

North Star 17 May 2010

In recapping the results from the summer season prior to the annual dinner this Saturday (you do have your tickets don't you? if not contact Ron Bendall ron.bendall@gmail.com, or 0416 171 609) I have the results from the athletics Australia sanctioned track classics and national open championships and the Australian masters athletics sanctioned national championships.

The Australian open championships were held in Perth this year and UTS Norths were well represented at the event. **Lara Nicod** managed to secure 2nd in the women's 3000m steeplechase (10:33.43) and 7th in the women's 1500m (4:29.75). **James Gurr** managed to finish 3rd in a strong mens 800m field (1:47.16) edging out a fast finishing **Nick Bromley**, 4th (1:47.82) and **Tristan Garrett**, 8th (1:50.68). **Frazer Dowling** put up some good performances of 1:55.19 in his heat of the men's 800m and 3:57.14 in his heat of the 1500m but was unfortunate in not making it through to the finals. **Jessica Knox** continued her fine results with a 4th in the women's 100m (11.84). **Sianne Toemoe** put in a good performance to just miss a medal finishing 4th in the women's 800m (2:05.77). **Maren Schuermann** finished 6th in the women's Long Jump with a leap of 5.39m continuing a fine year winning the state title and learning how to push start a car in case you accidentally leave your lights on. **Jacob Holt** finished 8th in the men's 400m Hurdles (52.90). **Briony Kanard** (12.34 - women's 100m; 25.35 - women's 200m), **Rosemary Arnott** (14.88 - women's 100m Hurdles; 67.22 - women's 400m Hurdles) and **Andrew Clark** (10.88 - men's 100m; 22.48 - men's 200m) all put up solid performance in multiple events.

The Sydney Track Classic was held on the 27th of Feb (yes I am that slow putting these out...) and a fine evening was graced by some fine performances by our clubs athletes. **Sianne Toemoe** managed a 3rd in the women's 800m (2:04.82). **Jessica Knox** finished just out of the medals in the women's 100m (4th, 11.71) with **Larissa Pasternasky** in 7th (11.98). **Lara Nicod** was 7th across the line in the women's 1500m (4:25.30) and **Nick Bromley** finished 12th in the men's 1500m (3:46.19).

The Melbourne Track Classic was held on 4th March. The highlight from UTS Norths Athletes would be the 2 commonwealth games B qualifiers achieved by a pair of our men in the 800m race. **Tristan Garrett** (3rd 1:46.66) and **James Gurr** (4th, 1:46.77) both put up very impressive times in a high class field. **Nick Bromley** also put in a fine performance finishing 7th (1:47.60) in the same race. **Jessica Knox** once again put up a consistently good performance for 4th in the women's 100m (11.71) just in front of **Larissa Pasternatsky** who finished in 6th (12.03). **Lara Nicod** finished in 5th in the women's 1500m (4:24.21). **Karlie Morton** put in a strong effort for 7th in the women's 200m (24.60).

The Briggs Athletics Classic held in Hobart in early February had 2 UTS Norths athletes competing, **Tristan Garrett** finished 3rd in the men's 800m (1:51.07) and **Nick Bromley** finished 4th in the men's 1500m (3:41.69).

The AMA championships were held in Perth recently. The new facilities and good weather contributed to a reportedly fantastic experience for all involved. Some strong performances were recorded with club stalwart **Marie Kay** leading the charge. Marie managed 8 wins (60m - 8.29, 100m - 13.37, 200m - 27.62, Hurdles - 12.6, High Jump - 1.45 (Pending Aust Record), Long Jump 5.41m (Pending World Record), Discus 26.97m and Shot put - 12.03m) and 1 second (Javelin - 31.56m) and won the 2009 AMA award for most outstanding female athlete. **Nancy Lloyd** managed 3 wins (1500m Walk - 10:09.15, 5000m Walk - 34:39.70 and 10,000m Walk - 1:11:25.6) showing good consistent speed over all three distances. **Robyn Suttor** managed one second 400m - 68.87) and four thirds (60m - 8.83, 100m - 14.28, 200m - 30.26 and 800m - 2:47.78) in individual events and combined with **Deborah Drennan** (and 2 other athletes) for a 1st in the 4x400m and 3rd

in the 4x100m relays. **Deborah Drennan** managed one second (800m - 2:40.85), two thirds (400m - 70.1, 1500m - 5:37.22) and one fourth (200m - 31.44) in individual events to complement her relay performances. **Charles Hobden** achieved one second (Long Jump - 3.40m), one fifth (60m - 9.93) one sixth (400m - 79.08) and two sevenths (100m - 16.25, 200m - 34.07). **Bradley Sharpe** managed a second as part of the 4x400m relay team. Bradley also achieved two fifths (800m - 2:18.16, Cross country - 33:33.3) and one sixth (1500m - 4:53.52) individually. Thanks to Deborah Drennan in assisting with the compilation of the results for the AMA championships.

The ANSW Dinner was held recently and some UTS Norths members were rewarded for their performances both on and off the track over the last season. Congratulations to:

- Suzanne Brown - Best master's athlete in the walks
- Marie Kay - Best master's athlete in the sprint's hurdles
- Marie Kay - Best master's athlete in the jumps
- David Archbold - Club administrator of the year (Previously held by Ron Bendall, showing that good administrators help to allow a club to achieve their best results)
- UTS Norths - Winner of the club premiership

Cheers,

Michael Stark

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North Star Editor

edatnorthstar@gmail.com