

## 2008/09 Trophy and Point Score winners

### TROPHIES

TROPHY	AWARD TITLE	WINNER
Margaret Wrigley	Most Improved Field Events	Romi Arnott
Jennifer Lamy	Most Improved Sprints	Phoebe Davies
Sargeant Sports	Most Improved Middle Distance	Frazer Dowling
Nancy Lloyd	Most Improved Distance	Nick Bromley
WJ Treloar	Most Improved U20 Male	James Dooley
Ray Land	Most Improved U18 Male	Josh Hall
John Hanman	Most Improved U16 Male	Ciaan Perera
John Suters	Most Improved U20 Female	Larissa Pasternatsky
Ruth Frith	Most Improved U18 Female	Phoebe Davies
Ray Frith	Most Improved U16 Female	Eliza Cepak
Wayne Lever	Encouragement	Lewis Clark
Peter Lucas	SAC Best Performance	Karlie Morton
Maccabi Trophy	Cross Country Runner of Year	Eliza Stewart
Gloria Seymon	Veteran Athlete of the Year	Mary Fien
Mike Poirrier	Best Club Person	Frazer Dowling
Jennifer Jaye	Coach of the Year	Ron Bendall
Jack Pross Award	Athlete Closest to International Standard	Nick Bromley

### TRACK & FIELD and CROSS COUNTRY POINTS SCORE

AWARD	WINNER	AWARD	WINNER
<b>Club Premiership</b>		<b>Cross Country</b>	
Under 17 Female	Eliza Cepak	Open Female	Eliza Stewart
Under 20 Female	Romi Arnott	Junior Female	Rebekah Cormack
Open Female	Rene Vandenberg	Masters Female	Sue Rilen
Masters Female	Jackie Bezuidenhout		
Under 17 Male	Myalls Paterson	Open Male	Matt Rando
Under 20 Male	Oliver Holland	Junior Male	Edward Trippas
Open Male	Michael Stark	Masters 45+ Male	Brad Sharpe
Masters Male	Mark Cepak	Masters 55+ Male	David Archbold
<b>Northern Zone</b>		<b>West Metropolitan</b>	
Under 14 Female	Elizabeth Cepak	<b>Short Distance</b>	
Under 18 Female	Jessica Bonser	Open Female	Renee Vandenberg
30+ Female	Melissa Bonser	50+ Female	Jillian Senior
40+ Female	Suzanne Brown	<b>Middle Distance</b>	
50+ Female	Jillian Senior	65+ Male	Ron Wills
Open Male	Michael Stark	<b>Long Distance</b>	
45+ Male	Mark Cepak	Under 20 Female	Rebekah Cormack
50+ Male	Doug Barrett		

**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.

**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.

**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.

**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.

**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.

**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.

**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.

**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.

**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.

**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.

**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.

**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.

**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.

**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.

**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.

**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.

**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.