

St Kevin's Amateur Athletic Club Inc.

Annual Report for Year Ended 31 March 2019



Committee

Sam Doble, Secretary
Peter McGarry, President
Tristan Mioni, Vice President
Dino Imbriano, Treasurer & Registrar
Steve Fabris, General Committee Member
Lincoln Mah, General Committee Member
Brosie McCann, General Committee Member
Dan Bailey, General Committee Member

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

73rd Annual General Meeting of The St Kevin's Amateur Athletic Club Inc., held in the Pavilion, St Kevin's College Toorak.

Monday 16th April 2018.

Attendees:

Peter McGarry, Dan Bailey, Dino Imbriano, Lincoln Mah, Sam Dobie, Mark Moussalli, Brosie McCann, Steve Fabris, Tristan Mioni and Nick O'Neill

Apologies:

None

The Meeting commenced at 7.17pm

Item 1: Minutes of the 2016/2017 Annual General Meeting held on Monday 10 April 2017

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

Proposed: Peter McGarry Seconded: Lincoln Mah 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.

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: Brosie McCann Seconded: Steve Fabris Carried unanimously

2.2 President's Report

Proposed: Lincoln Mah Seconded: Dino Imbriano Carried unanimously

2.3 Winter Report

Proposed: Peter McGarry Seconded: Sam Doble Carried unanimously

2.4 Summer Report

Proposed: Dino Imbriano Seconded: Steve Fabris Carried unanimously

2.5 Records Report

Proposed: Steve Fabris Seconded: Brosie McCann Carried unanimously

Item 3: Proposed Resolution

To consider the nomination of Justin Rinaldi for Life Membership of St. Kevin's Amateur Athletic Club Inc.

Proposed: Peter McGarry Seconded: Brosie McCann Carried unanimously

To consider the nomination of Nick O'Neill for Life Membership of St. Kevin's Amateur Athletic Club Inc.

Proposed: Peter McGarry Seconded: Dino Imbriano 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 Brosie McCann; seconded by Sam Doble)

Vice-President – Tristan Mioni (proposed by Brosie McCann; seconded by Sam Doble)

Secretary – Sam Doble (proposed by Brosie McCann; seconded by Tristan Mioni)

Treasurer - Dino Imbriano (proposed by Peter McGarry; seconded by Lincoln Mah)

General Committee Members:

Dan Bailey (proposed by Peter McGarry; seconded by Brosie McCann)

Steve Fabris (proposed by Peter McGarry; seconded by Brosie McCann)

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

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

Meeting closed at 8:13pm.

Finance Report for Season 2018/2019

In 2018/2019 the committee decided our key focus was to invest in our coaching structure to ensure we provide all year coaching for our athletes. Coaching was provided by various coaches and totaled \$11,809.00. As a result this became our major expense outside of AV fees.

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. This number increased by nearly 38% with a large number of junior members joining as a result of the partnership with Camberwell Malvern LAC. The final figure was \$21,652.50
- The club received \$5,000 from SKOCA
- Singlets for men, women and juniors required topping up. The cost of the new singlet's totaled \$3,114.10

Looking forward to next year, my recommendation is that club fees should remain the same for season 2019/2020 due to another increase in AV fees. The overall result was a loss of \$2,912.82. The key reason for the loss was not having a fundraising event. The committee decided to hold off and focus on the 75th year anniversary function next year.

Overall the club continues to be in a strong position financially with \$7,820.53 invested in an ING account and \$8,368.82 in our Commonwealth Bank trading account. The club continues to have 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 2018 to 31 March 2019

Bank Balance as at 31-Mar-2018	\$5,281.64
Income	
Trading Receipts (BBQ & Drinks)	\$0.00
Fees / Subscriptions from members	\$21,652.50
Pole Vault Fees	\$900.00
Grants - Old Collegians Association	\$5,000.00
Sponsorships – Whitbread Insurance Rebates	\$412.34
Donations	\$0.00
Bank Interest Received	\$0.00
Other (Merchandise)	\$0.00
Total Income (A)	\$27,964.84
Expenditure	
Trading Costs (BBQ & Drinks)	\$331.99
Water, Gas, Electricity, Insurance	\$0.00
Salaries and wages	\$0.00
Office Expenses (Stationary, Postage, Trophies, Engraving, Lodge Catering)	\$1,133.00
Bank Fees & Charges	\$0.00
Other (AV Fees Paid)	\$11,544.90
Other (AV Race Fees)	\$1,269.90
Other (AV Club Affiliation)	\$310.00
Other (New Javelin)	\$542.14
Other (Singlets - Men's, Youth & Womens)	\$3,114.10
Other (Coaching)	\$11,809.00
Other (Official Fees)	\$275.00
Other (Website Hosting)	\$547.63
Other (Consumer Affairs)	\$0.00
Other (Athlete & Coach Support - National Champs)	\$0.00
Total Expenditure (B)	\$30,887.66
Surplus (A-B)	-\$2,912.82
Cash in hand or in bank	\$8,368.82
Value of stock on hand (Estimated Value of equipment)	\$11,355.40
Amount owed to association (Funds sitting in PayPal Account)	\$168.85
Property, equipment, furnishings	\$0.00
Investments - ING Account Balance	\$7,820.53
Other (cheque to be banked)	\$416.66
Total Assets ©	\$28,130.26
Liabilities	
Unpaid National Grants	\$0.00
Secured loans	\$0.00
Unsecured loans	\$0.00
Total Liabilities	\$0.00
Association's equity (C-D)	\$28,130.26

Asset Register as at 31 March 2019

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 Stretch 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'; 120LB	1	\$540.00	\$540.00
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 - XXS	9	\$32.50	\$292.50
SKAAC Singlet - XS	11	\$32.50	\$357.50
SKAAC Singlet - S	8	\$32.50	\$260.00

SKAAC Singlet - M	3	\$32.50	\$97.50
SKAAC Singlet - L	3	\$32.50	\$97.50
SKAAC Singlet - XL	3	\$32.50	\$97.50
SKAAC Bodysuit	3	\$225.00	\$675.00
SKAAC Female Singlet - 8	17	\$32.50	\$552.50
SKAAC Female Singlet - 10	5	\$32.50	\$162.50
SKAAC Female Singlet - 12	7	\$32.50	\$227.50
SKAAC Female Singlet - 14	7	\$32.50	\$227.50
SKAAC Female Singlet – 16	3	\$32.50	\$97.50
SKAAC Female Crop Top - 6	7	\$40.00	\$280.00
SKAAC Female Crop Top - 8	7	\$40.00	\$280.00
SKAAC Female Crop Top – 10	7	\$40.00	\$280.00
SKAAC Female Crop Top – 12	15	\$40.00	\$600.00
SKAAC Female Crop Top – 14	16	\$40.00	\$640.00
Total	239		\$11,355.40

St Kevin's Amateur Athletic Club Annual General Meeting
Monday 6th May 2019

President's Report for Season 2018/2019

Firstly, it is with great sadness that SKAAC mourned the passing Life Member #8 Maurie Lynch to illness in August 2018. All at the club acknowledge the contribution of Maurie to SKAAC and the entire Lynch family over many decades.

After a spectacular 2017/2018, I thought it would be hard to go better again in 2018/2019. But how wrong I would be. A Bronze medal to Luke Mathews at the Gold Coast Commonwealth Games and Brad Mathas & Joseph Deng also making the final, record APSOC and AV registrations, against a falling AV membership across Victoria were stunning results. Our first ever female APSOC premiership, secured with a dominant performance at the Cooke McLelland Shield. Back-to-back APSOC Division 1 premierships, a National 800m record to Joseph Deng in 1:44.21, 301 Club records, Relay State titles, State Records and above all plenty of new athletes choosing to compete for SKAAC.

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, Victorian Milers, Victorian Athletic League and AV Track & Field. A very special welcome to the many athletes who joined SKAAC as debutants in 2018-2019.

Season 2018/2019 saw 172 members registered with SKAAC (up from 155 the previous year) according to the following age profile, with 85% of members being Male and 15% being Female, coincidentally the same proportion as 2017/2018. The growth in 2018/2019 was almost directly linked to growth in AV membership driven by the Tooronga training groups. The 3 year growth in AV membership (73, 84 to 96 in season 2018/2019) is staggering against rising AV costs and declining statewide AV membership. Over two-thirds of our overall and our AV membership is Under 20, so focus on juniors, their training and competition preferences has never been more important.

St. Kevin's Amateur Athletic Club Membership Profile 2018/2019 (1 April 2018 to 31 March 2019)						
Age Group	AV Only	AV 2nd Claim	APSOC Only	Both AV & APSOC	Total	Percentage
Under 14	18	0	17	6	41	24%
Under 16	15	0	16	3	34	20%
Under 18	7	0	26	3	30	21%
Under 20	5	0	4	3	12	7%
Open	15	0	10	13	38	22%
40+	2	0	1	4	7	4%
50+	0	0	2	1	3	2%
60+	1	0	0	0	1	1%
Total	63	0	76	33	172	
Percentage	37%	0%	44%	19%		

The club made many improvements during the season:-

- 19 female AV Track members (up from 12 in 2017/2018, representing a 58% growth in this segment).
- Yet another successful 5th Legends Day at Tooronga on 24 September 2018 where current SKC students get to meet current SKAAC and former SKC athletic stars of the past.
- Continued to provide junior coaching at Tooronga.

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

- The Box Hill club deciding to place a quota on Steve Cain and his Multus training group, has in all likelihood forced SKAAC athletes to join Box Hill in 2019/2020.
- The need to find club helpers at the various events remains a tough challenge.
- Weren't able to hold the Grand Final Eve Trivia due to limited Committee resources to be able to organise the event.

For the AV Shield Final SKAAC were represented by the Open & Under 18 Women and the Under 20 and Under 14 Men, the first time the club has had 4 teams qualify for this event.

Whilst the teams each suffered greatly in the days prior to injury to key athletes, the efforts by all athletes were magnificent, capped off by Maddie Hume in the last event of any SKAAC athlete on Shield Final Day becoming the first SKAAC female to break 1 minute for 400m, running 59.96.

The club had 25 teams (up from 15 teams) compete in the Victorian Relay Championships, coming home with 5 gold medals including:-

- 5 Gold Medals... Men Under 14 4x100, Men Under 16 4x400, Men Under 18 4x800, Open Men 4x400 and 4x800 teams.
- 4 Silver Medals... Men Under 14 4x100, Men Under 16 Medley, Men Under 18 4x100, Men 40+ 4x1500

The relationship with the SKC Business Office, Ross Corstorphin, the Tooronga staff Michael Brmalj and Shazad Nusrat and the various Teachers-in-Charge that are crucial for SKAAC's success, continued to be stronger than ever. I would like to thank Mr Brosie McCann, Steve Fabris & Shaun Hargreaves, all staff at SKC, for their support not only this season but across all seasons as they all act as coaches, mentors and recruiters to SKAAC..

I would like to thank the following club members for serving as Committee Members during season 2018/2019. Nearly this whole group has been a part of each of the last 5 SKAAC Committees that I had the privilege to lead. Their sacrifices for the betterment of SKAAC a large and very much appreciated by me. Please join me in thanking the Committee for 2018/2019.

Vice President: Tristan Mioni

Secretary: Sam Doble

Treasurer / Registrar: Dino Imbriano

Committee: Brosie McCann, Stephen Fabris, Lincoln Mah, Sam Doble, Dan Bailey.

I wish to make special note of Steve Fabris who has taken the decision to step down from the SKAAC Committee for 2019/2020 as his work commitments at SKC and his training commitments with SKAAC leave him with virtually no hours left in the day. "Fab" is a wonderful St. Kevin's person, a State Champion in the blue ribbon 4x400 Relay and 4x800 Relay as well as a runner-up at Stawell. However, his assistance at Committee level in the selection of teams, the encouragement of many juniors to compete with SKAAC and his coaching of the next generation of SKAAC athletes at Tooronga leaves a large legacy and an equal large gap to be filled. Passionate athletics people are always immediately identifiable by their care for others, their selfless drive to improve others and the way they command not only respect within their own club, but more broadly across the whole

association. In "Fab" SKAAC have enjoyed that and more. History will look back on this period and there is no doubt that the contribution of "Fab" will be rightly acknowledged as a large reason for the prominent position that SKAAC finds itself in.

The season was a successful one with our most ever AV registered members (96), first ever female APSOC Premiership, numerous National and State Titles for SKAAC Teams and individuals across a range of events. Seeing so many new athletes join SKAAC as a result of the expert coaching we now have the ability to offer, provides great impetus for season 2019/2020.

This season is my last as President of SKAAC. It has been a wonderful time to be a part of the SKAAC Committee and to be a part of such a fantastic club. I am very pleased with how many female athletes now compete for SKAAC and the profile that our club enjoys as a result of not only the quality of our athletes but also the quality of our coaches. Thanks to the whole SKAAC Community for your support of me during my term as President, you have given me so much and I have been thoroughly honoured to serve you for the last 5 seasons.

Yours in service.



Peter McGarry
President SKAAC

St. Kevin's Amateur Athletic Club Annual General Meeting
Monday 6th May 2019

Winter Cross Country Report for Season 2018

St. Kevin's College Amateur Athletics Club (SKAAC) continued to grow and excel during the 2018 winter cross country season. The club was well represented across two various competitions, the Athletics Victoria XCR (AV XCR) and the APS Old Collegians (APSOC). The 2018 season was the second year that SKAAC had represented itself, in recent history, in the (AV XCR) competition and did so proudly wearing the green, gold and blue colours.

SKAAC were well represented throughout the 2018 (AV XCR) season, fielding runners at 8 out of the 10 races offered in the (AV XCR) 2018 calendar. Our strongest showings were at both the Sandown and Tan Relays where we fielded 6 teams in total, consisting of Men's Division 4, Mens 40+, Mens Under 20, 2 x Men's Under 14 and Women's Under 18. This was closely followed in participation by the season opening race at Jells Park where we managed to field the same teams as above but only one of the Men's under 14 teams.

As a registered AV club it was promising to see an overall increase in the numbers participating in the AV XCR races. Whilst we are a relatively small club SKAAC has worked hard to field as many teams as possible in the relay events and has offered guidance and support at some of the individual races.

Season Results

Season highlights included the Jells Park Relays, which signified the start of the (AV XCR) season. In relatively good conditions, SKAAC was able to secure their first win in Men's Division 4 with Adam Pyke staring in a time of 18:26 across the 6km course. Young gun Tom Forster lead his Under 14 Men's team to a 5th place finish and a personal time of 10:57 for 3km.

At St Anne's Winey we had 7 competitors and managed to field 2 more runners two weeks later at Bundoora where Callum Day finished 11th in 27:34 and Lincoln Mah broke the 40 minute barrier.

In very trying conditions SKAAC had 7 teams at the Sandown Relays. Standout on the day were Steve Knuckey and Brad Mathas who blitzed the course in 9:03 and Tristan Day in 9:27 (2nd quickest on the day for Under 20 Men).

Jack Holden represented the SKAAC team at the Albert Park 10km Road Race and showed his strong form. He was good enough for 12th on the day in a time of 30:28.

On the hills of Cruden Farm, Milla Gleeson was able to come 21st against a strong showing of other women, whilst Callum Day was strong enough for 4th in Men's Under 20 in a time of 19:11.

Xavier Chapman proved once again that he is one of the SKAAC hard men, being the only representative at the Victorian Half Marathon Competition. Xavier showed strong form and posted a time of 1:11:37. Promising signs ahead of the Melbourne Marathon which he planned to target later in the year and look to secure the clubs fastest marathon time of 2018/2019 season.

The last race on the (AV XCR) calendar was the Tan Relays, where 7 teams represented SKAAC. Standout results included 4th in Men's Division 4, 2nd in Women's Division 4, 1st in Men's Under 20 and 3rd in Men's Under 14. Adam Pyke was the quickest in the Men's Division 4 team with a lap of 11:21. Charlotte Imer was the quickest in the Women's Division 4 team with a lap of 13:02. Tristan Day posted a very fast 11:51 in the Men's Under 20 team and Tom Forster lapped the tan in 14:21 to be quickest in the Men's Under 14 team.

Some positives noted throughout the season was the team atmosphere at many of the races. Athletes were able to make use of the SKAAC tent and conduct pre-race routines in the comfort of the shade on warmer days or out of the rain on the wetter days. This also allowed for a more relaxed feel amongst the athletes as they were able to talk with each other in relative comfort prior to, during and post races.

Our comradery with Old Xavier Athletics Club at the season opener Jells Park Relays was a highlight that helped us get off on the right foot. Sharing food and drinks and having our tents next to each other was a great chance for many of the athletes to be social with each other.

Despite less than ideal weather on a number of occasions SKAAC was still represented at many of the races.

The Mens Under 14 team was the best performing team finishing 3rd on their AV XCR ladder.

SKAAC looks forward to continued growth in the coming years and continuing to provide as many good opportunities for its athletes in the AV XCR competition.

APSOC

SKAAC fielded competitors at all eleven APSOC events and fielded at least one Division 1 and Women's team to all five championship events. We fielded our largest contingents at the Jamieson (33 competitors), the Dyson (31) and the Hooley Relays (31). For championship events, we fielded two teams in Division 1, up to three teams in Division 2 and up to two teams in Women's division. For the first time in the club's history we secured the premiership in the Women's division, as well as our second consecutive Division 1 premiership (the fourth in the club's history).

Our own APSOC event, the Lodge Handicap, saw an encouraging participation with a total of 81 runners. This is down from 114 runners in attendance the previous year. We have clearly signalled to the APSOC committee our desire to replace the 16km event with a 4km event to encourage junior participation and allow the day to run smoother.

Some team highlights from the 2018 season included:

- Our Division 1 team winning the Dyson Relays, the Hooley Relays and the Cooke McClelland races.
- Our Women's team taking out first place in the Williamson 5km, the Hooley Relays and the Cooke McClelland competitions.
- Growing female participation which lead to fielding two women's teams at the Jamieson 5km and the Hooley relays.

Some notable individual highlights of the season include:

- Joseph Deng's impressive 2nd overall fastest time PB 11:05 at the Dyson Relays, in the company of other elite performances by Jack Holden (11:29), Peter Bol (11:35) and Brad Mathas (11:43)
- Karen Thorp's 1st placing in the women's events at Orchard Handicap, Hare and Hounds, Williamson 5km, Brighton by the Sea and Churchill Park races.
- Kayla de Bondt's 1st placing in the women's event at the Jamieson 5km.
- Anthony Aloisio's 1st placing in the 10km event at the Graham-Wise Mini Marathons, where he set an APSOC track record of 31:37
- A dominant display in the women's event at the Cooke McClelland where Charlotte Imer placed 1st (12th overall), Karen Thorp placed 2nd and Kayla de Bondt placed 3rd, combining with Madeleine Tricarico (7th) to win that event and pip Old Xaverians in the overall Women's division by 1 point.

The great success of the 2018 season can be attributed to the outstanding team spirit fostered by the SKAAC community. We hope that we can utilise the success of 2018 as a secure platform to grow performance and participation in the 2019 season and coming years.

Tristan Mioni and Sam Doble
Winter Team Managers Season 2018

Summer Track & Field Report for Season 2018/2019

Thanks to the elite SKAAC contingent, Track & Field now runs virtually 12 months of the year. And what a delight it is to see the SKAAC singlet on the international stage in front of global audiences. We are so very lucky to be blessed with so many international level athletes, but also equally blessed at how much they do to promote and support SKAAC.

Season 2018/2019 contained a huge number of highlights for SKAAC. Commonwealth Games medals, National records, State records, National Championships, State Championship, Multi-event State Champions and National medallists, and a staggering 301 club records broken during the season.

I often remark that at present SKAAC have the best coaches in the State, if not the country. Justin Rinaldi, Steve Cain, Steve Fabris, Dan Bailey, Marli Wilkinson Liz Mathews, Conor Fry, Tom Wilson, Jeremy Weeks and Harvey Connor form a formidable group for which to guide our athletes to achieve their goals. They are a crucial part of SKAAC and I can't thank them enough on behalf of our athletes.

An amazing 45 athletes made their debuts for SKAAC in 2018/2019, with Kelsey Berryman, Georgia Bertrand, Jack Bowen, Ben Cantwell, Tom Coghlan, Pippa Dillon, Sasha Feldmann, Ben Forster, Tom Forster, Shannon Fraser, Milla Gleeson, Brooke Gordon, Lachlan Groves, Paul Haasbroek, Thomas Hall, Will Hine, Madeleine Hume, Charlotte Imer, William Jirik, Nick Jones, James Kerr, Joseph Klotz, Eliza Klotz, Jack Lunn, Conor Lynch, Jessica Mackenzie, Isabella McDonald, Xavier McDonald, Jacob McGirr, Ryan Ngamsirivadhana, Niamh O'Donoghue, Cooper Provan, Patrick Retschko, Sebastian Reyneke, Darcy Roper, Kade Szakacs, William Tanner, Lachlan Teal, Abbey Vicino, Huw Warrillow, Jeremy Weeks, Marli Wilkinson and Tom Wilson all wearing our famous colours for the first time in track & field.

The Tooronga facility, in its second season of use continues to attract athletes to SKAAC in solid numbers. The alliance with Camberwell Malvern Little Athletics Club (CMLAC) a highlight for the season, with the holding of the first ever athletics meet at Tooronga on 7 October 2018 a significant milestone for the partnership.

Victorian Championships

Women

Weekend 1

Open Triple Jump Brooke Gordon 9th 11.50m (+2.4)

Under 18 100m Hurdles (76.2cm) Shannon Fraser 2nd 14.96 (+0.0)

Under 18 Javelin (500g) Shannon Fraser 1st 40.05m (PB) Under 18 SKAAC Club Record (500g)

Under 20 100m Hurdles (84.0cm) Jessica Mackenzie 2nd 14.93 (-0.4)

Under 20 100m Hurdles (84.0cm) Georgia Bertrand 6th 16.75 (-0.4) (PB)

Under 20 Javelin (600g) Jessica Mackenzie 1st 39.61m (PB) SKAAC Under 18, 19, 20 & Open Women Club Record (600g)

Under 20 Javelin (600g) Georgia Bertrand 3rd 36.17m (PB)

Weekend 2

Under 20 Long Jump Georgia Bertrand 7th 5.09m (+0.0) (PB)

Under 20 Long Jump Jessica Mackenzie 8th 5.05m (+1.1)

Under 18 200m Shannon Fraser Heat 26.83 (-1.7) 5h2, Final 7th 27.11 (-0.6)

Under 20 200m Jessica Mackenzie Heat 26.60 (+0.8), Final 7th 26.69 (+0.5)

Under 20 High Jump Jessica Mackenzie 7th 1.52m (eq PB)

Under 18 Shot Put (3kg) Shannon Fraser 1st 13.28m (PB) - SKAAC Under 18 Club Record (3kg)
Open Long Jump Brooke Gordon 8th 5.32m (+0.7) (PB)
Under 20 Shot Put Jessica Mackenzie 2nd 13.06m (PB by 1.32m) Under 18, 19, 20 & Open Women Club Record (4kg)
Under 20 400m Hurdles Marli Wilkinson 1st 62.64
Under 18 Long Jump Shannon Fraser 1st 5.39m (+0.2) Under 18, 19, 20 & Open Women Club Record

Men

Open 100m Michael Romanin Heat 11.07 (-1.2) 1h2, Semi Final 10.62 (+0.6) 2sf1, Final 1st 10.48 (+1.3)
Open 100m Jackson Bennett Heat 11.02 (+0.8) 3h3, Semi Final 10.99 (+0.6) 5sf1, Final DNF
Open 400m Conor Fry Heat 48.82 2h1, Semi Final 48.79 4h3 (PB)
Open 400m Tom Wilson Heat 49.69 2h6, Semi Final 48.32 4h1
Open 1500m Jack Holden Heat 3:50.61 5h1, Final 10th 3:53.45
Under 14 400m Patrick Retschko 2nd 59.00 (PB by 3 sec)
Under 14 1500m Jack Bowen 4th 4:40.13 (PB by 9 sec)
Under 14 1500m Tom Forster 6th 4:46.96 (PB)
Under 15 400m Jacob McGirr Heat 56.98 1h2, Final 2nd 54.89 (PB)
Under 15 Pole Vault Tom Coghlan 1st 3.15m (PB) - SKAAC Under 14 Club Record
Under 16 100m Gus Simpfendorfer 11.82 (+2.8) 3h1, Final 4th 11.32 (+3.4)
Under 16 100m William Tanner 12.65 (+1.0) 5h2
Under 16 400m Gus Simpfendorfer 53.74 2h1, Final 1st 49.91
Under 16 400m William Tanner 56.02 7h2 (PB)
Under 16 1500m Harry Bowen Heat 4:22.65 2h1, Final 4th 4:17.80
Under 16 1500m Will Hine Heat 4:37.78 8h2
Under 16 1500m Samuel Scroggie 4:57.07 11h1
Under 16 100m Hurdles (84.0cm) Sam Cantwell Final 1st 13.88 (+0.5)
Under 16 Triple Jump Sam Cantwell 3rd 12.12m (+0.0)
Under 17 400m Andrew Mathieson 53.50 5h1 (11th) (PB)
Under 17 1500m Luca DiConza 2nd 4:17.49
Under 17 Triple Jump Jackson Jacotine 5th 13.15m (+0.1) (PB) - SKAAC Under 16 & 17 Club Record
Under 20 100m Nick Jones 11.33 (+3.6) 2h2, Final 8th 11.26 (+3.6)
Under 20 100m Sebastian Reyneke 11.20 (+1.3) 4h3, Final 7th 11.23 (+3.6)
Under 20 400m Phil Borg Heat 49.00 2h3, Final 6th 49.27
Under 20 400m Jack Lunn Heat 50.80 5h1 (PB)
Under 20 1500m Will Lewis Heat 4:05.71 1h1, Final 2nd 3:54.82
Under 20 1500m Josh Collins Heat 4:07.29 5h1, Final 12th 4:19.71
Under 20 110m Hurdles (99cm) Sebastian Reyneke 3rd 15.63 (+0.4)
Under 20 Discus (1.75kg) Sebastian Reyneke 3rd 42.59m (PB) - SKAAC Under 18, 19 & 20 Club Records

Weekend 2

Under 14 3000m Walk Joel Imbriano 5th 16:55.65
Open 800m Dino Imbriano 2:17.93 26th
Under 20 Long Jump Sebastian Reyneke 2nd 6.84m (+2.6)
Men Open Shot Put Harvey Connor 10th 10.32m
Under 17 3000m Luca DiConza 2nd 9:03.21
Under 16 3000m Harry Bowen 3rd 9:05.51 (PB) - SKAAC Under 15 Club Record
Under 20 5000m Tristan Day 3rd 15:02.78 (PB) - SKAAC Under 18 Club Record
Open 400m Hurdles Conor Fry Heat 53.00 1h1, Final 3rd 52.22
Under 20 200m Phil Borg Heat 22.83 (+0.7) 3h2

Under 14 800m Patrick Retschko Heat 2:17.54 2h2, Final 2nd 2:13.12
Under 14 800m Xavier McDonald Heat 2:17.91 3h2, Final 7th 2:24.26
Under 15 800m Jacob McGirr Heat 2:16.33 7h2
Under 15 High Jump Jacob McGirr 2nd 1.71m
Under 15 High Jump Tom Coghlan 3rd 1.62m
Under 16 800m Conor Lynch Heat 2:04.42 1h1, Final 1st 2:03.15
Under 16 800m Samuel Scroggie Heat 2:21.29 10h2
Under 17 800m Andrew Mathieson Heat 2:05.47 2h1, Final 3rd 2:00.61
Under 20 800m Jack Lunn Heat 1:55.97 2h2, Final 5th 1:58.81
Under 20 800m Will Lewis Heat 1:54.67 2h3, Final 3rd 1:56.18
Open Long Jump Darcy Roper 1st 7.86 (-0.2)
Under 20 Shot Put (6kg) Sebastian Reyneke 2nd 13.47m
Under 16 High Jump William Tanner 2nd 1.81m (PB) eq SKAAC U15 Club Record
Under 16 200m Hurdles Sam Cantwell 2nd 27.54 (-0.9)
Under 16 Long Jump Sam Cantwell 3rd 5.86m (+0.2)
Under 16 Long Jump William Tanner 11th 5.08m (+0.3)

National Championships

Gold Medals

Gus Simpfendorfer Under 16 400m
Patrick Retschko Under 14 800m
Peter Bol Open 800m
Luke Mathews Open 1500m
Marli Wilkinson (as a member of the Victorian Under 20 Women's 4x400m Team)

Silver Medals

Jessica Mackenzie Under 20 Heptathlon
Sebastian Reyneke Under 20 Decathlon
Tom Coghlan Under 15 Pole Vault
Sam Cantwell Under 16 100m Hurdles
Sam Cantwell Under 16 Long Jump
Phil Borg (as a member of the Victorian Under 20 Men's 4x400m Team)

Bronze Medals

Marli Wilkinson Under 20 400m Hurdles
Joel Imbriano Under 14 3000m Walk
Tristan Day Under 20 5000m

Finalists (or Top 8)

Phil Borg Under 20 400m
Conor Fry Open 400m Hurdles
Andrew Mathieson Under 17 800m
Conor Lynch Under 16 800m
Tristan Day Under 20 3000m
Will Lewis Under 20 1500m
Jason Kozica Open 10,000m Walk
Joseph Deng Open 800m
Steve Knuckey Open 800m
Jacob McGirr Under 15 High Jump
Jacob McGirr Under 15 400m
Sam Cantwell Under 16 200m Hurdles

Competitors

Shannon Fraser Under 18 Women 100m Hurdles, Javelin & Shot Put
Luca Di Conza Under 17 3000m
Will Tanner Under 16 High Jump
Tom Forster Under 14 800m
Xavier McDonald Under 14 800m
Sam Cantwell Under 16 Triple Jump

State Relay Championships

63 SKAAC Athletes competed at the Victorian State Relay Championships at Box Hill. The results were outstanding with 17 Club records broken on the day. 4 Gold Medals were won on the day (Men Under 14 4x100, Men Under 16 4x400, Men Under 18 4x800, Open Men 4x800) Amazingly that is one gold for every age group, except 40+. A fifth Gold Medal would be added in the Open Men 4x400 at the Zatopek with Steve Knuckey finishing off strongly for SKAAC.

4 Silver Medals (Men Under 14 4x100, Men Under 16 Medley, Men Under 18 4x100, Men 40+ 4x1500)

Significantly the Open Women's 4x100 made the final for the first time in SKAAC's history finishing in 7th place.

National Open 800m record for Joseph Deng

Joseph Deng sensationally broke Ralph Doubel and Alex Rowe's National 800m record of 1:44.40 in running 1:44.21 in the Monaco Diamond League run on Friday 20th July 2018. In a race loaded with the world's best 2 lappers, Joseph and Peter Bol (1:46.64) did themselves proud, their families proud, their coach Justin Rinaldi proud, and all of Australia proud. It is amazing to think that 2 weeks prior to the run Joseph turned 20 years of age.

There aren't enough words to describe the effort that Joseph & Peter's coach Justin Rinaldi has put in to not only these two sensational athletes, but his entire squad. JR's sacrifices (& those of JR's wife Bridie), season after season to help guide and inspire Australia's, and the some of the world's most exciting athletes is worth being part of SKAAC alone. All at SKAAC thank JR publically for his HUGE part in the successes achieved in Monaco.

Joseph and Peter are two of the world's most exciting 800m athletes – and they are right here amongst it with us at SKAAC.

Club records

An amazing 302 Club Records were broken during the season, with records in every age group being bettered by the 2018/2019 crop to talented athletes. A National & Victorian Record for Joseph Deng and Victorian records to Paul Haasbroek in the Under 18 Decathlon and Lauren McGarry in the Women's Under 14 Hammer Throw were real highlights. Mention must be made of Shannon Fraser who broke 68 female records during the season. A simply amazing feat.

Thanks to all those members that competed for SKAAC during season 2018/2019.

Yours in service

Peter McGarry
Track & Field Team Manager

Records Report for Season 2018/2019

The 2017/2018 season saw 302 Club Records broken. Without doubt the highlight of the season from a records perspective was Joseph Deng breaking the Victorian and National Open 800m record with 1:44.21. Not too far behind this record was the 8.32m leap by Darcy Roper in the Long Jump at the Perth Track Classic.

Records broken in season 2018/2019

Tan (6)

Men Under 18 Tan

Tristan Day 11:51 King's Domain 15/9/2018 DOB 15/5/2001

Women Under 16, 17, 18, 19 & 20 Tan

Milla Gleeson 15:50 King's Domain 15/9/2018 DOB 21/10/2002

100m (12)

Under 18, 19, 20 & Open Women 100m

Jessica Mackenzie 13.20 (-2.7) AV Shield Round 1, 6/10/2018, Aberfeldie (DOB 25/5/2001)

Shannon Fraser 13.04 (-2.9) AV Shield Round 10, 19/1/2019, Doncaster (DOB 2/1/2001)

Under 18 Women 100m

Shannon Fraser 12.85 (+2.5) AV Shield Round 11, 2/2/2019, Knox (DOB 2/1/2002)

Under 19, 20 & Open Women 100m

Marli Wilkinson 12.71 (+1.8) AV Shield Round 11, 2/2/2019, Geelong (DOB 29/6/2000)

200m (20)

Under 17, 18, 19 & 20 Women 200m

Shannon Fraser 28.18 (-3.3) AV Shield Round 3, 20/10/2018 Casey Fields (DOB 2/1/2002)

Shannon Fraser 26.98 (-1.2) Heat Victorian All Schools Championships, 2/11/2018 Lakeside Stadium (DOB 2/1/2002)

Shannon Fraser 26.72 (+0.3) Final Victorian All Schools Championships, 3/11/2018 Lakeside Stadium (DOB 2/1/2002)

Under 19, 20 & Open Women 200m

Marli Wilkinson 25.64 (NWM) Steigen Meet, 22/12/2018 Geelong (DOB 29/6/2000)

Marli Wilkinson 25.55 (+1.6) Victorian Multi event Championships 12/1/2019 Bendigo (DOB 29/6/2000)

Under 16 Women 200m

Madeleine Hume 27.56 (-0.8) Box Hill Classic 7/2/2019 Box Hill (DOB 15/11/2003)

Under 15 Men 200m

Gus Simpendorfer 22.84 (+2.3) WA Club Meet, 5/1/2019 Perth WA (DOB 7/2/2004)

400m (8)

Under 16, 17, 18, 19, 20 & Open Women 400m

Madeleine Hume 59.96 AV Shield Final, 23/2/2019 Lakeside Stadium (DOB 15/11/2003)

Under 15 Men 400m

Gus Simpfendorfer 49.66 4th National All Schools Championships, 8/12/2018 Cairns Qld (DOB 7/2/2004)

Under 13 Men 400m

Patrick Retschko 62.18, AV Shield Round 10, 19/1/2019 Geelong (DOB 28/2/2006)

600m (1)

Open Men 600m

Peter Bol 1:16.26 Hunter Track Classic, 26/1/2019 Newcastle

800m (6)

Open Men 800m

Joseph Deng 1:44.21 Diamond League, 20/7/2018 Monaco (National Record)

Under 13 Men 800m

Patrick Retschko 2:21.25, SSV State Championships, 29/10/2018 Lakeside Stadium (DOB 28/2/2006)

Patrick Retschko 2:19.39, Victorian All Schools Championships, 3/11/2018 Lakeside Stadium (DOB 28/2/2006)

Patrick Retschko 2:17.01, Vic Milers Round 1, 8/11/2018 Lakeside Stadium (DOB 28/2/2006)

Ben Forster 2:14.61, School Sport Australia National Championships, 26/11/2018 Lakeside Stadium (DOB 22/5/2008)

Patrick Retschko 2:14.35 Vic Milers Round 2, 21/12/2018 Box Hill (DOB 28/2/2006)

Mile (3)

Under 14 Men Mile (1,609m)

Jack Bowen 5:09.4, Victorian Mile Championships, 19/2/2019, Melbourne University (DOB 5/2/2006)

Under 16 & 17 Men Mile (1,609m)

Luca Di Conza 4:26.7 Victorian Mile Championships, 19/2/2019, Melbourne University (DOB 18/8/2003)

3000m (5)

Men Under 18 & 19 3000m

Tristan Day 8:35.38 Lakeside Stadium, Victorian Milers Club Round 1, 8/11/2018 (DOB 15/5/2001)

Under 13 Men 3000m

Jack Bowen 10:20.21, Victorian Milers Club Round 1 Lakeside Stadium, 8/11/2018 (DOB 5/2/2006)

Men Under 19 3000m

Will Lewis 8:25.39 Box Hill Classic 7/2/2019 Box Hill (DOB 24/9/2000) 3h2

Men Under 15 3000m

Harry Bowen 9:05.51 Victorian Championships 9/3/2019 Lakeside Stadium (24/3/2004) 3f

5000m (4)

Men Under 18 5000m

Tristan Day 15:02.78 Victorian Championships 9/3/2019 Lakeside Stadium (25/5/2001) 3f

Men Under 18, 19 & 20 5000m

Tristan Day 14:36.97 National Championships 4/4/2019 Sydney 25/5/2001) 3f

Walk (28)

Men Under 13 & 14 800m Walk

Joel Imbriano 3:56.2h, AV Shield, 17/11/2018 Mt. Evelyn (DOB 14/5/2006)

Men Under 13, 14 & 15 1200m Walk

Joel Imbriano 5:57.1h, AV Shield, 17/11/2018 Mt. Evelyn (DOB 14/5/2006)

Men Under 13, 14, 15, 16, 17, 18 & 19 1500m Walk

Joel Imbriano 7:25.8h, AV Shield, 17/11/2018 Mt. Evelyn (DOB 14/5/2006)

Under 13, 14, 15, 16, 17, 18, 19 & 20 Men 3,000m Walk

Joel Imbriano 16:06.0h VRWC Meet, 17/2/2019 Mentone (DOB 14/5/2006)

Joel Imbriano 15:13.88 National Championships, 2/4/2019 Sydney (DOB 14/5/2006)

Triple Jump (7)

Open Women Triple Jump

Brooke Gordon 10.71 AV Shield Round 1, 6/10/2018 Casey Fields

Brooke Gordon 11.07 AV Shield Round 5, 10/11/2018 Knox

Brooke Gordon 11.40 Victorian Country Championships, 27/1/2019 Bendigo

Brooke Gordon 11.51 (+0.0) HVC Meet 3, 16/2/2019 Ringwood

Men Under 16 Triple Jump

eq Jackson Jacotine 12.55m (+2.0) AV Shield Round 11, 2/2/2019 Werribee (DOB 20/3/2003)

Men Under 16 & 17 Triple Jump

Jackson Jacotine 13.15m (+0.0) Victorian State Championships, 3/3/2019 Lakeside Stadium (DOB 20/3/2003)

Pole Vault (6)

Under 18 Men Pole Vault

Sebastian Reyneke 4.30m Rare Air Club Meet, 5/1/2019 Box Hill (DOB 25/3/2001)

eq. Sebastian Reyneke 4.30m AV Shield Round 10, 19/1/2019 Box Hill (DOB 25/3/2001)

Under 17 Men Pole Vault

Paul Haasbroek 3.90m Multus Combined Events Championships, 11/11/2018 Box Hill (DOB 18/12/2002)

Paul Haasbroek 4.05m National All Schools Championships, 8/12/2018 Cairns Qld (DOB 18/12/2002)

Men Under 14 Pole Vault

Thomas Coghlan 3.15m Victorian State Championships, 3/3/2019 Lakeside Stadium (DOB 31/7/2005)

Thomas Coghlan 3.40 National Championships (2nd), 2/4/2019 Sydney (31/7/2005)

Sprint Hurdles (21)

Under 16 100m Hurdles (10 x 84.0cm)

Sam Cantwell 13.79 (+3.6) AV Shield Round 11, 2/2/2019 Knox (DOB 27/1/2004)

Sam Cantwell 13.75 (-0.9) National Championships, 2/4/2019 Sydney (DOB 27/1/2004)

Open Women 100m Hurdles (10 x 84.0cm)

Amanda Pang 18.03 (+3.0) AV Shield Round 4, 27/10/2018 Doncaster

Women Under 18, 19, 20 & Open 100m Hurdles (10 x 84.0cm)

Jessica Mackenzie 15.24 (+0.3) Victorian Multi event Championships 12/1/2019 Bendigo (DOB 25/5/2001)

Jessica Mackenzie 14.71 (+2.3) AV Shield Round 11, 2/2/2019 Knox (DOB 25/5/2001)

Under 17 & 18 Women 100m Hurdles (10 x 76.2cm)

Shannon Fraser 15.73 (-0.4) AV Shield Round 3, 20/10/2018 Casey Fields (DOB 2/1/2002)

Shannon Fraser 14.89 (+0.9) Victorian All Schools Championships, 3/11/2018 Lakeside Stadium (DOB 2/1/2002)

Shannon Fraser 14.75 (+1.1) AV Shield Round 8, 15/12/2018 Doncaster (DOB 2/1/2002)

Under 16 90m Hurdles (9 x 76cm)

Madeleine Hume 14.86 (-0.7) AV Shield Round 10, 19/1/2019 Box Hill (DOB 15/11/2003)

Madeleine Hume 14.34 (+2.2) AV Shield Round 11, 2/2/2019 Knox (DOB 15/11/2003)

Under 14 Women 80m Hurdles 9 x 76.2cm

Lauren McGarry 15.96 (-4.5) AV Shield Round 12, 9/2/2019 Meadowglen (DOB 22/5/2005)

Lauren McGarry 15.72 (+0.8) AV Shield Final, 23/2/2019 Lakeside Stadium (DOB 22/5/2005)

Long Hurdles (18)

Open Men 400m Hurdles 10 x 91cm

Conor Fry 52.12 Victorian Country Championships, 26/1/2019 Bendigo

Conor Fry 51.59 ACT State Championships, 8/2/2019 Canberra

Under 17, 18, 19, 20 & Open Women 400m Hurdles (10 x 76.2cm)

Shannon Fraser 68.35 AV Shield Round 4, 27/10/2018 Ringwood (DOB 2/1/2002)

Under 17 & 18 Women 400m Hurdles (10 x 76.2cm)

Shannon Fraser 67.19 AV Shield Round 10, 19/1/2019 Doncaster (DOB 2/1/2002)

Under 19, 20 & Open Women 400m Hurdles (10 x 76.2cm)

Marli Wilkinson 64.46 AV Shield Round 10, 19/1/2019 Doncaster (DOB 29/6/2000)

Marli Wilkinson 61.0h AV Shield Round 11, 2/2/2019 Geelong (DOB 29/6/2000)

Marli Wilkinson 60.81 HVC Meet #5, 21/3/2019 Duncan McKinnon (DOB 29/6/2000)

Long Jump (21)

Open Men Long Jump

Darcy Roper 7.79m (-0.4) AV Shield, 19/1/2019 Doncaster

Darcy Roper 8.20m (+2.1) ACT State Championships, 9/2/2019 Canberra

Darcy Roper 8.32m (+2.6) Perth Track Classic, 16/3/2019 Perth

Under 17 & 18 Women Long Jump

Shannon Fraser 4.90m AV Shield Round 4, 27/10/2018 Ringwood (DOB 2/1/2002)

Under 19, 20 Women Long Jump

Georgia Bertrand 4.83m (equalled) AV Shield Round 2, 13/10/2018 Doncaster (DOB 12/7/2000)

Georgia Bertrand 5.07m AV Shield Round 3, 20/10/2018 Williamstown (DOB 12/7/2000)

Under 17, 18, 19 & 20 Women Long Jump

Shannon Fraser 5.29m (+0.1) Multus Combined Events Championships, 11/11/2018 Box Hill (DOB 2/1/2002)

Under 18, 19 & 20 Women Long Jump

Shannon Fraser 5.34m (+4.0) Victorian Multi Events Championships, 13/1/2019 Bendigo (DOB 2/1/2002)

Under 18, 19, 20 & Open Women Long Jump

Shannon Fraser 5.30m (+0.2) Victorian Championships, 10/3/2019 Lakeside Stadium (DOB 2/1/2002)

Under 16 Women Long Jump

Niamh O'Donoghue 4.96 AV Shield Round 11, 2/2/2019 Knox DOB 29/6/2003

High Jump (23)

Under 17, 18, 19, 20 & Open Women High Jump

Shannon Fraser 1.49m Multus Combined Events Championships, 10/11/2018 Box Hill (DOB 2/1/2002)

Under 18 Women High Jump

eq. Shannon Fraser 1.52m Victorian Multi event Championships, 12/1/2019 Bendigo (DOB 2/1/2002)

eq. Jessica Mackenzie 1.52m Victorian Multi event Championships, 12/1/2019 Bendigo (DOB 25/5/2001)

Jessica Mackenzie 1.57 National Championships Heptathlon, 4/4/2019 Sydney (DOB 25/1/2001)

Under 19, 20 & Open Women High Jump

Marli Wilkinson 1.61m Victorian Multi event Championships, 12/1/2019 Bendigo (DOB 29/6/2000)

Under 18, 19, 20 & Open Mens High Jump

Sebastian Reyneke 2.02 AV Shield Round 2, 13/10/2018 Doncaster (DOB 25/3/2001)

Under 14 & 15 Women High Jump

Sasha Feldmann 1.40m AV Shield Round 4, 27/10/2018 Doncaster (DOB 5/9/2005)

Sasha Feldmann 1.40m AV Shield Round 5, 10/11/2018 Knox (DOB 5/9/2005)

Under 15 Men High Jump

eq William Tanner 1.81m Victorian Championships. 10/3/2019 Lakeside Stadium (DOB 29/4/2004)

William Tanner 1.82m National Championships. 1/4/2019 Sydney (DOB 29/4/2004)

Under 14 Men High Jump

Jacob McGirr 1.74m Victorian All Schools Final, Lakeside Stadium 4/12/2018 (DOB 3/6/2005)

Jacob McGirr 1.75m National All Schools Final, Cairns Qld 8/12/2018 (DOB 3/6/2005)

Javelin (17)

Under 19, 20 & Open Women Javelin (600g)

Georgia Bertrand 34.51m AV Shield Round 2, 13/10/2018 Doncaster (DOB 12/7/2000)

Under 18, 19, 20 & Open Women Javelin (600g)

Jessica Mackenzie 37.36m Victorian Multi Event Championships, 13/1/2019 Bendigo (DOB 25/5/2001)

Jessica Mackenzie 39.61m Victorian Championships, 2/3/2019 Lakeside Stadium (DOB 25/5/2001)

Under 17 Women Javelin (500g)

Shannon Fraser 33.76m AV Shield Round 1, 6/10/2018 Doncaster (DOB 2/1/2002)

Shannon Fraser 34.33m AV Shield Round 4, 27/10/2018 Ringwood (DOB 2/1/2002)

Shannon Fraser 38.24m Multus Combined Events Championships, 11/11/2018 Box Hill (DOB 2/1/2002)

Under 18 Women Javelin (500g)

Shannon Fraser 40.05m Victorian Championships, 2/3/2019 Lakeside Stadium (2/1/2002)

Under 14 Women Javelin (400g)

Lauren McGarry 20.44m AV Shield Round 4, 27/10/2018 Geelong (DOB 22/5/2005)

Lauren McGarry 27.99m Victorian All Schools Championships, 3/11/2018 Lakeside Stadium (DOB 22/5/2005)

Shot Put (27)

Under 17 & 18 Women Shot Put

Shannon Fraser 11.39m (3kg) AV Shield Round 2, 13/10/2018 Doncaster (DOB 2/1/2002)

Shannon Fraser 11.97m (3kg) AV Shield Round 3, 20/10/2018 Casey Fields (DOB 2/1/2002)

Under 17 Women Shot Put

Shannon Fraser 12.41m (3kg) Victorian All Schools Championships, 3/11/2018 Lakeside Stadium (DOB 2/1/2002)

Under 18 Women Shot Put (3kg)

Jessica Mackenzie 12.70m (3kg) Victorian All Schools Championships, 3/11/2018 Lakeside Stadium (DOB 25/5/2001)

Jessica Mackenzie 13.08m (3kg) National All Schools Championships, 9/12/2018 Cairns (DOB 25/5/2001)

Shannon Fraser 13.28m (3kg) Victorian Championships, 10/3/2019 Lakeside Stadium (DOB 2/1/2002)

Under 18 Shot Put (6kg)

Sebastian Reyneke 14.68m AV Shield Round 12, 9/2/2019 Nunawading (DOB 25/3/2001)

Under 19, 20 & Open Women Shot Put (4kg)

Georgia Bertrand 10.01m AV Shield Round 1, 6/10/2018 Casey Fields (DOB 12/7/2000)

Georgia Bertrand 10.86m AV Shield Round 6, 17/11/2018 Meadowglen (DOB 12/7/2000)

Under 18, 19, 20 & Open Women Shot Put (4kg)

Jessica Mackenzie 11.49m Victorian Multi event Championships, 12/1/2019 Bendigo (DOB 25/5/2001)

Jessica Mackenzie 11.74m AV Shield Round 10, 19/1/2019 Bendigo (DOB 25/5/2001)

Jessica Mackenzie 13.06m Victorian Championships, 10/3/2019 Lakeside Stadium (DOB 25/5/2001)

Hammer Throw (12)

Under 18 & 19 Men Hammer Throw (5kg)

Sebastian Reyneke 45.33m AV Shield Round 3, 20/10/2018 Casey Fields (DOB 25/3/2001)

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

Lauren McGarry 39.20m Victorian All Schools Championships, 4/11/2018 Lakeside Stadium (DOB 22/5/2005)

Lauren McGarry 45.89m National All Schools Championships, 8/12/2018 Cairns Qld (DOB 22/5/2005)

Discus (20)

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

Lauren McGarry 29.95m Victorian All Schools Championships, 5/11/2018 Lakeside Stadium (DOB 22/5/2005)

Under 18, 19, 20 & Open Women Discus Throw (1kg)

Jessica Mackenzie 33.11m AV Shield Final, 23/2/2019 Lakeside Stadium (DOB 25/5/2001)

Under 18 Discus (1.75kg)

Sebastian Reyneke 37.86m AV Shield Round 11, 1/2/2019 Knox (DOB 25/3/2001)

Sebastian Reyneke 39.53m AV Shield Final, 23/2/2019 Lakeside Stadium (DOB 25/3/2001)

Under 18, 19 & 20 Discus (1.75kg)

Sebastian Reyneke 42.59m Victorian Championships, 2/3/2019 Lakeside Stadium (DOB 25/3/2001)

Under 18 Men Discus Throw

Sebastian Reyneke 46.25m AV Shield Round 4, 27/10/2018 Ringwood (DOB 25/3/2001)

Sebastian Reyneke 46.30m Victorian All Schools Championships, 5/11/2018 Lakeside Stadium (DOB 25/3/2001)

Sebastian Reyneke 46.91m Multus Combined Events Championships, 11/11/2018 Box Hill (DOB 25/3/2001)

Multi-event (13)

Under 17 & 18 Heptathlon

Shannon Fraser 4639 points (Day 1 = 2,810, Day 2 = 1,829) 100m Hurdles 15.15 (-0.2), HJ 1.49m, 200m 26.93 (+0.9), LJ 5.29m (+0.1), Jav 38.24m, 800m 2:41.56 10 & 11/11/2018 Multus Combined Events Championships Box Hill (DOB 2/1/2002)

Under 18 Heptathlon

Shannon Fraser 4714 points (Day 1 = 2,909, Day 2 = 1,805) 100m Hurdles 15.23 (+0.7), HJ 1.52m, SP 12.48m, 200m 26.41 (+2.9), LJ 5.34m (+4.0), Jav 32.96m, 800m 2:36.1 12 & 13/1/2019 Victorian Multi event Championships, Bendigo 1st (DOB 2/1/2002)

Shannon Fraser 4865 points (Day 1 = 2,865, Day 2 = 2,000) 100m Hurdles 14.85 (+0.4), HJ 1.46m, SP 12.24m, 200m 26.56 (-1.1), LJ 5.34m (-0.1), Jav 37.40m, 800m 2:27.12 16 & 17/3/2019 National Multi event Championships, Hobart 2nd (DOB 2/1/2002)

Under 18, 19, 20 & Open Heptathlon

Jessica Mackenzie 4,573 points (Day 1 = 2,839, Day 2 = 1,734) 100m Hurdles 15.24 (+0.3), HJ 1.52m, SP 11.49m 200m 26.44 (+1.6), LJ 4.94m (+1.1), Jav 37.36m, 800m 2:39.8 12 & 13/1/2019 Victorian Multi event Championships Bendigo (DOB 25/5/2001)

Jessica Mackenzie 5,012 points (Day 1 = 3,078, Day 2 = 1,934) 100m Hurdles 14.73 (-0.5), HJ 1.57m, SP 12.95m, 200m 26.26 (-2.2), LJ 5.21m (+0.2), Jav 37.68m, 800m 2:29.92 4 & 5/4/2019 National Championships Sydney (DOB 25/5/2001)

Under 17 Decathlon

Paul Haasbroek 6,912 points (Day 1 = 3,581, Day 2 = 3,331) 100m 11.56, LJ 6.74m (+0.0), SP 12.26m, HJ 1.86m, 400m 50.61, Hurdles 15.65 (+0.9), DT 40.03m, PV 3.90m, JT 49.13m, 1500m 4:32.75 (DOB 18/12/2002)

Relay (24)

Under 17, 18, 19 & 20 Women 4x400m Relay

Pippa Dillon (1/5/2003), Milla Gleeson (21/10/2002), Isabella McDonald (24/11/2002), Eliza Klotz (3/7/2003) 4:41.65 AV State Track & Field Relays 24/11/2018 Box Hill

Open Women 4x100m Relay

Amanda Pang, Brooke Gordon, Georgia Bertrand, Kelsey Berryman 50.66 (3h) AV State Track & Field Relays 24/11/2018 Box Hill

Amanda Pang, Brooke Gordon, Georgia Bertrand, Kelsey Berryman 50.16 (7f) AV State Track & Field Relays 24/11/2018 Box Hill

Open Women 4x400m Relay

Shannon Fraser, Madeleine Hume, Georgia Bertrand, Kayla de Bondt 4:11.02 (6h2) AV State Track & Field Relays 24/11/2018 Box Hill

Open Women Distance Medley 1600m Relay

Amanda Pang, Brooke Gordon, Georgia Bertrand, Kayla de Bondt 4:15.11 (6f) AV State Track & Field Relays 24/11/2018 Box Hill

Under 18, 19 & 20 Men 4x100m Relay

Gus Simpfendorfer (7/2/2004), Seb Reyneke (25/3/2001), Paul Haasbroek (18/12/2002) Massimo Acquaro (28/3/2001) 43.53 (2h2) AV State Track & Field Relays 24/11/2018 Box Hill

Under 16 Men 4x400 Relay

Andrew Mathieson (1/3/2003), Harry Bowen (24/3/2004), Conor Lynch (1/6/2004), Gus Simpfendorfer (7/2/2004) 3:39.53 (1f) AV State Track & Field Relays 24/11/2018 Box Hill

Under 16 & 17 Men Medley Relay

Jackson Jacotine (20/3/2003), Sam Cantwell (27/1/2004), Conor Lynch (1/6/2004), Andrew Mathieson (1/3/2003) 3:46.26 (2f) AV State Track & Field Relays 24/11/2018 Box Hill

Under 18 Men 4x800 Relay

Jack Lunn (16/10/2001), Josh Collins (13/3/2001), Tristan Day (16/5/2001), Thomas Scroggie (22/3/2002) 8:01.44 (1f) AV State Track & Field Relays 24/11/2018 Box Hill

Under 14 Men 4x100 Relay

Ryan Ngamsirivadhana (28/6/2005), Lachlan Teal (12/6/2005), James Kerr (31/3/2005), Luke Baker-Hunter (9/11/2005) 49.24 (1f) AV State Track & Field Relays 24/11/2018 Box Hill

Under 14 Men 4x400 Relay

James Kerr (31/3/2005), Patrick Retschko (28/2/2006), Lachlan Teal (12/6/2005), Jacob McGirr (3/6/2005) 4:01.96 (3f) AV State Track & Field Relays 24/11/2018 Box Hill

Open Men 4x100 Relay

Phil Borg, Michael Romanin, Darcy Roper, Jackson Bennett 41.62 (5f) AV State Track & Field Relays 24/11/2018 Box Hill

Open Men Medley Relay

Harvey Connor, Darcy Roper, Phil Borg, Adam Pyke 3:31.02 (3f) AV State Track & Field Relays 24/11/2018 Box Hill

Open Men 4x400m Relay

Conor Fry, Peter Bol, Tom Wilson, Steve Knuckey 3:11.01 (1f) AV State Track & Field Relays (Zatopek evening) 14/12/2018 Lakeside Stadium

Under 18, 19, 20 & Open Mixed 4x400m Relay

Shannon Fraser (2/1/2002), Madeleine Hume (15/11/2003), Sebastian Reyneke (25/3/2001), Paul Haasbroek (18/12/2002) 3:41.10 (3f) AV State Track & Field Relays (Zatopek evening) 14/12/2018 Lakeside Stadium

Yours in service

Peter McGarry
Track Team Manager Season 2018/2019