

# Sandringham Athletic Club Inc.



## 93<sup>nd</sup> Annual Report



2022 – 2023

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*\*Cover photo: State Relays, 4x100m Open Men and Women*

*Back row – Dhruv Rodrigues Chico, Ash Liyanaarachchi, Sam Clark, Luke Stevens*

*Front row – Kundali*

*Anna Plessinger,*

*Powell, Abbey Francis,  
Lizzie Dingeldei*



## *OFFICE BEARERS 2022/2023*

<b>PRESIDENT</b>	Ruby Holten
<b>VICE PRESIDENT</b>	Vacant
<b>HON SECRETARY</b>	Elizabeth Dingeldei
<b>HON TREASURER</b>	Greg Scerri
<b>REGISTRAR</b>	Kathy Tanojevic (Team Manager)
<b>GENERAL COMMITTEE</b>	Jo Linford – Duty Roster and Events Aaron Wood – Grants and Sponsorship Tim O’Shaughnessy – Winter and distance Priscilla Smith-Bizzotto – Events and Rec running Penny FitzGerald
<b>GROUND MANAGERS</b>	Greg Scerri and Ruby Holten
<b>SUMMER TEAM MANAGER</b>	Kathy Tanojevic
<b>WINTER TEAM MANAGER</b>	Tim O’Shaughnessy
<b>CLUB DELEGATES</b>	Ruby Holten, Jo Linford, Kathy Tanojevic
<b>S E REGION DELEGATE:</b>	Michael Lindstrom
<b>RECORDS OFFICER</b>	Kathy Tanojevic



## ***HONORARY LIFE MEMBERS***

### **SWAAC (Sandringham Women's Amateur Athletic Club) \* Deceased**

* Mrs E McBeth	1968	* Mrs L Caskey	1977	Mrs A Hale	1981
* Mrs J Smith	1970	* Mrs J Joslin	1977	*Mrs M Saunders	1983
* Mrs R Perrett	1970	* Mrs D Walke	1977		

### **SAC Inc (Sandringham Athletic Club Inc) \* Deceased**

* RSW Bingham	1935	G V Page	1976	A DeNardis	1994
* J Best	1936	MD Baird	1977	* J Whybrow	1994
* W Thurgood	1936	B Burston	1977	N J Emblin	1994
* W B Marston OBE	1936	* L G Smith	1978	J M Isaac	1996
* R Bear	1938	D B Bleazby	1978	J E. Isaac	1996
* H R Pritchard	1938	* K G Bottomley	1979	J Linfoord	1996
* J Clay	1940	* A L Morrison	1981	C Woodruff	2001
* J Campbell	1941	* F L Saunders	1982	I Morehouse	2007
* DF Bell OAM	1942	* F P Canny	1984	E Rees	2008
* SCG McConnell	1952	*A Hale	1984	C Morehouse	2008
* H J McWaters	1958	* K Hollins	1985	J Reyes	2009
K A McConnell	1961	* L K Williamson	1986	J Lewis	2011
* A J Stevens	1964	N McLennan	1986	T Lewis	2011
L R Boyd OAM	1964	I Alexander	1987	T Morehouse	2014
* C J Batchelor	1966	* J Bowles	1987	N Baltas	2014
* A F Alexander	1967	M Hale	1987	D Hunt	2015
* R D Baird	1973	J Sheehan	1988	B King	2017
B F Murphy	1974	*J Morrison	1989	R Holten	2019
*V McFarlane	1975	D Cash	1991	M Lindstrom	2020
J Kneen	1976	D Appleby	1991		

## ***SERVICE AWARDS***

### **\* Deceased**

N Emblin	1987	* J Whybrow	1988	* D Grinsted	2000
T Boyle	1987	* P Tyler	1989	P Mews	2000
J Holper	1987	* M Shilston	1989	M Woodruff	2002
D Appleby	1987	E Crane	1989	S Laidlaw	2002
E DeNardis	1987	J Isaac	1989	I Morehouse	2005
J O'Neil	1987	R D Shilston	1992		
G Nicholson	1987	D Chugg	1992		
J Sheehan	1987	J E Isaac	1992		
A Boyd	1988	* J Whybrow	1993		
M Byrne	1988	A Constable	1996		
R Zubin	1988	N Baltas	2000		



## *PRESIDENT'S REPORT*

The 93rd year of the Sandringham Athletic Club did not disappoint! The club and members alike experienced great growth and success. Our athletes posted personal bests, achieved goals and displayed great club spirit along the way.



As a committee we've continued to work year-round in the background to ensure the club continues moving forward and has strong foundations for the future generations. Several members are stepping down from their committee roles this year due to work and family commitments, so I would like to thank each of them for the time invested into operating this club: Priscilla Smith-Bizzotto, Jo Linford, Aaron Wood and Lizzie Dingeldei.

Special thanks to **Jo Linford**, who took on the role of AV duty coordinator for several seasons, ensuring Sandringham met its requirements set out by AV. Jo has been an SAC general committee member for 8 years now, and contributed greatly over this time. As a life member and coach, Jo is a wonderful source of knowledge, and has provided great support to everyone on the committee.

Special thanks also to **Lizzie Dingeldei**, who has been a committee member for 5 years, including the last 3 years as the club secretary. Lizzie (along with Aaron) navigated the club through the COVID guidelines from the government, assisted in bringing the strategic plan to life, and was a great point of contact for the little athletics club during the past season.

There have been a lot of fabulous performances in recent months that Kathy covers in the Summer Track & Field Report on [page 19](#). The 2022 Cross Country report is also on [page 17](#) thanks to Tim O'Shaughnessy.

If you believe you have broken a club record that is not listed on [page 28](#) please refer to the [Record Policy](#) on our website to submit a review. We encourage everyone to send your photos and results to our social media pages throughout the season to help us celebrate everyone; whether it's from training, a great photo you like, a new PB, or a club record - we want to know!



## Membership

Last year I wrote about starting to rebuild our membership in the post-COVID era and areas of focus for growth... Pleasingly, we can report that we had a massive jump in our membership numbers. From 126 in the 21/22 season to **171** in the 22/23 season. This is our second highest recorded membership total in our current data collection (back to 2006). The huge jump has come entirely from athlete memberships, with **143** registered athletes, up from 99 the year before, the highest number of registered athletes we have on record (back to 2006).



We will continue to support our members and break down barriers that may prevent people from participating in athletics, ensuring everyone feels comfortable and welcome at our club. Full membership list and data can be found on [page 36](#).



## Coaches

I still firmly believe that coaches are the backbone of any club and that a lot of the membership growth discussed above can be attributed to the outstanding coaching team at Sandringham. I would like to thank all of our coaches for the time and energy they invest into our athletes, it does not go unnoticed. We've also had a number of new coaches join the club in the past season, and we are very grateful for their contributions to the club and the expertise they bring to Sandringham.

For more on our 22/23 coaches, see Cathy Woodruff's report ([page 8](#)).

## Venue Development

Our next major development is focused around the pole vault area. We have received consent from the Bayside council to develop the spare sandpit at the 200m mark into a permanent pole vault set up. Having a dedicated PV set up at the club will give all athletes the opportunity to try a new event, our multi-event and PV athletes can base all their training at one location (reducing travel expenses) and the club can assist in developing a new cohort of athletes for the future. The club will be fundraising to help cover some of these costs, stay tuned for more information on how to donate to this project!

We are continuing to work towards a lighting upgrade also, and thanks to David from the Bayside council we have a new pathway forward. The club is engaging a specialist lighting engineer to determine the appropriate design needed. Once the plans are drawn up the Bayside council will assist with community consultation, and seek funding from various sources including government grants as this will cost a substantial amount of money.

Thanks to the efforts of Tom Morehouse, Cathy Woodruff and Henry Smith, we've been gradually updating equipment in the gym. This has been a work in progress, so we thank all athletes for their patience as we continue trying to develop the best facilities for Team Sandy!

### **Thank You**

Thank you to everyone for their support and engagement over the past 12 months. I value the time people give to our club, the ideas you share with committee members, and the camaraderie you share with each other. Thank you also to everyone who has volunteered throughout the season. Volunteers are the backbone of athletics, and our club thrives on contributions made by members willing to donate their time to our club and sport.



There are a number of different ways you can get involved with the club, not just at the track. If you would like to contribute behind the scenes there are a number of roles and tasks that would greatly benefit the club, such as creating social media content, AV duty roster coordinator, club records manager, assistance in opening and closing the track for bookings, or writing the newsletters... if you have an idea of how you would like to contribute, we would love to hear from you!

If you have any questions or concerns, I encourage you to get in touch with myself or another committee member. We are here to help and ensure that our club remains a positive place for all members to benefit from. Congratulations all on another great season at the Sandringham Athletic Club.

**Ruby Holten**  
*President*

## COACHING REPORT 2022/23

It has been fantastic being back at Sandringham without interruption since February (2022) We have gradually added to and improved the equipment in the gym meaning that most training can take place at the track.

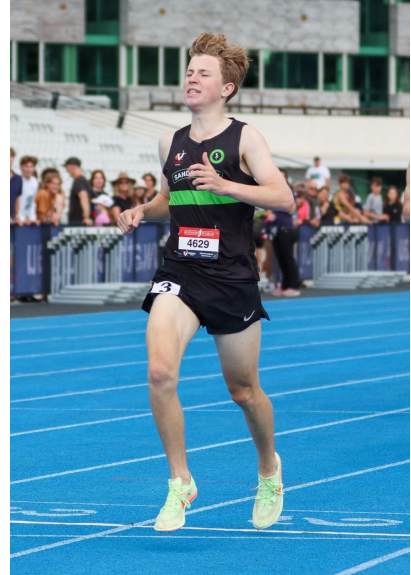
Sandringham is fortunate to have a team of quality coaches who cover most athletic events. We are prepared to collaborate (especially for multi eventers) if necessary and there is occasional movement of an athlete from one coach to another without rancour.

The main aim of any coaching structure is to provide the best possible environment for athletes to develop and improve regardless of ability. Of course we congratulate the athletes and their coaches who achieve medals at State or National level or selection to teams but personal best achievements or other goals are also important.

I have observed the various groups at training and whilst training can be a bit of a slog at times the athletes have good camaraderie with each other and their coaches. And there is good camaraderie between coaches and a willingness to share ideas. Enjoying what you are doing is an essential part of training for individual goals.

### **Cathy Woodruff**

*Senior Coach & SAC Life Member*



**Our coaching team (in no particular order):**

**Dale Stevenson, Matt Horneman and Peter Fitzgerald** are all experienced coaches who have added to our coaching pool over the past 12 months. It has been great to see some overseas and interstate athletes joining and using Sandringham as their base.

**Rob Stevens** is another welcome addition to our coaching pool who has commenced coaching at Sandringham in the past 12-18 months. He coaches sprinters and horizontal jumps and has had great success at State and National level.





**Kevin Prendergast** (Level 5) coaches 400m/400m hurdles and middle distance and would like to expand his squad this year. He is a Level 5 coach with extensive experience and knowledge and will take referrals from school age to adult.

**Tim O'Shaughnessy** (Level 4) has a large group of steeple chase and middle distance athletes who have had considerable success at a state and national level. He will accept individual referrals.

**Tom Morehouse** (Level 3) is an experienced coach with a small group of sprinters who compete at both Amateur and VAL. He has had good success in both those arenas this season. He will consider additions to his squad.

**Priscilla Bizzotto-Smith** (Level 2 Sprints & Strength and Conditioning) has a group of emerging sprinters of all ages. Her athletes showed regular improvement throughout the season, which resulted in great success at States and some National qualifications.

**Tom O'Connor** (Level 3 Sprints and Horizontal Jumps) Tom is an excellent emerging coach who had some good results at State and National level. He is keen to expand his squad at Sandringham and will take referrals from athletes over 15 years of age.

**Clodagh Grogan** (Level 2 advanced) Clodagh has a small group of talented and emerging sprinters up to 400m. They have performed well at State, National level and VAL this season.

**Liam Tully** and **Polina Galkina** have been coaching High Jump with some success. Both these coaches will take personal referrals.

**Jo Linford** (Level 4 throws) and Nick Baltas (javelin) are both coaching small squads with considerable success at state and national level. Jo will take referrals from athletes of all ages and Nick will take referrals by arrangement.

**Kim Mulhall** (Level 3 throws) will take referrals for athletes over 14 years of age and will organise suitable training times with each individual. Prefers one on one coaching.

**Nick Baltas** (Level 2 Javelin) Nick has established a good javelin squad that has had good success this season. Nick is available to coach by arrangement.

**Cathy Woodruff** (Level 5 Sprints and Horizontal Jumps) has a good group of sprinters and jumpers. She has had some success at State and National level and also VAL this season. Her squad is currently full although she is happy to take referrals for placement within the coaching team.



## ***TREASURER'S REPORT***

FOR THE YEAR ENDED 31st MARCH 2023

This last year has been the first time in three years that our club has been able to function in full flight with no COVID-19 interruptions and our new track.

The club has continued in a positive financial trajectory with growth in many areas.

I am happy to report that the club had 189 school/other bookings this year that produced the bulk of our revenue and a sizable increase in our membership.

To attend to the increase of school usage I would like to thank all the Sandringham Athletic Club volunteers, coaches that selflessly gave up their time to help the community realise their athletic events.

Our total cash held in the bank for the period ending 31st March 2023 is \$257990.00 which \$214766.00 has been put into a fixed bank deposit and separated from our trading accounts.

This amount held in trust by our club is a reflection of the hard work over the 93 years by many hard working members, family members, and supporters of the club.

Our plant and equipment has also grown by \$12000.00 (gym equipment, new hurdles etc.)

With a host of sponsors including Hodges Real-estate and Bendigo Bank (Highett), I am looking forward to their community support and partnership that will make Athletics a flagship event in Bayside.

**Gregory Scerri**



*Treasurer*

\*The following Financial Statements were prepared and audited by LS Accountants.



## *OFFICIALS REPORT*

This season returned to a more regular routine commencing with the winter cross country and relay team events and it was good to see a small band of Sandy athletes competing regularly with the support of family, friends and coaches.

The summer season was structured differently with a number of events held prior to the Xmas break mainly due to the packed calendar post January including the World Cross country championships and of course the Vic State Championships. The AV Shield “final” was reclassified and staged over 2 rounds from which the champion clubs were decided and to also determine the promotion / relegation teams.

Not sure this concept was fully supported as there was a noticeable drop off in attendance by athletes – Sandringham was not immune to the low level of support but a hardy and regular attendance by a few made for some friendly banter as there should be at this level.

Thank you to those that supported the AV events throughout both winter and summer seasons. As mentioned previously, the events need the full support and participation across all levels to make it easier to run the events and provide the best opportunity for our athletes to perform their best on the day so please keep up the support and don't be afraid to jump in and help out if there are gaps.

There are real opportunities to get involved as Officials in whatever capacity you can and with the Commonwealth Games in a few years, there is a great opportunity to share the stage with some of the best Australian athletes and the best of the Commonwealth so don't miss an opportunity right here on your doorstep. You will be more than welcome.

To my fellow Sandy officials David Cash (Walk events and Field) and Thomas Mogensen (Field events and the Technical Officials/equipment role at Championship events) thanks for your ongoing support to Athletics and representing Sandringham through the local AV season.

**Michael Lindstrom**  
*AV Official & SAC Life Member*



Tom Tanojevic, Roy Boyd, Michael Lindstrom and Bev Boyd at the opening of the new track.

## CROSS COUNTRY 2022 – WINTER REPORT

After an absence of many years Sandringham Athletic Club entered teams in the Men's and Women's Open Competition of the AV Cross Country season with the aim to try and have a pathway for our junior runners and move up the divisions in the Senior Competition. We know that this will not happen overnight, but progress was certainly made in 2022.

Will Garbelotto was appointed Cross Country Captain for 2022 and did a terrific job in creating enthusiasm and direction around the Sandringham Athletic Club Cross Country team.



As a club we had quite a few successes with the Open Men's team winning the relays at Jells Park, St Anne's (Ekiden relays) and finishing second at the Tan Relays. Our U20 Boys team were First in the Ekiden relays at St Anne and our Under 16 Boys had a first 14.4 km at St Anne's winery.

The U20 Girls finished 3rd at both Jells Park relays and St Anne's. They then finished the season with a first at the Tan relays. U18 Girls were 3rd at St Anne's and 2nd at the Tan Relays.



Open Men: Will Garbelotto, Ben Gibson, Tom Bartels, James Falloon, Rory Sizer

Open Women: Katinka Von Elsner-Wellstead, Sophie Coughlin, Molly Rieger.

Junior Boys: Matt Holdich, Josh Macaulay, John Goodwin, Ollie Hilditch

Junior Girls: Orla Shackcloth, Sienna Rowe, Coco Bourke, Bianca Croucher, Lucy Polkinghorne, Amber Louw, Caitlin Woods, Louisa Lazar, Sophie Bolmat, Monique Goldsworthy, Livie Da Costa -Alves, Mia Davies, Serena Lee, Charlotte Garbelotto.

Thank you to all the parents who helped with duties, Kathy Tanojevic for her admin work and Ruby Holten and the committee for their total support.

Season 2023 is looking good with already a number of new athletes committing to the season.

**Tim O Shaughnessy**  
XC Team Coordinator



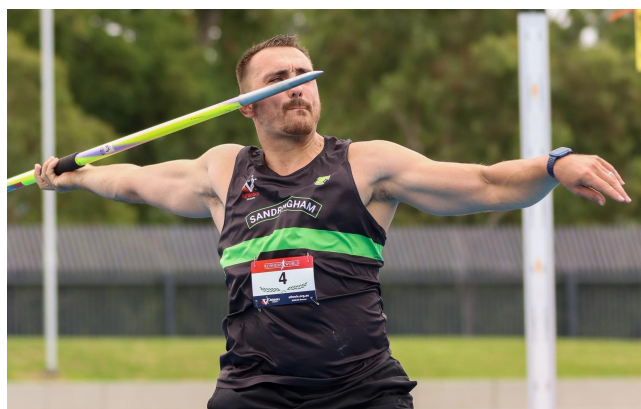
## SUMMER TRACK & FIELD REPORT 22/23

We had 145 registered athletes (75 male, 70 Female) this year, an increase of 43 athletes from last season.

We had 47 register for weekly shield competition with another 16 who paid and competed as week to week at shield, being a total of 63 athletes, but on average we had 19 athletes compete per week, so while our athletes had good results, the numbers competing at AVSL let us down which reflects in our end of season result, finishing last in Division 2. We will now be relegated to Division 3.

Along with the weekly AV shield competitions, we have seen 40 of our athletes competing at High Velocity meets (sprints, hurdles, horizontal jumps), Milers Club (distance running), AV Throwing meets (Asst throwing events), giving athletes lots of options for competition in their desired events over the season. It is great to see so many athletes competing at various events.

Over the summer season we had some incredible standout results. Jess Milat has gone from strength to strength competing in weekly meets, HV and other comps and it reflects in her times that she has lowered significantly in the 100m and 200m. Jess also broke numerous Club records and scored World Junior qualifying\* times when competing at Nationals U20 and breaking more Club records. Well done to Jess and coach Cathy Woodruff for their solid work over the season.



Michal Burian has qualified for the Para World Champs in the Javelin which are being held in Paris later this year. I can't wait to see how he goes following his success in the last overseas competition. A big congratulations also to his coach, Nick Baltas for all his hard work with Michal.

Dhruv Rodrigues Chico worked away quietly also competing at weekly comps and moved his way up from the B 100m and 200m at the Adelaide Invitational to taking out the Silver medal at Brisbane Nationals with a blizzing 10.21s time and placing 5<sup>th</sup> in Australia on 20.99s in the 200m. Well done to Dhruv and coach Tom Morehouse.

A highlight from State Relays was our Open Men relay team blasting the old 4x100m club record set back in 1992 in both the heat and final. Well done to Sam C, Ash L, Luke S and Dhruv RC.

Mia Scerri had another scorching season, jumping a massive 6.27m in long jump at the Maurie Plant Meet (previously Melbourne Track Classic), which has qualified her for the World Uni Games in China this year. Mia scored another World Uni's qualifier and PB in the Heptathlon at Nationals with 5537 points. They are also World Junior qualifiers\*. Mia also took out individual club records in Long Jump and Shot Put. Mia's outstanding performance at Nationals in the Heptathlon won her the U20 Australian Title. Congrats to Mia and all her coaches, including our own Sandy coaches Rob Stevens, and Dale Stevenson.



Thank you to all our parents and athletes who did their club duty this season at Shield, Cross Country and States. We ask that everyone do their duty over the season, so we are not penalised as a club and so duty is evenly spread for everyone. Without helpers, events cannot be run. You also get your duty levy back when you do your allocated duty and can earn \$50 doing extra duties!! If you do two duties you get \$100 back so you can work to pay towards your membership.

A solid season for all our athletes and we look forward to seeing you all back refreshed for next season. We have an amazing bunch of athletes of all levels. I encourage you to all join in no matter what level you compete at. See you all back for Shield early October.

I would also like to mention and thank our fantastic Sandringham coaches who give up so much of their time. What a great bunch you all are and we are so privileged to have you working with our athletes here at Sandringham.

A big thanks also to our committee who are all volunteers and put in a lot of background work to ensure we have a great club that runs smoothly.

Lastly don't forget to mark the last weekend in November for **Victorian relays** on your calendar. We would love to have maximum teams to compete in all age groups male and female. We will confirm a date once AV releases the season calendar!

Kathy Tanojevic  
**Summer Team Manager/Registrar**

*\*Updated world junior qualifying times and qualification period for 2024 yet to be published*

Full results for the season can be found further in this booklet. Below are the athletes who competed over the summer season at Shield, High Velocity, Milers and Throwers Comps.

### **Open Men and Masters**

AVSL - Aaron Wood, Tom Tanojevic, Chris Williams, Dhruv Rodrigues Chico, Kipp Wilson, Nick Dyson, Jackson Sweet, Stuart Cafarella, Azman Kalitzki, Sam Clark, Anthony Holohan, Gary Wilson

HV- Sam Clarke, Fraser Paull, Toby Plant, Liam Tully, Jackson Sweet, Tom Tanojevic, Rueben Wandera

AV Throwers – Michal Burian

BH Burn – James Fallon

### **U20 Men**

AVSL - Julian Horsey, Adam Giannellis

HV – Heath Fulton

AV Throwers – Jack Mogensen

### **U18 Men**

AVSL - Tom O'Rourke, Heath Fulton, Ethan Weiss,

HV – Heath Fulton, Liam Auchetti, Tom O'Rourke

Milers – Hamish Donohue,

### **U16 Men**

Leopold Reeve, John Goodwin, Arki Butler, Oliver Conrad, Archie O'Rourke, Ben Seers, Jake Lahood,

HV – Ben Seers, Archie O'Rourke

Milers – John Goodwin, Austin Fernando

### **U14 Men**

Maximillian Reeve, William Tan, Freddie Barrett Judd, Mitchell Carney

Milers – Freddie Jarret Judd, Ned Skinner

### **Open Woman and Masters**

Rachel Barrett, Paaniz Hasseini, Lizzie Dingeldei, Kundali Powell, Abbey Francis, Vani Meadows, Dee Holohan, Briony McKenzie, Polina Galkina

HV – Anna Plessinger, Lizzie Dingeldei, Kundali Powell, Audrey Kyriacou

### **U18 Women**

Millie Williams, Abigail McMaster, Jess Milat, Zoe Bilsborough, Amelia Spenceley, Nicole Vassileiff, Mia Scerri, Fleur Berry, Ameya Sommer-Allie, Mattie Kremers deBoer, Abi Bolmat, Sophie Wilcock

HV – Jess Milat, Mia Scerri, Sophie Wilcock, Amelia Spenceley, Abigail McMaster

AV Throwers – Abi Bolmat, Sophie Wilcock, Ameya Sommer-Allie, Abigail McMaster

### **U20 Women**

AVSL & HV - Abbey Francis

### **U16 Women**

Tacy Kremers de Boer, Isabelle Furber, Orla Shackcloth, Faith Little, Hannah Mackay, Amy FitzGerald, Charli Sullivan, Charli Ceglar, Daisy Nousis, Hayley Auden

HV – Charli Sullivan, Faith Little, Amy FitzGerald, Charli Ceglar, Hayley Auden

Milers – Olivia Da Costa Alves

**U14 Women** Vegas Henry, Cecelia "Cessy" Clissold Milers – Cecilia "Cessy" Clissold, Emily Davis



## VAL REPORT



During the 2022-23 season, many Sandringham athletes competed in 'Pro Running' to supplement their club competition. Pro running is a handicapped form of athletics, predominantly run on grass tracks in regional Victorian towns. The governing body of Pro Running is the Victorian Athletic League and it was formed in Stawell in 1895.

Professional foot running is the oldest recognised sport in Australia and is steeped in tradition. A major appeal of professional foot-running is that the athlete travels to a variety of country towns they wouldn't normally visit and enjoys the ability to enter

multiple events for the chance to earn prize money or a sash. The athlete also competes in front of a large contingent of the local community in a carnival like atmosphere - an atmosphere where the athlete is enticed to improve.

The nature of the handicap format encourages athletes of all abilities and ages to compete. It provides intense racing, with all athletes in contention to make semi-finals or finals. A number of Sandringham athletes enjoyed competing at the local Beachside Gift in Mentone including Orla Shackcloth, Tom O'Rourke, Jess Milat, Rosanna Pugh, Coco Bourke, Olivia da Costa-Alves and Jackson Sweet.

Our athletes who competed in the Victorian Athletic League throughout the season included Steve Coulson, Luke Stevens, Fraser Paull, Hannah Lindstrom, Kirrily Burnett, Abbey Francis and Lizzie Dingeldei.

With a number of Sandringham athletes winning sashes during the season:

**Ruby Holten:** Stawell Athletic Club Womens 70m

**Dhruv Rodrigues Chico:** Stawell Backmarkers Invitational 120m

**Amelia Spenceley:** Geelong U18 Girls 100m

**Ash Liyanaarachchi:** Frankston Open 400m

**Ben Seers:** Beachside U18 Boys 300m



# **CHAMPIONSHIPS RESULTS**

Compiled by Kathy Tanojevic, Team Manager

## **Oceania Track & Field Championships MacKay, QLD June 2022**

### **Gold Medal**

Mia Scerri U20 Heptathlon 5480 points **MR**  
(100mH (84cm) 14.99s, HJ 1.70m, SP 4kg 12.39m, 200 25.59s, LJ 6.12m, Jav 600g 36.65m, 800 2:23:87)

## **Australian Track & Field Championships Open & U20**

### **Brisbane 30<sup>th</sup> March – 2<sup>nd</sup> April 2023**

### **Gold Medals**

Michal Burian Open Javelin PA 63.22m **WPAQ**  
Jess Milat U20 200m 23.26s **CR WJQ\***  
Mia Scerri U20 Heptathlon 5537 points **CR WJQ\* WUGQ**  
(100mH (84cm) 14.61s **PB**, HJ 1.71m, SP 4kg 13.08m **CR**, 200 25.56s, LJ 5.92m, Jav 600g 35.91m, 800 2:22:28)

### **Silver Medals**

Dhruv Rodrigues Chico Open 100m 10.21s **CR**  
Jess Milat U20 100m 11.51s **CR WJQ**

### **Bronze Medals**

Nora Monie Open Discus 57.16m

### **Other results**

Nick Dyson Open Discus 4th  
Dhruv Rodrigues Chico Open 200m 6th  
Liam Tully Open High Jump 7th  
Rosanna Pugh U20 3000m Steeple 7th  
Audrey Kyriacou Open Long Jump 8th  
Jackson Sweet Open TJ 11th  
Anna Plessinger Open 400m 12th  
Kundali Powell Open 400m Hurdles 15th  
Anna Plessinger Open 200m Qual 20th

## **Australian Track and Field Juniors Brisbane April 2023**

### **Gold**

Austin Fernando U17 800m 1:54.81 **CR**  
Austin Fernando U17 4 x 400m relay 3.16.94  
Jake Lahood U16 Javelin 52.61m  
Amy FitzGerald U16 Triple Jump 11.96m **CR**  
Amy FitzGerald U16 Long Jump 5.77m  
Leopold Reeve U17 PA 1500m 4.43.47

### **Silver**

Dorothy Du U17 High Jump 1.69m

**Bronze**

Leopold Reeve	U17	PA 400m	64.28s
Charli Sullivan	U16	200m Hurdles	29.10s <b>CR</b> (Heat & Final)
Charli Sullivan	U16	90m Hurdles	12.97s <b>CR</b>
Charli Sullivan	U16	4 x 100m relay	47.56s
Austin Fernando	U17	400m	49.04s

**Other results**

Leopold Reeve	U17	PA 800m	2:22.13	4 <sup>th</sup>
Amy Fitzgerald	U16	90m Hurdles	13.11	5 <sup>th</sup> <b>CR</b> (H 13.01)
Hamish Donahue	U18	800m	1:55.19	6 <sup>th</sup> <b>CR</b> (H 1:52.77)
Orla Shackcloth	U17	2000m Steeple	7:15.06	6 <sup>th</sup>
Ben Seers	U18	400m	49.88	7 <sup>th</sup> (H 49.43)
Matthew Holdich	U17	2000m Steeple	6:25.24	7 <sup>th</sup>
Charli Sullivan	U16	100m	12.41	8 <sup>th</sup> (H 12.15w)
Hamish Donohue	U18	1500m	3:59.52	11 <sup>th</sup>
Arki Butler	U16	High Jump	1.65m	13 <sup>th</sup>
Abigail McMaster	U18	Discus	35.45m	15 <sup>th</sup>
Freddy Judd Barrett	U14	1500m	4:59.05	15 <sup>th</sup>
Matthew Holdich	U17	3000m	9:20.54	20 <sup>th</sup>
Sienna Rowe	U16	800m	2:22.75	21 <sup>st</sup>
Orla Shackcloth	U17	1500m	4:54.10	22 <sup>nd</sup>

**Australian Masters Track & Field Championships**

Vani Meadows	W50	60m	<b>Bronze</b>	8.95
Vani Meadows	W50	100m	5 <sup>th</sup>	14.58
Vani Meadows	W180+	4x100m relay	5 <sup>th</sup>	59.76

**New Zealand Track & Field Championships 3<sup>rd</sup> – 5<sup>th</sup> March 2023****Gold**

Lauren Bruce	Open	Hammer	67.83m <b>CR</b>
Dhruv Rodrigues Chico	Open	200m	21.10s

**Silver**

Dhruv Rodrigues Chico	Open	100m	10.31s
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**Australian All Schools South Australia 9<sup>th</sup> – 11<sup>th</sup> December 2023****Gold Medals**

Amy FitzGerald	U15	Long Jump	5.65m
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**Silver Medal**

Leopold Reeve	U17P	PA 800m	2:26.92
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**Bronze Medal**

Abi Bolmat	U17	Javelin	40.85m <b>CR</b>
Austin Fernando	U16	4 x 400m relay	3:43.45
Amy FitzGerald	U15	Triple Jump	11.76m

**Top 8 Placings**

Tacy Kremers, Leopold Reeve, Charli Sullivan, Amy FitzGerald

**Adelaide Invitational 11<sup>th</sup> February 2023**

Dhruv Rodrigues Chico	100m B	1 <sup>st</sup>	10.57s
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Dhruv Rodrigues Chico	200m B	1 <sup>st</sup>	21.19s
Nora Monie	Discus	4 <sup>th</sup>	53.07m
Jess Milat	100m	6 <sup>th</sup>	11.98s
Jess Milat	200m B	7 <sup>th</sup>	24.31s
Jackson Sweet	Triple Jump	7 <sup>th</sup>	14.14m

#### **Maurie Plant Meet 24<sup>th</sup> February 2023**

Nick Dyson	Discus	3 <sup>rd</sup>	52.49m <b>CR</b>
Lauren Bruce	Hammer	3 <sup>rd</sup>	65.45m <b>CR</b>
Mia Scerri	Long Jump	5 <sup>th</sup>	6.27m <b>CR</b>

#### **Sydney Track Classic 11<sup>th</sup> March 2023**

Dhruv Rodrigues Chico	100m B	1 <sup>st</sup>	10.37s <b>CR</b>
Lauren Bruce	Hammer	2 <sup>nd</sup>	67.34m
Mia Scerri	Long Jump	6 <sup>th</sup>	5.87m

#### **Brisbane Track Classic 25<sup>th</sup> March 2023**

Dhruv Rodrigues Chico	200m B	1 <sup>st</sup>	20.81s <b>CR</b>
Nick Dyson	Discus	4 <sup>th</sup>	51.91m
Nora Monie	Discus	3 <sup>rd</sup>	56.51m

#### **Victorian Track & Field Championships 24<sup>th</sup> – 26<sup>th</sup> February 2023 (Junior) and 3<sup>rd</sup> – 5<sup>th</sup> March 2023 (Senior) Lakeside Stadium**

##### **Gold Medals**

Nick Dyson	Open	Discus	52.06m
Audrey Kyriacou	Open	Long Jump	5.99m
Anna Plessinger	Open	400m	54.89s
Mia Scerri	Open	HJ	1.72m
Jess Milat	U20	100m	11.73s <b>CR</b>
Jess Milat	U20	200m	23.62s <b>CR</b>
Rosanna Pugh	U20	3000m	12:23.88m
Mia Scerri	U20	100H	14.51s
Mia Scerri	U20	Long Jump	5.93m
Hamish Donohue	U18	800m	1:56.81
Hamish Donohue	U18	1500m	3:59.52
Austin Fernando	U17	800m	1:56.04
Leopold Reeve	U17P	400m	1:06.86m
Leopold Reeve	U17P	800m	2:28.14m
Leopold Reeve	U17P	1500m	4:52.66m
Orla Shackcloth	U17	3000m	10:39.34
Orla Shackcloth	U17	2000m Steeple	7:09.75m
Dorothy Du	U17	High Jump	1.63m
Arki Butler	U16	High Jump	1.74m
Jake Lahood	U16	Javelin	45.38m
Charli Sullivan	U16	90m Hurdles	13.18s <b>CR</b>
Charli Sullivan	U16	200m Hurdles	29.99s
Amy FitzGerald	U16	Triple Jump	11.91m
Amy FitzGerald	U16	Long Jump	5.61m

##### **Silver Medals**

Michal Burian	Open	Javelin	62.00m <b>WPAQ</b>
Kimberley Mulhall	Open	Discus	42.98m
Tom O'Rourke	U20	400m	49.44s
Abi Bolmat	U18	Javelin	37.03m
Abi Bolmat	U18	Shot Put	13.50m
Austin Fernando	U17	400m	49.48s
Charli Sullivan	U16	100m	12.55s
Amy FitzGerald	U16	90m Hurdles	13.38

### **Bronze Medals**

Anna Plessinger	Open	200m	24.88s
Jackson Sweet	Open	Triple Jump	14.43m
Ashwin Singh	Open	200m AMB	29.35s
Jack Mogensen	U20	Javelin	52.43ms
Matthew Holdich	U17	2000m Steeple	6:18.23m
Daisy Nousis	U16	200m	26.23s
Sophie Wilcock	U18	Shot Put	12.33m

### **Top 8 Placings**

Amelia Spenceley, Zoe Bilsborough, Hannah Wilcock, Tom O'Rourke, Jack Dowel, Oliver Conrad, Archie O'Rourke, Mitchell Carney, Freddie Barrett Judd, Valentina Ljutic, Sienna Rowe, Cecilia Clissold, Ben Seers Matthew Holdich, Abigail McMaster, Millie Williams, Sophie Wilcock

## **Victorian Masters Track & Field Championships 11 – 12<sup>th</sup> February 2023**

### **Gold Medals**

Vani Meadows	W50-54	200m	32.22s
Rachel Barrett	W35-39	60m	8.99s
Rachel Barrett	W35-39	100m	14.31s
Rachel Barrett	W35-39	Shot Put	8.99m
Rachel Barrett	W35-39	Discus	27.76m
Rachel Barrett	W35-39	Weight Throw	8.03m
Rachel Barratt	W35-39	Hammer Throw	22.45m
Dee Holohan	W55-59	3000k Walk	20:11.21m
Dee Holohan	W55-59	1500m Walk	9:31.41m

### **Silver Medals**

Anthony Holohan	M55-59	Discus	28.44m
Vani Meadows	W50-54	60m	9.12s

### **Bronze Medals**

Vani Meadows	W50-54	100m	14.39s
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## **Victorian Country Championships 27<sup>th</sup> – 29<sup>th</sup> January 2023**

### **Gold Medals**

Audrey Kyriacou	Open	Long Jump	5.99m
Jess Milat	Open	100m	11.77s <b>CR</b>
Jess Milat	Open	200m	23.91s <b>CR</b>
Dee Holohan	50+	3000m walk	20:48.03m
Orla Shackcloth	U18	2000m Steeple	7:26.63

Jake Lahood	U16	Javelin	43.90m
Amy FitzGerald	U16	Long Jump	5.28m
Amy FitzGerald	U16	90m H	13.66s

### **Silver Medals**

Luke Stevens	Open	200m	21.94s
Michal Burian	Open	Javelin	58.97m
Anna Plessinger	Open	400m	46.37s
Anna Plessinger	Open	200m	25.14s
Vani Meadows	50+	200m	31.95s
Vani Meadows	50+	100m	15.07s
Dee Holohan	50+	Discus	18.57m
Dee Holohan	50+	Javelin	14.24m
Hamish Donohue	U18	1500m	4:09.77m
Amy FitzGerald	U16	Triple Jump	11.59m
Sienna Rowe	U16	2000m steeple	7:48.35

### **Bronze Medals**

Anthony Holohan	50+	Discus	27.64m
Jackson Sweet	Open	Triple Jump	14.47m
Matthew Holdich	U18	2000m Steeple	6:42.55m

### **Top 8 Placings**

Tom Tanojevic, Anthony Holohan, Amelia Spenceley, Sophie Wilcock, Kundali Powell, Matthew Holdich, Hannah Wilcock, Jackson Sweet

## **Victorian Relay Championships 26<sup>th</sup> November 2022, Box Hill**

### **Gold**

*Open Men 4 x 100*

Sam Clark, Luke Stevens, Ash Liyanaarachchi, Dhruv Rodrigues Chico 40.68 **CR**

*U18 Men 4 x 400*

Liam Auchetl, Ben Seers, Austin Fernando, Tom O'Rourke 3:26.52

*U16 Women 4 x 100*

Amy FitzGerald, Faith Little, Hannah Mackay, Charli Sullivan 48.94

### **Bronze**

*Open Women 4 x 100m*

Abbey Francis, Lizzie Dingeldei, Kundali Powell, Anna Plessinger 47.63

*Open Women Medley (200/200/400/800)*

Abbey Francis, Lizzie Dingeldei, Anna Plessinger, Orla Shackcloth 4:09.35

### **4th Place**

*U18 Women 4 x 100m*

Ameya Sommers-Allier, Fleur Berry, Nicole Vassileiff, Amelia Spenceley 52.97

*U18 Women 4 x 800*

Coco Burke, Bianca Croucher, Lucy Polkinghorne, Molly Reiger 10:17.40

**5th Place**

*U16 Women Medley*

Faith Little, Charli Sullivan, Cecilia Clissold, Orla Shackcloth 4:22.99

*U18 Men 4 x 100*

Ben Seers, Heath Fulton, Liam Auchetti, Tom O'Rourke 43.91

**6th Place**

*U18 Women 4 x 400m*

Ameya Sommer-Allie, Milly Williams, Bianca Croucher, Lucy Polkinghorne 4:22.35

**7th Place**

*U16 Women 4 x 400m*

Charli Sullivan, Orla Shackcloth, Cecelia Clissold, Faith Little 4:31.03

**8th Place**

*U16 Men Medley*

Mitchel Carny, Oliver Conrad, Matthew Holdich, Freddie Barrett-Judd 4:24.44

*U16 Men 4 x 400m*

Henry Ainley, Freddie Barret Judd, Leopold Reeve, Matthew Holdich 4:25.76

*U18 Women Medley*

Ameya Sommer Allie, Amelia Spenceley, Millie Williams, Bianca Croucher 4:29.89

**9th Place**

*Open Men Medley*

Kipp Wilson, Rory Szer, Ben Horsey, Julian Horsey 3:53.11

- CR Club record
- MR Meet/championship record
- VC Victorian record
- WJQ World Junior Qualifier
- WR World Record
- OQ Oceania Qualifier
- WUGQ World Uni Games Qualifier
- WPAQ World Para Athletics Qualifier



## ***CLUB RECORDS ESTABLISHED IN 2022/23***

### **Men**

Open	Nick Dyson	Discus	52.49m	22/02/23	Geelong
Open	Dhruv Rodrigues Chico	100m	10.37s	11/03/23	Sydney
Open	Dhruv Rodrigues Chico	200m	20.81s	25/03/23	Brisbane
Open	Dhruv Rodrigues Chico	100m	10.21s	1/04/23	Brisbane
U18	Hamish Donohue	800m	1.52.77	14/04/23	Brisbane
U17	Austin Fernando	800m	1.54.81	15/04/23	Brisbane

### **Women**

Open	Lauren Bruce	Hammer	65.45m	23/02/23	Lakeside
Open	Lauren Bruce	Hammer	67.83m	3-5/03/23	Lakeside
U17	Abi Bolmat	Javelin	37.78m	9-11/12/2	Adelaide
U18	Abi Bolmat	Javelin	37.78m	9-11/12/22	Adelaide
U18	Mia Scerri	Shot put	12.64m	18/12/22	Townville
U19	Mia Scerri	Shot put	12.64m	18/12/22	Townsville
U18	Mia Scerri	Shot put	12.66m	15/01/23	ACT
U19	Mia Scerri	Shot put	12.66m	15/01/23	ACT
U20	Mia Scerri	Shot put	12.66m	15/01/23	ACT
U18	Mia Scerri	Long Jump	6.16m	14-15/01/23	ACT
U19	Mia Scerri	Long Jump	6.16m	14-15/01/23	ACT
U18	Mia Scerri	Long Jump	6.27m	23/02/23	Lakeside
U19	Mia Scerri	Long Jump	6.27m	23/02/23	Lakeside
U19	Mia Scerri	Shot put	13.08m	1-2/04/23	Brisbane
U20	Mia Scerri	Shot put	13.08m	1-2/04/23	Brisbane
U19	Jess Milat	100m	11.77s	27/01/23	Geelong
U19	Jess Milat	200m	23.91s	28/01/23	Geelong
U20	Jess Milat	200m	23.91s	28/01/23	Geelong
U19	Jess Milat	100m	11.73s	3-5/03/23	Lakeside
U19	Jess Milat	200m	23.62s	3-5/03/23	Lakeside
U19	Jess Milat	100m	11.65s	11/03/23	Geelong
U19	Jess Milat	100m	11.51s	30/03/23	Brisbane
U20	Jess Milat	100m	11.51s	30/03/23	Brisbane
U19	Jess Milat	200m	23.61s H	31/01/23	Brisbane
U20	Jess Milat	00m	23.61s	31/01/23	Brisbane
U19	Jess Milat	200m	23.26s F	31/03/23	Brisbane
U20	Jess Milat	200m	23.26s	1/04/23	Brisbane
=Open	Jess Milat	200m	23.26s	1/04/23	Brisbane
U16	Amy FitzGerald	Triple jump	11.91m	26/02/23	Lakeside
U16	Amy FitzGerald	90mH	13.01s	14/04/23	Brisbane
U16	Amy FitzGerald	Triple jump	11.97m	13/04/23	Brisbane
U16	Charli Sullivan	90m Hurdles	13.18s	26/02/23	Lakeside
U15	Charli Sullivan	200m H	29.15sH	13/04/23	Brisbane
U16	Charli Sullivan	200m Hurdles	29.15s	13/04/23	Brisbane
U15	Charli Sullivan	200m Hurdles	29.10s F	13/04/23	Brisbane
U16	Charli Sullivan	200m Hurdles	29.10s	13/04/23	Brisbane
U15	Charli Sullivan	90m Hurdles	12.97s	15/04/23	Brisbane
U16	Charli Sullivan	90m Hurdles	12.97s	15/04/23	Brisbane



### Multi Events

U19	Mia Scerri	Heptathlon	5419pts	17-18/12/22	Townsville
	(100H 14.80, HJ 1.69m, SP 12.64m, 200m 25.62s, LJ 6.24m, JT 31.06m, 800m 2.25.28m)				
U20	Mia Scerri	Heptathlon	5419pts	17-18/12/22	Townsville
	(100H 14.80, HJ 1.69m, SP 12.64m, 200m 25.62s, LJ 6.24m, JT 31.06m, 800m 2.25.28m)				
U19	Mia Scerri	Heptathlon	5537pts	1-2/04/23	Brisbane
	(100H 14.61, HJ 1.71m, SP 13.08m, 200m 25.56s, LJ 5.92m, JT 35.91m, 800m 2.28.28m)				
U20	Mia Scerri	Heptathlon	5537pts	1-2/04/23	Brisbane
	(100H 14.61, HJ 1.71m, SP 13.08m, 200m 25.56s, LJ 5.92m, JT 35.91m, 800m 2.28.28m)				

### Relays

Open	4 x 100 Men relay		41.07s	26/11/22	Box Hill
	Sam Clark	Asthika Liyanaarachchi			
	Luke Stevens	Dhruv Rodrigues Chico			
Open	4 x 100 Men relay		40.68s	26/11/22	Box Hill
	Sam Clark	Asthika Liyanaarachchi			
	Luke Stevens	Dhruv Rodrigues Chico			



## ***PERPETUAL TROPHIES - MEN***

**LAMB SMITH TROPHY** - Donated to the Club in 1951. Won by Mr Lamb Smith in 1871 for the Open Mile. A former Vice President of the Victorian Amateur Athletic Club, he died during the 1951-52 season. Presented for outstanding performance in the first team.

**W PRESSER SHIELD** - Donated by Mr William Presser. First presented in 1951-52, for the best performance in the second team.

**DON BELL TROPHY** - Presented by the club for the best performance in the third team. Don Bell was a Life Member, former president and a continuous active member of the Club since 1937. He held the Merit Award of the AAU and was a Life Member of Athletics Victoria and the Athletics Victoria Officials Club. In 1988 Athletics Victoria presented him with a 50 year Service Award. He was honoured in 1990 by being awarded the Medal of the Order of Australia (OAM) for "service to amateur athletics and the community". Don Bell died in July 2005.

**U20 MEN's TROPHY** - Purchased by Club in 2013 for Best Performance in U20's

**BART KRUYTBOSCH MEMORIAL TROPHY** - Funded by interest from a donation by Mr Kruytbosch. Bart competed in A and B Grade during the 1962/63 season and died in a car accident later in the year. Awarded for best performance in the first junior men's team but now awarded for best performance in the U18 team.

**HAROLD PRITCHARD CUP** - Presented by the Club for best performance in the second junior men's team. Harold joined the Club during our second season, was a Life Member and was President for ten years. The cup was presented in 1965 to the Club Champions in the Sandringham Relays, and was allocated to the junior teams in 1981 to preserve it as part of the Club. Harold died in 1988. Now given for U16 team

**BAIRD FAMILY TROPHY** - Donated by Ron and Malcolm Baird in 1986 for best performance in the third junior men's team. Ron was a committee member for several years, a regular official and Life Member. His son Mal represented Australia at the Olympic and Commonwealth Games, was the first Australian hurdler to break 14.0 seconds for the 110m hurdles, served on the Club committee and is a Life Member. Ron died in 1993. Now awarded best performance in U14.

**ELLSWORTH CUP** - Donated by Ellsworth Bros (Trophy Makers). First presented in 1951-52, it is for aggregate points in the first men's team.

**PETER TURNLEY MEMORIAL CUP** - For aggregate points in the second men's team. Provided by the Club in memory of a regular competitor, outstanding team man and active committee member who died during the 1952/53 season.

**JIM CLAY TROPHY** - Presented to the Club for aggregate points in the third men's team. Jim was a Life Member, former President, Secretary and Treasurer. He was a member of the committee from 1935 to 1955, and died in 1996.

**HALE FAMILY TROPHY** - Donated by Ann and Arthur Hale in 1986, for aggregate points in the fourth men's team. Arthur was an official and ground manager for many years. Ann served on the committee of the SWAAC and the SAC in a number of capacities. Both are Life Members. Michael Hale came to the club from Little Athletics, competed in most grades, served as team captain, team manager, committee member and President from 1984 -87, and is a Life Member. David and Gillian also competed for the men's and women's club.

**JEANETTE and JACK WHYBROW MEMORIAL TROPHY** - Purchased by the Club in 2013 for U20 Men's aggregate. Jeanette was Club Registrar and Committee member for 27 years and died in 2013. Jack acted as ground manager for many years. He died in 2008. They both contributed in many other ways to both SWAAC and SAC. Their daughter, Joanne, competed for the Club and is now a club coach. Their grandson, Josh Linford, is a current athlete.

**SAUNDERS FAMILY TROPHY** - Donated for first junior men's team aggregate by Life Members Mary and Lionel Saunders in 1986. Mary was President of the SWAAC and first secretary of the combined club. Lionel was secretary for 9 years while Marcus competed for Sandringham from the foundation year of Little Athletics through to A Grade. Linda competed with the SWAAC and held several junior records for the javelin. Lionel died in 2002. Now presented for aggregate in U18 team

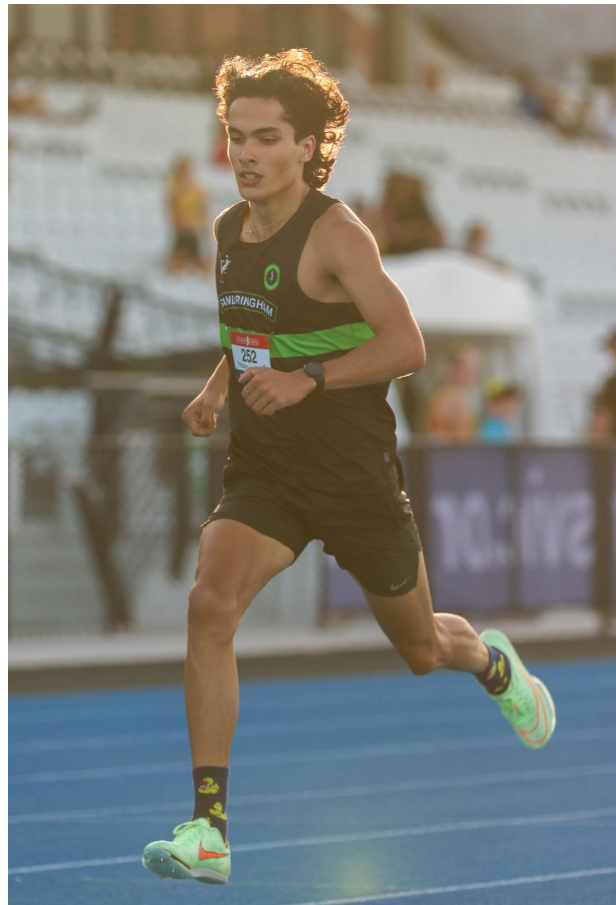
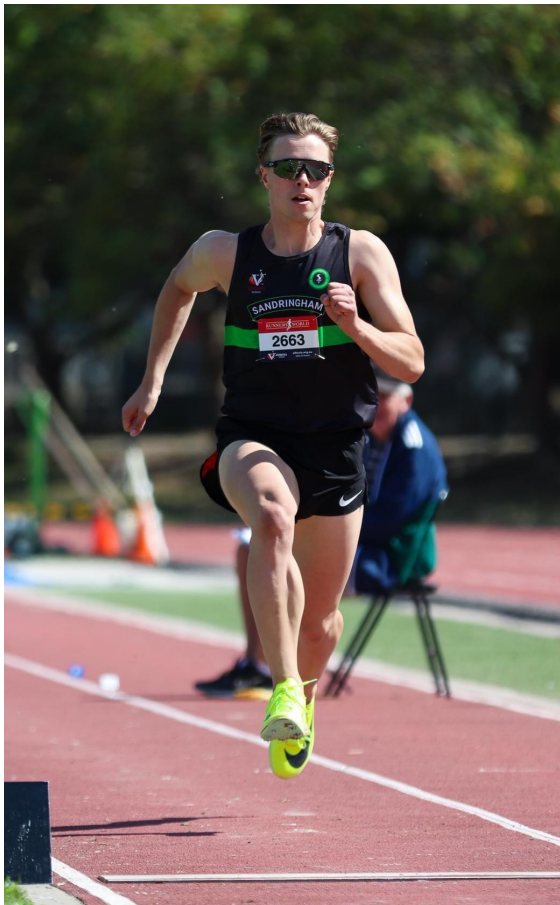
**HARRY McWATERS TROPHY** - Donated for second junior men's team aggregate by Harry in 1986, who competed for the club in A Grade, was secretary for ten years, President, Club Captain and Life Member. He is now deceased. Now presented for aggregate in U16 team

**SANDRINGHAM TROPHY** - U14 men's team aggregate.

**MIKE CLAPPER TROPHY** - Donated by Mike Clapper in 1998 when he moved Interstate for overall points in the men's competition. Mike was an all-round competitor and a very valuable points scorer in the seniors across several grades from 1987 to 1997. He acted as team manager for the senior men from 1988 to 1993 and from 1994 to 1997.

**C. J. BATCHELOR TROPHY** - Donated by John Batchelor, a Life Member who was Club treasurer from 1953-57. He competed for the club for about ten years, initially in A Grade but later as a walker. Presented for aggregate points by a male or female veteran athlete. John died in 1998.

**RENNIE PAGE MEMORIAL TROPHY** - Purchased in 2001 with a donation from Life Member, Malcolm Baird, He was an Olympic and Commonwealth Games representative. In 2005 the trophy was renamed the Rennie Page Memorial Trophy to honour the memory of Rennie Page who was tragically killed undertaking his duties as a Victorian Police Officer. Rennie still holds some records at the Sandringham Athletics Club and was very passionate about athletics and loved competing in relay events. The trophy is awarded for the most improved junior male



### ***PERPETUAL TROPHIES - WOMEN***

**SANGER CUP** - First presented in 1960-61 season for women's all-round Club Champion. Mr Sanger of Hampton coached the girls, and presented the Cup, which he won in another area of sport, to the club for use as a perpetual trophy. The Cup is now presented for best performance by a member of first women's team.

**BOWLES FAMILY SHIELD** - Donated in 1990 for best performance by a member of the second women's team. Jane Bowles was treasurer of the SWAAC for a number of years and was club secretary and Life Member of the SAC. Daughters Janet and Helen competed for the club, both captaining the women's team and holding several club records. Jane died in 1997.

**U20 WOMEN'S TROPHY** - Purchased by Club in 2013 for U20 best performance.

**COGGER CUP** - Donated in 1965 by Mr Cogger for women's all-round junior club champion and is now presented for best performance by an athlete on the U18 team. Mrs J. Cogger was a coach and committee member for several years.

**McBETH CUP** - First presented in 1968-69 for women's sub-junior champion and now presented for best performance by a member of the U16 junior team. Mrs E. McBeth was a founder member of the women's club and its President for twelve years. Her honours include AAU Merit Award, VAA Life Member, VWAA Associate Member and Service Award, and SWAAC Life Member. Replaced by Club in 2004. Emily died on 19 December 2004.

**THE CASKEY-WALKE TROPHY** - Donated by two SWAAC Life Members for Open Women's aggregate. Lena Caskey was a regular official and past committee member. Mrs Walke served as President for seven years and was coach for women's sprints and hurdles at National level. Lena died in 2002.

**SALLY McGRADY MEMORIAL CUP** - Presented by the Club for the U20 Women's aggregate. For many years, Sally was much loved coach, mentor and friend of so many members of the club. She died on 6th February 2013 from ovarian cancer.

**ROY BOYD TROPHY** - Presented by the club since 1987 for the U18 women's aggregate, in honour of Life Member Roy Boyd. Roy competed in A Grade in the 1950's and returned as a sprints and hurdles coach.

**SULLIVAN CUP** - Donated by Mr Phil Sullivan, father of former club member Caroline, in honour of her great grand-father Philip E Sullivan. Several other members of the Sullivan family have been connected with the Club. Presented for the U16 women's team aggregate.

**KEN BOTTOMLEY TROPHY** - Presented by the Club in memory of Ken, an official for over 25 years, Life Member and committee member from 1971-77. Father of John, Graeme and David who each competed for the club. Presented for U14 girl's aggregate.

**FRANK SAUNDERS SHIELD** - For most improved female athlete. Frank was coach of the women's club for more than ten years and groundsman for several. He died in 1967 and the shield was first presented in his memory in the 1972-73 season. Replaced by Club in 2004.

**ELWOOD-BRIGHTON TROPHY** – A \$ 100 donation by Mrs Peg Tyler on behalf of the disbanded Elwood Brighton club. The interest on the investment pays for a trophy each year to a senior female athlete for club spirit. Peg died on 18<sup>th</sup> February 2001.

**MAISIE McQUISTON TROPHY** - A \$100 donation by Mrs McQuiston on behalf of VWAAA. The interest on the investment pays for a trophy to a junior female athlete for club spirit.



***PERPETUAL TROPHIES - CROSS-COUNTRY***

**JOHN STUART MEMORIAL** - Donated in 1957 by Mr Frank McMahon, a club member, for senior men's cross-country, in memory of a member of CYMS who trained with and participated in club activities.

**SID GREGORY TROPHY** - First presented in 1959-60 for junior men's cross-country. Sid was a competitor in the early 1950's.

**ALAN ALEXANDER TROPHY** - Donated for sub-junior cross-country by Alan Alexander in 1963. Alan was a Life Member and active in the 1960's. The current trophy was purchased in 1973 to replace the original lost in 1970.

## ***PERPETUAL TROPHY WINNERS 2022/23***

### **Cross Country 2022**

#### **Winter Men**

John Stuart Memorial	Senior Winter	Will Garbelotto
Sid Gregory Cup	Sr M. improved	Tom Bartels
Alan Alexander Trophy	Sub Junior Winter	Matt Holdich

#### **Winter – Woman**

Senior Woman performance	Bianca Croucher
Senior Woman spirit award	Rosanna Pugh
Sub junior Women performance	Orla Shackcloth
Junior Women spirit award	Monique Goldsworthy

### **AV Shield 2022-2023**

#### **Aggregate – Men**

Ellsworth Cup	Division 1	Tom Tanojevic	10,689 pts
Peter Turnley Trophy	Division 2	No winner	
Mike Clapper Senior Men Trophy	Overall Senior	Tom Tanojevic	10,689 pts
C J Batchelor Trophy	Division 1 40 +	Anthony Holohan	4,416 pts
Jeanette & Jack Whybrow Memorial Cup	Under 20	Adam Giannellis	2,501 pts
Saunders Family Cup	Under 18	Tom O'Rourke	4,448 pts
Harry McWaters Trophy	Under 16	Oliver Conrad	9,221 pts
Sandringham Trophy	Under 14	Mitchell Carney	1,099 pts

#### **Aggregate – Women**

Caskey-Walke Trophy	Division 1	Rachel Barrett	7,542 pts
Sandringham 40+ Award	Division 1 40+	Dee Holohan	6,793 pts
Sally McGrady Memorial Cup	Under 20	No Winner	
Roy Boyd Trophy	Under 18	Abigail McMaster	10,930 pts
Sullivan Cup	Under 16	Charli Sullivan	6,714 pts
Ken Bottomley Memorial	Under 14	Cecilia Clissold	1,920 pts

#### **Best Performance – Men**

Lamb Smith Trophy	Division 1	Dhruv Rodrigues Chico	100m	546 pts
U20 Best performance Trophy	Under 20	Jack Mogensen	Jav	502 pts
Bart Kruytbosch Trophy	Under 18	Hamish Donohue	800m	545 pts
Harold Pritchard Cup	Under 16	Jake Lahood	Jav	526 pt
Baird Family Trophy	Under 14	Freddy Barrett Judd	1500	455 pts

#### **Best Performance – Women**

Sanger Cup	Division 1	Lauren Bruce	Ham.	554 pt
U20 Best Performance Trophy	Under 20	No Winner		
Cogger Cup	Under 18	Jess Milat	200m	565 pts
McBeth Trophy	Under 16	Amy Fitzgerald	TJ	548 pts
U14 Trophy	Under 14	Cecilia Clissold	800m	464 pts

Note: Aggregate Awards – Athlete who scores the most points awarded as per AV Shield season. Best Performances – individual result at AV or National season event with the highest score based on AV shield points table over the full athletic season.

### Other Awards

Sandringham – Most improved Senior Male	Jackson Sweet	Triple Jump
Frank Saunders Shield – Most Improved female	Mia Scerri	Long Jump
Rennie page Memorial– Most improved Junior Male	Ben Seers	400m
Senior Men Club Spirit Award	Michal Burian	
Elwood- Brighton Award – Senior Woman Club Spirit	Kundali Powell	
Maisie McQuiston Award – Junior Woman Club Spirit	Millie Williams	

**Sandringham Sports Physio - Extra Mile Award** Greg Scerri

**Committee Award – Gift from committee** Jared Denton

**Life Membership Nomination** Kathy Tanojevic

### Gold Medallists Victorian Relays

#### Gold Batons Engraved

##### 4 x 100 Open Men

Sam Clark, Luke Stevens, Asthika Liyanaarachchi, Dhruv Rodrigues Chico 40.68 **CR**

##### 4 x 400 U18 Men

Liam Auchetti, Ben Seers, heath Fulton, Tom O'Rourke 3:26.52

##### 4 x 100 U16 Women

Amy Fitzgerald, Faith Little, Hannah Mackay, Charli Sullivan 48.94





## *MEMBERS 2022/23*

Abbott, Paul	Davies, Mia	Horneman, Matthew	Morehouse, Carl	Smith, Henry
Ainley, Henry	Davies, Emily	Horsey, Julian	Mouratch, Daniel	Smith-Bizzotto, Priscilla
Angus, Alexander	Dean, Michael	Horsey, Ben	Mulhall, Kimberley	Sommer-Allie, Ameya
Auchetl, Liam	Denton, Jared	Hosseini, Paaniz	Nousis, Daisy	Spenceley, Amelia
Auden, Hayley	Dingeldei, Elizabeth	Hutchins, Bruce	O'Connor, Tom	Stevens, Luke
Auden, Lachlan	Donohue, Hamish	Jackson, Sophie	O'Rourke, Tom	Stevens, Robert
Baltas, Nick	Dowel, Jack	Kalitzki, Azmain	O'Rourke, Archie	Stevenson, Dale
Barbour, Olivia	Du, Dorothy	Killey, Zara	O'Shaughnessy, Timothy	Steyn, Martin
Barrett, Rachel	Dyson, Nicholas	Kneen, John	Ooi, Steven	Sullivan, Charli
Barrett-Judd, Freddie	Dziura, Daniel	Kremers de Boer, Mattie	Paull, Fraser	Sweet, Jackson
Bartal, Oliver	Edmond, Jasmin	Kremers de Boer, Tacy	Pietrosanto, Alex	Sydnor, Kiyani
Bartels, Thomas	Fallon, James	Kyriacou, Audrey	Plant, Toby	Szer, Rory
Berry, Fleur	Fernando, Austin	Lahood, Jake	Plessinger, Anna	Tan, William
Bilsborough, Zoe	Fitzgerald, Peter	Lazar, Louisa	Polkinghorne, Lucy	Tanojevic, Tom
Bolmat, Abi	FitzGerald, Amy	Lewis-Manou, Tamsyn	Powell, Kundali	Tanojevic, Kathy
Bolmat, Sophie	FitzGerald, Penny	Lindstrom, Michael	Prendergast, Kevin	Tully, Liam
Bourke, Coco	Francis, Abbey	Linford, Joanne	Pugh, Rosanna	Vassileff, Nicole
Boyd, Roy	Fulton, Heath	Little, Faith	Reeve, Maximilian	Von Elsner-Wellstead, Katinka
Bruce, Lauren	Furber, Isabelle	Liyanaarachchi, Asthika	Reeve, Leopold	Wandera, Reuben
Burian, Michal	Galkina, Polina	Ljusic, Valentina	Reeve, Jonathan	Weiss, Ethan
Butler, Arki	Garbelotto, Charlotte	Louw, Amber	Reiger, Molly	White, Alyssa
Cafarella, Stuart	Garbelotto, William	Lugo, Rupert	Ring, Jake	Wilcock, Sophie
Carney, Mitchell	Giannellis, Adam	Macauley, Josh	Robertson, Hamish	Wilcock, Hannah
Ceglar, Charli	Gibson, Benjamin	Mackay, Hannah	Rodrigues Chico, Dhruv	Williams, Millie
Churilov, Benjamin	Goldsworthy, Monique	McAllister, Louise	Rowe, Sienna	Williams, Chris
Churilov, Anthony	Goodwin, John	McGrady, Danny	Russo, Olivia	Wilson, Gary
Clark, Sam	Grogan, Clodagh	Mckenzie, Briony	Ryan, Pauline	Wilson, Kipp
Clissold, Cecilia 'Cessy'	Hasker, Lisa	McMaster, Abigail	Scerri, Mia	Wood, Aaron
Colman, Rory	Henry, Vegas	Meadows, Vani	Scerri, Bianca	Woodruff, Catherine
Conrad, Oliver	Hewitt, Aimee	Meagher, Stella	Scerri, Gregory	Woods, Caitlin
Coughlin, Sophie	Holdich, Matthew	Milat, Jessica	Seers, Benjamin	Wright, Lucas
Coulson, Steven	Holohan, Anthony	Mogensen, Thomas	Shackcloth, Orla	
Cripps, Jody	Holohan, Dee	Mogensen, Jack	Singh, Ashwin	
Croucher, Bianca	Holten, Ruby	Monie, Nora	Skinner, Ned	
da Costa-Alves, Olivia	Holten, Detsy	Morehouse, Thomas	Smith, Dylan	

### **MEMBERSHIP SUMMARY**

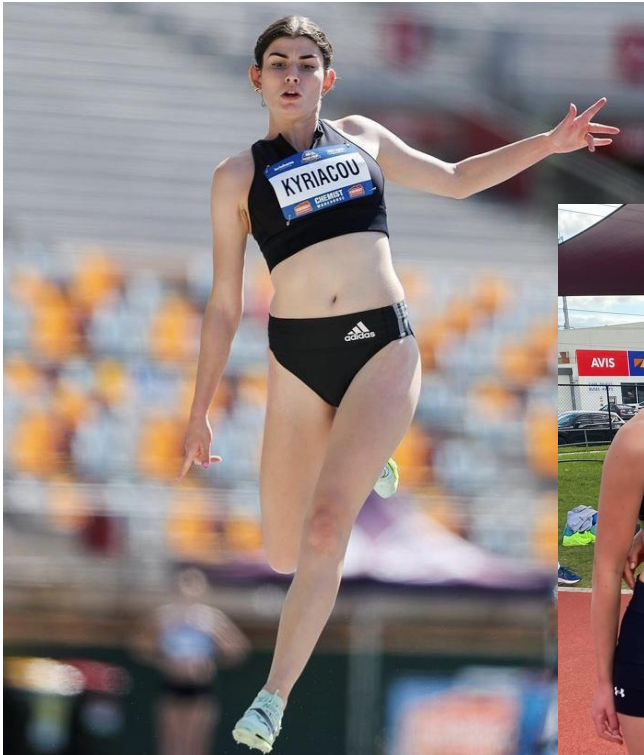
	06-7	07-8	08-9	09-10	10-11	11-12	12-13	13-14	14-15	15-16	16-17	17-18
<b>Athletes</b>	115	122	105	95	105	62	78	99	119	120	118	127
<b>Athlete/ Official</b>			1	3	1	1	2			1	2	1
<b>Athlete/ Coach</b>	2	2	2	3	2	1	3	3	3	6	13	5
<b>Officials</b>	6	6	6	9	6	8	6	5	4	8	5	5
<b>Coach/ Officials</b>	1	2	1		1		2			4	3	4
<b>Coaches</b>	6	7	6	9	6	8	9	11	11	10	12	18
<b>Social/ Assoc.</b>	3	6	4	7	4	4	2	5	3	2	4	5
<b>Rec Runner</b>											2	
<b>TOTAL</b>	<b>133</b>	<b>145</b>	<b>125</b>	<b>126</b>	<b>125</b>	<b>86</b>	<b>100</b>	<b>123</b>	<b>140</b>	<b>151</b>	<b>159</b>	<b>165</b>

	18-19	19-20	20-21	21-22	22-23
<b>Athletes</b>	129	120	109	99	143
<b>Athlete/Official</b>					
<b>Athlete/Coach</b>	13	12	5	3	2
<b>Officials</b>	3	3	4	4	3
<b>Coach/Officials</b>	5	3	2	1	1
<b>Coaches</b>	18	12	14	13	15
<b>Social/Assoc.</b>	6	6	4	5	7*
<b>Rec Runner</b>	2		1	1	
<b>TOTAL</b>	<b>176</b>	<b>156</b>	<b>139</b>	<b>126</b>	<b>171</b>

\*includes new Life Member category available on revSport portal

## PHOTO GALLERY









## *ACKNOWLEDGEMENTS*

The Sandringham Athletic Club would like to acknowledge the following people for their contribution and assistance throughout the 2022/23 season:

- The efforts of all the SAC athletes and members should be commended. You have all trained and competed with incredible club spirit.
- The **Bayside Council** for their continued assistance in developing the facilities, and commitment to athletics in Bayside. We are the only synthetic running track in our municipality and have continued to have a good working relationship with the council.
- **Athletics Victoria** and all their staff for putting on a full calendar of events, providing athletes with many options throughout the year, and being a constant support for our club members and administrators.
- **Sandringham Sports Medicine (SSP)** for another year of generous sponsorship and support of the club and our athletes. This long-term partnership is highly valued by the club.
- **Hodges Real Estate** and **Bendigo Bank Highett** for their continued support that has helped us with signage and important equipment upgrade throughout the season.
- **Detsy Holten**, for continuing to volunteer her time to the club by coordinating the track bookings and online calendar.
- **Ben Albrecht**, for assisting with removing debris from the track each week.



Community Bank  
Highett

**B** Bendigo Bank

