

UTS Northern Suburbs Athletic Club

2009-2010 Season
Awards Night

Point score winners Cross Country

U16 Girls ~ Libby Augustine

U18 Girls ~ Ruby Hackett

Open Women ~ Rebecca Gibbs

Masters Women 45+ ~ Deborah Drennan

Point score winners
Cross Country

U16 Boys ~ Ruairidh MacDonald

Masters Men 45+ ~ Bradley Sharpe

Masters Men 55+ ~ Steve Ball

Masters Men 65+ ~ Geoff Francis

Point score winners
Club Premiership

U17 Women ~ Eliza Cepak

U20 Women ~ Tracey Morton

Open Women ~ Danielle Cotterill

Masters Women 35+ ~ Jackie Bezuidenhout

Masters Women 50+ ~ Deborah Drennan

Point score winners Club Premiership

U17 Men ~ Myalls Paterson

U20 Men ~ Lewis Clark

Open Men ~ Michael Stark

Masters Men 35+ ~ Tim McGrath

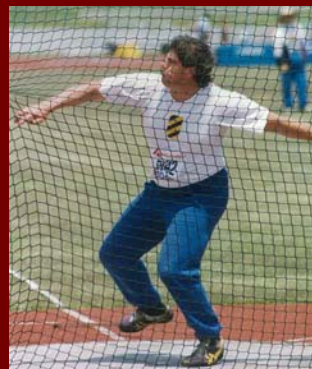
Masters Men 50+ ~ Mark Cepak

Guest Speaker
Stuart Gyngell

1986 Commonwealth
Games Bronze Medalist in
shot put - 17.70m

2009 M45 world leading
best in shot put - 18.12m

U20 Shot Put Club Record
set in 1983 - 15.94m



Most Improved U16 Female

Elizabeth Clay



Most Improved U16 Male

Will Richardson





Most Improved U18 Female

Fran Schmiede



Most Improved U18 Male

Ruairidh MacDonald

Most Improved U20 Female

Anneliese Rubie



Most Improved U20 Male

Lewis Clark





Most Improved in Field Events

Eliza Cepak

Most Improved Sprinter

Lewis Clark





Most Improved Middle Distance Runner

Tristan Garrett



Most Improved Distance Athlete

Lara Nicod



Best Performance @ SOPAC

Karlie Morton

Cross Country Runner of the Year

Ruairidh MacDonald





Masters Athlete of the Year

Marie Kay



Club Person of the Year

Alex Godbold



Coach of the Year

Penny Gillies



Encouragement Award

Myalls Paterson



Nominees
Athlete
closest
to
international
standard



Jack Pross Award
for the athlete
closest to
international
standard

James Gurr

Thank you for
the great images

David Tarbotton
Janet Naylor
Michael Stark
Member contributions