	Name	Place	Time
U12 Female	4 x 2km	Abbey Rockliff		7:00
		Antonia Whiting		7:45
		Amy Bonthorne		8:19
		Catherine Miller		7:31
		Asics Wests A	1st	30:35
U12 Female	4 x 2km	Breanna Ivankovic		7:49
		Skye Lorenzi		9:04
		Joesphine Bee		8:58
		Hannah Moloney		8:21
		Asics Wests B	6th	34:12
U14 Female	4 x 2km	Kimberley Tait		7:40
		Hannah Swinton		7:41
		Alley Miller		7:50

Event	Distance	Name	Place	Time
		Sophie Saunders		7:18
		Asics Wests A	3rd	30:29
U14 Female	4 x 2km	Mary Kerr		8:07
		Olivia Whiting		8:14
		Georgia Swinton		8:55
		Abbey Rockliff		7:17
		Asics Wests B	7th	32:33
U14 Male	4 x 2km	Elliott Metcalf		6:42
		Thomas Williams		7:31
		Billy Brown		7:59
		Jack Brown		6:43
		Asics Wests A	4th	28:55
U14 Male	4 x 2km	William Smith		7:33
		Daniel Murray		8:02
		Lewis Bee		9:40
		Fraser Garrett		9:03
		Asics Wests B	11th	34:18
U16 Female	4 x 3km	Olivia Dooley		11:14
		Emily O'Neill		12:15
		Jemma Wotton		12:59
		Caitlin McCartney		12:18
			5th	48:46
Open Male	4 x 4km	Michael Haines		14:56
		Earl O'Brien		12:56
		Edward O'Brien		14:12
		James Perrett		13:01
		Asics Wests A	13th	55:05
Open Male	4 x 4km	John Crandell		16:49
		Robert Jessep		19:33
		Rajitha De silva		17:33
		Michael Doggett		13:46
		Asics Wests B	24th	67:41
35+ Male	4 x 4km	Richard Roberts		12:32
		Michael Doggett		13:05
		Glenn Ritchie		14:06
		Marty Doak		14:14
		Asics Wests 35+ A	2nd	53:57
35+ Male	4 x 4km	Peter Ford		15:22
		Robert Mason		19:10
		John Murray		16:12
		David Lewis		16:37
		Asics Wests 35+ B	11th	67:21

Australian Mountain Running Championships

The Australian Mountain Running Championships held at Camp Mountain, Bellbird Grove, Brisbane, Queensland on Sunday 29 May 2011. In the Open Men 13.3km Robin Whiteley was placed 9th in 58:43.

NSW Road Championships

Saturday 4 June 2011

Sydney Olympic Park

The Sydney: 10 held at Olympic Park again incorporated the Road Championships this year. In the 10km race Kevin Batt finished in the top 10 with a time of 31:01 while Richard Roberts gained Bronze in the Male 40-44 years. In his first race in the black and white Charlie Hunter took a Bronze medal in the U16 5km while our four athletes in the 5km were entered as an U18 Male team and they won a team Bronze. The 35+ Men in the 10km also gained a team Bronze.

Event	Distance	Name	Place	Time
U14 Female	2.5km	Brooke Ferguson	11 th	10:39
U16 Male	5km	Charlie Hunter	3 rd	16:42
		James Cox	4 th	17:02
U16 Female	5km	Georgia Wassall	4 th	19:15
		Jemma Wotton	14 th	21:33
Open	10km	Kevin Batt	9 th	31:01
		Richard Roberts	33 rd 3 rd 40-44	32:59
		Chad Fowler	42 nd	33:19
		Earl O'Brien	49 th	33:30
		James Perrett	50 th	33:39
		Matthew Losurdo	122 nd 9 th U20	36:13
		Michael Doggett	140 th	36:49
		Marty Doak	152 nd	37:06
		Michael Haines	240 th	39:41
		Kev Wills	398 th	45:39
Robert Mason	485 th	49:11		

Open Male Team: 7th (Kevin Batt, Earl O'Brien, James Perrett, Matthew Losurdo)

35+ Male Team: 3rd (Richard Roberts, Chad Fowler, Michael Doggett, Marty Doak)

U18 Male Team: 3rd (Charlie Hunter, James Cox, Georgia Wassall, Jemma Wotton)

NSW Cross Country Championships

Saturday 25 June 2011

Willandra, Cambewarra (Nowra)

At the 114th NSW Cross Country Championships Richard Roberts won a Gold medal for his first place in the 40-44 12km while Jack Brown was the third NSW athlete in the U14 3km.

Event	Distance	Name	Place	Time
U12 Male	2km	Billy Brown	5 th	8:01
U14 Female	3km	Sophie Saunders	5 th	11:09
		Estella Pounder	12 th	11:40
U14 Male	3km	Jack Brown	5 th (3 rd NSW)	10:19
U16 Female	4km	Olivia Dooley	9 th	16:45
		Georgia Wassall	11 th	17:07
		Caitlin McCartney	20 th	18:00
U16 Male	4km	Charlie Hunter	6 th	14:28
		James Cox	15 th	15:07
U18 Female	4km	Aleisha Wawn	16 th	17:47
U20 Female	6km	Miranda Middleton	-	-
U20 Male	8km	Matthew Losurdo	8 th	32:28
Open Female	8km	Deborah Walsham	7 th 35-39	39:49
Open Male	12km	James Perrett	9 th	43:01
		Richard Roberts	10 th 1 st 40-44	43:29
		Michael Doggett	37 th 4 th 35-39	48:34

Asics Wests obtained a team Bronze medal in the U16 Male 4km with the team nominated before the race being Charlie Hunter, James Cox, Olivia Dooley and Caitlin McCartney. A shortfall in male teams can be made up by 1 or 2 female athletes.

NSW Road Relay Championships

Saturday 9 July 2011

Flagstaff Point, Wollongong

Event	Distance	Name	Place	Time
U14 Male	4 x 3km	William Smith		11:45
		Billy Brown		12:47
		Daniel Murray		12:56
		Jack Brown		10:54
			4th	48:22
Open Male	4 x 4km	Kevin Batt		11:40
		Earl O'Brien		12:20
		Chad Fowler		12:46
		James Perrett		12:38

Event	Distance	Name	Place	Time
Open Male	4 x 4km	Asics Wests A	3rd	49:24
		Edward O'Brien		13:50
		Michael Haines		14:44
		Robert Mason		19:05
		Rajitha De silva		19:21
35+ Male	4 x 4km	Asics Wests B	21st	67:00
		Michael Doggett		12:55
		Marty Doak		14:26
		Peter Ford		16:03
		John Murray		15:31
		5th	58:55	

NSW Short Course Cross Country Championships

Saturday 30 July 2011

Upjohn Park, Dundas

Gold medals were won by Richard Roberts in the Male 40-44 years 7.5km and Abbey Rockliff in the U12 Girls 1.5km. There was a team Gold in the U16 Men 2.5km with Charlie Hunter taking Silver for his individual placing. Silver was also taken by the U12 Girl's team whilst in the 35-39 years age group Bronze medals were picked up by Deb Walsham in the 5km and by Michael Doggett in the 7.5km.

Event	Distance	Name	Place	Time
U12 Female	1.5km	Abbey Rockliff	1 st	5:19.02
		Breanna Ivankovic	6 th	5:46.34
		Hannah Moloney	13 th	5:53.22
		Amy Bonthorne	18 th	6:04.80
U14 Female	2.5km	Georgia Swinton	21 st	12:06
U16 Female	2.5km	Caitlin McCartney	18 th	10:27
		Kathryn Robinson	32 nd	14:06
U16 Male	2.5km	Charles Hunter	2 nd	8:09
		James Cox	5 th	8:20
		Daniel Keene	11 th	8:33
		Hayden Sly	14 th	8:37
Open Female	5km	Deborah Walsham	3 rd 35-39	22:24
Open Male	7.5km	Earl O'Brien	14 th	25:37
		Richard Roberts	16 th 1 st 40-44	25:46
		Michael Doggett	28 th 3 rd 35-39	27:18
		Marty Doak	57 th 9 th 35-39	29:28

U12 Female Team 2nd (Abbey Rockliff, Breanna Ivankovic, Hannah Moloney, Amy Bonthorne)

U16 Male Team 1st (Charles Hunter, James Cox, Daniel Keene, Hayden Sly)

Open Male Team 4th (Earl O'Brien, Richard Roberts, Michael Doggett, Marty Doak)

Australian Cross Country Championships

Saturday 20 August 2011

Stromlo Forest Park, ACT

Well done to Abbey Rockliff winning the Girls 10 years Australian Cross Country title and a member of the winning NSW Girls 10 years team.

Event	Distance	Name	Place	Time
Girls 10 years	2km	Abbey Rockliff	1 st	7:09
Boys 11 years	3km	Elliott Metcalf	3 rd	10:33
Boys U14	3km	Jack Brown	19 th	10:25
Girls U14	3km	Sophie Saunders	27 th	11:40
Boys U16	4km	Charlie Hunter	20 th	12:59.15
Girls U16	4km	Olivia Dooley	47 th	15:11
Women U20	6km	Miranda Middleton	32 nd	24:29

NSW Half Marathon Championships

Sunday 4 September 2011

Lake Gillawarna, Georges Hall

Event	Distance	Name	Place	Time
Open Male	21.1km	Michael Doggett	4 th 35+	88:21

Michael Doggett, Cross Country Secretary

7th IAAF World Youth Championships

6 – 10 July 2011

Lille, France

The Club had four members compete at these Championships for Under 18 athletes – Emily Crutcher, David Snowdon, Elliott Lang and Jake Stein.

Jake Stein came home with the Gold medal in the Octathlon with 6,491 points. Not only did he become the World Youth Champion for this event but he also claimed the World Youth Record breaking the old record by 9 points.

Group	Event	Name	Place	Performance
Female	High Jump	Emily Crutcher	17 th	1.67m
Male	High Jump	David Snowdon	6 th	2.09m
	Javelin	Elliott Lang	7 th	73.55m
	Octathlon	Jake Stein	1 st	6491

Our other representative overseas was Jack Bangel who was selected in the Australian team for the Commonwealth Youth Games held on the Isle of Man from 7 – 13 September 2011 where he placed 6th in the final of the 400m Hurdles in 54.41 seconds.