

St Kevin's Amateur Athletic Club Inc.

Annual Report for Year Ended 31 March 2017



Committee

Lincoln Mah, Secretary
Peter McGarry, President
Daniel Bailey, Vice President
Dino Imbriano, Treasurer & Registrar
Sam Doble, General Committee Member
Brosie McCann, General Committee Member
Steve Fabris, General Committee Member
Mark Moussalli, General Committee Member

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

71st Annual General Meeting of The St Kevin's Amateur Athletic Club Inc., held in the Pavilion, St Kevin's College on Monday 6 June 2016 at 7.00pm.

Monday 6th June 2016.

Attendees:

Dino Imbriano, Mark Moussalli, Sam Doble, James Macaronas, Lincoln Mah, Brosie McCann, Peter McGarry and Andrew Thomas

Apologies:

Daniel Bailey, Zach Nelson, Steve Fabris

The Meeting commenced at 7.08pm

Item 1: Minutes of the 2014/2015 Annual General Meeting held on Monday 25 May 2015

Motion: *'That the minutes of the previous AGM as distributed are an accurate record of that meeting'*

Proposed: Dino Imbriano Seconded: Mark Moussalli Carried unanimously

Item 2: Consideration of reports from the Committee on the transactions of the Association during the last preceding financial year, including financial reports

Reports presented by Committee.

Noting correction to references of AGM date from 'Monday 18th April 2016' to read 'Monday 6th June 2016', where mentioned, including within the Proposed Resolution.

Reports read and accepted by meeting:

Motion: 'That the distributed reports from the Committee on the transactions of the Association during the last preceding financial year, including financial reports, be accepted as an accurate record of the activities of the Association in the previous year'

2.1 Finance Report

Proposed: Lincoln Mah Seconded: Peter McGarry Carried unanimously

2.2 President's Report

Proposed: Andrew Thomas Seconded: Mark Moussalli Carried unanimously

2.3 Winter Report

Proposed: Peter McGarry Seconded: James Macaronas Carried unanimously

2.4 Summer Report

Proposed: Andrew Thomas Seconded: James Macaronas Carried unanimously

2.5 Records Report

Proposed: James Macaronas Seconded: Mark Moussalli Carried unanimously

Item 3: Proposed Resolution

The Association resolves that, in accordance with s 49(6) of the Associations Incorporation Reform Act 2012 (Act), the Association adopts the Model Rules defined in s 49(1) of the Act as the rules of the Association, subject to the following matters for the purposes of s 49(7) of the Act:

1. The name of the Association is and remains St Kevin's Amateur Athletic Club Incorporated.
2. The financial year of the Association is the year ending 30 March each year.
3. The Purposes of the Association are to:
 - a. Promote and encourage Track and Field Athletics, Cross Country Running, Road Racing, and Race Walking;
 - b. Foster Amateur Athletics generally; and
 - c. Compete with or against any kindred clubs in approved competition.

It was noted that the Committee did not receive any correspondence regarding the proposed resolution.

Corrections to proposal:

Financial year of the Association is the year ending 31 March (not 30 March).

Proposed: Peter McGarry

Seconded: Lincoln Mah

Carried unanimously

Item 4: Nomination & Election of Office Bearers

The following people were nominated and duly elected unopposed in each case:

President – Peter McGarry (proposed by Dino Imbriano; seconded by Lincoln Mah)

Vice-President – Dan Bailey (proposed by Peter McGarry; seconded by Andrew Thomas)

Secretary – Lincoln Mah (proposed by Peter McGarry; seconded by Dino Imbriano)

Treasurer - Dino Imbriano (proposed by Lincoln Mah; seconded by Andrew Thomas)

General Committee Members:

James Macaronas (proposed by Peter McGarry; seconded by Dino Imbriano)

Sam Doble (proposed by Peter McGarry; seconded by Dino Imbriano)

Steve Fabris (proposed by Peter McGarry; seconded by Dino Imbriano)

Mark Moussalli (proposed by Peter McGarry; seconded by Dino Imbriano)

Brosie McCann (proposed by Peter McGarry; seconded by Dino Imbriano)

Meeting closed at 7:45pm.

Finance Report for Season 2016/2017

Similar to recent seasons, the Committee made a strategic decision to invest in a number of key areas to ensure the club continues to grow and importantly continues to support all of our athletes. Key areas of investment were:

- New women's singlets (\$1,766.60) and training equipment (\$1,019.00) purchased to support the growth in our female teams at a total cost of \$2,785.60
- Athlete grants to support travel and accommodations at the Nationals in Sydney at a cost of \$4,800.00
- Coaching training courses and accreditation at a cost \$973.50

From a general trading perspective, key points to note in the report are:

- Club fees continue to make up the majority of income for the club - \$12,420.15;
- The two fundraising events run during the year (Legends Dinner & Trivia Night) generated a total net profit of \$2,525.38;
- Whitbread Insurance continue to support the club via a donation of \$2,398.75 (via the ASF);
- The club successfully received a grant of \$920.90 from VicHealth; and
- The club didn't receive a grant from SKOCA this year but expects to receive an increased grant in 2017/18 to make up for this.

Looking forward to next year, my recommendation is that club fees increase to \$100 (adults) and \$50 (juniors) to cover the expected increase in coaching and administration as a result of the new training facility in Toorong. The overall result for 2016/17 was a loss of \$1,134.34. The key reason for the loss was not receiving a grant from SKOCA.

Overall the club is in a strong position financially with \$13,484.31 invested in an ING account and \$3,931.93 in our Commonwealth Bank trading account. The club continues to have large stock-on-hand of merchandise and memorabilia that will continue to generate income over the coming years.

Yours in service

Dino Imbriano
SKAAC Treasurer

Income & Expenditure Statement 1 April 2016 to 31 March 2017

| | |
|--|--------------------|
| Bank Balance as at 31-Mar-2015 | \$5,230.69 |
| Income | |
| Trading Receipts (BBQ & Drinks) | \$0.00 |
| Fees / Subscriptions from members | \$12,420.15 |
| Fundraising Receipts – Trivia Night | \$1,091.85 |
| Fundraising Receipts – Legends Dinner | \$4,496.14 |
| Grants - Old Collegians Association | \$0.00 |
| Grants – VicHealth Grant | \$920.90 |
| Sponsorships – Whitbread Insurance Rebates | \$616.29 |
| Donations | \$2,398.75 |
| Bank Interest Received | \$239.68 |
| Other (Merchandise) | \$240.00 |
| Total Income (A) | \$22,423.76 |
| Expenditure | |
| Trading Costs (BBQ & Drinks) | \$0.00 |
| Water, Gas, Electricity, Insurance | \$0.00 |
| Salaries and wages | \$0.00 |
| Office Expenses (Stationary, Postage, Trophies, Engraving, Death Notices) | \$1,554.99 |
| Fundraising Costs – Trivia Night | \$0.00 |
| Fundraising Costs – Legends Dinner | \$3,062.61 |
| Bank Fees & Charges | \$16.40 |
| Other (AV Fees Paid) | \$8,610.00 |
| Other (AV Race Fees) | \$0.00 |
| Other (AV Club Affiliation) | \$450.00 |
| Other (APSOC Fees) | \$210.00 |
| Other (Womens' Singlets) | \$1,766.60 |
| Other (Womens' Equipment) | \$1,019.00 |
| Other (APSU Affiliation Fees) | \$0.00 |
| Other (Coaching Courses) | \$973.50 |
| Other (Official Fees) | \$1,025.00 |
| Other (Physio Shield Final) | \$300.00 |
| Other (Website Development) | \$195.00 |
| Other (Consumer Affairs) | \$0.00 |
| Other (Athlete & Coach Support - National Champs) | \$4,300.00 |
| Total Expenditure (B) | \$23,483.10 |
| Surplus (A-B) | -\$1,059.34 |
| Cash in hand or in bank | \$3,931.93 |
| Value of stock on hand (Estimated Value of equipment) | \$9,762.40 |
| Amount owed to association (Funds sitting in PayPal Account) | \$425.00 |
| Property, equipment, furnishings | \$0.00 |
| Investments - ING Account Balance | \$13,484.41 |
| Other (specify) | \$0.00 |
| Total Assets © | \$27,603.74 |
| Liabilities | |
| Unpaid National Grants | \$500.00 |
| Secured loans | \$0.00 |
| Unsecured loans | \$0.00 |
| Total Liabilities | \$500.00 |
| Association's equity (C-D) | \$27,103.74 |

Asset Register as at 31 March 2017

| 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 |
| 536059 PACER VAULTING POLE; 12'; 130LB | 1 | \$400.00 | \$400.00 |
| 536063 PACER VAULTING POLE; 12'; 140LB | 1 | \$400.00 | \$400.00 |
| 540059 PACER VAULTING POLE; 13'; 130LB | 1 | \$440.00 | \$440.00 |
| 540063 PACER VAULTING POLE; 13'; 140LB | 1 | \$440.00 | \$440.00 |
| 542577 PACER VAULTING POLE; 14'; 170LB | 1 | \$465.00 | \$465.00 |
| 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 |
| HART Competition Shot - 3kg | 3 | \$27.90 | \$83.70 |
| HART Competition Shot - 4kg | 3 | \$29.90 | \$89.70 |
| HART Competition Javelin - 400gm | 2 | \$105.00 | \$210.00 |
| HART Competition Javelin - 500gm | 2 | \$115.00 | \$230.00 |
| HART Synthetic Discus - 1kg | 2 | \$27.50 | \$55.00 |
| HART Rubber Discus - 1kg | 2 | \$8.50 | \$17.00 |
| SKAAC Banner | 2 | \$50.00 | \$100.00 |
| SKAAC Singlet - XS | 14 | \$12.00 | \$168.00 |
| SKAAC Singlet - S | 45 | \$12.00 | \$540.00 |
| SKAAC Singlet - M | 26 | \$12.00 | \$312.00 |
| SKAAC Singlet - L | 8 | \$12.00 | \$96.00 |

| | | | |
|---------------------------|------------|---------|-------------------|
| SKAAC Singlet - XL | 14 | \$12.00 | \$240.00 |
| SKAAC Singlet - XXL | 1 | \$12.00 | \$12.00 |
| SKAAC Female Singlet - 8 | 0 | \$30.00 | \$0.00 |
| SKAAC Female Singlet - 10 | 9 | \$30.00 | \$270.00 |
| SKAAC Female Singlet - 12 | 12 | \$30.00 | \$360.00 |
| SKAAC Female Singlet - 14 | 7 | \$30.00 | \$210.00 |
| SKAAC Female Singlet - 16 | 4 | \$30.00 | \$120.00 |
| SKAAC Female Singlet - 18 | 2 | \$30.00 | \$60.00 |
| SKAAC Female Singlet - L | 2 | \$12.00 | \$24.00 |
| SKAAC Tshirt - XXS | 28 | \$10.00 | \$280.00 |
| SKAAC Tshirt - XS | 37 | \$10.00 | \$370.00 |
| SKAAC Tshirt - S | 26 | \$10.00 | \$260.00 |
| SKAAC Tshirt - M | 35 | \$10.00 | \$350.00 |
| SKAAC Tshirt - L | 14 | \$10.00 | \$140.00 |
| SKAAC Tshirt - XL | 21 | \$10.00 | \$210.00 |
| SKAAC Cap | 50 | 3 | \$150.00 |
| Total | 468 | | \$9,762.40 |

President's Report for Season 2016/2017

Dear Club Members,

This season was an active one for the Committee and the broader club with 3 Olympians, an amazing 172 club records, and our largest ever single season AV female membership, two Mens Open Relay team wins and 8 Victorian State Champions, including our first ever female winner.

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 from our youngest member, Joel Imbriano to our oldest in Gerry Sofianos. A very special welcome to the 29 athletes who joined SKAAC as debutants in 2016-2017.

Season 2016/2017 saw 96 members registered with SKAAC (down from 102 the previous year) according to the following age profile, with 85% of members being Male and 15% being Female.

| St. Kevin's Amateur Athletic Club Membership Profile 2016/2017 (1 April 2016 to 31 March 2017) | | | | | | |
|---|----------------|---------------------|-------------------|----------------------------|--------------|-------------------|
| Age Group | AV Only | AV 2nd Claim | APSOC Only | Both AV & APSOC | Total | Percentage |
| Under 14 | 8 | 0 | 3 | 3 | 14 | 15% |
| Under 16 | 12 | 0 | 1 | 0 | 13 | 14% |
| Under 18 | 6 | 0 | 1 | 1 | 8 | 8% |
| Under 20 | 3 | 0 | 1 | 1 | 5 | 5% |
| Open | 20 | 0 | 12 | 6 | 38 | 40% |
| 40+ | 7 | 0 | 2 | 3 | 12 | 13% |
| 50+ | 1 | 0 | 2 | 1 | 4 | 4% |
| 60+ | 1 | 0 | 1 | 0 | 2 | 2% |
| Total | 58 | 0 | 23 | 15 | 96 | |
| Percentage | 60% | 0% | 24% | 16% | | |

The club made many improvements during the season:-

- 6 new female AV Track members, representing a 600% growth in this segment. Three female members ended up qualifying for Nationals in Sydney (Kayla de Bondt, Isabelle Collins & Lauren McGarry).
- Developed our own website capability to process AV & APSOC Club Memberships.
- Applied for an ABN, to allow us to successfully gain Australian Sports Foundation (ASF) tax exempt status.
- Applied for and received a grant for \$920.90 from Vic Health for Increased Female Participation.
- A very successful 3rd Legends Day at Box Hill Track on 24 September 2016 where current SKC students get to meet SKC athletic stars of the past.

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

- The continued disenchantment regarding the direction of the AV Shield Competition, where many of the club's best athletes choose not to compete. Reasons for this range from:-
 - Scheduling, the season starts too early and finishes too early when athletes are looking for races;
 - Teething problems with the new AV pre-registration system;
 - Another season where the club's SKC juniors are locked out of the first 3 weeks of competition due to APS commitments, jeopardising the value-for-money aspect of the AV fees.
- The Men's Division 1 Team failed to make the Top 2 teams from the White region and did go backwards from the gains made in the previous season. A number of members who really held the team together in 2015-2016 didn't compete with the same frequency in 2016-2017 due injury and the reasons listed above.
- The club was puzzled that a number of clubs during the season ran their own meets in calendar spots that should be filled by Shield Competition. Once the SKC facility comes on board at Tooronga, maybe our perspective will change!

Committee attendance report

| Committee Member | 18 Jul 2016 | 1 Aug 2016 | 5 Sep 2016 (moved to 16 Sep 2016) | 3 Oct 2016 | 7 Nov 2016 (moved to 14 November 2016) | 5 Dec 2016 | 9 Jan 2017 | 6 Feb 2017 | 6 Mar 2017 | 3 Apr 2017 |
|------------------|-------------|------------|--------------------------------------|------------|---|------------|-------------------|------------|------------|------------|
| Peter McGarry | Yes | Yes | Yes | Yes | Yes | Yes | Meeting Cancelled | Yes | Yes | Yes |
| Daniel Bailey | Yes | Apology | Yes | Yes | Apology | Yes | | Yes | Yes | Apology |
| Dino Imbriano | Yes | Yes | Yes | Yes | Yes | Yes | | Yes | Apology | Yes |
| Sam Doble | Apology | Apology | Apology | Apology | Apology | Apology | | Yes | Yes | Apology |
| Steve Fabris | Yes | Apology | Yes | Yes | Yes | Yes | | Yes | Yes | Yes |
| Lincoln Mah | Yes | Apology | Yes | Yes | Apology | Yes | | Yes | Yes | Apology |
| Brosie McCann | Apology | Apology | Yes | Yes | Yes | Yes | | Yes | Apology | Apology |
| Mark Moussalli | Apology | Yes | Yes | Yes | Yes | Yes | | Yes | Apology | Apology |

The normally successful Grand Final Eve Trivia was hampered by the introduction of a Public Holiday on the Friday before the Grand Final, severely impacting attendance. Despite a low turnout the club was able to raise \$1,091.85 thanks to the efforts of the Committee but particularly Committee member, Dan Bailey. For season 2017-2018 the night will be moved to the Thursday before the Grand Final to try to maximise the attendance. As has become customary, 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 \$4,800.00 for distribution in 2016-2017.

The 2016 Cross Country season contained many individual highlights, none more so than Sam McEntee representing Australia at the World Cross Country Championships in Uganda where he was 49th overall and the 3rd Australian home in the 12km course in 30.59. Mention must also be made of Tristan Day (4km) and also to Jack Holden (10km) who finished 15th in 13:16 24th in 32:37 at the Australian Cross Country Championships at Stromlo Forest in Canberra. A highlight for APSOC Cross Country was the performance of the SKAAC athletes at the Dyson Relay, finishing in 2nd place after leading the race for a large part.

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 Sunday 12 February 2017 in the AV Shield

Final. With only 1 gap, the team finished in 3rd Place a mere 330 points from a breakthrough win. Every athlete had at least two events during the Shield Final and no-one had more than 5, a testament to the evenness and balance of our Under 14 team.

The performances of our athletes at Championships were nothing short of stunning. The club ticking off some amazing achievements:-

- An Open Male State Record in the 4x800m Relay
- A gold medal in the Male Open 4x400 Relay on Zatopek Night.
- The Female Under 18 4x800m Relay team, our first female relay team entered at the State Championships;
- A record 18 Victorian State Championship medals), with 8 being Gold, 7 Silver and 4 Bronze.
- 26 athletes qualified for the National Championships in Sydney in March.
- Luke Mathews' slashing win in the Mens' Open 800 in 1:46.71 and Conor Fry winning the Under 20 400m Hurdles final in a SKAAC Open Club Record of 52.91s, breaking a record that had stood for 55 years.

The club had 15 teams (up from 8 teams) compete in the Victorian Relay Championships, coming home with 4 gold medals including:-

- 4 Gold Medals...40+ 4x1500m, Under 14 4x100m, Open 4x400 & Open 4x800 teams.
- 2 Silver Medals...Under 14 4x400m, Open Medley

172 Club records would be broken in the season and numerous Top 10 All-time performances proving testament to the quality of SKAAC across all age groups (Under 13 to Open). Particularly pleasing was the number of records claimed in the Female categories and the multiple times in the season that the same record was broken.

Season 2016-2017 saw further extension in relationship between SKC and SKAAC. SKAAC has been able to secure formally approved access arrangements for club members (including females) to SKC facilities, which in 2017-2018 will include access to the magnificent SKC Athletics Facility in Tooronga. I would like to thank Mr Brosie McCann, Steve Fabris & Shaun Hargreaves, all staff at SKC, for their support and council during and their effort to recruit junior members and more importantly act as coach and mentor to them in 2016-2017.

The third "Legends Day" was convened to connect current SKC Students to current SKAAC members (and SKC Legends) at a lead up training session on 24 September 2016 for the APS Sports. I thank Sandy Lodge, Dan Bailey, James Flinn, Shaun Hargreaves, Jack Anderson, Michael Romanin, Micael Brownlee, Tom Jok, Les Plummer, Simon Lewin, Justin Rinaldi, Matt Bertacco, Dylan Johnson, Peter Bol, Alex Rowe & Chris Hibbert, Brosie McCann & Steve Fabris 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 Members during season 2016/2017. 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 2016/2017.

Vice President: Daniel Bailey

Secretary: Lincoln Mah

Treasurer / Registrar: Dino Imbriano

Committee: Brosie McCann, Stephen Fabris, Lincoln Mah, Sam Doble, Mark Moussalli.

On Saturday 8th April 2017 at the Glenferrie Hotel the club held a presentation night 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 – Dylan Johnson
Female Senior Club Champion – Kayla de Bondt
Senior Cross Country Champion – Xavier Chapman
Female Cross Country Champion – Chloe Cornwell
Under 13 Male T & F Champion – Jett-Paris Bedelis
Under 13 Female T & F Champion – Lauren McGarry
Under 14 Male T & F Champion – Daniel Doyle
Under 14 Female T & F Champion – Alessia Acquaro
Under 16 Male T & F Champion – Thomas Scroggie & Tristan Day (tied)
Under 16 Female T & F Champion – Isabelle Collins
Under 18 Male T & F Champion – Phil Borg
Under 18 Female T & F Champion – Eleanor Brown
Mens 40+ T & F Champion – Dino Imbriano
Junior Cross Country Champion – Chris Hibbert
Outstanding Junior Performance – Conor Fry (Winner National Under 20 400m Hurdles Final 52.91s)
Outstanding Female Junior Performance – Lauren McGarry (1st place Victorian Championship Under 14 Hammer throw 34.23m)
Marathon Award – Lincoln Mah (3:14.52 Boston Marathon 18 April 2016)
Outstanding Senior Performance – Luke Mathews (Winner National 800m 1:46.71)
Outstanding Female Senior Performance – Kayla de Bondt (2nd place Victorian Mile Championship)
President's Award – Matthew Kim
Best Clubman – Justin Rinaldi
Best Junior Clubman – Joel Imbriano
Most Improved – Will Lewis
Richard Hope Tan Champion – Adam Pyke (11:14)

The season was a successful one with many in the broader athletics community nationally, now well aware of SKAAC. Whilst membership was down slightly, female membership was a highlight, as was the prominence of the SKAAC colours in all State and National Championships.

We look forward to gaining access to our own track facility in 2017/18 and seeing how far this club can progress in the near future.

Yours in service.



Peter McGarry
President SKAAC

St. Kevin's Amateur Athletic Club Annual General Meeting
Monday 10th April 2017

Winter Cross Country Report for Season 2016

Our Open Division 1 Team finished 5th for the second year running in the APSOC Club Championship, whilst our Open Division 2 Team also finished 5th. Our women's team finished in 10th place overall, which was the same result as 2014. We also had a number of members turning out for APS United on a regular basis in the highly competitive AV competition.

2016 highlights:

Overall it was a successful season for the club, with consistently strong numbers in both the men's and women's category and a number of SKAAC runners featuring prominently in Athletics Victoria events.

Two very important events on the winter calendar are worthy of special mention and they include both the Lodge Handicap and the Dyson Relays.

Lodge Handicap:

The Lodge Handicap held extra significance in 2016, due to the recent passing of club legend, life member and former President of SKAAC, Keith Lodge. As expected, a large turnout from the SKAAC community, including members of the Lodge family, were there to reflect on the remarkable contribution Keith made to the club over many years. A slide show was presented during the afternoon tea and it was only fitting that club stalwarts like Nick O'Neill, Dino Imbriano and Chloe and James Cornwell competed as well as provided assistance with the smooth running of the event.

Dyson Relays:

Despite the challenge in fielding our strongest team, with some of our elite members abroad preparing for the Rio Olympics, the club still managed to finish a very credible second. Both Jack Holden (11:26 and third fastest on the day) and Peter Bol (11:35) put our team in with a fighting chance and they were greatly supported by Steve Fabris, Tristan Mioni, Chris Hibbert and Xavier Chapman. It was also pleasing to see both Stephanie Greenslade and Gabrielle Kopke returning to compete for the club and supporting the likes of Emily Wallace and Chloe Cornwell, enabling the club to field a women's team. The women's team finished a commendable 7th, in what was a hard fought and highly competitive race.

Other APSOC highlights include:

The large turnout in competitors for the Jamieson 5km, including elite members Alex Rowe and Peter Bol. It was also pleasing to see so many of Brosie McCann's SKC runners compete and getting a taste for competition in the APSOC format.

The regular turnout of our growing female contingent, with the likes of Stephanie Greenslade, Gabrielle Kopke and Chloe Cornwell competing for all of the events.

Tristan Mioni's 3rd placing in the 12km event at the Churchill Park Handicaps.

Sam Doble's winning the handicap at the Ken Orchard.

7th placing overall by our women's team in the Dyson Relays.

Chloe Cornwell winning the 5km in the W40 category at the mini-marathons event and Stuart Pettigrew's 4th in the M60 category. Whilst Luke Goodman took victory in the half-marathon in a winning time of 85:39.

Jack Holden showing his class to finish 2nd the highly competitive Williamson 5km event.

Xavier Chapman's 4th and Chris Hibbert's 6th at the Cooke-McLelland Championship race.

APS United /Athletics Victoria:

In the Tan relays where Jack Holden (11:30) posted the 2nd fastest APSU time of the day, whilst forming part of the division 1 team which finished 4th.

Xavier Chapman's 3rd place finish in the Burnley Half-Marathon, once again demonstrating his class over the longer distances.

Chris Hibbert turning out for the men's Division 1 team at the Ekiden Relays, which managed 8th place overall.

Jack Holden's impressive run at the Sandown Relays, posting a very fast time of 19:21 as part of the division 1 team which came 10th overall. Whilst Gabrielle Kopke competed for the women, who finished a very credible 4th.

Chris Hibbert's fine run for 13th in the U20 6km race at Bundoora Park.

Luke Goodman teaming up with two fellow APS United runners from other APSOC clubs to win the M40 race at the Jells Park Relays. Meanwhile, Xavier Chapman competed for the men's Division 1 team which ended up in 2nd place.

Congratulations to the following 2016 Winter Cross Country Champions:

Male: Xavier Chapman

Female: Chloe Cornwell

Junior/Under 20: Chris Hibbert

Thanks to all members who turned out to race throughout the 2016 Cross Country Season. We look forward to bigger and better things for season 2017.

Mark Moussalli

Winter Team Manager Season 2016

Summer Track & Field Report for Season 2016/2017

Season 2016-2017 was a successful season with the Under 14 Mens Team winning the White Region Premiership and the Mens' 40+ Team narrowly missing 2nd spot and the resulting spot in the Shield Final. Mens' Division 1 remained a concern for the club with many athletes from the previous season either not returning to the club or competing in a reduced capacity, this saw the team lose ground to Box Hill and Nunawading.

In all 29 athletes made their debuts with the club during 2016-2017. A strong resurgence in female competitors was extremely pleasing with female athletes at Under 14, 16 & 18 all competing at various stages through the Shield Season.

172 Club records would be broken during the season, with all ranking & records tables contained on the club website (www.skaac.com) updated within the week so that recognition for these excellent performances was timely.

The club website provided a steady source of information, results and articles relating to Summer performances with 55 articles posted during the period 1 September to 4 April.

SKAAC has always had a desire to be "a club of choice" where athletes would wish to join due to the positive (but competitive) environment fostered by all club members. This was no better demonstrated by the SKC Tuesday evening training sessions conducted by Justin Rinaldi, where Olympians and club level athletes would come together to train at the same venue. Throughout the season these Tuesday training sessions would come to include a group of female athletes from the SKOB Saints Women's Team and the return to coaching of Club Legend and Life Member Simon Lewin. At times during the season these Tuesday training sessions would have 15 athletes training together.

The Championship events would prove to be the zenith for the season with strong results at State Relay Championships, Victorian Championships & National Championships. Highlights at these Championships included:-

Relay Gold Medals for:-

- The Mens Open 4 x 800 (Steve Knuckey, Peter Bol, Brad Mathas & Alex Rowe) in a new State & Club Record of 7:22.24;
- The Mens 40+ 4 x 1500m (Dino Imbriano, Joe Lynch, Luke Goodman & Aaron Little) in a Club Record 19:04.50;
- The Mens Under 14 4 x 100m (Matt Dinan, Matthew Kim, Jett-Paris Bedelis & Daniel Doyle) in a Club Record 49.59s;
- The Mens Open 4 x 400 (Joel Bee, Steve Fabris, Peter Bol, Deluca Lawson-Matthew) in a new Club Record of 3:13.95 on Zatopek night

Victorian State Gold Medals for:-

- Joel Bee Mens Open 100 yards (9.46s)
- Joel Bee Mens Open 100m (10.62s)
- Michael Romanin Open 200m (21.54s)
- Steve Cain Mens Open Decathlon (6,886 points)
- Dylan Johnson Mens Open Triple Jump (15.51m)
- Phil Borg Mens Under 18 400m (49.92s)
- Thomas Scroggie Mens Under 16 800m (2:00.41)
- Lauren McGarry Women's Under 14 Hammer Throw (34.23m)

The HH Hunter Shield is awarded to the best performing club at the Victorian Championships and has long been dominated by the largest clubs in the State. SKAAC for

the first time ever finished in 6th position with 87 points, a testament to the high level of achievement of our senior Male & Female Athletes. The table below shows the final standings:-

| | |
|--------------------------------------|-----|
| 1 st Essendon | 163 |
| 2 nd Melbourne University | 124 |
| 3 rd Box Hill | 118 |
| 4 th Old Melburnians | 104 |
| 5 th Glenhuntly | 97 |
| 6 th St. Kevin's | 87 |

National Gold Medals for:-

- Luke Mathews Open 800m (1:46.71)
- Conor Fry Under 20 400m Hurdles (52.91s)

Competitor numbers were down slightly compared with season 2015-2016, and concern remains about the competition structure for AV Shield with much discontent circling the entire association.

The season provided undeniable proof that at Championship level SKAAC is rapidly gaining statewide prominence through both the volume and quality of the clubs' collective performances.

Further positive sentiment and expose can be expected with the completion and opening of the SKC Tooronga facility which has a dedicated 200m, 8 lane athletics track in the geographical heart of our recruitment zone. This facility is due for completion in June/July 2017.

INTERCLUB / SHIELD

Under 14 Region Premiers, and 3rd in the Shield Final

Congratulations are extended to our Under 14 Shield Final team of Jett-Paris Bedelis, Luca Di Conza, Matt Dinan, Angus Down, Daniel Doyle, Joel Imbriano Adam McGarry & Samuel Scroggie (& Matthew Kim, who was unable to compete on the day).

What a wonderful performance we were able to witness on Sunday 12th February 2017, as our boys came oh-so-close to claiming the AV Shield title, finishing 3rd and missing the win by a mere 331 points to a very strong Box Hill team.

Each boy put in a herculian performance during the season to give us the chance to contest the final, but the heroics on display by these 8 legends for the good size crowd to come so close had all SKAAC parents in attendance in raptures.

The final also had its fair share of drama as well with a re-run of Heat 33 of the 100m required, which unfortunately had Matt Dinan and Jett-Paris in it. The re-run did not help the SKAAC cause as Matt Dinan had to complete a mercy dash to get back to the track, having left to avoid a 6 hour break between events, and Jett would strain his hip flexor to limit his output on the day.

We knew the competition would be tough with Box Hill and the ever-strong Western Athletics teams leading into the day, and so it would prove, but with a near full team sheet and a brilliant capacity for hard work, our boys left nothing out there.

Some important numbers...

- 5 Club records...Joel Imbriano in the 2000m walk in completing the event in 11:31.8 and in doing so, taking out every age Club Record from Under 13 to Under 17 inclusive;
- 1 re-run of a 100m race, that forced Matt & Jett to race again;
- 12.5 hours of gruelling athletics, in what is a VERY long day;
- 12 Personal Best performances of the 29 events contested by the SKAAC athletes;
- 1st in terms of team completeness, no club had fewer gaps than SKAAC;
- 3 National Qualifiers...Adam McGarry (Pole) Daniel Doyle (90m Hurdles) and Luca DiConza (2000m Steeplechase); and
- 8 very tough competitors, doing everything they could to secure the ultimate prize for their team.

The day started very early for Luca & Samuel in the Long Jump, where both boys handled the cold & windy conditions really well. Luca was just a touch off his PB with 3.96 and Samuel was desperately unlucky to just foul in his last attempt, an effort that looked well over 4m to finish with a fantastic 3.59m.

The 2000m Steeplechase is a brutal race, and on this day a race where the amazing became reality. Luca DiConza finished 3rd in a new PB of 7:04.98 taking a whopping 19 seconds from his PB and in doing so securing himself a National Qualifier. Angus Down throwing down the challenge to his Box Hill opponent was scarcely less impressive in running 7:37.20 to take 25 seconds from his PB. This event, once a weakness for SKAAC would prove to be our strength, being our highest average points score per athlete for the day at 346.50, an amazing performance.

The 90m Hurdles is a really tough event, with not much margin between success & failure. On this day, Daniel Doyle would run 16.44 for a National Qualifier (&PB) followed closely by Jett in 19.65.

Adam McGarry & Luca DiConza, having spent the previous day scoring an unbeaten 66 run partnership in the 8A's Cricket win over Burke Hall, tackled the Discus with Adam throwing 24.27m for a 2.25m PB, with 13.29m for Luca, in what by this stage of the day, were really tough, windy conditions.

The 100m would prove to be a strength for SKAAC with 2 out of 4 athletes securing PB performances. Daniel Doyle's class would be on display winning the event with 12.06. Matt Dinan, having to come back to the track to re-run his race ran 13.48 for a PB (however, one wonders what the first run of Matt's in Heat 33 might have been). Adam McGarry took a massive 1.55 seconds from his PB to run 13.95, with Jett just getting to the line after injuring his hip flexor, running 15.22.

Joel Imbriano has been a powerhouse for the team all season and this would be "his" day. After some strong training in early 2017, Joel had been planning an assault on the 2000m Walk Club Record, that at Under 13 level, he already had. On this day Joel would smash the previous records for all age groups from Under 13 to Under 17, in completing the distance in 11:31.8, a staggering 1:09 minute PB.

The 1500m saw Sam Scroggie take his chance to shine with a sensation 13 sec PB, stopping the clock in 5:22.3. Luca DiConza finished in 2nd place, running 4:37.7, Angus Down ran 5:08.7, blitzing the last 300m and Joel Imbriano was really brave backing up after his walk to run 6:08.3.

Javelin conditions were really tough for Jett & Adam for different reasons. Jett was distracted by the officialing bungle that saw him have to re-run his 100m heat, which took place half-way through his Javelin. However, unruffled he was able to secure a distance of 14.05m. Adam would face difficult headwind conditions, with wind gusts making throwing very

difficult. Adam, after considering abandoning his 3rd and final throw, persuaded strongly against doing so by the Team Manager, was able to throw a final distance of 24.27m , a mere 35cm from his PB, over 5m better than his previous best for the day, and secure an extra 40 points for the team.

News had filtered through that the Box Hill athlete had 3 no-jumps in the Long Jump (earning zero points) to open the door for SKAAC to swoop and didn't the boys rally to the cause doing everything they could to catch the leading Box Hill team.

What unfolded in the next couple of hours would have all of SKAAC standing up and being proud of our youngest members.

First up would be the 400m, which is tough for so many reasons. A) because it is a long way to try and run fast, because it invariably is run at the end of the program at the end of a long day and finally because the wind conditions can be so cruel when the lactic is burning. The SKAAC 4 to face the starter were, Daniel Doyle 59.47 for 3rd overall, Luca DiConza 65.60 (after a massive day that delivered 1102 points), Angus Down in 70.75 (after a similarly massive day) and Adam McGarry in a PB of 71.02.

Jett-Paris defying all orders to rest his injured hip flexor, committed to 2 attempts at the Pole Vault to earn a valuable 100 points for his team.

Adam McGarry in a competition that started at 5:30pm, stayed back to 9:15pm to complete his Pole Vault of 2.20m (a National Qualifier)

The 4×100 relay team, with a change required due to Jett's injury took it upon themselves to work with each other on the changes to give themselves every chance in the last track event for the day. The boys were sensational running 55.07 for 4th place. Mention must also be made of Samuel Scroggie for his immediate "yes" when asked if he could fill in for Jett. It is this type of attitude that is typical of the grit of not only Samuel, but of this team.

Whilst some may look blandly at the result of a 3rd place finish, more seasoned judges would conclude that these Shield Finals are **HARD** to win and the team that represented all of SKAAC left nothing in the tank. 12 PB's in 29 events is a great testament to the effort and pride the boys took in wearing our great colours. This group will be remembered for the all-round balance and the spread of effort across the whole team.

Thanks for a great season, Daniel, Angus, Luca, Joel, Jett-Paris, Samuel, Matt, Adam & also Matthew Kim who couldn't compete on the day.

A big thanks to Lincoln Mah who acted as our official in the Long Jump and also later in the marathon 5:30pm Pole Vault (still going at 10:00pm), John Nicolosi from Melbourne Athletic Development for his expert physio management of our team and Steve Cain for his guidance of our throwers and Pole Vaulters.

Final points were:

1st Box Hill 5,436
2nd Western 5,239
3rd St. Kevin's 5,106
4th Essendon 4,198
5th Knox 4,060
6th Frankston 3,401
7th Doncaster 3,210
8th Geelong 3,191

9th Bendigo 2,584
 10th Ballarat 1,960
 11th Diamond Valley 930

The final ladder positions at the conclusion of the last round of White region interclub for season 2016/2017 were:

| Men Open Division 1 | | Pts For | Pts Agst | Percentage | Ldr Points |
|----------------------------|-------------------|---------------|----------------|---------------|------------|
| ANW | Nunawading | 89,574 | 142,739 | 62.75% | 111 |
| BOH | Box Hill | 85,134 | 147,179 | 57.84% | 109 |
| STK | St Kevin's | 41,440 | 190,873 | 21.71% | 88 |
| ANW | Nunawading 2 | 7,083 | 225,230 | 3.14% | 69 |
| BOH | Box Hill 2 | 9,082 | 223,231 | 4.07% | 68 |

| Men 40+ | | Pts For | Pts Agst | Percentage | Ldr Points |
|----------------|----------------------|---------------|----------------|---------------|------------|
| BOH | Box Hill | 78,167 | 218,111 | 35.84% | 115 |
| VMA | Vic Masters | 53,610 | 242,668 | 22.09% | 91 |
| STK | St. Kevin's | 60,859 | 235,419 | 25.85% | 90 |
| AWA | Waverley | 58,182 | 238,096 | 24.44% | 87 |
| BOH | Box Hill 2 | 19,629 | 276,649 | 7.10% | 61 |
| STK | St. Kevin's 2 | 8,944 | 287,334 | 3.11% | 48 |
| AWA | Waverley 2 | 6,520 | 289,758 | 2.25% | 25 |
| VMA | Vic Masters 2 | 4,320 | 291,958 | 1.48% | 23 |
| BOH | Box Hill 3 | 2,418 | 293,860 | 0.82% | 15 |
| STK | St. Kevin's 3 | 867 | 295,411 | 0.29% | 9 |
| VMA | Vic Masters 3 | 1,214 | 295,064 | 0.41% | 8 |
| YRA | Yarra Ranges | 892 | 295,386 | 0.30% | 5 |
| AWA | Waverley 3 | 656 | 295,622 | 0.22% | 4 |

| Men Under 18 | | Pts For | Pts Agst | Percentage | Ldr Points |
|---------------------|--------------------|---------------|----------------|--------------|------------|
| BOH | Box Hill | 61,350 | 175,396 | 34.98% | 111 |
| RWD | Ringwood | 61,380 | 175,366 | 35.00% | 108 |
| ANW | Nunawading | 37,038 | 199,708 | 18.55% | 88 |
| YRA | Yarra Ranges | 18,023 | 218,723 | 8.24% | 64 |
| AWA | Waverley | 12,582 | 224,164 | 5.61% | 54 |
| STK | St. Kevin's | 13,732 | 223,014 | 6.16% | 48 |
| BOH | Box Hill 2 | 13,747 | 222,999 | 6.16% | 42 |
| RWD | Ringwood 2 | 8,574 | 228,172 | 3.76% | 34 |
| ANW | Nunawading 2 | 3,824 | 232,922 | 1.64% | 20 |
| SSH | St Stephens | 2,894 | 223,852 | 1.24% | 12 |
| OLX | Old Xaverians | 1,651 | 235,095 | 0.70% | 10 |
| BOH | Box Hill 3 | 1,786 | 234,960 | 0.76% | 5 |
| BOH | Box Hill 4 | 165 | 236,581 | 0.07% | 1 |

| Men Under 16 | | Pts For | Pts Agst | Percentage | Ldr Points |
|---------------------|--------------------|---------------|----------------|---------------|------------|
| YRA | Yarra Ranges | 29,106 | 117,080 | 24.86% | 97 |
| RWD | Ringwood | 31,645 | 114,541 | 27.63% | 93 |
| ANW | Nunawading | 27,109 | 119,077 | 22.77% | 92 |
| STK | St. Kevin's | 26,396 | 119,790 | 22.04% | 85 |
| OLM | Old Melburnians | 9,151 | 137,035 | 6.68% | 53 |
| OLS | Old Scotch | 4,923 | 141,263 | 3.48% | 34 |
| OLX | Old Xaverians | 5,147 | 141,039 | 3.65% | 29 |
| YRA | Yarra Ranges 2 | 2,163 | 144,023 | 1.50% | 25 |
| ANW | Nunawading 2 | 3,931 | 142,255 | 2.76% | 25 |
| RWD | Ringwood | 2,595 | 143,591 | 1.81% | 25 |
| BOH | Box Hill | 3,726 | 142,460 | 2.62% | 22 |
| RWD | Ringwood 3 | 172 | 146,014 | 0.12% | 2 |
| YRA | Yarra Ranges 3 | 122 | 146,064 | 0.08% | 2 |

| Men Under 14 | | Pts For | Pts Agst | Percentage | Ldr Points |
|---------------------|--------------------|---------------|---------------|---------------|------------|
| STK | St. Kevin's | 28,090 | 57,329 | 49.00% | 107 |
| BOH | Box Hill | 26,386 | 59,033 | 44.70% | 104 |
| YRA | Yarra Ranges | 14,438 | 70,981 | 20.34% | 86 |
| RWD | Ringwood | 12,337 | 73,082 | 16.88% | 76 |
| STK | St. Kevin's | 2,583 | 82,836 | 3.12% | 40 |
| BOH | Box Hill 2 | 1,452 | 83,967 | 1.73% | 23 |
| RWD | Ringwood 2 | 133 | 85,286 | 0.16% | 6 |

| Women Under 16 | | Pts For | Pts Agst | Percentage | Ldr Points |
|-----------------------|--------------------|------------|----------------|--------------|------------|
| BOH | Box Hill | 55,119 | 110,796 | 49.75% | 114 |
| YRA | Yarra Ranges | 37,604 | 128,311 | 29.31% | 96 |
| ANW | Nunawading | 36,674 | 129,241 | 28.38% | 93 |
| BOH | Box Hill 2 | 15,787 | 150,128 | 10.52% | 65 |
| OLX | Old Xaverians | 10,717 | 155,198 | 6.91% | 65 |
| ANW | Nunawading 2 | 3,733 | 162,182 | 2.30% | 41 |
| YRA | Yarra Ranges 2 | 2,047 | 163,868 | 1.25% | 32 |
| BOH | Box Hill 3 | 3,221 | 162,694 | 1.98% | 25 |
| STK | St. Kevin's | 810 | 165,105 | 0.49% | 8 |
| ANW | Nunawading 3 | 203 | 165,712 | 0.12% | 3 |

| Women Under 14 | | Pts For | Pts Agst | Percentage | Ldr Points |
|-----------------------|--------------------|--------------|---------------|---------------|------------|
| RWD | Ringwood | 32,787 | 17,903 | 183.14% | 121 |
| YRA | Yarra Ranges | 11,426 | 39,264 | 29.10% | 87 |
| STK | St. Kevin's | 5,264 | 45,426 | 11.59% | 67 |
| RWD | Ringwood 2 | 1,213 | 49,477 | 2.45% | 30 |

Thanks to all those members that competed for SKAAC during season 2016/2017.

Yours in service

Peter McGarry
Track & Field Team Manager

Records Report for Season 2016/2017

The 2016/2017 season saw an incredible 172 Club Records being broken. Without doubt the highlight of the season from a records perspective was the Mens Open 4 x 800 Relay which not only broke the existing SKAAC Club Record, but also the Victorian State Open 4 x 800m Record. The Open Mens 4x400m record being broken whilst winning the Gold Medal at the Victorian Relay Championships would be a close second, bettering a record that still sits as a Victorian Underage Record.

Records broken in season 2016/2017

Men Under 13 2000m Walk

Joel Imbriano 13:14.8h 29/10/2016 Nunawading 1st Place, AV Shield Round 4 (DOB 14/5/2006)

Joel Imbriano 12:40.5h 10/12/2016 Nunawading 1st Place, AV Shield Round 8 (DOB 14/5/2006)

Joel Imbriano 11:31.8h 12/2/2017 Lakeside Stadium 1st Place, AV Shield Final (DOB 14/5/2006)

Men Under 13 Pole Vault

Jett-Paris Bedelis 2.20m 25/2/2017 Lakeside Stadium 2nd Place, Victorian Championships Final (DOB 12/7/2004)

Men Under 13 Hammer Throw

Adam McGarry 19.44m (3kg) 8/10/2016 Nunawading 3rd Place, AV Shield Round 1 (DOB 16/10/2003)

Men Under 14 100m

Daniel Doyle 12.0h 29/10/2016 Nunawading 1st Place. Av Shield Round 4. (DOB 6/3/2003)

Daniel Doyle 12.02 +1.1ms Lakeside Stadium 5/11/2016 3rd Final Under 14 Schools Championships (DOB 6/3/2003)

Men Under 14 200m

Daniel Doyle 24.66 +1.6ms Lakeside Stadium 5/11/2016 1st Heat Under 14 Schools Championships (DOB 6/3/2003)

Daniel Doyle 24.59 NWI Nunawading 15/12/2016 1st AV Shield Round 9 (DOB 6/3/2003)

Daniel Doyle 24.38 +0.7 Lakeside Stadium 5/3/17 2nd AV Vic Champs (DOB 6/3/2003)

Men Under 14 200m Hurdles

Matthew Kim 29.43 -0.4ms Lakeside Stadium 5/11/2016 1st Final Under 14 Schools Championships (DOB 10/2/2003)

Men Under 14 4x100m Relay

(Matt Dinan (1/3/2003), Matthew Kim (10/2/2003), Jett-Paris Bedelis (12/7/2004), Daniel Doyle 6/3/2003) 49.59s Lakeside Stadium 1st place. Athletics Victoria State Relay Championships Final.

Men Under 14 4x400m Relay

(Jett-Paris Bedelis (12/7/2004), Matthew Kim (10/2/2003), Luca DiConza (18/8/2003), Daniel Doyle 6/3/2003) 4:05.68 Lakeside Stadium 2nd place. Athletics Victoria State Relay Championships Final.

Men Under 14 Medley Relay

(Matt Dinan (1/3/2003), Daniel Doyle 6/3/2003), Matthew Kim (10/2/2003), Luca DiConza (18/8/2003) 4:14.59 Lakeside Stadium 12th place in the Under 16 race. Athletics Victoria State Relay Championships Final.

Men Under 15 & 16 Mile 1,609.34m

Thomas Scroggie 4:37.3 16/2/2017 Melbourne University (DOB 22/3/2002)

Men Under 15 & 16 2000m Steeplechase

Thomas Scroggie 6:28.42 25/2/2017 Lakeside Stadium 3rd Place AV State Championships (DOB 22/3/2002)

Men Under 16 3000m

Tristan Day 9:03.47 4/12/2016 AIS Track & Field Centre 4th Place, National All Schools Final (DOB 16/5/2001)

Tristan Day 8:54.1 7/2/2017 Box Hill 7th Place, Box Hill Classic (Heat 2) (DOB 16/5/2001)

Men Under 16 10000m

Hugh Pentland 36:01 6/12/2016 Aberfeldie, Lower grades Zatopek (DOB 1/6/2001)

Men Under 17, 18, 19 & 20 Mile 1,609.34m

Tristan Day 4:33.6 16/2/2017 Melbourne University (DOB 16/5/2001)

Men Under 16, 17, 18, 19 & 20 Distance Medley

(Massimo Acquaro (28/3/2001), Harry Livens (25/4/2001), Josh Collins (13/3/2001), Tristan Day 16/5/2001 3:56.31 26/11/2016 Lakeside Stadium 8th place. Athletics Victoria State Relay Championships Final.

Women Open 800m

Kayla Debondt 2:11.8 7/2/2017 Box Hill Classic

Women Open 1,500m

Kayla Debondt 4:35.57 24/2/2017 Lakeside Stadium 2nd Place Heat 3 Victorian Championships.

Kayla Debondt 4:31.97 26/2/2017 Lakeside Stadium 7th Place Final Victorian Championships

Kayla Debondt 4:27.41 16/3/2017 Lakeside Stadium 3rd Place Vic Milers Meet

Kayla Debondt 4:27.41 30/3/2017 Sydney 4th Place Heat National Championships

Women Open Mile 1,609.34m

Kayla Debondt 4:53.2 16/2/2017 Melbourne University 2nd Place Victorian Championships.

Women Under 17, 18, 19, 20 & Open 4x800m Relay

Isabelle Collins (19/9/2002), Ava Bennett (25/10/2001), Eleanor Brown (21/1/2000), Ellie Ansett (9/9/2001 10:33.52 26/11/2016 Lakeside Stadium 6th place. Athletics Victoria State Relay Championships Final.

Women Under 15 400m

Isabelle Collins 68.83 10/12/2016 Nunawading Interclub Round 8 (DOB 19/9/2002)

Women Under 15 800m

Isabelle Collins 2:32.0 15/12/2016 Nunawading Interclub Round 9 (DOB 19/9/2002)

Women Under 15, 16, 17, 18, 19 & 20 1,500m

Isabelle Collins 5:01.92 24/2/2017 Lakeside Stadium 7th Heat 1 Vic Champs (DOB 19/9/2002)

Women Under 15, 16, 17, 18, 19, 20 & Open 3,000m

Isabelle Collins 10:51.47 4/3/2017 Lakeside Stadium 5th Final Vic Champs (DOB 19/9/2002)

Isabelle Collins 10:49.53 28/3/2017 Sydney 18th Final National Championships (DOB 19/9/2002)

Women Under 13, 14, 15, 16, 17, 18, 19, 20 & Open Discus (1kg)

Lauren McGarry 22.01m 15/10/2016 AV Shield Round 2 (DOB 22/5/2005)

Women Under 13, 14, 15 100m

Alessia Acquaro 14.9h 29/10/2016 Nunawading Interclub Round 4 (DOB 10/3/2004)

Alessia Acquaro 14.89 (+1.0) 10/12/2016 Nunawading Interclub Round 8 (DOB 10/3/2004)

Women Under 13, 14, 15 200m

Alessia Acquaro 31.40 NWI 15/12/2016 Nunawading Interclub Round 9 (DOB 10/3/2004)

Women Under 13, 14, 15 80m Hurdles (9x76.2cm)

Alessia Acquaro 16.8h 29/10/2016 Nunawading Interclub Round 4 (DOB 10/3/2004)

Women Under 13, 14, 15 Long Jump

Alessia Acquaro 3.51m 29/10/2016 Nunawading Interclub Round 4 (DOB 10/3/2004)

Women Under 13, 14, 15 Triple Jump

Lauren McGarry 6.97m 8/10/2016 Nunawading Interclub Round 1 (DOB 22/5/2005)

Women Under 13, 14, 15 High Jump

Lauren McGarry 1.10m 8/10/2016 Nunawading Interclub Round 1 (DOB 22/5/2005)

Lauren McGarry 1.15m 15/12/2016 Nunawading Interclub Round 9 (DOB 22/5/2005)

Alessia Acquaro 1.17m 14/1/2017 Nunawading Interclub Round 11 (DOB 10/3/2004)

Women Under 13, 14, 15, 16, 17, 18 Shot Put (3kg)

Lauren McGarry 8.55m 8/10/2016 Nunawading Interclub Round 1 (DOB 22/5/2005)

Lauren McGarry 9.50m 15/12/2016 Nunawading Interclub Round 9 (DOB 22/5/2005)

Women Under 13, 14, 15, 16, 17, 18 Hammer Throw (3kg)

Lauren McGarry 19.28m 8/10/2016 Nunawading Interclub Round 1 (DOB 22/5/2005)

Lauren McGarry 29.71m 12/11/2016 Mt. Evelyn Interclub Round 5 (DOB 22/5/2005)

Lauren McGarry 31.16m 3/12/2016 Mt. Evelyn Interclub Round 7 (DOB 22/5/2005)

Lauren McGarry 34.23m 5/3/2017 Lakeside Stadium 1st Vic Champs (DOB 22/5/2005)

Women Under 13 & 14 Javelin (400g)

Lauren McGarry 19.33m 15/10/2016 Nunawading Interclub Round 2 (DOB 22/5/2005)

Men Open 100 yards

Joel Bee 9.46 +5.4 8/12/2016 Lakeside Stadium 1st place. Athletics Victoria State Championships Final.

Men Open 4x400m Relay

Joel Bee (47.7), Steve Fabris (49.6), Peter Bol (47.8), Deluca Lawson-Matthew (48.5) 3:13.95 8/12/2016 Lakeside Stadium 1st place. Athletics Victoria State Relay Championships Final.

Men Open 4x800m Relay

(Steve Knuckey, Peter Bol, Brad Mathas, Alex Rowe) 7:22.24 26/11/2016 Lakeside Stadium 1st place. Athletics Victoria State Relay Championships Final.

Men Open Triple Jump

Dylan Johnson 15.51m 26/2/2017 (+1.7) Lakeside Stadium 1st Place Victorian Championships

Dylan Johnson 15.75m 30/3/2017 (+0.6) Sydney 4th Place Qualifying National Championships

Dylan Johnson 15.79m 1/4/2017 (+1.7) Sydney 3rd Place National Championships

Men Open 200m

Michael Romanin 21.20 +2.0ms 5/11/2016 Brisbane 1st Place Qld Club Championships

Men Open 600m

Luke Mathews 1:18.05 5/6/2016 Birmingham England 7th Place

Alex Rowe 1:17.35 16/3/2017 Lakeside Stadium 1st Place Vic Milers

Men Open 1500m

Luke Mathews 3:35.99 18/5/2016 Nijmegen Netherlands 2nd Place

Men Open 5000m

Sam McEntee 13:20.72 1/5/2016 USA - Payton Jordan Invitational 4th Place

Men Open 10,000m Walk

Jason Kozica 45:39.56 31/3/2017 Sydney 9th Place (National Championships Final)

Men Under 20 400m Hurdles

Conor Fry 53.39s 28/3/2017 Sydney Athletics Centre, Sydney 1st Place Heat National Under 20 Junior Championships DOB 19/02/1998

Men Under 20 & Open 400m Hurdles

Conor Fry 52.91s 29/3/2017 Sydney Athletics Centre, Sydney 1st Place Final National Under 20 Junior Championships DOB 19/02/1998

40+ Men 110m Hurdles (99cm)

Joe Lynch 22.87 21/1/2017 (Round 12 AV Shield Nunawading) DOB 31/12/1975

40+ Men 2000m Steeplechase (91.4 cm)

Dino Imbriano 7:50.3 21/1/2017 (Round 12 AV Shield Nunawading) DOB 19/12/1972

Men 40+ 400m

Aaron Little 58.48 15/10/2016 Nunawading (Round 2 AV Shield Nunawading) DOB 16/2/1976

Aaron Little 56.52 10/12/2016 Nunawading (Round 8 AV Shield Nunawading) DOB 16/2/1976

Aaron Little 55.78 21/1/2017 Nunawading (Round 12 AV Shield Nunawading) DOB 16/2/1976

40+ Men 4x100m Relay

(Andrew Thomas 23/7/1972, Aaron Little 16/2/1976, Peter McGarry 5/8/1970, James Flinn 22/11/1970) 58.7 3rd Place. 15/10/2016 Round 2 AV Shield Nunawading 15/10/2016.

40+ Men 4x100m Relay

(Peter McGarry 5/8/1970, James Flinn 22/11/1970, Andrew Thomas 23/7/1972, Sandor Kazi 28/5/1969) 54.1 1st Place. 29/10/2016 Round 4 AV Shield Nunawading.

40+ Men 4x200m Relay

(Aaron Little 16/2/1976, Dino Imbriano 19/12/1974, James Flinn 22/11/1970, Peter McGarry 5/8/1970) 2:01.7h 3rd Place. 8/10/2016 Round 1 AV Shield Nunawading 8/10/2016.

(Andrew Thomas 23/7/1972, Dino Imbriano 19/12/1974, James Flinn 22/11/1970, Aaron Little 16/2/1976) 1:59.3h 3rd Place. 15/12/2016 Round 9 AV Shield Nunawading.

40+ Men 4x400m Relay

(Dino Imbriano 19/12/1974, Joe Lynch 31/12/1975, Peter McGarry 5/8/1970, Andrew Thomas 23/7/1972) 4:32.3h 2nd Place. 12/11/2016 Round 5 AV Shield Mt. Evelyn 12/11/2016.

(Joe Lynch 31/12/1975, Andrew Thomas 23/7/1972, Dino Imbriano 19/12/1974, Aaron Little 16/2/1976) 4:01.2h 1st Place. 3/12/2016 Round 7 AV Shield Mt. Evelyn 3/12/2016.

40+ Men 4x1500m Relay

(Joe Lynch 31/12/1975, Dino Imbriano 19/12/1974, Luke Goodman 20/6/1967, Aaron Little 16/2/1976) 19:04.50 1st Place. 26/11/2016 Athletics Victoria State Relay Championships Final Lakeside Stadium.

Yours in service

Peter McGarry
Track Team Manager Season 2016/2017

Item 3: Consideration of the nomination of Dino Imbriano for Life Membership of St. Kevin's Amateur Athletic Club Inc.

Date: 5 March 2017.

Nominated by: Peter McGarry

Seconded by: Andrew Thomas

Candidate: Dino Imbriano

Background

Dino Imbriano has provided exemplary service to SKAAC since he joined the club for season 2002/2003 both on and more particularly off the track.

In a sport considered individualistic to many, it is the selfless acts of club members to take on large administrative portfolios such as Treasurer/Registrar that ensure a smooth season for everyone, that very often go un-noticed and even worse often not recognised.

Dino is the longest serving SKAAC Executive Committee Member, with a continuous length of service now into its 15th Season as Treasurer/Registrar. The contribution Dino has made to the smooth running of the club cannot be understated. With at least 20 new members joining SKAAC each season, conservative estimates would have Dino being responsible for well over 300 new members being introduced to the club.

Dino was awarded the Jack Baker trophy as SKAAC's Best Clubman in 2003/2004, which was formal recognition for his outstanding contribution to SKAAC.

Athletic Performances

However don't let the amazing work done off the track in the critical administrative post, cloud Dino's performances on the track. From his introduction to athletics in the SKC House carnival in 1988, where he won the Year 8 trophy for his wins in the 800m, 1500m and 2nd place finishes in the 200m, 400m & Long Jump, Dino has been a mainstay of all Men's teams for 19 seasons. More recently, Dino has been instrumental in the formation of the SKAAC Mens 40+ team acting as the major points scorer and Team Manager.

Season 2016/2017, saw Dino crowned as Mens' 40+ Club Champion for his amazing point scoring feats during the season.

Dino represented SKC at the APS Sports in 1989 (800m – 2:10), 1990 (800m – 2:05.1 & 1500m 4:20.1) and again in 1991 (4x400m)

Following his SKC school career, Dino joined Collingwood Harriers in 1993/1994 for 2 years due to the convenience of training at the Collingwood track in Clifton Hill, whilst he lived in Thornbury.

Half of Dino's PB's were set in these two seasons at Collingwood.

- 200m – 25.6
- 400m – 56.0
- 800m – 2:01.
- Long Jump – 5:36m

In Dino's second season at Collingwood he ran PB's 3 weeks in a row leading into Christmas. Unfortunately he hurt his knee playing indoor soccer in early January and didn't return to athletics until 2002/2003, the time when he re-joined SKAAC.

Season 2016-2017 is Dino's 19th season in the famous gold, green & blue of SKAAC.

Dino's remaining PB's were set in season 2007/2008 in SKAAC colours.

- 1500m – 4:18.1
- 3000m – 9:27.7
- 5000m – 17:26.0
- Tan – 12:57

Dino has made the recent seasons a 'family affair' with his son Joel also joining the club and making a similar impression in the Under 14 team as Dino has done in the Mens teams.

The future

Dino is as energised as ever, despite being extremely disappointed to see the Mens 40+ team miss the finals in 2016/2017 by the barest of margins. Dino is extremely motivated to see the club succeed into the future, with the huge opportunities for SKAAC presented by the new athletics track being developed at Tooronga. In Dino's opinion, this will finally give SKAAC a home base to build on the work Justin Rinaldi has done with his squad training at SKC since season 2015/2016.

Dino sees one of the challenges for SKAAC, to ensure growth of our female membership and ensure SKAAC continue to recruit "club level athletes" from the school. That is those athletes who just like to get out there and compete each week. Dino notes that whilst he may not be the most talented athlete, he just loves getting out there and doing his best for the club.

I, and Andrew Thomas, as seconder, ask the Committee of SKAAC to accept this nomination for Dino Imbriano to be awarded Life membership of SKAAC, and to present this nomination for formal decision by the memberships at the AGM to be held on Monday 10th April 2017.

Nominated by

Seconded by:

Peter McGarry

Andrew Thomas