

# 2018-2019 Presentation Night Results

## Age Champion Awards –

These awards are based on the athlete's best four event results each week. To be eligible an athlete must attend a minimum of 8 weeks in the competition season. These weeks can include Pentathlon and Relay Day.

### Female:

#### U14

First: Alannah Harrap

#### U16

First: Clio Knight  
Second: Rebekah Egan  
Third: Brianna Pullen

#### U18

First: Sarah Egan  
Second: Clare McCormack

#### U20

First: Anthea Knight  
Second: Zoe Smith

#### Open

First: Gabby Knight  
Second: Lisa McInerney  
Third: Sophie Buckley

#### 40+

First: Karen Hill

#### 50+

First: Therese Knight  
Second: Debbie Jones  
Third: Tracey Howse

#### 60+

First: Fay Pearce  
Second: Janet Crocos

### Male:

#### U14

First: Elias Knight  
Second: Joseph Hill  
Third: Nelson Bowey

#### U16

First: Oliver Smith  
Second: Corey Harrap  
Third: Rhys Thorpe

#### U18

First: Declan Pearce

#### U20

First: Ryan Blackwell

#### Open

First: Tim Hinds  
Second: Simon Crocos

#### 40+

First: Conwae Knight  
Second: Kevin Muller  
Third: Derek Bowey

#### 50+

First: Gavin Smith  
Second: Kevin Jones

#### 60+

First: Des Rees

#### 70+

First: William Pearce  
Second: Dennis Baker  
Third: Robert Lindley

#### 80+

First: Francis Scurr

## HANDICAP EVENTS (MARCH 2<sup>ND</sup>)

### JAVELIN - Closest to pin

- 1<sup>st</sup> – Gabby Knight
- 2<sup>nd</sup> – Alizah Rollings
- 3<sup>rd</sup> – Conwae Knight

### DISCUS – Closest to pin

- 1<sup>st</sup> – Gabby Knight
- 2<sup>nd</sup> – Clio Knight
- 3<sup>rd</sup> – Dennis Baker

### LONG JUMP – Closest to pin

- 1<sup>st</sup> – Aiden Hill
- 2<sup>nd</sup> – Joe Hill
- 3<sup>rd</sup> – Karen Hill

### 3000M HANDICAP

- 1<sup>st</sup> - Emma Aldrich
- 2<sup>nd</sup> – Simon Crocos
- 3<sup>rd</sup> – Joe Hill

### 400M HANDICAP

- 1<sup>st</sup> – Kath Howse
- 2<sup>nd</sup> – Clare McCormack
- 3<sup>rd</sup> – Simon Crocos

## Coaches Awards:

This year's winner of the Greg Simpsons Coaching award goes to someone who has been committed to their training sessions and an active member of the club here at competition nights. We have seen an impressive improvement in their performances over the year in both club competitions as well away at events such as Country Champs in Bendigo this year.

The winner of this award goes to.... **Ryan Blackwell**

BILL TO PRESENT – Winner: **Kevin Muller**

KATHERINE TO PRESENT - Winner: **Brianna Pullen**

### **Pentathlon Championships:**

This year our pentathlon was held on Tuesday 4<sup>th</sup> December, where our members competed in 5 events with all points being scored from Open IAAF scoring. This event requires an athlete to be gifted over a variety of events.

<b>Male:</b>	1 <sup>st</sup>	Ryan Blackwell	2150
	2 <sup>nd</sup>	Flynn Eriksson	2111
	3 <sup>rd</sup>	Nelson Bowey	1694

<b>Female:</b>	1 <sup>st</sup>	Sarah Egan	2030
	2 <sup>nd</sup>	Anthea Knight	1828
	3 <sup>rd</sup>	Clio Knight	1806

### **10000m Championship:**

This year we held our 10,000m championship on Tuesday 20<sup>th</sup> November here at the track. Although weather was not nice to us on the night having torrential down pour in the early stages of the race, a great competition was had. This award is open to members only and the winners are.....

<b>Male:</b>	1 <sup>st</sup>	Alex Race-Stelling	35.53.11
	2 <sup>nd</sup>	Kevin Muller	36.53.24
	3 <sup>rd</sup>	Rhys Thorpe	42.36.17

<b>Female:</b>	1 <sup>st</sup>	Callista Race-Stelling	42.58.20
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### **Veronica Foard Wodonga Gift:**

This year's Veronica Foard Wodonga gift was ran on the 12<sup>th</sup> February, with a starting line up of 12 competitors. The weather was a bit a changeable, but the event went ahead, with the eventual winner, long time club member Lisa McInerney, with great performances from Tim Hinds & Brianna Pullen.

	1 <sup>st</sup>	Lisa McInerney
	2 <sup>nd</sup>	Tim Hinds
	3 <sup>rd</sup>	Brianna Pullen

## **Therapeutic Massage 60m Championship**

15 competitors lined up for this year's 60m Championship, we did things a little differently this year with results being announced tonight. And the winners are.....

### **Male:**

First:	Alex Colgan
Second:	Simon Crocos
Third:	Elias Knight

### **Female:**

1 <sup>st</sup>	Hannah Thornber
2 <sup>nd</sup>	Brianna Pullen
3 <sup>rd</sup>	Janet Crocos

### **Throws Champion:**

This year's winner of the throws award has competed regularly in all 4 throws at club events as well as representing the club at country championships with a total distance of 108.68metres with performances of...

Hammer Throw: 40.49m

Shot Put: 11.66m

Discus: 23.08m

Javelin: 33.45m

For the second year in a row.... The winner is..... **CLARE MCCORMACK**

### **Jumps Champion:**

This year's winner was a close call between two athletes with distances being so close that results were run through IAAF points scoring to help determine a winner.

This person has regularly competed in all 3 jumps at club events as well as country championships with a total distance of 15.76m with performances of...

10.00m in the triple jump

4.36m in the long Jump

1.40m in the high Jump

The winner is..... **SARAH EGAN**

## Distance Award: **Kevin Muller**

- BILL WILL PRESENT AWARD

## Most Improved Female: Clio Knight

This year's winner of the Most Improved Female award goes to an athlete that has seen an improvement across the board. With 100% attendance to track competition, this athlete has had 26 personal bests for the season. With improvements of over 2 minutes in the 1500m, and 62cms in the triple jump with the biggest improvement we have seen for the season being her discus with an improvement of a huge

11.1metres, the winner goes to..... **CLIO KNIGHT**

## Most Improved Male:

The winner of this years Most Improved Male Award was highly contested between two athletes.

Both participants completing 100% attendance at track meets and having over 65 Personal bests between them. It was a hard task to separate them.

This athlete improved greatly in their Hammer Throw, improving by a huge 8.79metres and an improvement in long jump by 1.1metres. Having 34 Personal best performances for the season, the winner of this award goes to.....**ELIAS KNIGHT**

## Multi Champion:

To be eligible for this award, an athlete must attend for a minimum of 8 out of 16 normal competition weeks and complete at least 10 of the 12 events. These events are 100m, 200m, 400m, 800m, 1500m, 3000m, high jump, long jump, triple jump, javelin, discus and shot put.

Scores are based on IAAF scoring. A person's highest and lowest points scores will not be included.

This is one of the of the most prestigious awards that our club has to offer, because it requires persistence, dedication and constant improvement

<b>Male:</b>	1 <sup>st</sup>	Nelson Bowey	5128
	2 <sup>nd</sup>	Ryan Blackwell	4934
	3 <sup>rd</sup>	Gavin Smith	4879
<b>Female:</b>	1 <sup>st</sup>	Janet Crocos	5113
	2 <sup>nd</sup>	Clio Knight	4871
	3 <sup>rd</sup>	Sarah Egan	4825

## Club Champions –

The Club Champion award is available to club members in the U16 and above age groups only.

The athletes best 10 weeks of points are calculated, with the 1% of points earned for the Multi Award score added. As well as additional points for medals in countries and state events.

This year's winners were very close.....

Male:	Ryan Blackwell	219.34
Runner Up:	Gavin Smith	209.79
Female:	Janet Crocos	229.13
Runner Up:	Clio Knight	212.41

### **Don Chambers Award:**

This year we asked the committee to vote for someone in the 40+ and up age groups, who was community minded, an inspiration to others to better themselves, friendly and approachable, a great encouragement to others and have a sound knowledge of athletics as a sport.

This person shows great commitment to the club and ensures that new members are always welcome.

They demonstrate great sportsmanship & competes regularly each week at track competitions, as well as doing a great deal of work behind the scenes to help the club.

She is all round nice human being.

This year's winner of the Don Chambers Award goes to..... **FAY PEARCE**

## **Club Person of the year:**

Club person of the year is an important award because these people are the life blood of our club. A club person arrives early to set up and is still here when packing away. They compete fiercely in events but always encourage others and praise great performances.

This year's winner has done all of these, plus competing in 100% of events offered by the club. They have achieved some remarkable personal bests of the season and has attempted many events for the first time.

Some of the things mentioned about this athlete in the nomination process were:

"Each time this athlete competes, they do so in a very humble way and demonstrates great sportsmanship."

"They certainly have grown in confidence with all the different aspects of athletics"

"They are always very friendly, which is reflected in the way they greet, encourages and cheer on other athletes"

This year's winner embodies the spirit of his idol Steve Prefontaine.

The winner is..... **TIM HINDS**