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UTS Norths Annual Trophy Winners 2008/2009

Cross Country Point score winners

Open women: Eliza Stewart

Junior girls: Rebekah Cormack

Masters women: Sue Rilen

Open men: Matt Rando

Junior boys: Edward Trippas

Masters men: 45+ Brad Sharpe and 55+ David Archbold

Club Premiership point score winners

Open women: Rene Vandenberg

u/17 girls: Eliza Cepak

u/20 women: Romi Arnott

Masters women: Jackie Bezuidenhout

Open men: Michael Stark

u/17 men: Myalls Paterson

u/20 men: Olly Holland

Masters men: Mark Cepak

Ray Frith Trophy for the most improved under 16 female:

Eliza Cepak. Eliza enjoyed a stellar season significantly improving her discus, shot put and javelin. She was the youngest member of our silver medal women's team at the National Club Championship where she threw the discus a personal best 36.18m.

The John Hanman Trophy for the Most Improved Under 16 male:

Ciaan Perera. In his first season of athletics Ciann took five seconds off his 400m time, improving significantly every time he raced, culminating in a sixth placing in the final of the 14 years final at the Pacific School Games in Canberra in 52.67s. Along the way he won the NSW All Schools Championship.

The Ruth Frith Trophy for the most improved under 18 female:

Phoebe Davies. Phoebe started the season by coming second in the IGSSA intermediate girls 400m in the time of 61s. She ended her season as the Australian 15 years 400m champion, finishing second behind China's Xiaochuan Shi in the spectacular time of 56.33s at the Pacific School Games.

The Ray Land Trophy for the most improved Under 18 male:

Josh Hall. Josh made spectacular improvement this season, lashing more than 16 seconds from his 1500m time this season finishing with a PB of 4:07.93.

The John Suthers Trophy for the Most Improved under 20 female:

Larissa Pasternatsky. Larissa made significant improvement in the 100m and 200m this season, culminating with victory in the 100m at the Pacific School Games in the Games record time of 11.71s.

The Treloar Trophy for the Most Improved Under 20 Male:

James Dooley. James stamped himself as a hurdler of the future winning a silver medal in the 110m hurdles in the Pacific School Games in the fast time of 14.01s an improvement on his PB of more than half a second. He also improved significantly on his 100m and 200m times during the 2008-09 season.

The Margaret Wrigley Trophy for the Most Improved Field Athlete:

Romi Arnott. Romi improved significantly in a wide range of field events this season, bettering her PB in shot put and javelin. She also broke two important personal barriers, clearing five metres for the first time in the long jump and 1.70m for the first time in high jump. She finished the season with a long jump best of 5.20m and high jump PB of 1.73m. She was also the silver medalist in both the Australian u/23 and NSW open heptathlons.

The Jennifer Lamy Trophy for the most improved sprinter:

Phoebe Davies. As well as winning an Australian title, Phoebe also won an incredible six gold medals at this season's State Relays Championships.

The Sargent's Sports Trophy for the Most Improved Middle Distance Runner:

Frazer Dowling. Frazer surprised everybody, including himself, by slashing four seconds off his 1500m time at the ripe old age of 29. His new PB of 3m49.23s was good enough to qualify him for the 1500m at this year's national championships in Brisbane.

The Nancy Lloyd Trophy for the Most Improved Distance Athlete:

Nick Bromley. This season Nick slashed more than two seconds from the club 3000m record to claim the award.

The Peter Lucas Memorial Trophy for the Best Performance at Sydney Olympic Park Athletics Centre:

Karlie Morton. At the Sydney Track Classic, Karlie ran a slashing 200m in 24.14, a World Youth Championships qualifying time.

The Gloria Seymon Trophy for the Masters Athlete of the Year:

Mary Fien. Mary won gold medals in the 3000m steeplechase and 5000m in the 35 years plus age group at the National Masters Championships, setting a championship record in the steeplechase. Mary also showed she was still competitive as an open athlete helping UTS Norths to silver medals in both the open 4x800m and 4x1500m at this year's State Relays and finishing fourth in the A Division of the 3000m in this year's National Club Championship in which her team won the silver medal.

The NSW Maccabi Athletics Club Trophy for the Cross Country Runner of the Year:

Eliza Stewart. The 2008 cross country season was a breakthrough one for Eliza. She won the Australian Open Cross Country Championship, the NSW Road Race Championship and the NSW Half Marathon Championship.

The Jennifer Jaye Memorial Trophy for the Coach of the Year:

Ron Bendall. Ron coached 11 UTS Norths athletes who competed in masters, open, underage and club national championships this season. They contested a variety of events including cross country, multi events, sprints, jumps, hurdles and middle distance winning five gold and four silver medals and making 18 finals. In May, Ron also was selected as the sprints and relays coach of the NSWIS Development Squad which toured Beijing and Taiwan.

The Mike Poirrier Trophy for the Club Person of the Year:

Frazer Dowling. Frazer has proved an inspirational leader at UTS Norths, not just this season but in previous seasons as well. A club man to his boot straps, he loves team competition and was the motivating force behind the success of the men's teams at the NSW State Relays Championships and the National Club Championships.

The Wayne Lever Encouragement Award:

Lewis Clark. Lewis enjoyed a spectacular season culminating in fourth place in the final of the under 20 years 100m national championship. Not bad for an athlete who could not make a final at the NSW All Schools Championships the previous season.

The Jack Pross Award for the Athlete Closest to International Standard:

Nick Bromley. Nick narrowly missed selection in both the 800m and 1500m for the Beijing Olympics in June and in March this year reclaimed his open 800m crown at the national championships. It was his fourth victory in five years in this event.

NSW Cross Country Relay Championships

UTS Norths had a good day on 30th May in the NSW Cross Country Relay Championships, with one gold and one bronze medal. The conditions were very difficult with the grass conditions at Miranda Park already soft after weeks of rain. By the time of the 3pm races, the rain had already started to fall again and the track became quite soft and muddy. Some of the runners returning from their run could barely be recognised!

The gold medal was won by the girl's under 20 team of **Gabrielle Sattout-Day, Beccie Cormack, Libby Augustine and Ruby Hackett.** Gabrielle showed the benefit of her solid winter training at Ravenswood by running the second fastest split of her team with a 12m 18s (for 3km). Beccie Cormack (13m 27s) and Libbie Augustine (13m 42s) ran well before Ruby Hackett took the baton in second place behind the Asics Wests team. It wasn't long before Ruby was able to catch the Asics Wests girl to clinch the gold medal for the team with a smart time of 11m 56s.

Ruby is on the comeback trail after being diagnosed last winter with a stress fracture of the tibia. She did not compete at all last summer and has only been able to start running again since Christmas. She is slowly returning to competition in the current winter season, having recently competed in the NSW Road Championships and the NSW Cross Country Championships.

The bronze medal was won by the women's over 45 team. **Robyn Suttor**, a personal trainer who is training for the World Masters Games, ran a strong first leg with the second fastest split of 19m 5s (for 4 km). **Sue Rilen** ran a good second leg before passing to **Jane Godbold** who ran the fastest split of 18m 55s. Jane is enjoying her first season with UTS Norths and is Alex's Mum. **Deborah Drennan** ran a good final leg to clinch the bronze medal for the team.

The open men's team finished in a very credible 6th place. **Nick Bromley**, the National 800 metres champion, ran the team's fastest split of 12m 21s for the 4km leg. Nick had UTS Norths in second place at the first changeover. The other three runners **Matt Rando, Frazer Dowling** and **Alex Godbold** ran well but were unable to maintain a medal placing against the strong competition from clubs such as St George, Asic Wests and Kembla Joggers. Nick's time was excellent considering that his split was the second fastest time of the day behind St George's Tim Rowe (12m 10s).

UTN Norths also fielded teams in the men's under 16, open (B team), over 45 (2 teams), over 55 and women's open.

******Advance Notice For All UTS Norths Cross Country Runners******

1. 11th July - NSW Road Relay Championships - Wollongong; and
2. 18th July - NSW Short Course Cross Country Championships - Upjohn Park, Dundas

We will be fielding teams in both events. Please write these dates in your diary!

Other upcoming NSW championship events:

NSW Short Walks Championships, Sunday 28th June, 2009

Wattle Series

Wattle Series Rotary Athletic Field – Epping & Mowbray Rd's

From Sunday 28th June to 20th August 2009

Start 9:00 am to 11:00 am

From 28th June to 20th August

Events:

1,000m Handicap
60m
500m Handicap
100m
200m
150m

Fares Assistance for UTS Norths coaches

At its latest meeting the UTS Northern Suburbs Athletic Club committee adopted the following resolution. That UTS Norths would pay fares assistance to coaches attending Athletics Australia national championships, provided:

1. They were members of UTS Northern Suburbs
 2. They coached two or more UTS Northern Suburbs athletes competing at that championship.
 3. They were not receiving funding from NSWIS, ANSW or another registered athletics club.
 4. The policy applies from the 2009/10 season and is not retrospective.
- The amount of assistance would be that paid to athletes.

Athletic Equipment for sale

Janet Naylor (0418 655 170) has the following spikes available for sale – worn once and not suitable.

- Nike sprint Zoom Powercat size US7.5 - \$60
- New Balance MDS 330 size US8.0 - \$30

Also sets of new ultra lite ceramic spikes - Christmas trees or pyramids 7mm - set of 16 is \$10.
Recommended usage: 60m-400m - Christmas Tree; 800m-1500m - Pyramid or Christmas Tree; Pole Vault - Pyramid or Christmas Tree; Javelin, High Jump, Long Jump, Triple Jump – Pyramid; Cross Country – Pyramid. Also available – limited number of Christmas tree extended spikes with risers \$15.

Marie Kay also has two pairs of shoes- javelin boots and discus/shot put shoes that are brand new and have never been worn. Marie was wondering if someone in our club would like to purchase them...and seeing as they are our clubs colours. There a size 6.5(us) 39(eur) 24.5cm and she is happy to take somewhere around the \$80 mark for each pair. Marie can be contacted via email at the following address: marie_girlfriend@hotmail.com

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