# St Kevin's Amateur Athletic Club Inc.

# Annual Report For Year Ended 31 March 2015



#### Committee

Eamon Lynch, Secretary
Peter McGarry, President
Daniel Bailey, Vice President
Dino Imbriano, Treasurer & Registrar
Andrew Thomas, General Committee Member
Patrick Noonan, General Committee Member
Nick O'Neill, General Committee Member
Jason Kozica, General Committee Member
Steve Fabris, General Committee Member
Lincoln Mah, General Committee Member

#### Minutes of St Kevin's Amateur Athletic Club Annual General Meeting

The SKAAC AGM was held at the Malvern Hotel, MALVERN, at 7.30pm on **Saturday 14**<sup>TH</sup> **June 2014.** 

#### Attendees:

Peter McGarry, Rachael McGarry, Andrew Thomas, Pat Noonan, Eamon Lynch, Jason Kozica, Lincoln Mah, Dino Imbriano, Nick O'Neill, Adam McGarry, Denzell Prezens, Maxwell Prezens, Ben Eldridge.

#### **Apologies:**

None

The Meeting commenced at 7.30pm

#### **Annual Reports**

Annual Report as attached was read and presented to all present.

Annual report was moved by Jason Kozica and seconded by Pat Noonan.

#### **Nomination of Office Bearers**

Andrew Thomas stepped down as President.

Pat Noonan nominated Peter McGarry as President and Eamon Lynch seconded. Peter McGarry duly elected

Position of Vice President to be determined post AGM.

Pat Noonan nominated Dino Imbriano as Treasurer and Andrew Thomas seconded this nomination. Dino Imbriano accepted and will continue as Treasurer

Andrew Thomas nominated Eamon Lynch as Secretary and Pat Noonan seconded this nomination. Eamon accepted and will continue as Secretary.

Eamon Lynch nominated Jason Kozica as General Committee member and Andrew Thomas seconded this nomination. Jason has accepted and will remain on the committee Andrew Thomas nominated Lincoln Mah as General Committee member and Pat Noonan seconded this nomination. Lincoln has accepted and will remain on the committee Jason Kozica nominated Nick O'Neill as General Committee member and Eamon Lynch seconded this nomination. Nick has accepted and will start on the committee Peter McGarry nominated Patrick Noonan as General Committee member and Jason Kozica seconded this nomination.

#### **Interim Office Bearers**

President Peter McGarry

Vice-President Vacant

Treasurer Dino Imbriano Secretary Eamon Lynch

General Committee Nick O'Neill, Jason Kozica, Andrew Thomas, Lincoln Mah, Patrick

Noonan

Vacancies The committee proposed to approach Daniel Bailey and Steve Fabris

to fill vacancies, i.e. Vice President and general committee.

Meeting closed at 8.05pm.

## Finance Report for Season 2014/2015

For the first time in several years, the club made a trading loss. The two contributing factors to this loss were an increase in athlete funding (\$1,650) and the cost of the 70th year anniversary dinner which did not proceed. Due to lack of numbers, the 70th anniversary dinner had to be cancelled one week out from the event resulting in the loss of our deposit (\$500) and a payment of \$1,500 to cover off the minimum guaranteed spend.

Key points to note in the report are:

- Club Fees (including train-on coaching fees) continue to make the majority of income for the club - \$7,514.20;
- The AFL Grand Final eve annual trivia night was a success generating a net profit of \$3.548.30:
- Coaching costs increased substantially due to the new train-on program; and
- A record high \$4,600 was provided to athletes and coaches for interstate and overseas travel

Looking forward to next year, my recommendation is that club fees remain at the same level. Had we not had the one off payment for the 70th dinner, we would have made a comfortable \$1,000 surplus.

Overall the club is in a strong position financially with \$12,950.42 invested in an ING account and \$10,121.66 in our Commonwealth Bank trading account as at 31 March 2015. The club also has a large stock on hand of merchandise that will continue to generate income over the coming years.

Yours in service

Dino Imbriano SKAAC Treasurer

# Income & Expenditure Statement 1 April 2014 to 31 March 2015

Bank Balance as at 31-Mar-2014	\$11,534.47
Income	
Trading Receipts (BBQ & Drinks)	\$0.00
Fees / Subscriptions from members	\$7,514.20
Fundraising Receipts	\$3,548.30
Grants - Old Collegiaan Association	\$1,500.00
Sponsorships	\$0.00
Donations	\$0.00
Bank Interest Received	\$349.45
Other (Merchandise)	\$420.00
Total Income (A)	\$13,331.95
Expenditure	
Trading Costs (BBQ & Drinks)	\$50.00
Water, Gas, Electricity, Insurance	\$0.00
Salaries and wages	\$0.00
Office Expenses (Stationary, Postage, Trophies, Engraving)	\$0.00
Fundraising Costs	\$0.00
Bank Fees & Charges	\$7.38
Other (AV Fees Paid)	\$163.00
Other (AV Race Fees)	\$450.00
Other (AV Club Affiliation)	\$400.00
Other (APSOC Fees)	\$1,705.00
Other (Graham Wise Donation)	\$500.00
Other (APSU Affiliation Fees)	\$313.00
Other (Coaching)	\$3,412.95
Other (Official Fees)	\$790.00
Other (Cancelled 70th Dinner)	\$2,007.19 \$0.00
Other (Consumer Affairs) Other (Athlete & Coach Support - National Champs)	\$4,600.00
Total Expenditure (B)	\$14,398.52
Surplus (A-B)	-\$1,066.57
Cash in hand or in bank	\$10,121.66
Value of stock on hand (Estimated Value of equipment)	\$8,204.00
Amount owed to association (Unbanked cheques)	\$0.00
Amount owed to association (Unbanked cash)	\$51.95
Property, equipment, furnishings	\$0.00
Investments - ING Account Balance	\$12,950.42
Other (specify)	\$0.00
Total Assets ©	\$31,328.03
Liabilities	
Secured loans	\$0.00
Unsecured loans	\$0.00
Total Liabilities	\$0.00
Association's equity (C-D)	\$31,328.03

### Asset Register as at 31 March 2015

Item	No	Value	Total Value
BBQ with 8.5kg Gas Bottle	1	\$100.00	\$100.00
Portable BBQ	1	\$50.00	\$50.00
SKAAC Branded Tent (Telstra)	1	\$200.00	\$200.00
Unbranded 3m x 3m Tent	1	\$100.00	\$100.00
Telstra Stetch Mats	3	\$10.00	\$30.00
Folding Chairs	5	\$10.00	\$50.00
Green Garden Chairs	5	\$6.00	\$30.00
Picnic Table	1	\$20.00	\$20.00
1 foot mini hurdles	10	\$8.00	\$80.00
Competition Discus - 1kg	2	\$30.00	\$60.00
Competition Discus - 2kg	2	\$30.00	\$60.00
Training Discus - 500gm	1	\$10.00	\$10.00
Training Discus - 750gm	2	\$10.00	\$20.00
Training Discus - 1kg	5	\$10.00	\$50.00
Training Discus - 1.5kg	4	\$10.00	\$40.00
Training Discus - 2kg	7	\$10.00	\$70.00
Training Shotput - 2kg	1	\$10.00	\$10.00
Training Shotput - 2.7kg	1	\$10.00	\$10.00
Training Shotput - 3kg	2	\$10.00	\$20.00
Training Shotput - 4kg	2	\$10.00	\$20.00
Training Shotput - 7kg	5	\$10.00	\$50.00
Competition Javelin - 600gm	1	\$100.00	\$100.00
Competition Javelin - 700gm	2	\$100.00	\$200.00
Competition Javelin - 800gm	1	\$100.00	\$100.00
Competition Javelin - 800gm (Nemith)	1	\$400.00	\$400.00
Training Javelin - 400gm	1	\$40.00	\$40.00
Training Javelin - 600gm	4	\$40.00	\$160.00
Training Javelin - 700gm	1	\$40.00	\$40.00
Training Javelin - 800gm	5	\$40.00	\$200.00
Starting Blocks	3	\$50.00	\$150.00
Field Numbers	3	\$50.00	\$150.00
Hammer - 4kg	1	\$20.00	\$20.00
Hammer - 7.2kg	1	\$20.00	\$20.00
SKAAC Banner	2	\$50.00	\$100.00
SKAAC Singlet - XS	27	\$12.00	\$324.00
SKAAC Singlet - S	67	\$12.00	\$804.00
SKAAC Singlet - M	62	\$12.00	\$744.00
SKAAC Singlet - L	42	\$12.00	\$504.00
SKAAC Singlet - XL	24	\$12.00	\$288.00
SKAAC Singlet - XXL	4	\$12.00	\$48.00
SKAAC Tshirt - XXS	39	\$10.00	\$390.00
SKAAC Tshirt - XS	48	\$10.00	\$480.00
SKAAC Tshirt - S	50	\$10.00	\$500.00
SKAAC Tshirt - M	49	\$10.00	\$490.00
SKAAC Tshirt - L	24	\$10.00	\$240.00
SKAAC Tshirt - XL	23	\$10.00	\$230.00
SKAAC Cap	134	\$3.00	\$402.00
Total	681		\$8,204.00

# President's Report for Season 2014/2015

Dear Club Members,

This season was my first back on the Committee since season 2004/2005 taking the reins from the indefatigable Andrew Thomas, who had presided over this great club for 4 years since 2010/2011. I would like to thank Andrew for his immense contribution as President and the success that he has delivered for all club members.

I would like to thank each and every competing athlete that represented the club over the season in our various competitions AV Cross Country, APSOC Cross Country and AV Track & Field.

Season 2014/2015 saw 87 members registered with SKAAC according to the following age profile, with 90% of members being Male and 10% being Female. Disappointingly the club had no female AV registered athlete for the season

Age Group	AV Only	APSOC Only	Both AV & APSOC	Total	Percentage
Under 14	10	5	2	17	20%
Under 16	6	1	2	9	10%
Under 18	7	0	0	7	8%
Open	13	10	10	33	38%
40+	2	6	6	14	16%
50+	1	1	1	3	3%
60+	1	1	2	4	5%
Total	40	24	23	87	
Percentage	46%	28%	26%		

The club made many improvements during the season:-

Implementing a permanent roster of Track & Field officials by engaging with SKC to promote our officiating duties as a chance for part-time work for 6 SKC students in year 10 and above. This had been a problem for the club for many season with the threat of point loss ever present.

Involvement in the creation of the Junior Development Program at Glendalough, providing expert coaching to SKC students from Grade Prep to Year 4.

Formalising the "train on" program for senior SKC students to keep training after the APS Sports were completed in October up until the Junior National Championships in February / March. The athletes that participated in this program were able to train under the guidance of club members Steve Fabris (Sprints) and Alex Rowe (Distance).

Instigated an elite distance runners quarterly lunch, to allow our best athletes to gather informally to discuss all matters athletics. Thanks to champions of the past Simon Lewin, Simon Field, Julian Dwyer and Peter Bourke for being a crucial part of these gatherings.

The club was also faced with a number of challenges throughout the season:-

The Men's Division 1 Team failed to make the Top 2 teams from the White region and qualify for the Shield Final.

Round 9 of Track Competition (10 January 2015) saw only 2 competitors for the day score a decade low of 76 team points (when over 1,000 point is possible for SKAAC)

The success of our only fundraiser for the season, the Trivia evening held on Grand Final eve at the Boyd-Egan Hall at Glendalough for the first time and attended by over 120 people was amazing. The success was testament to the efforts of new committee member, Dan Bailey and our Quizmaster Stephen Cain. The funds raised during this evening go to directly assist our athletes to attend National and International races in pursuit of their dreams. Proceeds from this evening allowed the Committee to approve \$5,100 in grants directly to 7 of our most talented athletes.

The 2014 Cross Country season contained many individual highlights, none more so than Luke Goodman winning the 40+ AV athlete of the year prize for his consistently high quality competition. Other highlights included scratch wins for Luke Mathews at the Hare & Hounds (28.39) in Berwick, Jack Holden at the McPhail (25.51), Alex Rowe at the Dyson Relay (11:21), Xavier Chapman at Lodge 8km Handicap (26.27) and a handicap win for Chris Nolan at the Cooke-McLelland Shield.

I had the pleasure to be Team Manager for the Under 14 Shield Final team that represented us all with distinction at Lakeside Stadium on Saturday 31 January 2015 in the AV Shield Final.

The day whilst starting early, contained a real highlight for the 1500m group of Tristan, Isaac, Hugo and Angus with Alex Rowe (equal Australian record holder for 800m) coming down to Lakeside Stadium to take the boys for their warm-up. On behalf of the team, I really want to publicly thank Alex for being so generous with his time to get the boys ready for the first race of the day.

I knew that we had a good team but not one that could finish so high at the end of the day. To finish 5<sup>th</sup> among older and more experienced athletes is a great effort by all 10 boys that competed on the day and also a credit to their coaches. (Steve Cain, Steve Fabris, Steve Ellinghaus, Dan Bailey and Alex Rowe).

In the lead-up to the Glasgow Commonwealth Games, Alex Rowe was invited to compete in the 800m at the extremely prestigious Monaco Diamond League Meeting on 18 July 2014. During this race he dramatically equalled the long standing 800m Australian Open (1:44.40) record of Ralph Doubell, set winning the gold medal at the 1968 Mexico City Olympics. Whilst the presence of Alex in this race would cause him to be petulantly fined for non-attendance at the compulsory Commonwealth Games Team Camp, this result stands alone as the single greatest achievement of any St. Kevin's Athletic Club member. Alex is to be congratulated along with his coach Justin Rinaldi for taking such a huge leap into not only the Australian Record Books, but also the international athletics circuit.

Steve Cain has been a tower of strength for this club for many years having won the Syd James Award as Club Champion 10 times. Season 2014/2015 delivered what Steve has been striving to do since he first joined SKAAC following his APS Sports exploits in 1999. Steve was named in the Australian Commonwealth Games team to compete in the Decathlon at the 2014 Glasgow Games. In a testament for hard work, perseverance, dealing with injury and adversity Steve finished in 5<sup>th</sup> Place after a brilliant second day of competition. This is a truly remarkable achievement that will long be celebrated by all at SKAAC who know the challenges overcome by Steve and his coach Efim Shuravetsky.

There is undeniable proof that the success of SKAAC is dependent upon a steady stream of recruits arriving from SKC. This year the club welcomed many junior athletes to the club for their first run in the green, gold and blue. I would like to thank Mr Brosie McCann as Teacher-in-Charge of Cross Country and the Senior staff member for Athletics at SKC for his support and council during 2014/2015. It is clear that both SKC and SKAAC are aware of the benefits for both that can be derived through the closure association that presently exists. This was evidenced at the "Legends Day" convened to connect current SKC Students to current SKAAC members (and SKC Legends) at a lead up training session on 18 September 2014 for the APS Sports. I thank Simon Field, Alex Rowe, Luke Mathews & Timas Harik who gave their time to speak and train with the SKC Athletics Team and further solidify the connection between SKC and SKAAC.

The amount of effort required to keep the club providing for its members the way it does happens directly through the efforts of the Committee members. I would like to thank the following club members for serving as Committee Member during season 2014/2015. Each of these individuals gives freely of their time for the benefit of all SKAAC members and are the key reason why the club is in such good shape off the track. In acknowledgement of their efforts I ask all in the club to thank the Committee for 2014/2015.

Vice President: Daniel Bailey Secretary: Eamon Lynch

Treasurer / Registrar: Dino Imbriano

Committee: Andrew Thomas, Patrick Noonan, Stephen Fabris, Lincoln Mah, Nick O'Neill and

Jason Kozica

Two members of the Committee have decided to step down for season 2015/2016.

- Eamon Lynch has decided that he won't be able to be a part of the SKAAC Committee for season 2015/2016 as he pursues his CPA accreditation. I would like to personally thank Eamon for serving the committee for 7 years (starting in 2008/2009) and acting in the executive role of Secretary for the last 6 years. He has overseen an incredible period of success at the club and his efforts are much appreciated by me and the broader SKAAC Community. Well done Eamon.
- Club mainstay, Nick O'Neill who has assumed the Presidency of APSOC for season 2015 has also decided that he won't be able to be a part of the SKAAC Committee for next season. All members of the Cross Country team will know and appreciate the time and effort Nick has put in to make race day work the way it does during the winter months. I would like to commend Nick on both the length of his service and the efficiency in which he has been able to handle the winter Cross Country season. He is a huge contributor to this club and the APSOC Association in general. Well done Nick.

On Saturday 18<sup>th</sup> April 2015 at the Pavilion at St. Kevin's College the club held a presentation night with a self-catered buffet dinner to honour the efforts and achievements of all members that had competed for the club and to thank the coaches that had supported each of us. Following formal announcement of the winners on the night I am pleased also to formally report the winners of the club various awards as:-

Club Champion - Alex Rowe Senior Cross Country Champion - Jack Holden Female Cross Country Champion - Chloe Cornwell Under 13 T & F Champion - Adam McGarry Under 14 T & F Champion - Tristan Day Under 16 T & F Champion - Phil Borg Under 18 T & F Champion - Conor Fry Junior Cross Country Champion - Paris Street Outstanding Junior Performance - Luke Mathews Marathon Award - Luke Goodman Outstanding Senior Performance - Alex Rowe & Steve Cain President's Award - Harry Livens Best Clubman - Steve Cain Most Improved - Timas Harik Tan Champion - Alex Rowe Female Club Champion – Not Awarded Outstanding Senior Female Performance – Not Awarded

On 2<sup>nd</sup> March 2015 the club committee took the unanimous decision to terminate Peter Kehoe's Life Membership of SKAAC which was conveyed to Peter Kehoe on 6 March 2015. On 16 March 2015 Peter Kehoe tendered his resignation of his SKAAC membership which was accepted by the SKAAC Committee. Whilst Peter's association with the club had extended many decades, the behavioural standards expected with respect to our most vulnerable members, our junior members, cannot and will not, be compromised. Without detailing exactly the nature of the misconduct and acknowledging this decision upset a small minority of members, as the President of the club, I am proud of and thankful for the support of the club Committee in the way the decision was arrived at and all interactions thereafter.

Whilst the season delivered some "club first evers" with the efforts of Alex Rowe and Stephen Cain being named as Australian Commonwealth Games representatives and Alex as a National Record holder for 800m, the club's expectations are rightfully high and for the Men's Division 1 team to not make the finals by a large margin is a definite area for improvement in season 2015/2016 and beyond.

Yours in service.

Peter McGarry President SKAAC

# Summer Track & Field Report for Season 2014/2015

The Summer Season contained some amazing highlights, none more so than the two SKAAC athletes selected to represent Australia as the Glasgow Commonwealth Games. Steve Cain and Alex Rowe are the first active SKAAC members to be selected on a senior Australian track & Field team in our 70 completed seasons. This is a huge achievement and one that not only two athletes and their families are justifiably proud of, but one that Steve and Alex have been so generous in letting us all at SKAAC saviour.

The Club fielded four teams in the Athletics Victoria (AV) White region competition, Mens Open Div 1, Under 18, Under 16 and Under 14. The season was impacted negatively in my opinion by fixturing changes by AV that had scheduled only 8 rounds of interclub when a normal season would comprise 13 rounds. An AV Special General Meeting was only narrowly averted when an extra two rounds were scheduled in response from the entire association member club complaining about the cut to competition opportunities for club members. SKAAC fully support AV in making changes to the competition to grow participation and membership and also realise that mistakes will be made by AV in arriving at the best competition model to deliver participant growth. It is my opinion that AV will consult clubs better on competition design going forward and that the faults of the competition structure experienced in 2014/2015 won't be repeated.

#### **VICTORIAN CHAMPIONSHIPS**

Vic Championship Results 2014/2015 Open 800m Heat 1st 69 Harik, Timas 21 STK N 1:51.34Q 1 Semi 5th 69 Harik, Timas 21 STK N 1:50.57Q 1 Final 2<sup>nd</sup> 69 Harik, Timas 21 STK 1:51.49N

#### Open 100m

Heat 12th 3674 Bertacco, Matthew 21 STK 11.06Q -1.2 1 Semi 9<sup>th</sup> 3674 Bertacco, Matthew 21 STK 10.94 0.8 1

#### Open 400m

Heat 4<sup>th</sup> 6 Rowe, Alexander 23 STK N 48.14 Final 4<sup>th</sup> 6 Rowe, Alexander 23 STK 47.41

#### Open Decathlon

 $2^{nd}$  2483 Cain, Stephen 31 STK 6748 (Day 1...11.81s, 6.30m, 13.71m, 1.92m, 53.45s; Day 2...15.82s, 37.63m, 4.40m, 54.44m, 5:02.41)

#### Open 1500m

Heat 11<sup>th</sup> 1416 Holden, Jack 20 STK 3:57.19q 1 Final 10<sup>th</sup> 1416 Holden, Jack 20 STK 3:58.49

#### Open Long Jump

Final 5th Nelson, Zach 7.03m

Under 20 100m Romanin, Michael	96 St Kevins	11.07Q
Under 20 100m 6 Romanin, Michael	96 St Kevins	11.30 1.8 (FINAL 6th)
Under 20 200m 6 Romanin, Michael	96 St Kevins	22.87Q -0.7 4

Under 20 200m 10 Romanin, Michael	96 St Kevins	22.74 -0.8 2 (FINAL
10th)		
Under 16 100m 6 Borg, Phil	00 St Kevins	11.95Q
Under 16 100m 8 Borg, Phil	00 St Kevins	12.21 -0.7 (FINAL 8th)
Under 16 200m 5 Borg, Phil	00 St Kevins	24.70Q -1.9 1 (FINAL 5th)
Under 18 800m Hanlon, James	98 St Kevins	2:04.53 (FINAL)
Under 17 800m 11 Day, Callum	99 St Kevins	2:09.02 (11th)
Under 18 400m 4 Fry, Conor	98 St Kevins	51.11 3
Under 17 1500 11 Day, Callum	99 St Kevins	4:34.40 (11th)
Under 16 1500m 6 Lewis, William	00 St Kevins	4:34.15 (6th)
Under 17 High Jump 1 Gray, Max	99 St Kevins	1.93m (1st)
Under 17 3000m 4 Street, Paris	99 St Kevins	9:30.43 (4th)
Under 15 3000m 14 Holberton, Isaac	01 St Kevins	10:40.22 (14th)

#### 2014/2015 AV 5km Team Walks & VRWC Road Races 18 January 2015

AV 5km Teams Championship Open Men 3<sup>rd</sup> Place (Jason Kozica, Patrick Noonan, Gerald Sofianos)

# NATIONAL CHAMPIONSHIPS Junior Nationals Sydney 11/3/2015 to 15/3/2015

Under 17 High Jump Final Max Gray 1.94 6<sup>th</sup>

Under 18 400m Hurdles Heat Conor Fry 56.91s 2<sup>nd</sup> Final Conor Fry 57.65 7<sup>th</sup>

Under 16 100m Heat Phil Borg 12.36 (-2.5) 17<sup>th</sup> DNQ

Under 16 200m Heat Phil Borg 23.84 (1.1) 18<sup>th</sup> DNQ

#### Open Nationals Brisbane 26/3/2015 to 29/3/2015

#### 800m

**Preliminaries** 

3 1605 Rowe, Alexander VIC 1:51.21Q 3

6 1446 Mathews, Luke VIC 1:51.28Q 3

7 1290 Harik, Timas VIC 1:49.28q 2

#### Final

2 1605 Rowe, Alexander VIC 1:48.14

6 1446 Mathews, Luke VIC 1:49.01

8 1290 Harik, Timas VIC 1:51.18

#### 100m

Heat Bertacco, Matthew VIC 10.70Q -0.6 4 Victorian Champion – Max Gray High Jump

#### **Classic Performances**

#### Zatopek (11/12/14)

Alex Rowe 800m 1:46.91 (1st) Steve Fabris VAL 300m 32.10 (2nd) Jack Holden Under 20 3000m 8:44.41 (20th) Will Lewis Under 15 1500m 4:30.30 (3rd)

#### Hunter Track Classic (31/1/15)

Luke Mathews 1500m 3:43.28 (5th) Timas Harik 800m (1:49.22 (1st)

#### Canberra Track Classic (7/2/15)

800m Alex Rowe 1:45.38 (1st) New Meet Record 800m Timas Harik 1:47.45 (4th)

#### Australian World Cross Country Trials (8/2/15 Stromlo Forest ACT)

Men Open 12km Jack Holden 40:07 (33rd)

#### Perth Track Classic (14/2/15)

Mile Luke Mathews 4:21.75 (14th)

#### Adelaide Track Classic (21/2/15)

3000m Jack Holden 8:34.00 (10<sup>th</sup>) 800m Alex Rowe 1:47.36 (2<sup>nd</sup>) 800m Timas Harik 1:49.04 (7<sup>th</sup>)

# Sydney Track Classic (15/3/15)

800m Alex Rowe 1:47.38 (2<sup>nd</sup>) 800m Luke Mathews 1:47.60 (4<sup>th</sup>)

#### Melbourne Track Classic (21/3/15)

800m Alex Rowe 1:47.11 (3<sup>rd</sup>) 800m Luke Mathews 1:48.18 (7<sup>th</sup>) 800m Timas Harik 1:49.97 (9<sup>th</sup>)

#### **World Junior Championships**

Luke Mathews was selected to run for Australia in the 800m at the World Junior Championships in the USA. After performing so well is virtually every race leading up to the Semi Final Luke was bitterly disappointed to end the Championships with an uncharacteristic run. Whilst Luke was disappointed, all at SKAAC watched his effort to be selected for the team and his APS Open 800m record of 1:48.83 with great interest. There is no doubt that Luke is a star of the future.

IAAF World Junior Championships 2014 Eugene (Hayward Field), Oregon, UNITED STATES 22 JUL 2014 - 27 JUL 2014 25/7/2014 Heat Luke Mathews 1<sup>st</sup> 1:50.76 26/7/2014 Semi Luke Mathews 8<sup>th</sup> 1:55.92

#### Club Record 4 x 800m Relay

It is rare that you get athletes of the calibre of Alex Rowe, Timas Harik, Luke Mathews and Jack Holden nervous before a club relay. Well believe it or not, that was what occurred on Saturday 29 November 2014 when SKAAC took on an extremely strong Knox team in the Open Victorian 4 x 800m Relay final at Lakeside Stadium. In a pulsating race in coming down to Rowe v Riseley in the last leg it was the Knox club that took the Gold medal from a

fantastic SKAAC team by the slimmest of margins. The lead up to the race was as exciting as I have ever seen in Club Athletics with most assembled spectators talking about the head to head duel between Knox and SKAAC. To have 4 athletes willing to commit to a race so early in the season is a testament to each of Jack, Timas, Luke & Alex. They most definitely did us proud!

#### **INTERCLUB / SHIELD**

#### Under 14 Region Premiers, and 5<sup>th</sup> in the Shield Final

I had the pleasure to be Team Manager for the Under 14 Shield Final team that represented us all with distinction at Lakeside Stadium on Saturday 31<sup>st</sup> January 2015 in the AV Shield Final.

The day whilst starting early, contained a real highlight for the 1500m group of Tristan, Isaac, Hugo and Angus with Alex Rowe (equal Australian record holder for 800m) coming down to Lakeside Stadium to take the boys for their warm-up. On behalf of the team, I really want to publicly thank Alex for being so generous with his time to get the boys ready for the first race of the day.

I knew that we had a good team but not one that could finish so high at the end of the day. To finish 5th among older and more experienced athletes is a great effort by all 10 boys that competed on the day and also a credit to their coaches. (Steve Cain, Steve Fabris, Dan Bailey, Steve Ellinghaus and Alex Rowe).

This is the second year in a row that St. Kevin's have made the Shield Final at Under 14 level, and the boys that have made their debuts for the club this season made a HUGE difference to the team result. I thank Tristan Day, Isaac Holberton, Angus Birrell, Harry Livens, Hugo Goodman and Lucas Webb for making their debuts for the club and their efforts on Shield Final day, they added so much support to Denzell Prezens, Maxwell Prezens, Ben Eldridge and Adam McGarry.

Please see below for final scores:

Western Athletics	815.00
Diamond Valley	798.00
Collingwood	788.00
Casey Cardinia	661.00
St. Kevin's	598.50
Geelong	391.00
Ringwood	391.00
Glenhuntly	386.00
Keilor St. Bernard's	266.00
Ballarat	195.00
Bendigo	45.00

Most pleasing was the number of PB's (13) were recorded by our athletes on Shield Final day. 62% of the events contested by St. Kevin's athletes produced a PB, which is staggering:

Harry Livens (2 PB's) a massive 76cm PB in the Long Jump with 4.65m and 15.02sec in the 90 Hurdles

Lucas Webb (3 PB's) a huge 35cm PB in the Long Jump with 4.25 and 17.02sec in the 90 Hurdles and 14.61sec 100m

Denzell Prezens (2 PB's) A gutsy PB in the 2k Steeple as a substitute, running 8:38.7 taking 55sec off his previous best and a 16.05sec 100m

Maxwell Prezens (2 PB's) A 16.53sec 100m and a really strong 400m late in the day in 77.45sec

Hugo Goodman (1 PB) getting inside the best time he has ever run for the 1500m running 5:17.0

Adam McGarry (3 PB's) across a huge range of events. A 14 sec PB in the 2k Steeple running 8:48.3, a 1.90m Pole Vault and a 15.72m 600g Javelin

Mention must also be made of Angus Birrell and his family. Angus competed in the 1500m at 9:00am and then returned for his second event (the 4x100m Relay) at 8:00pm surely a world record for a gap between and athletes first and second events on the same day!!

These boys have done some great things this season, from trying new events for the first time, be it a Steeplechase, Pole Vault, Hurdles to their willingness to form a relay team during the home and away rounds. I trust that all had fun during the season and have enjoyed being part of this great club.

There were some lessons that the team also learned, and this related to gaps in our team. Gaps, which Diamond Valley, Collingwood and Western didn't have, made over 130 points worth of difference to our score. Adding these gaps back would have seen us finish a very small margin from the leading clubs and possibly even the ultimate prize. Remember this next season!!

#### Mens Div 1

For the first time in many seasons the SKAAC Mens Div 1 team failed to reach the top 2 ladder positions in White Region and thus qualify for the Shield Final. This has come with the rise of Nunawading (for which they are to be congratulated) and the continued strength of Box Hill. The athlete numbers required to be not only competitive in White region but to make finals are large and require sufficient athletes to compete each week. This season we did not have sufficient depth of either sprinters or distance runners to be a realistic chance to challenge Nunawading and Box Hill for those coveted top 2 positions. Injuries to key personal (Wilkinson, Afath, DeLuca, Chapman, Cain, Field, Thomas, Imbriano) and unavailability of others made for some very tough rounds, especially Round 9 when the team on scored 76 points to Nunawading's 1376 points. However, like most sports redemption comes in the form of next season for which planning is well underway.

The final ladder positions at the conclusion of the last round of White region interclub for season 2014/2015 were:

Men Open Division 1		Pts For	Pts Agst	Percentage	Ldr Points
ANW	Nunawading	11,748.50	24,634.50	47.69%	78
вон	Box Hill	9,906.00	26,477.00	37.41%	62
STK	St Kevins	6,171.00	30,212.00	20.43%	46
SSH	St Stephens	3,332.00	33,051.00	10.08%	33
ANW	Nunawading 2	2,047.00	34,336.00	5.96%	26
OLX	Old Xaverians	1,608.00	34,775.00	4.62%	22
вон	Box Hill 2	1,570.50	34,812.50	4.51%	22

Men Under 18		Pts For	Pts Agst	Percentage	Ldr Points
вон	Box Hill	3,296.00	10,274.00	32.08%	81
	Old				
OLX	Xaverians	2,353.50	11,216.50	20.98%	67
ANW	Nunawading	2,470.50	11,099.50	22.26%	66
RWD	Ringwood	1,948.00	11,622.00	16.76%	53
SSH	St Stephens	1,172.00	12,398.00	9.45%	39
OLM	Old Melburnians	960.00	12,610.00	7.61%	32
AWA	Waverley	471.00	13,099.00	3.60%	19
STK	St Kevins	636.50	12,933.50	4.92%	15
YRA	Yarra Ranges	262.50	13,307.50	1.97%	12

Men Under 16		Pts For	Pts Agst	Percentage	Ldr Points
RWD	Ringwood	3,859.00	6,720.50	57.42%	76
ANW	Nunawading	2,517.50	8,062.00	31.23%	58
вон	Box Hill	2,707.50	7,872.00	34.39%	56
OSC	Old Scotch	685.50	9,894.00	6.93%	27
YRA	Yarra Ranges	380.00	10,199.50	3.73%	23
STK	St Kevins	365.00	10,214.50	3.57%	18
CDN	Croydon	65.00	10,514.50	0.62%	6

Men Under 14		Pts For	Pts Agst	Percentage	Ldr Points
STK	St Kevins	2,456.67	4,122.83	59.59%	61.5
RWD	Ringwood	1,747.00	4,832.50	36.15%	51
YRA	Yarra Ranges	1,364.00	5,215.50	26.15%	42
OLX	Old Xaverians	476.33	6,103.17	7.80%	23
AWA	Waverley	454.00	6,125.50	7.41%	22.5
OSC	Old Scotch	81.50	6,498.00	1.25%	6

Thanks to all those members that competed for SKAAC during season 2014/2015. It was a year that delivered success on a National and world stage that hopefully can be repeated again, but if it can't will be remembered by all of those that were involved in SKAAC athletics in season 2014/2015 for a long long time.

Yours in service

Peter McGarry Track & Field Team Manager

# Winter Cross Country Report for Season 2014

The 2014 Winter Cross Country Season was disappointing, with overall competing numbers dropping off from the previous year. Both the depth and quality was not present throughout the year.

Our Open Division 1 Team finished 5th in the APSOC Club Championship, whilst our Open Division 2 Team also finished 5th. Our Womens Team slightly improved on the previous year and scored points in the Hooley Relay to make it 10th position for the year.

We welcomed new club members:

Sharon Howell
Sally Baré
Clivia Mitchell
Rachael McGarry
Luke Mathews
Gabriel Cornwell
John Cornwell
Owen Leggett
Olivia Mitchell
Hugo Goodman
Angus Down
Nicholas Baré
Ned Dwyer

#### Highlights of the year were:

- Luke Goodman winning AV Male Champion Athlete 45-49 Category
- Alex Rowe fastest time at the Dyson Relay at the Tan 11.21
- Jack Holden 4th in the APSOC Male Athlete of the Year
- Chloe Cornwell 2nd in the APSOC Female 40 of the award.
- Luke Mathews winning the Hare & Hounds scratch and also line honours in the Handicap.
- The SKAAC Boys team (John Cornwell, Hugo Goodman, Gabriel Cornwell, Ned Dwyer, Angus Down and Nicholas Baré) at The Dyson as our no.2 Team, placing 6th in Division 2, with 6 other teams behind them including our own SKAAC 3 team
- SKAAC 1-2-3 Scratch placings at The McPhail Handicap Jack Holden 1st, Simon Field 2nd, Xavier Chapman 3rd.
- Chris Nolan winning The Cooke-McLelland Handicap

A BIG thanks to all those that helped set up and pack up at the The Lodge Handicap. Also thanks to - Stephanie Greenslade who assisted with The Dyson Relay and also Pete McGarry and Stuart Pettigrew who assisted with The Hooley Relays in my absence.

I would like to congratulate our Winter Cross Country Champions: Male - Jack Holden Female - Chloe Cornwell Junior - Paris Street

Thanks to all athletes who competed for our great club over the 2014 Winter Season.

Hopefully with the plan that Brosie McCann and Pete McGarry have put in place with recruiting our recent SKC Year 12 Cross Country athletes to race for the club, will begin our rebuild back to a very successful Winter Cross Country team for many years to come.

Nick O'Neill Winter Team Manager Season 2014

## Records Report for Season 2014/2015

The 2014/2015 season contained undoubtedly the most amazing record breaking performance in the club's history. Alex Rowe was able to equal the Australian Open 800m record held by ralph Doubell since 1968 in winning the Gold Medal at the Mexico City Olympic Games at 1:44.40.

The club also was able to secure 2<sup>nd</sup> place at the State Relay Championships in the Men's Open 4x800m relay with a new club record of 7:27.85. Those able to attend the race will recount for many years the titanic struggle with Knox Athletics Club for the whole race and the ability of each of the four SKAAC athletes to be able to run so fast so early in the season.

#### Records broken in season 2014/2015

Men Open 800m Alex Rowe 1:44.40 Monaco 18 July 2014

Men Open 4 x 800m Relay 7:27.85 Lakeside Stadium 29 November 2014 2<sup>nd</sup> (Jack Holden 1:58.0, Timas Harik 1:52.22, Luke Mathews 1:50.89, Alex Rowe 1:46.64)

Under 13 Medley Relay 5:14.23 Ringwood 1 November 2014 (Ben Eldridge 200m DOB 4/4/2003, Adam McGarry 200m DOB 16/10/2003, Andrew Mathieson 400m DOB 1/3/2003, Hugo Goodman 800m DOB 20/4/2002)

Yours in service

Peter McGarry Track Team Manager Season 2014/2015