

FLINDERS AC RESULTS 2016

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- 2/01 **Park Run Castlemaine:** 5000m Shane Thiele 1st 20.02 (67.64%).
- 6/01 **SAMA Program Modified Scratch:** 1 Mile Peter Brett 2nd 5.05.
- 9/01 **Park Run Torrens:** 5000m Steven Evanson 4th 17.31 (73.93%), Mitchell Wyatt 21.32 (71.05%).
- 9/01 **Park Run Maribyrnong:** 5000m Shane Thiele 1st 16.20 (82.96%).
- 9/01 **ASA Interclub 7A:** 60m Moses Milsom 7.55, 100m Moses Milsom 11.88, Ossi Tyler-Dowd 12.38, 400m Isaac Fishlock 59.23, 800m Tom Lancaster 1st 1.59.74, Isaac Fishlock 2.19.75, 2000mST (91.4cm) Jacob Cocks 5.51.0. **Women:** 400m Lucy Buckley 61.55, 800m Gemma Plummer 1st 2.18.25, 100mH Luana Kidney 22.90, Shot Put Luana Kidney 7.80m, Luana Kidney Discus Throw 27.56m.
- 10/01 **SAAL Marion Gift Carnival:** 120m Nickolas Berry (11.75m) 6h3 13.625, 300m U/14 Mitchell Wyatt (24m) 7h2 45.89, Open Nickolas Berry (31m) 3h1 37.48, 9th 39.42, Robert Killmier (20m) 5h1 38.29, O/35 Richard McMahon (36m) 2h3 40.27, 3rd 39.72, 800m Shane Thiele (80m) 6th 2.00.10, Robert Killmier (42m) 9th 2.02.22, Richard McMahon (120m) 13th 2.06.89, 3200m Riley Cocks (80m) 1st 9.19.39, Lachlan Scott (210m) 2nd 9.20.23, Shane Thiele (225m) 3rd 9.44.26. **Women:** 120m Jessica Macolino (13.75m) 1h1 14.470, 2nd 14.202, U/20 Tegan Kustermann (7.00m) 1h3 15.236, 4th 14.976, 300m Tegan Kustermann (26m) 1h2 42.30, 2nd 41.29, Jessica Macolino (32m) 1h1 41.52, 3rd 41.77.
- 16/01 **Park Run Torrens:** 5000m Steven Evanson 5th 17.39 (73.37%)
- 16/01 **Park Run Maribyrnong:** 5000m Shane Thiele 1st 16.12 (83.64%).
- 19/02 **VAL Stonnington, VIC:** 100m Luke Houlihan (3.50m) 2h3 10.696, 6s2 10.813, 100m INV Luke Houlihan (3.0m) 1st 10.77, 300m Masters Richard McMahon (44m) 2h4 36.244. **Women:** 100m Amie Mittaga (4.25m) 4h5 12.056.
- 20/01 **SAMA Program B1 Scratch: Women:** 1000mW Gloria Holliday 5.54, 2000mW Gloria Holliday 12.32.
- 20/01 **ASA 3000m State Championships:** 3000m U/14 Aiden Ross 1st 10.02.47, U/18 Patrick Goodwin 2nd 9.26.26, Open Jacob Cocks 3rd 8.33.93, Lachlan Scott 4th 8.47.59, Steven Evanson 7th 9.35.87, O/35 Michael Cocks 3rd 10.09.59. **Women:** 3000m U/16 Charlotte Derbyshire 1st 10.11.70, 3000m U/18 1st Fern Davies 10.29.09.
- 20/02 **VAL Keilor, VIC:** 70m Nickolas Berry (7.50m) 2h16 7.944, 120m Luke Houlihan (4.25m) 4h10 12.904, 400m RES Nickolas Berry (36m) 9h5 52.246, 800m Richard McMahon (92m) 2h1 1.59.033, 10th 2.02.267. **Women:** 120m Amie Mittaga (5.00m) 1h9 114.392.
- 20/02 **Adelaide Track Classic:** 3000mST Jacob Cocks 2nd 9.01.44. **Women:** 400m 'B' Saraïd Kustermann 61.37, 800m 'B' Lucy Buckley 9th 2.13.34, 1500m Gemma Plummer 4.40.10.
- 21/02 **AU Oceania Race Walking Championships: Women:** Tanya Holliday 1st 1.32.15.
- 21/02 **SAAL Hectorville Carnival: Women:** 120m Teagan Kustermann 3h3 14.962, 300m Teagan Kustermann 1h4 38.64, 3rd 38.64.
- 24/02 **SAMA Program A2 Handicap:** 200m Richard McMahon 29.64, 1000m Richard McMahon 3.07. **Women:** 800mW Gloria Holliday 4.24, 5000mW Gloria Holliday 31.30.
- 26/02 **NCAA Big Ten Championships (Geneva, Ohio):** Mile Jordan Hewitt 6h 4.09.68 (indoor).

- 27/02 **Park Run Torrens:** 5km Aidan Ross 4th 17.58, Mitchell Wyatt 10th 18.47.
- 27/02 **ASA State Relay Championships:** 4x100m (U/18) (Ossi Tyler-Dowd, Patrick Goodwin, Nicholas Dallimore, Moses Milsom) 3rd 48.14, 4x200m (U/18) (Ossi Tyler-Dowd, Patrick Goodwin, Nicholas Dallimore, Moses Milsom) 3rd 1.39.32, 4x400m (Open) (Luke Houlihan, Lachlan Bateman, Tom Lancaster, James Ashby) 3rd 3.38.15, (U/18) Nicholas Dallimore, Patrick Goodwin, Cameron Clohesy, Casey Buchanan) 2nd 3.42.86, 4x800m (Open) (Lachlan Bateman, Jacob Cocks, Lachlan Scott, Tom Lancaster) 1st 7.57.67, (U/18) (Patrick Goodwin, Nicholas Dallimore, James Ashby, Casey Buchanan) 1st 8.29.50, (O/50) (Richard McMahon, Peter Brett, Michael Cocks, Paul Sutcliffe) 1st 9.35.64, Sprint Medley (U/18) (Moses Milsom, Nicholas Dallimore, Ossi Tyler-Dowd, Cameron Clohesy) 4th 2.10.06. **Women:** 4x200m (Open) (Tegan Kustermann, Ruby Buchanan, Charlotte Derbyshire, Lucy Buckley) 4th 1.50.99, 4x400m (Open) (Ruby Buchanan, Tegan Kustermann, Charlotte Derbyshire, Lucy Buckley) 1st 4.06.91, Distance Medley (Open) (Ruby Buchanan, Tegan Kustermann, Charlotte Derbyshire, Lucy Buckley) 3rd 4.17.45.
- 27/02 **SAAL Loxton Carnival:** 50m Sprint Skins Damian Tohl (0.25m) nt, 70m Open Nickolas Berry (8.75m) 8.270, 120m Damian Tohl (7.75m) 13.040, 4s1 12.960, 300m Nickolas Berry (31m) 34.24, 9th 35.91.
- 2/03 **SAMA Program B1 Scratch:** 400m Richard McMahon 2r2 60.88. **Women:** 1000mW Gloria Holliday 4th 5.25, 2000mW Gloria Holiday 4th 12.00.
- 2/03 **ASA State 5,000m Championships:** 5000m (U/18) James Ashby 1st 16.33.98, 5000m Open Jacob Cocks 1st 14.44.57, Shane Thiele 6th 15.55.42, Steven Evanson 9th 16.40.99, (O/35) Michael Cocks 2nd 17.13.45. **Women:** 5000m (U/18) Fern Davies 1st 18.11.52.
- 5/03 **ASA Interclub 11B:** 100m (U/18) Moses Milsom 4th 11.93, Ossi Tyler-Dowd 7th 12.21, 200m (U/18) Moses Milsom 3rd 24.08, Ossi Tyler-Dowd 5th 24.49, 400m (U/14) Adam Snyder 1st 59.11, 800m (U/14) Blake Higgins 5th 2.26.42, (U/18) Nicholas Dallimore 5th 2.07.80, (Open) Lachlan Bateman 6th 1.58.17, (O/35) Richard McMahon 1st 2.13.72. **Women:** 100m Imogen Schubert n/t, 400m (Open) Saraid Kustermann 2nd 59.98, Teagan Kustermann 3rd 61.02.
- 5/03 **SAAL Flagstaff Hill Carnival:** 70m Damian Tohl (6.00m) 1h3 7.812, 5th 7.748, 120m Damian Tohl (7.75m) 1h4 12.799, 4th 12.925, 550m Tom Lancaster (48m) 1.15.88 3h1, 2nd 1.13.50, 550m (U/14) Mitchell Wyatt (70m) 1.27.74, 1600m Leigh Haussen (265m) 3rd 4.21.73, Jordan Harvey (145m) 10th 4.34.63, 1600m (U/17) Mitchell Wyatt (170m) 3rd 5.00.41.
- 5/03 **IAAF Melbourne World Challenge: Women:** 5000m Walk Tanya Holliday 2nd 21.44.82.
- 8-13/03 **AU National Junior Championships (Perth):** 400m (U/18) Ossi Tyler-Dowd 9h2 54.05, 800m (U/14) Aidan Ross 2h1 2.17.34, 4th 2.14.31, 800m (U/16) Casey Buchanan 4h1 2.01.96, 6th 2.00.90, 1500m Aidan Ross 1st 4.35.11, 3000m (U/15) Aidan Ross 9th 9.37.56. **Women:** 400m (U/20) Saraid Kustermann 7h3 59.52, 800m (U/20) Saraid Kustermann 5h1 2.18.72, 1500m (U/16) Charlotte Derbyshire 6th 4.41.49, 3000m (U/16) Charlotte Derbyshire 2nd 9.49.81.
- 9/03 **SAMA State Championships:** 800m Richard McMahon (M50) 1st 2.13*. **Women:** 1500mW Gloria Holliday (W5..) 1st 8.40, 3000mW Gloria Holiday (W5...) 1st 18.32.
- 9/03 **ASA State 10,000m Championships:** 10,000m Steven Evanson 1st 35.22.92.
- 12/03 **ASA Club Day:** 100m Luke Houlihan 2nd 11.13, 200m Luke Houlihan 1st 22.45, 800m Lachlan Bateman 1st 1.59.93, Richard McMahon 2.12.68, 1500m Lachlan Scott 1st 4.05.30. **Women:** 200m Teagan Kustermann 2h2 27.55.
- 18/03 **ASA Season Finale:** 100m Luke Houlihan 1st 11.21, 400m Richard McMahon 59.60.
- 19/03 **Sydney Track Classic:** 3000mST Jacob Cocks 4th 9.03.41.

- 19/03 **SALAA State Individual Championships:** 100m (U/11) Lochie MacNab 3h1 14.20, 5th 14.20, Jye Lemmers 15.09, 100m (U/16) Ossi Tyler-Dowd 1h1 12.17, 1st 12.09, 200m (U/11) Lochie MacNab 1h2 29.37, 2nd 29.43, Jye Lemmers 30.97, 200m (U/16) Ossi Tyler-Dowd 1h1 24.65, 1st 24.63, 400m (U/11) Lochie MacNab 1h1 66.12, 1st 64.78, 400m (U/12) Mitchell Wyatt 1h1 66.77, 1st 64.73, 400m (U/16) Nicholas Dallimore 1h2 56.85, 3rd 54.17, Ossi Tyler-Dowd 3h1 57.86, 800m (U/12) Mitchell Wyatt 1st 2.26.25, 800m (U/13) Aidan Ross 2nd 2.18.18, 800m (U/14) Blake Higgins 8th 2.32.13, 800m (U/16) Patrick Goodwin 2nd 2.01.37, Nicholas Dallimore 3rd 2.01.73, 1500m (U/12) Mitchell Wyatt 1st 5.02.67, 1500m (U/13) Aidan Ross 2nd 4.38.11, 1500m (U/14) Blake Higgins 3rd 4.56.80, 1500m (U/16) Patrick Goodwin 1st 4.08.46, Nicholas Dallimore 3rd 4.26.00. Long Jump (U/16) Ossi Tyler-Dowd 8th 5.46. **Women:** 200m (U/12) Keeley Kustermann 4h2 30.38, 8th 31.10, 400m (U/12) 2h1 68.21, 4th 68.99, 800m (U/10) Lara Higgins 6th 3.01.74, Ashlee Wyatt 3.10.89, 800m (U/12) Keeley Kustermann 3rd 2.38.16, 1500m (U/12) Keeley Kustermann 3rd 5.18.76, 90mH (U/17) Luana Kidney 5th 17.89, Discus (U/17) Luana Kidney 2nd 26.59, Shot Put (U/17) Luana Kidney 8.97, Long Jump (U/17) Luana Kidney 3.88.
- 25/03 **NCAA PAC12 v Big10 (Tempe, USA):** 800m Jordan Hewitt 5r3 1.50.93.
- 1/04 **AU National Championships (Sydney):** 3000mST Jacob Cocks 4th 9.04.21. **Women:** 800m Lucy Buckley 8h2 2.12.04. 10000mW Tanya Holliday 2nd 44.33.8 (State Record).
- 7/04 **SSSSA Schools Carnival (F Grade):** 400m (Open) Nicholas Dallimore 3rd 54.84, 800m Nicholas Dallimore 2rd 2.05.80.
- 11/04 **SSSSA Schools Carnival D Grade):** 400m (U/16) Jack Faulkner 3rd 58.65, 800m (U/16) Jack Faulkner 1st 2.19.50, 800m (Open) Isaac Fishlock 1st 2.16.53, 3000m (Open) Isaac Fishlock 1st 11.01.13, 100mH (U/16) Jacob Meyer 16.29.
- 14/04 **SSSSA Schools Carnival (A Grade):** 100m (A2 U/14) Joshua Chigwidden 1st 11.84, 200m (A2 U/14) Joshua Chigwidden 5th 26.86, (B1 Open) Moses Milsom 2nd 23.94, (A1 Open) Ossi Tyler-Dowd 4th 24.22, 400m (A1 Open) Ossi Tyler-Dowd 4th 55.29, 400m (A2 Open) Cameron Clohesy 1st 54.86, (B1 Open) Moses Milsom 2nd 55.95, 800m (A2 Open) Cameron Clohesy 1st 2.07.09, 800m (A2 U/16) Bailey Dyer 2nd 2.12.92, 1500m (A2 U/14) Blake Higgins 2nd 4.56.84, 2000mST 1st 7.04.53, Long Jump Ossi Tyler-Dowd 6th 5.28.
- 15/04 **NCAA Mount SAC Relays (Los Angeles, USA):** 1500m Jordan Hewitt 1s1 3.47.60.
- 24/04 **ALAA National Championships (Adelaide):** 800m (U/13) Aidan Ross 6th 2.17.83, 1500m (U/13) Aidan Ross 4th 4.30.63.
- 15/05 **NCAA Big Ten Track & Field Championships (Lincoln, Nebraska, USA):** 1500m Jordan Hewitt 4h3 3.47.93.
- 16/05 **NCAA Big Ten Track & Field Championships (Lincoln, Nebraska, USA):** 1500m Jordan Hewitt 7th 3.47.95.
- 9/06 **SAPSASA Cross-Country (Oakbank):** 2km (10yrs) Jarrod Scutchings 6th 8.18.58, 3km (11yrs) Tom Donaghey 37th, Jye Lemmers 56th, (12yrs) Mitchell Wyatt 1st 11.09.46, (13yrs) Aidan Ross 1st 10.53.19, Jacob Hughes-Maddison 12th 11.51.03, Tom Esser 20th 12.09.37, (14yrs) Blake Higgins 7th 11.33.94, 4km (15yrs) Casey Buchanan 1st 14.23.14, Jake Burden 43rd, 5km (16yrs) Patrick Goodwin 2nd 17.44.42, Bailey Dyer 3rd 18.09.40, Nicholas Dallimore 6th 18.51.01, 6km (Open) James Ashby 2nd 21.11.18, Cameron Clohesy 6th 22.03.80. **Women:** 2km (10yrs) Lara Higgins 6th 9.08.77, Ashlee Wyatt 128th, 3km (11yrs) Kiera Ross 2nd 12.22.78, Rosie Hughes-Maddison 16th 13.37.39, (12yrs) Keeley Kustermann 7th 12.59, Talitha Montgomery 11th 13.14, (15yrs) Charlotte Derbyshire 1st 11.07, Ava Harris 24th, Bonnie Doran 27th, 4km (Open) Fern Davies 5th 17.51.40, Katelyn Nicholson 34th.
- 11/06 **SAMA Winter Season:** (5km) Richard McMahon 19.44.

- 12/06 **Lake Burley Griffin Walk Carnival (Canberra). Women:** 10miles Tanya Holliday 1st 1.12.58.
- 19/06 **ASA Running SA 5&10km Championships:** 10km (O/50) Michael Cocks 1st 36.12, (Open) Jacob Cocks 2nd 31.55, Adam Bishop 5th 33.06, Matthew Ferber 6th 33.15, Fearon Kelly 11th 41.29, 5km (U/18) Patrick Goodwin 1st 16.13, (U/14) Aidan Ross 1st 18.01. **Women:** 10km (U/20) Fleur Wellings 1st 40.53, 5km (Open) Lucy Buckley 5th 18.15, Alexis Gillham 8th 23.37, (U/18) Fern Davies 3rd 19.18, (U/16) Charlotte Derbyshire 17.35.
- 25/06 **ASA Intermediate Cross Country Championships:** 4km (U/16) Casey Buchanan 2nd 13.33, (U/18) Patrick Goodwin 1st 13.36, Bailey Dyer 3rd 13.45, Cameron Clohesy 4th 13.45, 6km (U/20) Tom Lancaster 3rd 21.43, (O/50) Richard McMahon 2nd 24.53, 8km (Open) Jordan Harvey 6th 29.00. **Women:** 4km (U/16) Charlotte Derbyshire 1st 14.58, (U/18) Fern Davies 4th 16.49, (U/20) Fleur Wellings 1st 16.40, 8km (Open) Lucy Buckley 3rd 24.20.
- 2/07 **Southern Cross University 10km (Gold Coast).** Jacob Cocks 16th 31.01, (M50-54) Michael Cocks 1st 36.07.
- 3/07 **Gold Coast Half-Marathon:** Adam Bishop 28th 1.10.34.
- 10/07 **ASA Long Course Cross Country Championships:** 3km (U/14) Aidan Ross 1st 10.41.84, Tom Esser 3rd 11.52.13, 4km (U/16) Scott Goodwin 4th 16.32.08, (U/18) Patrick Goodwin 2nd 20.59.47, Cameron Clohesy 3rd 21.08.67, Bailey Dyer 4th 21.19.27, 10km (Open) Riley Cocks 1st 32.40.99, Jacob Cocks 2nd 33.04.21, (O/50) Michael Cocks (entered O/35) 2nd 38.06.65, Richard McMahon 2nd 33.26.83. **Women:** 3km (U/14) Kiera Ross 12.18.54, 4km (U/16) Charlotte Derbyshire 1st 15.01.39, (U/20) Fleur Wellings 1st 27.15.13.
- 16/07 **Park Run Victor Harbor (5km):** Lachlan Scott 1st 15.47 (REC), Matthew Cole 2nd 17.52, Robert Killmier 3rd 18.05, Richard McMahon 5th 19.18. **Women:** Fleur Wellings 1st 21.06.
- 23/07 **ASA Botanic Relays:** 3x1.5km (U/14) Tom Esser 5.07, Tom Donaghey 5.54, Tom Esser 5.14, (U/18) 2nd 13.31 Nick Dallimore 4.20, Scott Goodwin 4.47, Cameron Clohesy 4.24. 3x3km (Open 'A') 1st 24.54 Jordan Hewitt 8.13, Jacob Cocks 8.27, Riley Cocks 8.13, (Open 'B') 4th 26.07 Adam Bishop 8.37, Jordan Harvey 8.52, Lachlan Scott 8.38, (Open 'C') 12th 29.44 Robert Killmier 9.26, Michael Cocks 10.08, Matthew Cole 10.10, (O/50) 1st 32.21 Mike McAuliffe 10.16, Richard McMahon 10.16, Paul Sutcliffe 11.49, (U/20) 2nd 27.28 Tom Lancaster 9.18, Patrick Goodwin 8.46, Lachlan Bateman 9.24. **Women:** 3x3km (U/20) 1st 31.56 Charlotte Derbyshire 9.46, Fern Davies 10.33, Fleur Wellings 11.37.
- 30/07 **Park Run Christies Beach (5km):** Fearon Kelly 6th 19.33. **Women:** Alexis Gillham 1st 21.52.
- 30/07 **Park Run Torrens (5km):** Aidan Ross 4th 17.54.
- 6/08 **Park Run Torrens (5km):** Aidan Ross 4th 17.54.
- 7/08 **ASA Fitzy's '5':** 5km 3rd Jacob Cocks 15.06, 6th Lachlan Scott 15.16, 11th Patrick Goodwin 15.36, 17th Bailey Dyer 16.07, 25th Tom Lancaster 16.27, 29th Cameron Clohesy 16.41, 37th Aidan Ross 16.58, 38th Lachlan Hennig 17.05, 61st Richard McMahon 19.10, 77th Tom Esser 20.02. 10km 3rd Michael Cocks 36.53, 7th Fearon Kelly 40.03. **Women:** 5km Charlotte Derbyshire 17.17, 11th Lucy Buckley 18.26, 26th Alexis Gillham, 30th Fleur Wellings 20.12, 52nd Ruby Buchanan 22.43, 55th Samantha Scott 23.10.
- 13/08 **Park Run Christies Beach (5km):** Jordan Harvey 1st 16.12 (Rec).
- 20/08 **Park Run Torrens (5km):** Mike McAuliffe 5th 18.39.
- 12-21/8 **Rio de Janeiro, Brazil:** Olympic Games. **Women:** 20KW (26) Tanya Holliday 1:34.22.
- 24/08 **SAPSASA Southern Heights & City South District Day:** 800m Mitchell Wyatt 1st, Jarrod Scutchings 1st, Jye Lemmers 2nd, Tom Donaghy 7th. **Women:** 100m Emma Hejka 1st, Marielle Burns 1st, 200m Emma

Hejka 1st, Keeley Kustermann 2nd, Marielle Burns 2nd, 800m Keeley Kustermann 1st, Lara Higgins 3rd, Ashlee Wyatt 4th, Sienna Mansor 4th, Olivia Mansor 5th.

27/08 **Park Run Torrens (5km):** Fearon Kelly 8th 19.00. **Women:** Alexis Gillham 1st 19.47.

27/08 **SAMA Winter Program:** 8km Richard McMahon 32.36.

3/09 **ASA City Relays:** 3x4km (U/18) 1st Cameron Clohesy 13.30, Bailey Dyer 13.49, Patrick Goodwin 13.24, (U/20) 2nd Nicholas Dallimore 14.02, Lachlan Bateman 13.51, Mitchell Wyatt 15.47, (O/50) 1st Michael Cocks 16.16, Mike McAuliffe 15.35, Paul Sutcliffe 17.41, 3x6km (Open) "A" 2nd Jacob Cocks 18.54, Lachlan Scott 20.29, Adam Bishop 19.51, "B" Steven Evanson 23.23, Matt Cole 22.28, Matthew Ferber 21.23, "C" Féaron Kelly 23.56, Mike McAuliffe 24.26, Michael Cocks 26.40. **Women:** 3x4km (U/20) 1st Charlotte Derbyshire 15.21, Fern Davies 16.00, Fleur Wellings 17.22, (Community Team) Bec Bishop 26.37, Sam Scott 21.17, Helen Allnutt 21.27, 3x6km (Open) 3rd Alexis Gillham 25.22, Lucy Buckley 24.36, Vanessa Alvaro 25.57.

10/09 **Park Run Christies Beach (5km):** Jordan Harvey 1st 16.11 (Rec).

10/09 **Sycamore Cross-Country Invitational (8km):** Jordan Hewitt 9th 25.46.

17/09 **Park Run Torrens (5km):** Dylan Chenoweth 1st 18.16, Fearon Kelly 7th 19.56. **Women:** Alexis Gillham 1st 20.44.

18/09 **City-Bay Fun Run 6km:** Scott Goodwin 23.56, Tom Esser 24.15, Tom Donagehy 27.20. **Women:** Ruby Buchanan 28.37.

18/09 **City-Bay Fun Run 12km:** 10th Jacob Cocks 37.37, 17th Adam Bishop 39.07, 18th Lachlan Scott 39.35, 27th Matthew Ferber 40.57, 32nd Jordan Harvey 41.37, 49th Matthew Cole 42.41, 51st Dylan Chenoweth 43.00, 53rd Michael Cocks 43.05 (O/50), 64th Nicholas Dallimore 43.50 (U/18), 79th Steven Evanson 44.49, 81st Nicholas Brooke-Anderson 44.52, 99th Steven Maxwell 45.26, 130th Mike McAuliffe 46.24 (O/50), 145th Nathan Lang 46.42, 147th Kieran Hewitt 46.45, 180th Richard McMahon 47.46 (O/50), 539th Paul Sutcliffe 52.16 (O/50), 729th Blake Higgins 53.28 (U/16), 1310th Gunther Anderson 56.37 (O/50). **Women:** 471st Fleur Wellings 51.17, 494th Vanessa Alvaro 51.28, 1180th Tanya Holliday (walking) 55.58, Samantha Scott 57.23, Helen Allnutt 61.39, Siobhan Doran 64.55 (U/18), Gloria Holliday (walking) 76.22.

18/09 **Sydney Marathon: Women:** Chantel Peacock 18th 3.14.39.

24/09 **Roy Griak Cross-Country Invitational (8km) – Minneapolis USA:** Jordan Hewitt 45th 25.55.7.

25/09 **ASA La Femme '5' (5km): Women:** Charlotte Derbyshire 1st 17.45.6, Lucy Buckley 5th 18.26.8, Fern Davies 8th 19.03.6.

27/09 **SAPSASA Athletics Championships - Metro:** 800m (10yr) Jarrod Scutchings 15th nt, (12yr) Mitch Wyatt 2nd 2.25.99, (13yr) Tom Esser 15th 2.34.22, Long Jump (11yr) Lachlan MacNab 4th 4.19, Jye Lemmers 7th 3.86. **Women:** 100m (11yr) Marielle Burns 5h1 14.98, (12yr) Emma Hejka 1h3 13.62, 4th 13.45, 800m (11yr) Kiera Ross 2nd 2.40.94, (12yr) Keeley Kustermann 4th 2.36.75, Discus (11yr) Kiera Ross 17th 11.33m.

1/10 **Park Run Christies Beach (5km):** Steven Evanson 7th 20.18, Jordan Harvey 10th 21.15.

9/10 **SARRC McLaren Vale Carnival:** 5km Paul Sutcliffe 7th 21.30, 10km Fearon Kelly 7th 41.26, Richard McMahon 8th 42.41, 21.1km Michael Cocks 4th 1.23.52, Dylan Chenoweth 14th 1.31.13. **Women:** 10km Alexis Gillham 1st (10th) 43.10, 21.1km Chantel Peacock 13th (86th) 1.43.13.

14/10 **SAAL Henley Gift Carnival:** 120m James Bayliss (7.00m) 5h5 13.743, Sam Laucirca (7.00m) 5h2 14.498, 400m Novice Nickolas Berry (40m) 2h3 49.55, 3rd 49.52, James Bayliss 3h1 49.80, 5th 50.05, 800m

- Lachlan Hennig (65m) 3rd 1.52.07, Jordan Harvey (90m) 11th 1.57.98. **Women:** 120m (U/18) Lakara Stallan (12.75m) 1h3 14.958, 1st 14.765, Taylah Stallan (11.25m) 1h1 15.173, 3rd 14.984, Caitlin Stallan (7.75m) 6h2 15.912, 400m (U14) Lakara Stallan (38m) 4h1 1.00.19, 9th 1.02.16.
- 15/10 **ASA Club Day#1:** 200m Ossi Tyler-Dowd 7h1 24.19 (+3.3), Jack Faulkner 6h2 24.88 (+3.8), Neal Slabbert 8h1 28.53 (+3.3), 400m Jack Faulkner 7h1 58.08, 800m Nicholas Dallimore 4h1 2.07.52, Neal Slabbert 11h2 2.34.51, 1500m Patrick Goodwin 1st 4.15.97, Scott Goodwin 7th 4.45.85. **Women:** 100m Sunshine Hurst 5h3 14.35 (+2.4), 200m Sunshine Hurst 5h3 30.35 (+2.3), 800m Lisa Slabbert 6th 3.07.19, 1500m Vanessa Alvaro 4th 5.29.37.
- 15/10 **ISU Pre-National Invitational (8km):** Jordan Hewitt (MU) 73rd 25.06.5 (Michigan 4th).
- 16/10 **Melbourne Running Festival.** 10km Jacob Cocks 9th 31.40, 21.1km 76th Michael Cocks 1.22.22, 302nd Richard McMahon 1.32.08, Marathon Adam Bishop 14th 2.32.02, Matt Cole 213th 3.00.34.
- 22/10 **ASA All Schools T&F Championships:** 90mH Xavier Poole 2nd 15.70 (-1.7), 100m (U/16) Cailen Hejka 6h3 12.56 (-0.9), (U/18) Moses Milsom 5h2 12.56 (-3.3), Ossi Tyler-Dowd 7h2 12.65 (-3.3), 400m (U/14) Tom Esser 7th 70.33, 1500m (U/14) Mitchell Wyatt 4th 4.48.56, Tom Esser 10th 5.17.47, (U/16) Casey Buchanan 2nd 4.21.44, (U/18) Patrick Goodwin 1st 4.07.85, Nicholas Dallimore 5th 4.28.55, 2000mST Bailey Dyer 3rd 6.39.66 (NQ). **Women:** 100m (U/14) Lakara Stallan 4h1 14.18 (-2.1), 6th n.t (-1.3), (U/16) Caitlin Stallan 6h2 14.02 (-1.7), Taylah Stallan 6h3 14.36 (-2.0), (U/18) Ruby Buchanan 5h1 13.88 (-2.2), 400m (U/14) Keeley Kustermann 3h2 67.34, 5th 66.04, (U/18) Ruby Buchanan 2h2 62.47, 5th 66.04, 1500m Charlotte Derbyshire 1st 4.45.29 (NQ).
- 23/10 **ASA All Schools T&F Championships:** 200m (U/14) Xavier Poole 5h2 28.80 (-1.0), (U/16) Cailen Hejka 3h3 26.01 (-1.8), (U/18) Ossi Tyler-Dowd 2h2 24.70 (-0.2), 6th 24.82 (-1.8). 800m (U/16) Casey Buchanan 1st 2.02.59, (U/18) Nicholas Dallimore 3rd 2.02.72, 3000m (U/16) Aiden Ross 4th 10.03.46, (U/18) Bailey Dyer 3rd 9.35.40, Triple Jump (U/14) Xavier Poole 5th 9.00m (+0.1). **Women:** 200m (U/16) Taylah Stallan 3h3 27.81 (-1.4), 6th 27.64 (+1.0), Caitlin Stallan 3h2 28.14 (-2.4), 9th 28.29 (+1.0), (U/18) Ruby Buchanan 4h1 27.61 (+1.3), 7th 27.70 (-0.9), 800m (U/14) Keeley Kustermann 4th 2.32.25.
- 27/10 **World Masters Athletics Championships: Women:** 5000mW (W55) 6th Gloria Holliday 31.58.87.
- 29/10 **Park Run Torrens #205 (5km):** Riley Cocks 1sr (REC) 14.35.
- 29/10 **ASA Interclub 1A:** 90mH (U/14) Xavier Poole 2nd 14.99 (4.0), 100m Moses Milsom 1h3 11.25 (4.0), Ossi Tyler-Dowd 1h4 12.06 (1.2), Austin Thannickan 3h5 12.62 (4.0), Ben O'Reilly 5h7 13.03 (2.8), 400m Aidan Ross 6h5 64.22, Mitchell Wyatt 6h4 64.49, 1500m Aidan Ross 4th 4.38.04, Mitchell Wyatt 9th 4.58.76, Mike McAuliffe 11th 5.06.41. **Women:** 100m Taylah Stallan 1h4 13.10 (4.9), Lakara Stallan 2h4 13.19 (4.9), Bethany Jones 2h5 13.55 (3.1), Caitlin Stallan 9h3 13.56 (3.6), 400m Taylah Stallan 2h3 66.79, Lakara Stallan 7h2 75.23, 1500m Siobhan Doran 13th 6.39.49, LJ (Open) Bethany Jones 5th 4.43 (3.7).
- 30/10 **SAAL Flinders Toby Schreier Carnival:** 70m (U/14) Xavier Poole (8.50m) 2h1 8.621, 4th 8.726, (Open) Damian Tohl (6.00m) 4h2 8.106, 4s2 7.850, James Bayliss (5.50m) 4h1 8.112, Sam Laucirica (6.00m) 5h5 8.656, 200m (U/18) Xavier Poole (34.00m) 4h3 25.15, (Open) Luke Houlihan (8.00m) 1h5 22.11, 4s1 22.04, James Bayliss (14.00m) 2h5 22.84, 4s2 22.68, 550mN Isaac Fishlock (36.00m) 14th 1.25.16, 800m (Open) Jordan Harvey (90m) 6th 1.54.60, Lachlan Hennig (65m) 8th 1.55.75, Tom Lancaster (55m) 10th 1.56.99, Robert Killmier (42m) 12th 1.58.53, Isaac Fishlock (36m) 14th 2.00.58, 3200m Lachlan Scott (190m) 3rd 9.04.89, Jacob Cocks (100m) 4th 9.13.55, Jordan Harvey (260m) 6th 9.37.70. **Women:** 70m (U/14) Lakara Stallan (7.50m) 4h1 8.882, (Open) Caitlin Stallan (6.50m) 3h4 9.157, 8s1 9.238, Taylah Stallan (6.50m) 3h2 9.053, 8s2 9.291, 200m (U/18) Ruby Buchanan (9.00m) 1h1 26.63, 3rd 26.81, Taylah Stallan (14.00m) 2h3 26.88, 4th 26.82, Caitlin Stallan (10.00m) 3h1 27.76, 800m (Open) Teagan Kustermann (50.00m) 1st 2.12.40, Lucy Buckley (25.00m) 3rd 2.16.04, Vanessa Alvaro (90.00m) 11th 2.28.46.
- 30/10 **Big10 Cross Country Championships – Minneapolis US (8km):** Jordan Hewitt (MU) 57rd 25.51.9 (Michigan 5th).

- 1/11 **World Masters Athletics Championships: Women:** 10000mRW (W55) 6th Gloria Holliday 1.04.53.
- 1/11 **World Masters Athletics Championships:** 1500m (M40) Shane Thiele 5h1 4.37.0, 8th 4.15.41, 3000mST 3rd 10.04.37. **Women:** 20kmRW (W55) 5th Gloria Holliday 2.15.40.
- 5/11 **ASA Interclub 2B:** 60m Ossi Tyler-Dowd 7h1 7.74 NWI, Daniel Claridge 8h1 7.81 NWI, Ben O'Reilly 4h7 8.02 NWI, 200m Ossi Tyler-Dowd 5h2 24.33 (-1.5), Tom Lancaster 6h4 26.18 (0.9), Patrick Goodwin 7h5 27.00 (1.0), 800m Lachlan Scott 7h1 1.58.63, Tom Lancaster 8h1 1.59.48, Nicholas Dallimore 3h2 2.01.82, Patrick Goodwin 6h2 2.03.26, Scott Goodwin 3h4 2.14.71, 3000m (U/14) Aidan Ross 1st 9.48.51 NQ U/15), Mitchell Wyatt 2nd 10.08.82, (U/18) Cameron Clohesy 1st 9.10.91, 5000m (O/35) Mike McAuliffe 4th 18.29.84, JT (Open-800gm) Daniel Claridge 5th 41.76m. **Women:** 60m Bethany Jones 8h1 8.66 NWI, 200m Saraid Kustermann 3h2 27.69 (1.0), Keeley Kustermann 6h4 30.47 (-1.2), 800m Saraid Kustermann 1h1 2.20.90, Teagan Kustermann 2h1 2.25.24, Keeley Kustermann 6h1 2.33.64, 3000m (Open) Fleur Wellings 1st 11.31.30, (U/16) Siobhan Doran 3rd 13.56.54, TJ (Open) Bethany Jones 3rd 10.22m.
- 5/11 **SAAL Port Adelaide Carnival:** 70m Novice James Bayliss (6.00m) 1h5 7.833, 3rd 7.754, 120m (U/14) Xavier Poole (16.75m) 2h3 14.084, 1st 13.888, (Open) Luke Houlihan (5.50m) 3h4 12.691, 1s1 12.621, 3rd 12.633, Damian Tohl 1h6 (8.00m) 12.941, 5s1 12.863, James Bayliss (8.00m) 3h3 13.089, 300m (U/18) Xavier Poole (46.00m) 5h3 38.99, (Novice) James Bayliss (26.00m) 2h4 34.45, 4th 34.12, 550m (Open) Isaac Fishlock (36.00m) 10th 1.21.94, 1600m (Open) Lachlan Hennig (185m) 2nd 4.08.22, Richard McMahon (260m) 7th 4.26.35. **Women:** 120m (Open) Ruby Buchanan (10.00m) 1h2 14.40, 6s1 14.617, Teagan Kustermann (9.00m) 3h3 14.838, 300m (U/18) Ruby Buchanan (14.00m) 4h2 42.04, 4th 41.93, (Novice) Ami Mittiga (54.00m) 1h4 33.23, 1st 32.21, 1600m Vanessa Alvaro (265m) 4.40.41.
- 9/11 **SAMA B1 (Scr): Women:** 1000m Walk Gloria Holliday 5.53, 3000m Walk Gloria Holliday 18.57
- 11/11 **NCAA Great Lakes Regional (10km):** Jordan Hewitt 23rd 31.04.7
- 12/11 **Park Run Torrens #207 (5km):** Emmanuel Irra 7th 19.32.
- 12/11 **ASA Interclub 3A:** 90mH (U/14) Xavier Poole 4th 16.48 (3.1), 100m Cailen Hejka 2h4 12.02 (2.1), Xavier Poole 6h7 13.25 (2.2), Ben O'Reilly 2h8 13.28 (1.1), 400m Nicholas Dallimore 2h3 53.93, 1500m Lachlan Scott 2h1 4.08.34, Cameron Clohesy 3h1 4.10.54, Richard McMahon 11h2 5.02.19, Michael McAuliffe 13h2 5.05.05, **Women:** 100m Bethany Jones 1h8 13.75 (1.9), Imogen Schubert 4h7 15.00 (2.1), 400m Keeley Kustermann 7h3 67.53, LJ Bethany Jones 2nd 4.36m (nwi).
- 16/11 **SAMA 2 (Hcp): Women:** 800m Walk Gloria Holliday 4.38, 5000m Walk Gloria Holliday 31.23
- 17/11 **Victorian 5000m Championships (Melbourne):** Jacob Cocks 8rA 14.32.85. Shane Thiele 2rD 15.53.64.
- 19/11 **ASA Interclub 4B:** 60m Moses Milsom 5U18 7.37 (-0.5), Cailen Hejka 5U16 7.55 (1.4), Ossi Tyler-Dowd 10U18 7.74 (-0.2), Daniel Claridge 13Op 8.01 (-0.2), Ben O'Reilly 17U18 8.16 (-1.3), 200m Moses Milsom 1h4 23.52 (-1.3), Cailen Hejka 1h6 24.34 (0.5), Ossi Tyler-Dowd 4h3 24.40 (nwi), Jack Faulkner 5h4 24.92 (-1.3), Gerry Doyle 7h4 25.22 (-1.3), 800m Tom Lancaster 4h1 1.59.83, Nicholas Dallimore 3h2 2.04.34, Patrick Goodwin 4h2 2.04.98, Liam Markham 3h5 2.25.35, Neal Slabbert 2h6 2.28.84, Tom Esser 3h6 2.29.06, 3000m Cameron Clohesy 1h1 9.12.67 (NQ), Bailey Dyer 4h1 9.26.17, Aidan Ross 1U14 9.55.10, Fearon Kelly 10.55.32, Immanuel Irra 11.05.24, Tom Esser 4U14 11.16.87, Javelin Daniel Claridge 8th 43.04m. **Women:** 60m Amie Mittiga 3h1 8.14 (-0.5), Taylah Stallan 2h5 8.76 (-1.8), Lakara Stallan 3h5 8.86 (-1.8), Caitlin Stallan 4h5 8.95 (-1.8), Imogen Schubert 4h6 9.28 (-0.8), 200m Amie Mittiga 2h1 25.54 (-0.6), Teagan Kustermann 5Op 27.47 (-0.5), Caitlin Stallan 9U16 28.58 (-2.0), Taylah Stallan 13U16 28.91 (-2.0), Lakara Stallan 4U14 29.38 (-2.0), Keeley Kustermann 8U14 30.44 (-2.0), Imogen Schubert 18U16 31.03 (-0.8), 800m Saraid Kustermann 3h1 2.16.70, Teagan Kustermann 8h1 2.24.36, Keeley Kustermann 5h2 2.32.87, 3000m Fleur Wellings 2Op 11.25.14, Vanessa Alvaro 3Op 11.42.82, Alexis Gillham 4Op 11.55.03, Siobhan Doran 4U16 14.00.03.

- 20/11 **SAAL Tea Tree Gully Carnival:** 70m Open James Bayliss (6.00m) 1h3 7.855, 3s1 7.845, 6th 7.887, Damian Tohl (6.00m) 3h2 7.963, 8s2 7.951, 200m Open James Bayliss (14.00m) 3h6 21.57, 4s2 21.68, Damian Tohl (13.00m) 4h2 22.12. **Women:** Lucy Buckley (25.00m) 2nd 2.14.60.
- 20/11 **SALAA State Carnival:** 200m Jye Lemmers 3h3 30.97, 400m Jye Lemmers 4h3 1.10.15, HJ Jye Lemmers 6th 1.15.
- 23/11 **SAMA C2 (Hcp): Women:** 1500mW Gloria Holliday 8.59, 2000mW Gloria Holliday 12.33.
- 26/11 **ASA Interclub 5A:** 100m Moses Milsom 1h3 11.54 (-0.2), Cailen Hejka 2h3 11.78 (-0.2), Ossi Tyler Dowd 6h3 12.11 (-0.2), Ben O'Reilly 2h9 12.62 (1.7), Austin Thannickan 2h6 12.70 (0.9), Xavier Poole 7h7 13.42 (0.3), 400m Nicholas Dallimore 2h2 52.32, Aidan Ross 6h7 63.87, 1500m Bailey Dyer 6th 4.22.93, Aidan Ross 7th 4.25.96 (U/15 NQ), 90mH Xavier Poole 3rd 16.65 (0.7). **Women:** 100m Emma Hejka 2h4 13.26 (-0.6) (U/14 NQ), Imogen Schubert 1h7 14.75 (1.9), 1500m Fleur Wellings 5th 5.23.13.
- 27/11 **SAAL Sacred Heart Carnival:** 70m Novice James Bayliss (6.00m) 1h6 7.740, 1st 7.682, Sam Laucirica (7.00m) 5h5 8.512, 70m (U/14) Xavier Poole (8.50m) 1h3 8.433, 2nd 8.418, 120m Open Damian Tohl (8.00m) 3h2 12.752, 4s2 12.703, 6th 12.684, James Bayliss (8.00m) 2h4 12.792, 3s1 12.769, Sam Laucirica (8.00m) 4h1 14.339, 400m Open Robert Killmier (26.00m) 3h1 50.40, 8th 50.17, 550m Novice Jordan Harvey (64.00m) 3rd 1.12.81, Tom Lancaster (43.00m) 4th 1.13.89, 800m Open Tom Lancaster (56.00m) 2nd 1.50.43, Robert Killmier (42.00m) 6th 1.56.67, 1600m Jordan Harvey (170.00m) 2nd 4.13.68. **Women:** 70m Novice Ruby Buchanan (14.00m) 1h5 7.839, 6th 7.857, Amie Mittiga (11.00m) 2h5 7.846, 70m (U/14) Lakara Stallan (8.00m) 5h1 8.768, 120m Open Amie Mittiga (5.50m) 2h5 14.237, 2s2 13.988, 4th 14.064, Taylah Stallan (11.00m) 7h2 15.158, Caitlin Stallan (10.00m) 7h5 15.241, 120m (U/18) Taylah Stallan (11.25m) 1h1 14.501, 1st 14.209, Ruby Buchanan (6.25m) 3h3 14.837, Lakara Stallan (11.00m) 4h3 14.946, Caitlin Stallan (8.25m) 6h2 14.985, 400m Open Lucy Buckley (28.00m) 4h2 55.87, 800m Lucy Buckley (25.00m) 2nd 2.10.92.
- 30/11 **SAMA A1 (Scr): Women:** 60m Gloria Holliday 10.27 (-2.1), 200m Gloria Holliday 33.98 (-2.1), 800mW Gloria Holliday 3rd 4.57, 5000mW Gloria Holliday 31.50.
- 30/11 **ASA State 5000m Championships:** (Open) Riley Cocks 2nd (1stSA) 14.15.96, Jacob Cocks 5th 14.47.95, Steven Evanson 7th 17.10.00, (U/20) Patrick Goodwin 1st 15.47.12, Cameron Clohesy 3rd 16.03.64, Bailey Dyer 5th 16.10.13, (O/50) Mike McAuliffe 1st 18.15(...). **Women:** (Open) Vanessa Alvaro 4th 18.55.70, (U/20) Fleur Wellings 2nd 19.24.18, (O/35) Chantel Peacock 2nd 20.14.60.
- 3/12 **Park Run Christies Beach #19 (5km):** Alexis Gillham 3rd 20.37.
- 3/12 **AA National All-Schools Championships:** 90nH (U/14) Xavier Poole 5h2 14.53 (1.1).
- 3/12 **ASA Club Day 2:** 100m Daniel Claridge 2h4 12.24 (-0.3), Ben O'Reilly 6h3 12.82 (-1.9), 200m Ben O'Reilly 2h3 25.77 (1.6), 800m Nicholas Brook-Anderson 3rd 2.08.00, Aidan Ross 8th 2.13.18, Neal Slabbert 7h2 2.26.71, Tom Esser 9h2 2.29.98, Paul Sutcliffe 10h2 2.33.05, 3000m Steven Evanson 2nd 9.51.41, Javelin Daniel Claridge 2nd 44.81m. **Women:** Bethany Jones 1h3 13.85 (-0.4), Imogen Schubert 3h3 14.60 (-0.4), 800m Lisa Slabbert 3h2 2.54.14, Long Jump Bethany Jones (not recorded check sheets).
- 4/12 **SAAL MDRF Pre-Bay Carnival:** 70m Open James Bayliss (6.00m) 2h5 7.746, 1s2 7.645, 2nd 7.641, Damian Tohl (6.00m) 3h3 7.826, Sam Laucirica (7.00m) 8.546, 70m Novice Sam Laucirica (7.00m) 8.501, 120m Open Damian Tohl (8.25m) 12.486, 4s2 12.516, James Bayliss (8.00m) 4h1 12.816, Sam Laucirica (8.00m) 7h4 14.126, 550m (O/35) Richard McMahon (56.00m) 1.21.59, 1600m Jordan Harvey (175.00m) 4.10.31, 1600m (O/35) Richard McMahon (130.00m) 7th 4.56.06. **Women:** 70m Ruby Buchanan (7.50m) 8.535, 3s2 8.487, 1st 8.373, Taylah Stallan (7.00m) 5h3 8.895, Caitlin Stallan (7.00m) 8.875, 120m U/18) Lakara Stallan (10.00m) 2h1 14.688, 2nd 14.376, Caitlin Stallan (7.25m) 4h1 14.983, Ruby Buchanan (5.25m) 3h3 15.175, Taylah Stallan (8.50m) 14.880, Imogen Schubert (6.50m) 16.686, 120m Open Taylah

- Stallan (11.00m) 1h5 14.435, 5s1 14.211, Caitlin Stallan (11.00m) 3h2 14.558, 550m Lucy Buckley (35.00m) 1.22.39, 1st 1.21.88, Teagan Kustermann (44.00m) 1h1 1.23.43, 4th 1.22.97, 1600m Vanessa Alvaro (265.00m) 4.30.79.
- 7/12 **SAMA B2 (Hcp):** 800m Richard McMahon 2.27. **Women:** 100m Gloria Holliday 16.46, 300m Gloria Holliday 56.23, 1000mW Gloria Holliday 6.01, 3000mW Gloria Holliday 18.58.
- 10/12 **Park Run West Beach #26 (5km):** Michael Cocks 2nd 17.56.
- 10/12 **ASA Interclub 6B:** 60m Moses Milsom 3h2 7.43 (-0.6), Cailen Hejka 6h2 7.61 (-0.6), Ossi Tyler-Dowd 5h3 7.69 (0.5), 200m Moses Milsom 3h2 23.40 (0.7), Cailen Hejka 2h3 24.33 (-0.2), Gerry Doyle 2h4 24.36 (0.0), Ossi Tyler-Dowd 3h3 24.57 (-0.2), 800m Cameron Clohesy 7h1 1.57.30, Tom Lancaster 9h1 2.01.05, Nicholas Brook-Anderson 4h2 2.06.76, Paul Sutcliffe 8h4 2.31.94, Mike McAuliffe 9h4 2.32.72, 3000m Aidan Ross 2nd 9.35.24 (U/15 NQ), Blake Higgins 11th 10.44.76. **Women:** 200m Saraid Kustermann 4h2 27.11 (-0.3), Teagan Kustermann 9h2 27.95 (-0.3), Keeley Kustermann 6h5 30.60 (-1.1), Imogen Schubert 5h4 30.70 (-1.1), 800m Saraid Kustermann 1h1 2.14.93 (U/23 NQ), Keeley Kustermann 7h1 2.37.72, 3000m Fleur Wellings 4th 11.12.58, Siobhan Doran 6th 13.59.03.
- 11/12 **SALAA State PB Day:** 90mH (U/14) Joshua Bell 15.40, 100m (U/17) Ossi-Tyler-Dowd 1st 12.13, 200m (U/17) Ossi-Tyler-Dowd 1st 25.04, 400m (U/17) Nicholas Dallimore 1st 56.23, 800m (U/17) Nicholas Dallimore 1st 2.12.01, 1500m (U/17) Nicholas Dallimore 2nd 4.32.35. **Women:** 100m (U/12) Marielle Burns 15.31, TJ (U/12) Marielle Burns 7.33.
- 11/12 **SAAL Brighton Gift Carnival:** 70m Open Luke Houlihan (4.75m) 7.950, 1s2 7.886, 2nd 7.769, Damian Tohl (6.25m) 1h1 7.904, 1s1 7.860, 3rd 7.829, Sam Laucirica (7.00m) 4h1 8.555, 70m Novice Sam Laucirica (7.00m) 5h1 8.659, 120m Open Damian Tohl (8.25m) 2h7 13.178, 4s2 13.021, 120m (U/14) Xavier Poole (11.25m) 1h1 14.822, 1st 14.800. 400m (U/18) Xavier Poole (58.00m) 6h2 55.94, 1000m Robert Killmier (52.00m) 10th 2.36.32 **Women:** 120m Amie Mittiga (5.50m) 14.946, 1s1 14.360, 2nd 14.420, Ruby Buchanan (10.00m) 2h4 14.916, 3s1 14.580, 5th 14.712, 400m (U/18) Caitlin Stallan (46.00m) 55.39, 1st 53.13, Taylah Stallan (46.00m) 54.71, 2nd 53.34, Lakara Stallan (54.00m) 56.49, 3rd 53.55.
- 17/12 **Park Run West Beach #27 (5km):** Michael Cocks 2nd 18.01.
- 17/12 **ASA State Relay Championships:** 4x100m (U/18) (Ossi Tyler-Dowd, Austin Thannickan, Cailen Hejka, Moses Milsom) 1st 46.91, 4x200m (U/18) (Ossi Tyler-Dowd, Cailen Hejka, Nicholas Dallimore, Moses Milsom) 3rd 1.39.00, 4x400m (U/18) (Ossi Tyler-Dowd, Cameron Clohesy, Moses Milsom, Nicholas Dallimore) 2nd 3.41.25, (U/16) (Neal Slabbert, Aidan Ross, Liam Markam, Blake Higgins) 7th 4.21.48, 4x800m (Open) (Cameron Clohesy, Nicholas Dallimore, Tom Lancaster, Jacob Cocks) 3rd 8.05.92, (Nicholas Brook-Anderson, Bailey Dyer, Jake Giannini, Neal Slabbert) 6th 9.05.94, (U/16) (Aidan Ross, Mitchell Wyatt, Liam Markham, Blake Higgins) 2nd 9.38.52, (O/50) (Mike McAuliffe, Richard McMahon, Colin Wellings, Paul Sutcliffe) 1st 10.30.65, Swedish Sprint Medley (U/18) (Neal Slabbert, Ossi Tyler-Dowd, Cailen Hejka, Nicholas Dallimore) 3rd 2.11.86. **Women:** 4x200m (U/18) (Caitlin Stallan, Lakara Stallan, Taylah Stallan, Ruby Buchanan) 2nd 1.50.98, 4x400m (Open) (Ruby Buchanan, Tegan Kustermann, Lucy Buckley, Saraid Kustermann) 1st 4.01.26, 4x800m (Open) (Lucy Buckley, Keeley Kustermann, Tegan Kustermann, Saraid Kustermann) 1st 9.35.02, (Alexis Gillham, Chantel Peacock, Fleur Wellings, Vanessa Alvaro) 3rd 10.51.80.
- 24/12 **Park Run West Beach #28 (5km):** Shane Thiele 1st 16.52.
- 24/12 **Park Run Christies Beach #22 (5km):** Fearon Kelly 7th 20.33. **Women:** Alexis Gilham 3rd 20.02.
- 27,28/12 **SAAL Bay Sheffield Carnival:** 120m Open Luke Houlihan (5.75m) 1h2 12.546, 2s3 12.834, Damian Tohl (8.75m) 3h9 12.820, Sam Laucirica (8.00m) 7h6 14.321. 120m U/18 Xavier Poole 3h7 13.736, 550m Open Tom Lancaster (48.00m) 1.11.16, 3rd 1.11.43, Robert Killmier (39.00m) 7h2 1.15.46, 550m O/35 Richard McMahon (58.00m) 1.21.30, 800m Novice Isaac Fishlock 7h2 2.09.13, 1600m Open Jordan Harvey 3rd

(180.00m) 4.07.61, Shane Thiele 7th (130.00m) 4.16.33, Lachlan Hennig 10th (180.00m) 4.20.02, 1600m Selected Jacob Cocks (43.00m) 2nd 4.15.59, Lachlan Scott (60.00m) 8th 4.29.42, 1600m O/35 Shane Thiele (10.00m) 4.50.06, Richard McMahon (135.00m) 12th 5.06.08. **Women:** 120m Open Amie Mittiga (5.75m) 1h10 14.129, 2s3 14.277, 120m U/18 Taylah Stallan (9.00m) 1h3 14.467, 2s2 14.705, 3rd 14.829), Lakara Stallan (9.75m) 1h2 14.371, 6s1 15.053, Ruby Buchanan (6.00m) 6h6 14.802, Caitlin Stallan (7.75m) 3h7 14.909, 1600m Lucy Buckley (170.00m) 1st 4.36.99, Vanessa Alvaro 2nd (250.00m) 4.39.84.

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