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Willinda Park, Greensborough
5 Nell Street



Diamond Valley
Athletic Club

*To encourage physical activity
and provide the opportunity
for people of all ages and
abilities to participate in a
range of athletic activities,
including athletic competition
at all levels.*

*DVAC (Diamond Valley
Athletics Club) aims to provide
a safe, inclusive, community
oriented and family friendly
environment to support all
members.*

AGENDA

Agenda AGM, followed by Reports.

- Welcome
- Apologies
- Minutes of the previous AGM held May 26th 2021
- Reports
 - President
 - Secretary
 - Treasurer
 - Registrar
 - Coaching
 - Operations
 - Cross Country
 - Track & Field
 - Other Reports
- Elections
 - President
 - Vice President
 - Treasurer
 - Secretary
 - Committee Members (6)
- Other Business
- Meeting Closure
- Supper



Diamond Valley
Athletic Club



President's Report

2022 - 2023

At Diamond Valley Athletics Club, we acknowledge and pay respect to the traditional custodians of the land we live and compete in, the Wurundjeri people of the Kulin nation. We continue to pay our respects to their Elders past, present and emerging and we are thankful for their continued contribution to our community.

PRESIDENT'S REPORT

Well, what a year! And it gives me immense pleasure to congratulate the whole club on becoming the AVSL (Athletics Victoria Shield League) Champions for 2022/23. This is an outstanding achievement by all involved everyone who scored a point, helped, coached, or assisted in anyway. This great club has been built off the back of many committed people who have poured their heart and soul into building it into what it is today. This includes Rob Wendel, Lyn Davis, Max Balchin, Greg Luck and Maryann Murray and others who have worked tirelessly over the years to create the wonderful inclusive club that we have that is now both high-performing but welcoming to all.

Aside from the great summer season there have been many other notable activities including the successful running of the Willinda Classic which we continue to hope to grow in the coming years making it a high-class event attracting both elite runners and those seeking PB's.

Our first medal in the XCR series for an open athlete from Diamond Valley with Shania Murray coming home second in Ballarat was a magnificent individual performance.

The club continues to work with Banyule Council for facilities but also as an Inclusive Club. Our club initiatives continue to bear fruit in this area with Para athletes continuing to give strong performances in Valley and representative shirts. The development of these athletes is not just seeing top level performances but hearing athletes say, "I ran 6km, I've never run 6km!" The club has an amazing atmosphere to welcome and include all who come, and the social development of many athletes is as warming as the athletic improvements.

A full rundown of performances is in the following pages of this report, so please review the amazing efforts of all in our club.

Our performances reflect a strong coaching group that has been built at our club. Now led by Matt Hall, as the coaching coordinator we hope to continue to grow our coaches' skills and knowledge and get together more regularly. Matt, aside from his personal performances, has attracted some new athletes to the club who themselves have shown great early performances in valley yellow and green.

Max Balchin has also been key in seeing over the athletic performance and making sure teams, club helpers and other key roles are filled. Whilst also monitoring the calendar of events, bringing multiple club events. Full reports on coaching and performance are contained within this report.

Our membership has continued to be strong on recovery since COVID, this is shown in our great shield performances where we often fielded the highest number of athletes which some years ago, we would never have expected. Our membership chart is shown below.



Lyn Davis continues to do an incredible job as our Registrar, often being the first point of contact for new athletes and making them feel welcome. Her report on our membership is contained below.

The committee has continued to oversee the club finances. This area, led by our long serving Treasurer Greg Luck, has seen us able to undertake significant investments to improve our club infrastructure and equipment. This has included a new timing clock and elliptical trainer partly funded by DVAC (Diamond Valley Athletics Club) with the remainder funded under an Athletics Victoria Grant. The club on its initiative has also purchased new throwing equipment to upgrade javelins, discuss and other items along with some repairs to the throwing cage to improve the safety of this until a new one is sourced with assistance from Banyule Council. The final major investment is in new pole vault equipment which will arrive in time for the start of the new season, this will enable our Pole Vaulters to get back to training in safety at our venue Willinda Park.

A grant was also obtained for us to in the coming season attract athletes who have financial barriers to competition. That allows the club to fund memberships for both our club and Athletics Victoria. We look forward to welcoming new member or assisting any current or former members who may benefit from this program.

Our budget position was helped by our long-term sponsors Optimal Health Lab, Leo Russel Sports, Running Coach Academy and Bendigo Community Bank Diamond Creek who were the major sponsors of the Willinda Classic.

The club's finances were also a gain by Michelle and Keith King, who did multiple fundraising events including our now annual Trivia Night. DVAC has continued to develop our relationship with DVLAC by continuing to run joint events which has seen Littles families attend our foodie nights and other events. With the focus on a club-wide coaching group, the relationship is

strong and will develop further with more initiatives including transitioning athletes between DVLAC and DVAC, coaching cooperation and joint events.

Through a year of success, the club worked through challenges including Melbourne's dreadful weather which closed our track for a period everyone has gone above and beyond.

I would like to thank all members of the committee for their service, many already mentioned but to mention those not yet. Sarah Gittens who continues to work with WPMC (Willinda Park Management Committee) and specifically delivering new kitchen facilities, Rick Clarke and Damien Clifford who have done multiple handyman jobs across our facility, Maryann Murray who works so hard delivering at every club event for food trophies and many things we don't see and finally Kirby Telford who has provided amazing administration support to us in the role as Secretary and who will now head up planning for the next Willinda Classic.

Finally, a thank you to Athletics Victoria who have provided the competitions we all compete in and love. It is also with great pride we can congratulate Rob Wendel who has served as President of Athletics Victoria this year.

So well done everyone at Diamond Valley on an amazing year and bring on 2023/24.

Matt Thompson

President





Diamond Valley
Athletic Club



Secretary's Report

2022 - 2023

SECRETARY'S REPORT

DVAC Committee: 2022/2023

President: **Matt Thompson**
Vice President: **Cyril Dixon (vacated)**
Treasurer: **Greg Luck**
Secretary: **Kirby Telford**
Registrar: **Lyn Davis**
General Committee: **Maryann Murray**
Sarah Gittens
Rob Wendel (Operations)
Matt Hall (Coaching)
Max Balchin (Competitions)
Seconded : **Rick Clarke**
Damien Clifford
Leigh Murphy (vacated)

Willinda Park Management Committee Representatives: **Rob Wendel, Lyal Douglas, Andrew Stirling** (Gym Manager)

Another season done and dusted, well done to all involved. I would like to take this opportunity to thank all those who have contributed their time and energy into making Diamond Valley the club that it is today. With special thanks to those who I was privileged enough to serve alongside on the Committee, **David Armstrong** for his unparalleled support of not just our club, but the broader 'Victorian Athletics' community at competition. Thank you to all the coaches, officials, club helpers, parents, and friends of the club, with whose support the club would not be in the position it is today.

May the 2023/24 season be as prosperous for you all as this season was.

Kirby Telford

Secretary



Diamond Valley
Athletic Club



Treasurer's Report

2022 - 2023

*'Overall a big spending but
sensible year'*

TREASURER'S REPORT

The 2022-2023 Financial year has ended, and we have had a very eventful 12 months with some big items of expenditure brought forward to benefit the track and field athletes.

After a few years of frugal spending the Committee made the decision to upgrade certain areas including a new Timing Clock, Discus/Hammer cage repairs and New Javelins purchased.

Also, we have committed \$12,000 to the upgrade of the Pole Vault-new top mat and new uprights which will take effect in the new fiscal year 2023-2024.

Total gross revenue for the year was \$35,284 and expenses totaled \$40,106 giving us a net loss of \$4,822.

Our fees paid to Willinda Club for track and field use as well as the gym increased from a Covid affected fee of \$472.50 per month to \$787.50 per month from July 2022.

Trophy expense totaled \$3,130 and we have increased our Budget for 2023-2024 to accommodate this larger expense.

Membership fees were our biggest source of income with a grand total of \$13,450, senior being \$9,200 and junior \$4,250.

We have not increased our membership fees for 2023-2024.

Fundraising had a very busy year with a Bunnings sausage sizzle, Trivia Night, Pie Drive, Christmas Party, Raffles and Foodie Nights netting us \$856. Splendid work here by Michelle King and her hard-working crew!

Uniforms and club merchandise were not big profit makers but provided a valuable way to get our name and the Diamond Valley brand out there into the community- a big thank you to Maryann Murray!

We received a State Government grant of \$5,000 for inclusion programs which we need to spend throughout 2023-2024 athletic year.

After a period of loosening the purse strings we may need to return to our frugal ways before the next "big spend"!

We are currently looking for our next 'Big Project' and would appreciate any latest ideas on big ticket items.

Overall, a big spending but sensible year for the Club financially and a highly successful year for both XCR and Summer Track and Field with the Club winning its first ever AVSL Premiership in fine style.

I am very much looking forward to repeating the dose in 2023-2024!

A big thank you to the Committee in this Premiership year for all your support.

Greg Luck

Treasurer

Profit and Loss Statement						
DVAC		18/19	19/20	20/21	21/22	22/23
Opening		\$ 52,018	\$ 49,027	\$ 45,068	\$ 49,197	\$ 49,676
In	Club fees	\$ 9,330	\$ 10,960	\$ 7,065	\$ 12,950	\$ 13,450
	Fundraising	\$ 2,244	\$ 3,299	\$ 2,277	\$ 5,815	\$ 10,246
	Other	\$ 1,044	\$ 650	\$ 3,620		
	Merchandise				\$ 305	\$ 197
		\$ 12,618	\$ 14,909	\$ 12,962	\$ 19,070	\$ 23,893
Out	Uniforms	\$ -	\$ 114		\$ 862	\$ 44
	Willinda Club	\$ 5,640	\$ 7,875	\$ 3,750	\$ 6,747	\$ 8,505
	Banyule					
	Merchandise	\$ 223				\$ 249
	Other	\$ 1,484	\$ 2,023		\$ 764	\$ 2,379
	Investments	\$ 5,035	\$ 5,703	\$ 2,571	\$ 7,197	\$ 11,755
	Trophies	\$ 1,679	\$ 2,059	\$ 1,166	\$ 1,808	\$ 3,130
	AV Fees	\$ 1,548	\$ 1,804	\$ 1,346	\$ 1,213	\$ 2,661
		\$ 15,609	\$ 19,578	\$ 8,833	\$ 18,591	\$ 28,723
Operating Surplus		-\$ 2,991	-\$ 4,669	\$ 4,129	\$ 479	-\$ 4,830
Closing		\$ 49,027	\$ 44,358	\$ 49,197	\$ 49,676	\$ 44,846







Diamond Valley
Athletic Club



Registrar's Report

2022 - 2023

*The club has enjoyed its largest
membership since 2018/19*

REGISTRAR'S REPORT

The Diamond Valley Athletic Club has enjoyed its largest membership since 2018/19, reaching a high of 207, of whom 151 were registered athletes with Athletics Victoria. The slight increase each year and even spread across gender and age groups reflects a positive trend.



There were 44 new competing members who registered with AV (Athletics Victoria) (22 women and 22 men). The NEW recruits entered all age groups, and it was promising to see that 22 entered W14, W16, M14, M16, a significant improvement on the previous couple of years. We did introduce initiatives to encourage membership such as:

- To offer DVLAC members a heavily reduced DVAC membership.
- To offer underage 1st time athletes a reduced DVAC membership. This was promoted at the local Secondary Schools Competition.

Age Group	Total	Newbies '22. & '23	Age Group	Total	Newbies '22. & '23
W14	10	6	M14	7	6
W16	16	6	M16	7	4
W18	15	3	M18	12	2
W20	5	1	M20	4	1
WOP	15	3	MOP	18	2
W40+	11	3	M40+	31	9
TOTAL	72	22 New	TOTAL	79	22 New

There were 29 athletes who did not re-register from Season 2021/22. Two of these were sprinters who transferred out of DVAC. Reasons for the others are varied and like other years e.g.:

- Left the area, relocated interstate or overseas.
- Time-poor with work, study and/or family commitments.
- Injury.
- Periods away with travel.

- 'Sampled' the sport for one year often following a family member or partner into the sport.
- Remained at DVAC but NOT AV competing.

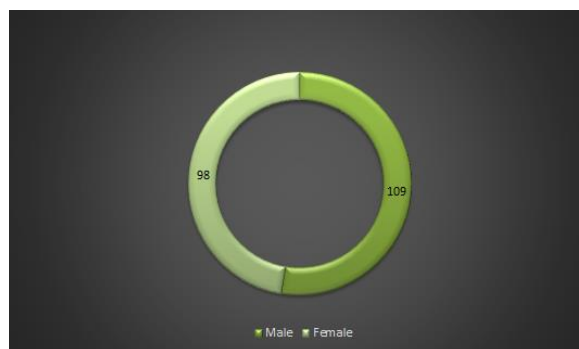
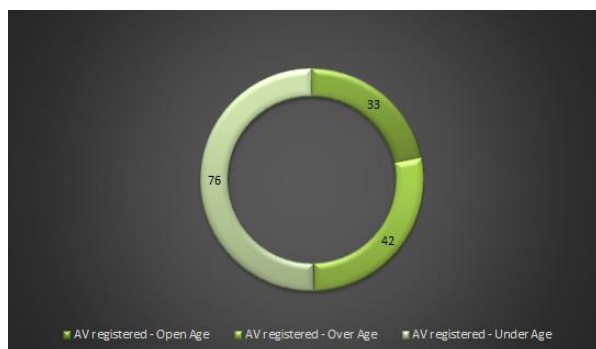
Interestingly, about half the total number have had a history with the Club and have had time 'off' in the past. This group do not consider that they have 'left' and in fact several have already re registered for season 2023/24.



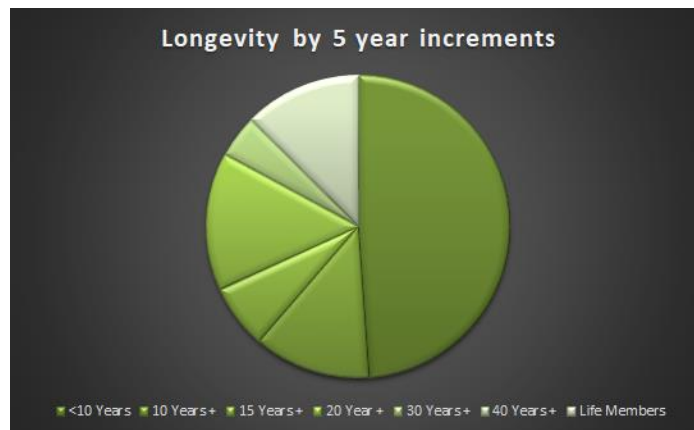
Participation at XCR, AV SHIELD, State, National and International Competition has again been exemplary.

Attendances at Club social functions such as Dinner Nights, Trivia Night, Christmas Party, Presentation of Awards along with spirited training sessions and fulfilling officiating duties describes a true community.

The DVAC Family is much bigger than simply the numbers printed in a report. Friendships, loyalty, connectedness, and longevity are all key features of our athletic club's culture.



A considerable number of DVAC athletes have not only been 'one club members' but have provided service of 10, 15, 20 years plus. The performances and examples set by these members bode well for the saying 'success breeds success'.



I would like to thank the Athletics Victoria Team, our Coaches, our Officials, the DVAC Committee and our athletes and their support people for the energy and commitment each has brought to Season 2022/23.

Lyn Davis

Registrar



Diamond Valley
Athletic Club



Coaching Report

2022 - 2023

'Bring on next year!'

COACHING

Our DVAC coaches have had remarkably successful seasons. The club's achievement in winning the AVSL for the first time shows how strong our club is in participation across all genders, age groups and abilities, and this was supported by a passionate group of diverse, dedicated and quality coaches. It was a victory for our entire Diamond Valley athletic community, with littles and seniors' coaches playing a major part in supporting our goal to provide opportunities for all athletes of all abilities the opportunity to enjoy the sport we all love.

Throughout the season DVAC coaches have played pivotal roles supporting our athletes everywhere at AVSL, the Willinda Track Classic, state relay championships, AV meets, state and national championships, schools' competitions, university games, Stawell gift, ALACs and cross-country events.

A coach newsletter was sent out in March thanking all coaches with a timely reminder to ensure they take diligent care of their own well-being and recovery.

As a group of approximately 20 coaches across DVLAC and DVAC, we recognise that success comes in many forms - often it is about the journey they and their athletes are on, and the milestones achieved along the way. Our coaches, both individually and as a team, have positively impacted on the lives of the athletes they coach and their families, which is appreciated. Both Presidents of DVAC (Matt Thompson) and DVLAC (Carolyn Tsioulos) along with their committees have been extremely supportive of the coaching group and have provided praise and encouragement throughout the season. The Willinda Club has also been incredibly supportive. Improvements supported by these stakeholders included vital repairs to the throwing cage, the acquisition of new javelins and throws equipment, and the recent approval for a new pole vault top mat and stands, to name a few.

As we reflect on the summer season, there have been significant achievements in the DVAC coaching space. Some of these include:

- Coach catch-ups and end of season appreciation BBQ
- Examples of teamwork and collaboration between coaches to assist athletes
- Providing leadership and being positive role models for athletes
- Advocating for athletes when required
- Coaches upskilling themselves and maintaining their coaching currency to ensure they are continuing to develop their coaching careers
- Valuable contributions made by coaches representing DVAC in other roles as officials and club helpers at AVSL, XCR, state and national events

- Numerous instances of DVLAC and DVAC coaches supporting, educating, and mentoring less experienced coaches
- Coaches' newsletter developed and circulated

We also recognise there are opportunities to improve, and a 2022/23 Coaches survey will be actioned in the coming weeks. Some items identified for further improvement include, but are not limited to:

- Refining our coaching mentoring program for 2023/24
- Developing a reward and recognition program for coaches
- Continue to improve communication (newsletters, catch ups etc.) and collaboration between DVLAC and DVAC coaches
- Improving our ability to cover all events as a coaching group
- Providing more education opportunities for coaches throughout the year
- Exploring grant/funding opportunities to further support our coaching program, e.g., providing accessibility for para-athletes to participate in seated throws, and other expenses that support DVAC strategic goals

This year our DVAC accredited coaches were:

- Max Balchin
- Chris Boyne
- Chris Brennan
- Lyn Davis
- Bill (Vasilios) Georgantas
- Matthew Hall
- Rod Kelly
- Terry Knappe
- Maureen Reynolds
- Paul Schofield
- Andrew Stirling
- Matt Thompson

Bring on next year!

Matt Hall

Coaching Coordinator

OFFICIALS

Athletics Victoria is aware of the role of the Official and the constraints it places on competition when there are not enough. We are being asked to contribute more but I can tell you that DVAC is pulling her weight extremely well.

The club supplied 9 Officials during the past Shield season, and we thank them sincerely.

- David Armstrong
- Rick Clarke
- Charlotte Holmes
- Jeff Hughes
- Jane Lacock
- Keira Sanchez
- Stuart Schnaars
- Paul Schofield
- Andrew Stirling

CLUB HELPERS

And finally, where would we be without our **club helpers**?

When the athletes from the Diamond Valley Athletic Club – or any athletic club in Victoria – turn out to compete, they can rely on the quality of the product they are using – Athletics Victoria. And the miracle is that this quality is achieved on a shoestring budget. And this is done in a sport that is more labour intensive than any other.

How is this miracle achieved? Sure, the AV Office is critical to everything, the AV Officials are brilliant & the Zone organisations set things up – but the deciding factor for it to be achieved is because the club helper contributes their labour free of charge week in & week out.

Our generous Club Helpers who spike the jump, pull the tape through, retrieve Hammers, rake the sandpit (under the watchful eye of Stuart Schnaars), do Lap scoring, Record, put the bar back up on the stand, and many other roles that contribute in the conduct of athletics do make the difference in delivering a reliable and quality experience for athletes to achieve their best.

The tally of hours our Club Helpers covered would run into the hundreds during the season.

There were the regulars, who put their hand up repeatedly throughout the season – a huge thanks to Kate Ryan, Paula Merino, Bronwyn Neecowen, Charmaine Smith, Anni Rowe, and Niluka Vidapathirana there was also Adam Scott & Tony Kenshole who were frequent contributors.

The club helpers answered the call throughout the last Track & Field season. Their names include parents, athletes – both senior & junior as well as club supporters. We thank you.



Diamond Valley
Athletic Club



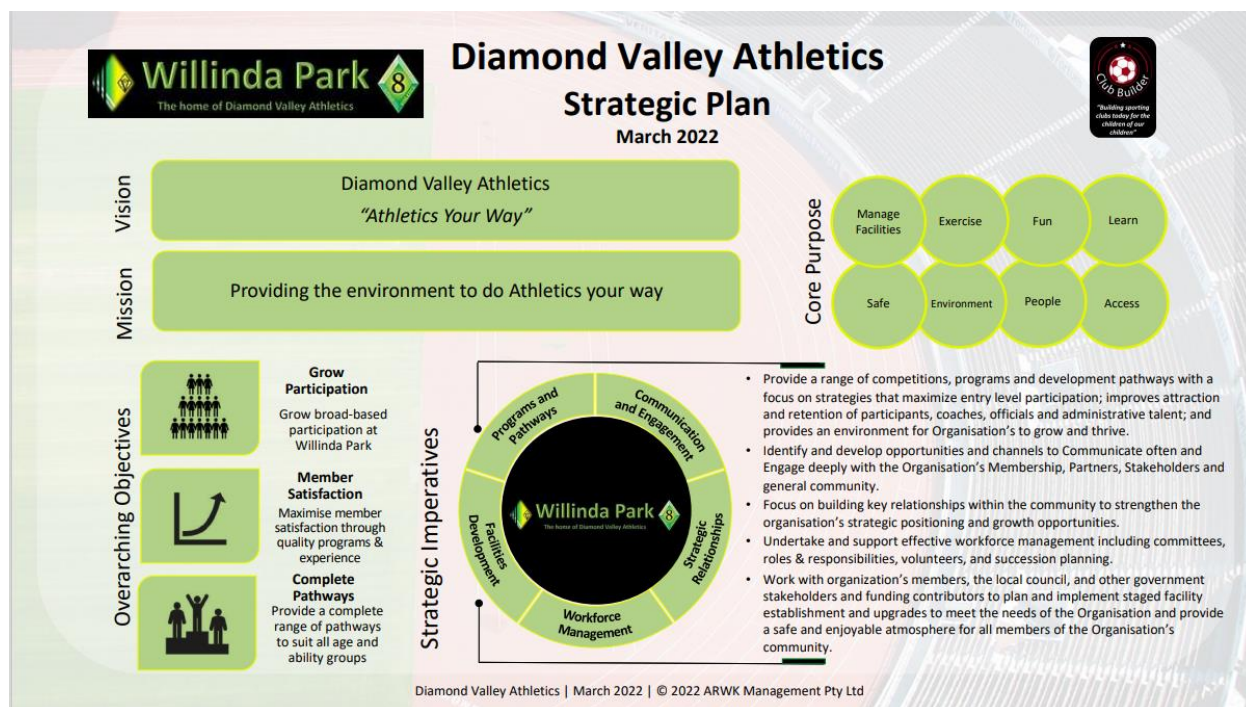
Operations Report

2022 - 2023

OPERATIONS REPORT

As part of our drive to improve our operations the goal is to work with the Willinda Park Management Committee (WPMC) to ensure we have the best possible facility for our members to use.

In March 2022, the Willinda Park Management Committee completed its strategic plan for the next few years.



The guiding principles behind this plan are:

- WPMC focuses primarily on the enabling infrastructure and integration
- DVAC focuses on senior training for competition and fitness while
- DVLAC focuses on little straining and competition

Below is a summary of 2022-2023 activities that WPMC and Operations have been working closely together on Strategic Imperatives and around Facilities Development.

- Facility Development Plan
- Lighting upgrade
- Solar implementation
- CCTV implementation
- Kitchen Maintenance Upgrade
- Barbecue
- Throwing cage fix

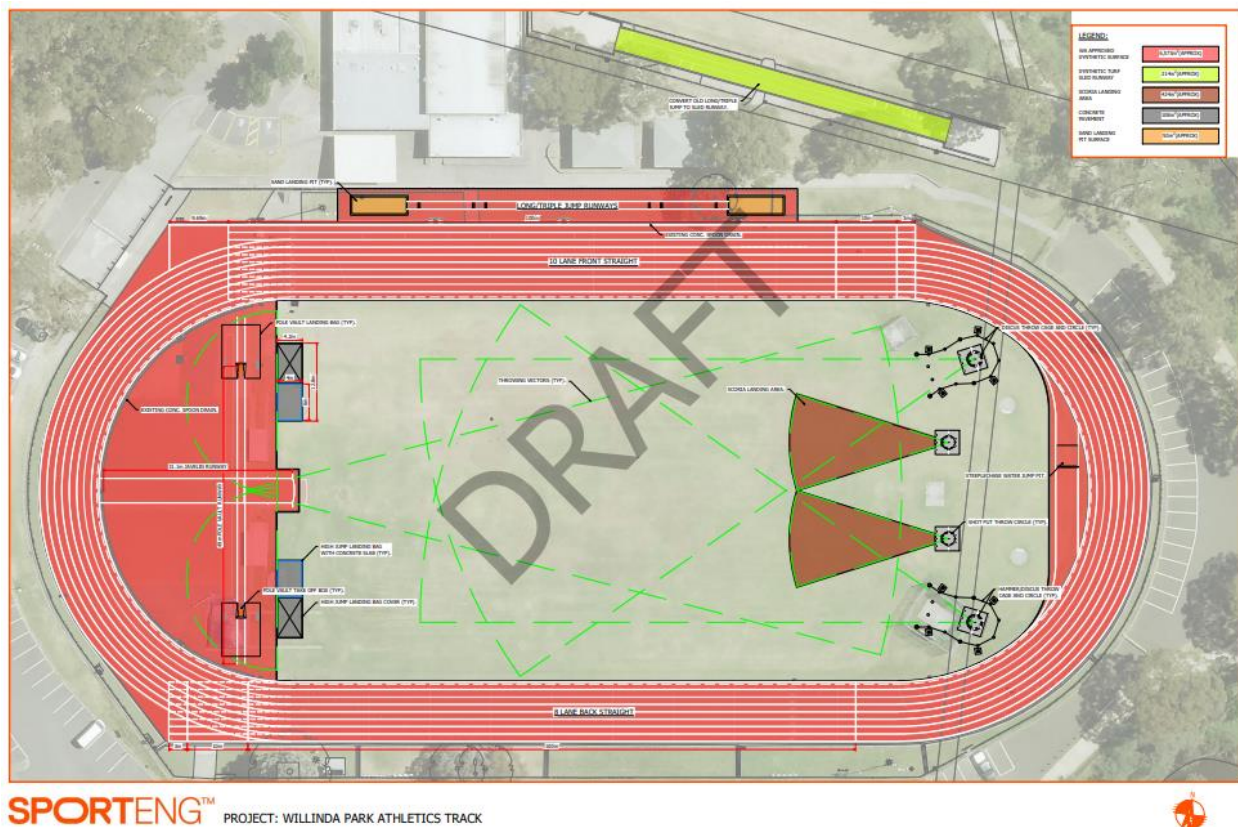
- Track repairs
- Access road widening and tree removal
- Usual repairs to lighting, possum and ant control, leaking roof, toilet blockages, damage repairs, etc.

The projector has been installed into a permanent lockable cupboard and is working a treat.

FACILITY DEVELOPMENT PLAN

We have been working with the Banyule council on a development plan for the Willinda Site. A condition assessment was undertaken by the council and a preliminary concept design completed. A further \$50,000 is to be allocated for a feasibility and design study. Due to funding constraints the council has decided to delay the design work. The budget allocation for our Facility Development plan is now as follows (dependent on final approval):

- | | | |
|---|-----------|-----------|
| • Design (based on the feasibility study) | 2024/2025 | \$50,000 |
| • Implementation Phase 1 | 2025/2026 | \$600,000 |
| • Implementation Phase 2 | 2026/2027 | \$600,000 |



The above is concept only.

LIGHTING UPGRADE

As part of Banyule's commitment to sport and recreation locally, they will be installing an LED based lighting upgrade at Willinda. Money has been allocated this fiscal year. This upgrade is in this year's council budget.

SOLAR ON LEASED FACILITIES

We are working with Council on their Solar on Leased Facilities Program.

The Solar on Leased Facilities program contributes to the Council's goal to be a carbon neutral organisation by 2028 and a carbon neutral community by 2040. Reaching the emissions targets includes ensuring the pavilion the council has leased to us is low emissions, energy efficient and produces lower electricity bills. This program offers to scope and install a solar energy system for zero up-front cost.

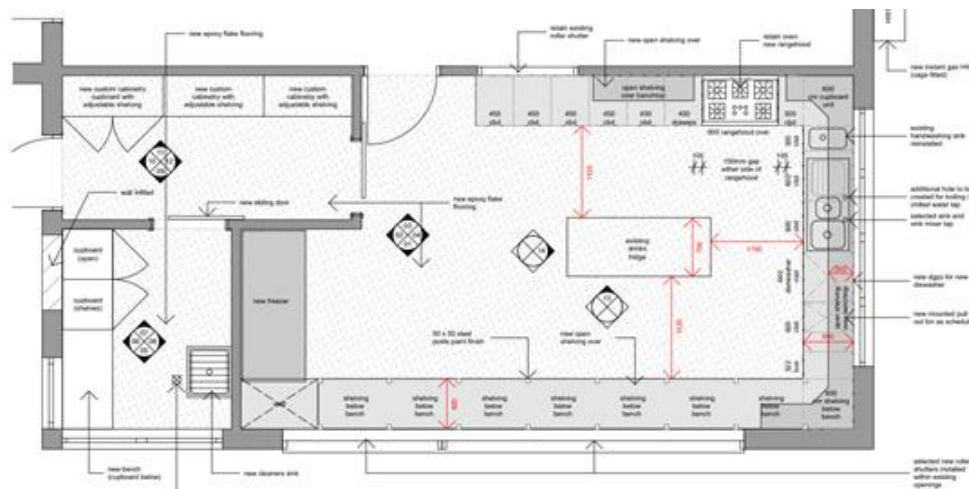
WPMC is expecting to sign up to the program and will enter a 5-year contribution scheme which guarantees that our contribution payment will not exceed the expected energy savings.

CCTV IMPLEMENTATION

WPMC invested in a CCTV system to deter and document crime and save costs because of no longer requiring the security monitoring we have in place. Implementation is planned for the next few months.

KITCHEN MAINTENANCE UPGRADE

Design and build of the kitchen upgrade have been completed. As part of the work a complete overhaul of the kitchen and storage areas has taken place. We have also enabled the kitchen for electronic payments.



New equipment has been installed such as a freezer, ice cream freezer, instant hot water and a yet to be installed dishwasher.

BARBECUE

A brand-new barbecue has been installed together with seating. Many schools have taken advantage of this facility.

MAIN THROWS CAGE

A successful fundraiser was held to fix the main throws cage. This included re-hanging the doors and repairing some of the wiring to reduce the chance of stray hammers. Thank you to all involved, especially Sarah for orchestrating. This will contribute to the cost of the Throws cage repair. The cost was agreed to be split between DVAC and DVLAC and the fundraiser orchestrated by Sarah Gittens.

TRACK REPAIRS

After a couple of site visits by Council rectification works have taken place and it is now well recognised that the quality of compound leaves something to be desired. It is anticipated that any future track upgrade will make use of a more durable compound.

ACCESS ROAD WIDENING AND TREE REMOVAL

Several unstable trees have been removed adjacent to the river including some large gumtrees on the other side of the track. We are considering re-planting some of the area.

Also, work has been done on the entry road to the venue. The road has been widened and a much safer pedestrian pathway has been included.

Now that WPMC have addressed most of the common infrastructure items, we believe it is time to investigate any specific club related items and, in line with our overall strategy and the Facility Management Plan, how we agree on investments and ownership of said items. A good example is our investment in new pole vault equipment.

Many thanks go to those that have contributed to all these projects. WPMC members, Club committees, Rick Clarke, and Damien Clifford.

Rob Wendel

Operations



Diamond Valley
Athletic Club



Competitions Report

2022 - 2023

COMPETITION REPORT:

INTRODUCTION:

The past twelve months has been a year of achievement for the Diamond Valley Athletic Club in both the winter and summer competitions.

2022 WINTER SEASON

Over the 2022 winter season of AV Cross Country & Road Racing spread over 10 rounds of competition the DVAC teams enjoyed a range of strong results. Three DVAC teams finished the season on top of the ladder in their division. These were:

Female U/16 2022 Victorian Cross Country Champions. 4x Medals

Ally Brooks, Jamieson Lander, Poppy Scot-Dalglish, Georgia L'Estrange

Female U/18 2022 Victorian Cross Country Champions 3 X Medals

Matilda L'Estrange, Sugi Neecowen, Georgia L'Estrange, Annalise Jones

Men's 60+ 2022 Short Course Cross Country Champions 4 X Medals

Rob Wendel, Lyal Douglas, Greg Luck, Peter Ramsay

One DVAC athlete won an individual Championship. This was

Female U/18 2022 Victorian Cross Country Champion : Matilda L'Estrange

During the season **Shania Murray** won an individual medal in an Open age race for the first time by a DVAC woman, when she finished second in the Open Women's 16km road race at Ballarat.

While January is usually not considered in a winter report, the achievement of **Fieke Van Der Kamp** to gain selection in the Women U20 Australian team to compete at the 2023 World Cross Country Championships at Bathurst on Saturday 18 February 2023 was an extraordinary effort. While injury prevented Fieke from competing at Bathurst, her selection in the Australian team was an important milestone for both Fieke and for the Diamond Valley Athletic Club.

There was a season high turnout of 42 DVAC athletes at the Tan Relays with 16 Women & 26 Men. There were 14 juniors in the total number.

The spirit of friendship & support for fellow team-mates throughout the season was a highlight of a very successful winter program. The delicious spreads on offer at the end of each event were a highlight in themselves.

DVAC TEAMS ON THE AV SEASON LADDERS

Women:

Open

Div 2 – 5th/13 Teams; Div 4 – 4th/13 Teams;

Junior

U20 – 12th/16 Teams; U18 – 1st /19 Teams (11 point margin); U16 – 1st & 14th/21 Teams (7 point margin);

Masters

W40+ - 16th & 33RD/33Teams; W50+ - 9th/23 Teams; W50+ (Short Course) - 5th/18 Teams

Men:

Open

Div 2 – 6th/13; Div 5 – 4th/ 14; Div 7 – 9th/26;

Junior

U20 – 16th/ 21; U18 – 12th/ 22; U16 – 7th/ 20; U14 – 14th/15 teams

Masters

40+ - 16th & 18th & 54th/72 Teams; 50+ - 10th & 20th & 45th/ 45 Teams; 60+ - 5th/ 25 Teams; 60+ (Short Course) – 1st & 16th/16 Teams:

2022 – 2023 SUMMER COMPETITION

If DVAC had a successful winter last year, it enjoyed an even better summer season over the 2022-2023 season. The indisputable highlight for the Track & Field season at Diamond Valley was the win in the Premier Division of the Athletics Victoria Shield League. To finish the 10 Rounds of AVSL on top of the ladder and then to score an impressive victory in the two rounds of Playoffs to claim the Premier Division Championship marks an important coming of age for the club.

Over the 12 Rounds of AVSL the average number of athletes representing the Diamond Valley Athletic Club was 75. The highest number of DVAC athletes in a particular round came in the first week of the Playoffs when there were 87 athletes competing at the Doncaster venue. The lowest number came in Round 10 when there were 60 DVAC athletes competing at the Keilor venue.

The DVAC athletes have increasingly embraced the range of Specialist Meets offered by Athletics Victoria to further develop their skills in their chosen disciplines. The Victorian Milers Club is still the most popular of these, but the AV Throwers, High Velocity Club, and Rare Air club are all winning more support by the year.

Combine these with the many other club meets (e.g.: DVAC Willinda Classic), the Victorian Country Championships, Victorian Relay Championships, the Victorian Combined Events Championships, the Victorian Masters Championships, Australian University Track & Field Championships and the VIRTUS Oceania Asia Games and it is easy to see how busy the Summer calendar is for the DVAC athletes.

A goal of many of the DVAC athletes is to make it to the National Championships, this year held in Brisbane. In all, there were 27 DVAC athletes who travelled to Brisbane for the National Championships. There were 5 DVAC athletes at the Open & U20 Championships, highlighted by the Gold medal performance by Elyssia Kenshole in the Open Women Pole Vault and the Bronze medal efforts by Jordan Rudd in the T20 1500m & 800m events.

Over the two weeks of the 2023 Victorian Track & Field Championships there was a total of 55 DVAC athletes who gained valuable Championship experience. Details of their results follow later in this report.

Twenty two DVAC juniors travelled to Brisbane for the U13-U18 Australian Junior Track & Field Championships. There were four medal winning performances (detailed later) in what was overall a very successful experience for all the juniors who competed.














In all, the summer of 2022-2023 was an outstanding season of Track & Field athletics at the Valley.

CROSS COUNTRY DETAILS















The XCR season was mostly back to normal following multiple seasons of COVID forced interruptions! Most events were held and DVAC did very well.

3 teams came out on top after the XCR season namely Women's U16, Women's U18 and Men's 60+ short course.








Men's Division 2 held their own. The challenge will be to emulate our track performance.

		Pts by Round										Total
1	 Mentone	14	14	14	12	14	12	14	14	12	14	134
2	 Frankston	11	12	12	11	11	14	12	12	14	10	119
3	 Knox	10	10	9	14	12	11	10	11	5	12	104
4	 Vic Cross Country	8	11	11	7	10	9	11	6	6	8	87
5	 Box Hill 2	6	8	8	6	8	10	8	10	4	6	74
6	 Melbourne Uni 2	9	9	7	9	4	2	9	2	9	9	69
7	 Diamond Valley	5	7	10	8	7	7	3	7	8	5	67
8	 Mornington	7	3	4	4	6	4	7	9	11	4	59
9	 Richmond	2	4	6	3	2	8	6	8	10	1	50
10	 Glenhuntly 2	4	5	5	1	5	5	4	3	3	7	42
11	 Essendon	1	1	1	5	3	6	1	5	7	11	41
11	 Western Athletics 2	12	6	2	2	9	1	5	1	1	2	41
13	 Keilor St Bernards	3	2	3	10	1	3	2	4	2	3	33

Men's division 5 performed well and could be knocking on the door of division 4.

		Pts by Round										Total
1	 Mentone 2	15	17	17	15	15	15	15	15	15	15	154
2	 Geelong Region 2	17	-	15	17	17	17	17	17	17	17	151
3	 Richmond 2	8	14	14	12	10	14	14	14	14	10	124
4	 Diamond Valley 2	11	15	12	14	9	13	10	13	13	13	123
5	 Coburg 2	6	13	11	11	11	12	9	12	12	11	108
6	 Vic Cross Country 2	14	9	13	-	14	10	13	-	9	14	96
7	 Western Athletics 3	10	11	8	10	12	-	11	-	6	8	76
8	 Doncaster 2	-	12	7	-	-	9	12	11	10	12	73
9	 Box Hill 4	13	8	9	-	7	-	6	-	-	9	52
9	 Knox 2	7	-	-	13	13	-	4	-	8	7	52
11	 Collingwood 4	5	10	6	-	-	11	8	-	11	-	51
12	 Glenhuntly 4	9	7	10	-	8	-	7	-	-	-	41
13	 Maccabi	-	-	-	-	-	-	5	10	7	-	22
14	 Melbourne Uni 5	12	-	-	-	-	-	-	-	-	-	12

Men's Division 7 (28 teams) has a challenge to knock Bendigo off their perch.

		Pts by Round										Total
1	 Bendigo Region 3	9	11	11	9	9	9	8	9	9	9	93
2	 Geelong Region 3	-	-	1	-	-	11	11	11	11	11	56
3	 Bendigo Region 4	8	9	4	-	-	8	5	7	8	-	49
4	 Richmond 3	6	-	6	2	-	7	6	5	6	-	38
5	 Coburg 3	5	5	3	8	6	6	1	3	-	-	37
6	 Sandringham	11	3	-	11	11	-	-	-	-	-	36
7	 Diamond Valley 3	-	4	8	6	-	5	3	-	1	8	35

Matilda L'Estrange finished best in class in WU18 topping the individual table.

		Best 4 scores count in Total Pts by Round										Total
1	Matilda L'Estrange	DIV	7	6	7	11	11					36
2	Niamh Tabit	COL	9	9	5	9	7					34
3	Madeline Laven	YRA	11	8	6	-	5					30
4	Phoebe Lonsdale	BER	8	7	4	-	6					25
5	Gabrielle Vincent	SME	-	11	11	-	-					22

Others came close in their division.

		Best 4 scores count in Total Pts by Round										Total
1	Imogen Baker	MPA	7	8	9	11	11					39
2	Erin Marriner	RWD	8	9	6	-	9					32
3	Lucy Cleveland	WES	9	6	8	-	8					31
4	Hayley Whitsed	ALB	11	-	11	-	-					22
5	Ally Brooks	DIV	3	3	5	9	-					20
6	Poppy Scot-Dalglish	DIV			4	6	7					17

		Best 5 scores count in Total Pts by Round										Total
1	Amelie Alleva	BOH	-	11	9	11	11	-				42
2	Tullie Rowe	BER	9	8	4	6	9	9				41
3	Skye Ellis	GER	11	9	11	9	-	-				40
4	Zoe Woods	GER	7	-	-	-	7	8				22
5	Emily Hart	MEN	4	4	-	-	5	6				19
6	Mikaila Young	COL	8	5	5	-	-	-				18
6	Fieke van der Kamp	DIV			3	4	-	11				18

		Best 5 scores count in Total Pts by Round										Total
1	Ian Cornthwaite	TRH	11	-	11	11	11					55
2	Peter Rushen	GHY	7	-	-	9	9	9				34
3	Colin Drake	WES	9	-	8	6	7	-				30
4	Philip Van Dueren	MUU	6	7	7	7	-	-				27
5	Peter Ramsay	DIV	4	6	6	3	5	-				24

		Best 4 scores count in Total Pts by Round										Total
1	Christopher O'Connor	BOH	11	11	-	9	11					42
2	Rob Newling	MPA	-	9	11	11	9					40
3	Brian Anderson	ESS	9	5	9	8	8					34
4	Lyal Douglas	DIV	6	4	7	7	7					27
5	Rob Wendel	DIV	8	7	8	-	-					23
6	Greg Luck	DIV	5	3	6	6	-					20

		Best 5 scores count in Total Pts by Round										Total
1	Rachel McGuinness	SME	8	8	-	9	11	9				45
2	Melissa Duncan	BOH	9	9	11	-	-	11				40
3	Georgia Hansen	BOH	11	11	-	11	-	-				33
4	Victoria Skaltsonis	BOH	-	6	1	2	5	7				21
4	Michelle Pearson	SSH				8	7	6				21
6	Amy Robinson	MFD	7	-	7	6	-	-				20
7	Kate Mason	MPA	3	-	-	-	8	8				19
8	Shania Murray	DIV	-	5	4	-	9	-				18

XCR 1 JELLS PARK

Despite the arrival of wintry conditions for the start of the 2022 Cross Country season the 39 Diamond Valley Athletic Club athletes that raced in the Cross-Country Relays showed all the spirit needed to meet the challenge.

The 3km course had plenty to test every runner with its twisting and turning design that kept finding a new uphill slope to question the athlete's resolve.

DVAC TEAM RESULTS

The DVAC Women's Under 16 team backed up the silver medal from 2021 with another silver result in 2022. The combination of Jamieson Lander, Poppy Scot-Dalglish and Ally Brooks formed a consistent line-up with only 13 seconds separating their times for the 3km leg they each ran. Their total time for the 9km was 35:38.

The two premier Valley teams in the Open age, Women Division 2, and Men Division 2 each finished in 7th place out of the 12 teams competing.

The 4-member Division 2 Women's team covered 24km in 1hr44min to have an average of 26minutes for each of the 6km legs. The fastest run in the team was logged by Shania Murray who completed her 6km leg in 22:21. This was one of the fastest times for the 6km recorded by any of the Open women on the day.

The 6-member Division 2 Men's team covered their 36km in 2hr7min to have an average of 21minutes for each of the 6km legs. Caden Murray led the team up and set the best time of 19:25.

Other team results were Women – Division 4 - 4th, Under 16 – 8th; Under 18 – 10th, 50+ - 7th; Men – Division 5 – 8th; 40+ - 9th; 50+ - 8th, 50+ - 17th; 60+ - 4th

XCR 2 ST ANNES WINERY RAVENSWOOD

WOP (Field of 147)

8km: Shania Murray 30:44 (11th); Jessica Campbell 35:28 (54th); Vula Sheens 36:55 (W45+ 6th); Alana Barnes 39:00 (95th); Taylor Radatti 39:13 (98th); Debbie McKenzie 43:19 (W50+ 17th);

Team Scores:

W Division 2: 4th - Positions 11, 54, 70, 95

W Division 4: 6th – Positions 98, 121

W 40+: 18th – Positions 14, 44

W50+: 16th – Positions 23

W18 (Field of 15)

3km: Matilda L'Estrange 12:05 (4th); Sugi Neecowen 13:51 (12th);

Team Score:

W U18 – 1st – Positions 4, 12

W16 (Field of 22)

3km: Ally Brooks 12:09 (8th); Jamieson Lander 12:52 (12th); Georgia L'Estrange 14:49 (21st);

Team Score:

W U16 – 3rd – Positions 8, 12, 21

W50+ Short Course (Field of 7)

4km: Laura Campbell 19:48 (3rd);

Team Score:

W 50+ Short Course: – 3rd – Positions 3

MOP (Field of 341)

8km: Tim Logan 27:20 (52nd); Caden Murray 27:50 (75th); Blake Barnes 28:55 (96th); Dylan Littlejohn 29:31(106th); Charles Jacobson 31:28 (M40+ 9th); Aaron Scot-Dalglish 33:37 (M50+ 13th); Matthew Thompson 34:16 (213th); Jordan Chapman 35:10 (232nd); Peter Ramsay 36:50 (M60+ 7th); Damien Clifford 39:03 (M50+ 31st); Andrew McKenzie 40:03 (M55+ 22nd); Scott Barnes 41:13 (M50+ 38th); Rick Clarke 42:14 (M50+ 39th);

Team Scores:

M Division 2: 5th - Positions 52, 75, 94, 103, 151, 192

M Division 5: 2nd – Positions 207, 225, 254, 277

M Division 7: 7th – Positions 289, 301, 304

M40+:15th – Positions 20, 41, 90 (37th – Positions 110, 121, 131; 58th – Positions 134)

M50+: 13th – Positions 18, 49, 59 (24th – Positions 69, 76, 79)

M60+: 12th - Positions 7

M20 4km: Dillon Vidanapathirana 21:02;

Team Score:

M U20: 15th – Positions 15

M18 4km: Tyler Murphy 14:10;

Team Score:

M U18: 10th – Positions 10

M16 3km: Rhodri Whelan 12:42;

Team Score:

M U16: 11th – Positions 16

M60+ Short Course

4km: Rob Wendel 20:13 (3rd); Lyal Douglas 21:54 (5th); Greg Luck 23:45 (6th);

Team Score:

M60+ Short Course: 1st – Positions 3, 5, 6

CLUB RUN BINNAK BOWL

5Km

Rob Wendel	3:55	26:54	22:59	1 st
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Merlina Hession	7:18	28:12	20:54	2 nd
Frank Portelli	5:30	28:21	22:51	3 rd
Vula Sheens	7:39	28:27	20:48	4 th
Leanne Brooks	4:00	28:43	24:43	5 th
Sarah Papadopoulos	0:10	29:02	28:52	6 th
Andrew L'Estrange	5:00	29:10	24:10	7 th
Greg Luck	2:00	29:13	27:13	8 th
Jessica Campbell	9:00	29:17	20:17	9 th
Aaron Scot-Dalgleish	9:55	29:21	19:36	10 th
Laura Campbell	5:50	29:27	23:37	11 th
Natalie Lander	5:00	30:01	25:01	=12 th
Caden Murray	13:52	30:01	16:09	=12 th
Julia Zinger	5:00	30:06	25:06	14 th
Dave Brooks	2:30	30:23	26:53	15 th
Dylan Littlejohn	12:19	30:28	18:09	16 th
Cameron Ellis	10:30	30:29	19:59	17 th
Elyse Scheuermann	0:00	31:14	31:14	18 th
Shania Murray	12:34	32:39	20:05	19 th

3Km

NAME	Hcp	FINISH	ACTUAL	PLACE
Matilda L'Estrange	5:21	16:37	11:16	1 st
Dylan Vidanapathirana	3:00	16:43	13:43	2 nd
Heidi Kuppler	5:30	16:52	11:22	3 rd
Sebastian Morgan	4:40	16:59	12:19	4 th
Jordan Rudd	4:20	17:18	12:58	5 th
Felix Morgan	5:44	17:36	11:52	6 th
Georgia L'Estrange	3:28	17:52	14:24	7 th
Ally Brooks	6:30	17:55	11:25	8 th
Rhodri Whelan	5:26	17:56	12:30	9 th
Jamieson Lander	6:02	18:20	12:18	10 th
Simone Kuppler	5:30	18:22	12:58	11 th
Poppy Scot-Dalgleish	6:05	18:27	12:22	12 th
Tess Izard	4:40	19:51	14:11	13 th

XCR 3 CRUDEN FARM

WOP 12km: Shania Murray 45:44; Jessica Campbell 52:50; Merlina Hession 53:39; Vula Sheens 54:21; Alana Barnes 58:41; Debbie McKenzie 1:03:59; Gayle Clifford 1:36:35;

Team Scores:

W Division 2: 2nd - Positions 6, 51, 55, 58

W Division 4: 5th – Positions 85, 104, 134

W 40+: 11th – Positions 14, 42, 64

W50+: 9th – Positions 17, 31

W18 6km: Matilda L'Estrange 24:49; Sugi Neecowen 29:14;

Team Score:

W U18 – 3rd – Positions 5, 14

W16 6km: Ally Brooks 25:17; Jamieson Lander 26:10; Poppy Scot-Dalgleish 26:12; Georgia L'Estrange 29:40;

Team Score:

W U16 – 2nd – Positions 8, 11, 12

MOP 12km: Caden Murray 39:47; Tim Logan 40:04; Blake Barnes 44:29; Jaryd Clifford 44:41; Charles Jacobson 46:23; Matthew Thompson 50:45; Aaron Scot-Dalgleish 51:08; Peter Ramsay 54:41; Aaron Bourne 55:24; Andrew McKenzie 57:23; Damien Clifford 1:00:13; Scott Barnes 1:00:41; Rick Clarke 1:03:07;

Team Scores:

M Division 2: 4th - Positions 23, 27, 97, 105, 137, 192

M Division 5: 5th – Positions 200, 243, 248, 267

M Division 7: 6th – Positions 289, 290, 303

M40+: 18th – Positions 22, 55, 86; 33rd – Positions 90, 103, 123; 49th – Positions 1124, 135

M50+: 10th – Positions 19, 35, 46; 16th – Positions 61, 62, 72

M60+: 9th - Positions 5

M18 8km: Tyler Murphy 29:51;

Team Score:

M U18: 9th – Positions 11

M16 6km: Cameron Ellis 22:44; Rhodri Whelan 25:17;

Team Score:

M U16: 8th – Positions 15, 26

M60 8km: Rob Wendel 39:38; Lyal Douglas 43:15; Greg Luck 45:30;

Team Score:

M60+ Short Course: 1st – Positions 4, 7, 8

XCR 4 ST ANNES WINERY EKIDEN, MYRNIONG

WOP Division 2:

27.6km Ekiden: (Jessica Campbell: 38:14 (8.8km), Shania Murray: 27:20 (8km), Merlina Hession: 25:42 (6.1km), Sarah Leeming: 22:16 (4.7km)

Team Result: 1:53:32; Place: 4th/ 10 Teams

WOP Division 4:

18.8km Ekiden: (Debbie McKenzie: 42:02 (8km), Taylor Radatti: 28:20 (6.1km), Sarah Papadopoulos: 29:13 (4.7km))

Team Result: 1:39:35; Place: 3rd/ 5 Teams

W U18

16.7km Ekiden: (Matilda L'Estrange: 30:24 (7km), Georgia L'Estrange: 31:17 (6.1km), Sugi NeeCowen: 18:00 (3.6km))

Team Result: 1:19:41; Place 5th/ 6 Teams

W U16

16.7km Ekiden: (Ally Brooks: 25:57 (6.1km), Poppy Scot-Dalglish: 20:24 (4.7km), Jamieson Lander: 15:31 (3.6km))

Team Result: 1:01:52; Place 2nd/5 Teams

MOP Division 2:

38.2km Ekiden: (Caden Murray: 29:09 (8.8km), Dylan Littlejohn: 30:09 (8km), Blake Barnes: 27:07 (7km), Tyler Murphy: 22:40 (6.1km), Jarryd Cripps: 17:55 (4.7km), Michael Martello: 13:19 (3.6km))

Team Result: 2:20:19; Place 4th/12 teams

MOP Division 5:

27.6km Ekiden: (Matthew Thompson: 36:21 (8.8km), Aaron Bourne: 35:13 (8km), Jordan Chapman: 27:23 (6.1km), Ethan Armstrong-Bourne: 18:35 (4.7km))

Team Result: 1:57:32; Place 3rd/7 teams

MOP Division 7:

18:35 (4.7km)) 1:57:32; (Rhodri Whelan: 41:29 (8.8km), Jordan Rudd: 39:45 (8km), Jo Moxon: 39:15 (6.1km))

Team Incomplete

Team Result: 2:00:29; 5th/ 9 Teams

M50 #1

18.8km Ekiden: (Aaron Scot-Dalglish: 33:37 (8.8km), Scott Barnes: 38:36 (7km), Mark Tapping: 22:38 (4.7km))

Team Result: 1:34:51; Place 6th/11 teams

M50 #2

18.8km Ekiden: (Andrew McKenzie: 37:56 (8.8km), Rick Clarke: 31:26 (7km), Greg Luck: 25:38 (4.7km))

Team Result: 1:35:00; Place 7th/11 teams

M60

18.8km Ekiden: (Peter Ramsay: 36:29 (8km), Rob Wendel: 31:18 (6.1km), Lyal Douglas: 24:38 (4.7km))

Team Result: 1:32:25; Place 2nd/5

GOLD COAST MARATHON FESTIVAL

Eight Valley members hit the streets of the Gold Coast to take part in the Gold Coast Marathon & related events on Saturday 2 & Sunday 3 July 2022.

Marathon Results:

Brent McPherson	2:53:09 (PB)	Av Pace 4:06	M35-39 62/460
Rory McPhillips	3:19:33 (PB)	Av Pace 4:45	M35-39 157/460

Half Marathon Results:

Chris Rancie	1:09:55	Av Pace 3:18	M35-39 3 rd /468
Shania Murray	1:18:46 (PB)	Av Pace 3:43	F21-24 3 rd : F 14 th /166
Dylan Littlejohn	1:30:22	Av Pace 4:16	M35-39 86/467
Lucinda McPherson	1:42:06	Av Pace 4:53	F40-44 35/416
Damien Clifford	1:50:29	Av Pace 5:14	M50-54 135/333

XCR 5 SANDOWN RELAYS

Women:

Open: Division 2: 4x6km: (Shania Murray: 21:53, Merlina Hession: 25:06, Vula Sheens: 25:13, Taylor Radatti: 25:43) 1:37:55;

Team Result: 6th/ 12 Teams

Open: Division 4: 3x6km: (Isabelle Brugliera: 28:02, Sarah Papadopoulos: 35:33, Jo Moxon: 33:34) 1:37:09;

Team Result: 4th/ 12 Teams

Women Under 18

3x3km: (Matilda L'Estrange: 11:24, Georgia L'Estrange: 13:03, Sugi NeeCowen: 13:34) 38:01;

Team Result: 6th/ 9 Teams

Women Under 16

3x3km: (Ally Brooks: 11:12, Jamieson Lander: 12:40, Poppy Scot-Dalglish: 12:01) 35:53;

Team Result: 3rd/ 8 Teams

Men:

Open: Division 2: 6x6.1km: (Tim Logan: 18:52, Michael Martello: 21:05, Charles Jacobson: 22:33, Tyler Murphy: 21:23, Caden Murray: 20:06, Jarryd Cripps: 22:39) 2:06:38;

Team Result: 7th/ 13 Teams

Open: Division 5: 4x6.1km: (Jordan Chapman: 26:13, Aaron Bourne: 25:50, Matthew Thompson: 24:36, Dillon Vidanapathirana: 31:56) 1:48:35;

Team Result: 9th/ 11 Teams

Open: Division 7: James Telford: 24:20, Athlete 2: 26:02) 50:22;

Men U16:

3x3km: (Cameron Ellis: 09:58, Ethan Armstrong-Bourne: 11:05, Felix Morgan: 11:50) 32:53;
Team Result: 6th/ 12 Teams

Men 50+:

3x6km: (Aaron Scot-Dalglish: 24:41, Mark Tapping: 26:51, Andrew McKenzie: 28:53) 1:20:25;
Team Result: 9th/ 15 Teams

Men 60+:

3x6km: (Rob Wendel: 29:15, Peter Ramsay: 27:02, Greg Luck) 36:17;
Team Result: 6th/ 6 Teams

XCR 6: VICTORIAN CROSS COUNTRY CHAMPIONSHIPS BUNDOORA

Shania Murray, fresh off her 1:18:46 Gold Coast Half Marathon, continued her stellar winter season with a 7th placing at Bundoora Park. With the first six finishers at Bundoora guaranteed a spot in the Victorian team there must still be a good chance for Shania to get a run at the Oakbank Racecourse.

Shania was in 4th place at the 2km mark but came over the final rise in 8th place and had to produce a sprint finish to regain 7th place. At Cruden Farm, Shania finished in 6th place. At Bundoora Park, Shania found the section on the 'dark side' of Mt Cooper the most challenging where the course returned to the road in several difficult turns. "Overall, I'm happy with another top ten finish, especially as this is my first year in the seniors," Shania said after the run.

WOMEN DIVISION 2:

Four DVAC women set off on the 10km run. To get a full team home for Division 2 there needed to be four finishers. There was some concern as two of the team complained of calf soreness before the run. The team of Shania Murray, Merlina Hession, Jessica Campbell, and Debbie McKenzie all ran well and brought up a 5th placing in the team's points, enough to hold on to their 4th placing on the season ladder! Splendid work!

MEN DIVISION 2:

It was good to welcome Chris Rancie back to the Valley line-up for his first run this season. Chris recently placed 3rd in the Men 35-39 at the Gold Coast Half Marathon in a time of 1:09:55. Chris led the DVAC Division 2 team around the Bundoora Park course, crossing in 33:39. Chris was followed in by Michael Martello (35:54); Peter Van Der Kamp (37:58); Blake Barnes (39:07); Charles Jacobson (39:17) and Matthew Thompson (41:16). The team was placed 7th out of 13 teams but will still hold onto 6th place on the season ladder.

Peter Van Der Kamp was placed 6th on the Men 45+ list. Charles Jacobson was placed 16th on the Men 40+ finishers.

MEN DIVISION 5:

Aaron Scot-Dalgleish (41:22); Aaron Bourne (45:29); Peter Ramsay (45:32); Dylan Littlejohn (47:21) made up the DVAC Division 5 team that finished in 4th place for Round 6. Peter Ramsay was rated 5th in the Men 60+ on his run. Aaron Scot-Dalgleish was rated 9th in the Men 50+ on his run at Bundoora. The DVAC Men 50+ team had their highest finish for the season with a 5th placing – with Aaron Scot-Dalgleish, Peter Ramsay & Mark Tapping filling the team.

MEN DIVISION 7:

Mark Tapping (48:04); Damien Clifford (50:39); and Andrew McKenzie (50:39) earned enough points to land the DVAC Division 7 team in 6th place out of 12 teams. Jordan Chapman's completion of the 10km course in 41:05 would have made an enormous difference had he realised the need to book in prior to the event. Great run, Jordan!

SHORT COURSE KINGS:

The DVAC Men 60+ team has ruled the division all season and has a handy lead on top of the season ladder. In Round 6, Rob Wendel, Lyal Douglas, and Greg Luck again reigned supreme over the 6km course filling 3rd, 4th & 5th placings in respective order.

Jo Moxon and Gayle Clifford were placed 3rd team in the Women's 50+ Short Course competition filling the 7th & 10th placings.

XCR 7: ALBERT PARK 10K

It was time to hit the roads at Albert Park for Round 7 of the XCR22 season. Thirty-two DVAC athletes set off from Albert Road Drive outside the Lakeside Stadium & ran to Lakeside Drive on the Eastern side of the Albert Park Lake. Both the 3km & 10km events returned to Lakeside Stadium where they completed their journey with 300m on the track. There were eight junior DVAC runners in the 3km race and 24 DVAC runners that completed the 10km race. The conditions for the road races were near to perfect and many of the Valley athletes took advantage of this to post good times.

The DVAC Women U16 team went into Round 7 trailing Mornington by 1 point. After their great showing at Albert Park, filling 6th, 7th, & 10th places, the DVAC team of Ally Brooks, Poppy Scot-Dalgleish and Jamieson Lander, won the round, earning 11 points and getting a break of two points on Mornington in what has been a battle all season.

DVAC TEAM PLACES AT ALBERT PARK

Women: Div 2 – 5th/12; Div 4 – 7th/10; U18 – 3rd/11; U16 – 1st/16; 40+ – 14th/35; 50+ – 7th/2

Men: Div 2 – 11th/13; Div 5 – 7th/ 13; Div 7 – 8th/20; 50+ - 11th/45; 60+ - 2nd/21; U18 – 10th/10; U16 – 5th/11

WOP 10km: Shania Murray 35:31; Merlina Hession 41:42; Vula Sheens 44:01; Debbie McKenzie 49:06; Jo Moxon 56:48; Gayle Clifford 1:06:49;

W20 10km: Fieke Van Der Kamp 38:52;

W18 3km: Matilda L'Estrange 10:37; Sugi Neecowen 12:55;

W16 3km: Ally Brooks 10:56; Poppy Scot-Dalgleish 11:13; Jamieson Lander 11:33; Georgia L'estrage 14:49;

MOP 10km: Tim Logan 32:02; Caden Murray 32:21; Michael Martello 34:58; Aaron Scot-Dalgleish 38:42; Dylan Littlejohn 39:51; Rory McPhillips 40:10; Matthew Thompson 41:22; Peter Ramsay 42:41; Aaron Bourne 42:55; Jordan Chapman 43:32; Mark Tapping 43:32; Andrew McKenzie 45:55; Rob Wendel 48:00; Damien Clifford 49:31; Lyal Douglas 52:11; Greg Luck 55:25;

M20 10km: Dillon Vidanapathirana 59:15;

M18 10km: Jordan Rudd 45:28;

M16 3km: Ethan Armstrong-Bourne 10:20; Rhodri Whelan 10:57;

Invitation: James Telford 37:58; Matt Malone 43:22

XCR 8 ROAD RACES AT BALLARAT

Lake Wendouree proved to be a happy hunting ground for Diamond Valley Athletic Club athletes who made the journey to Ballarat for Round 8 of the Athletics Victoria Winter season.

Shania Murray won the first Winter Open age medal in the history of the Diamond Valley Athletic Club when she finished second in the Open Women's 15km Road Race. **Matilda L'Estrange** scored her first gold medal in AV competition by winning the Women's Under 18 6km Road Race and **Ally Brooks** won the silver medal in the Women's Under 16 6km Road Race. Team victories in the Men 60+ Short Course, the Women U18 and Women U16 divisions as well as a host of other areas of success on the day all made for a happy crew in the Valley tent.

Women:

Div 2 – 5th/ 12; 15km: Shania Murray 53:41; Merlina Hession 1:06:44; Debbie McKenzie 1:14:51; Jo Moxon 1:27:10;

Div 4 – 7th/10; 15km: Gayle Clifford 1:49:24;

U18 – 1st/6; 6km: Matilda L'Estrange 22:47; Sugi NeeCowen 27:34;

U16 – 1st /16; 6km: Ally Brooks 23:39; Poppy Scot-Dalgleish 24:01; Jamieson Lander 25:14;

U16 – 6th/16; 6km: Georgia L'Estrange 27:28;

40+ - 13th/26; Debbie McKenzie 1:14:51; Jo Moxon 1:27:10; Gayle Clifford 1:49:24;

50+ - 6th/17; Debbie McKenzie 1:14:51; Jo Moxon 1:27:10; Gayle Clifford 1:49:24;

Men:

Div 2 – 7th/13; 15km: Tim Logan 49:14; Caden Murray 49:44; Dylan Littlejohn 56:20; Aaron Scot-Dalglish 59:00; Matthew Thompson 1:00:00; Rory McPhillips 1:01:55;
 Div 5 – 4th/13; 15km: Peter Ramsay 1:04:03; Aaron Bourne 1:05:38; Andrew McKenzie 1:08:24; Damien Clifford 1:14:38;
 40+ - 25th/58; 15km: Aaron Scot-Dalglish 59:00; Peter Ramsay 1:04:03; Aaron Bourne 1:05:38;
 40+ - 38th/58; 15km: Andrew McKenzie 1:08:24; Damien Clifford 1:14:38;
 50+ - 10th/34; 15km: Aaron Scot-Dalglish 59:00; Peter Ramsay 1:04:03; Andrew McKenzie 1:08:24;
 50+ - 32nd/34; 15km: Damien Clifford 1:14:38;
 60+ - 10th/16; 15km: Peter Ramsay 1:04:03;
 M60+ (Short Course) – 1st/6; 6km: Lyal Douglas 29:04; Greg Luck 31:41;
 U20 – 9th/9; 6km: Dillon Vidanapathirana 33:08;
 U18 – 4th/11; 6km: Tyler Murphy 20:59; Jordan Rudd 25:00;
 U16 – 5th/12; 6km: Ethan Armstrong-Bourne 22:33; Rhodri Whelan 23:57;

AUSTRALIAN CROSS COUNTRY CHAMPIONSHIPS 2022 (OAKBANK, SA)

Girls 10yr olds: 2000m Cross Country Heidi Kuppler 7:25 1st (Field of 41) (* Heidi has joined the junior DVAC Squad for several sessions.). Member of Team Vic – 2nd

Men U17 Para 3km Cross Country Jordan Rudd 12:39 7th (Field of 10) Member of Team Vic – 1st

Men U18: 6km Cross Country Tyler Murphy 22:33 52nd (Field of 61)

Women U17: 4km Cross Country Matilda L'Estrange 17:01 35th (Field of 61)

Men U16: 4km Cross Country Cameron Ellis 15:01 50th (Field of 63)

Women U20: 6km Cross Country Fieke Van Der Kamp 24:49 7th (Field of 37) Member of Team Vic – 2nd

Women U16: 4km Cross Country Ally Brooks 16:52 33rd (Field of 64)

XCR 9 ROAD RACES AT BURNLEY

Matilda L'Estrange has finished the 2022 winter season in a blaze of glory. After finishing in 4th place in the Women U18 at Ravenswood, and 5th place at Cruden Farm, Matilda has moved up the ranks dramatically with wins in her last two events.

Going into the final round of the individual championship, Matilda was one point down on the season points tally for the Champion Athlete award and needed a good result at Burnley. In a desperate sprint to the line, Matilda claimed first place by a second. Matilda completed the 5km at Burnley in 18:11.

The extra point awarded as a bonus for winning has made all the difference and Matilda's best four results for the five-event season now tallies 36 points and are two points clear of the nearest athlete in the Women U18.

A week after her 7th place finish at the Australian Cross Country Championships in Adelaide, **Fieke Van Der Kamp** was still having nightmares about the mud at the Oakbank Racecourse. A flat and fast 5km course at Burnley was the perfect antidote. Fieke took full advantage of the perfect conditions at Burnley to record her first win for the 2022 XCR season, crossing the line in 18:07 a good 34 seconds clear of her nearest rival in the Women U20 event.

Women:

Div 2 – 10th/11; U20 – 3rd/8; U18 – 3rd/12; U16 – 1st/16; U16 – 1st/9; 40+ - 19th/24; 50+ - 6th/17; 50+ (Short Course) – 6th/7

Men:

Div 2 – 6th/13; Div 5 – 4th/11; Div 7 – 11th/11; 40+ - 16th & 43rd/57; 50+ - 14th/18; 60+ - 10th/10; M60+ (Short Course) – 5th/7; U20 – 10th/10; U16 – 2nd/8; U14 – 7th/10

WOP 21.1km: Debbie McKenzie 1:48:49 (W50: 14/19);

W20 5km: Fieke Van Der Kamp 18:07 (1/10);

W18 5km: Matilda L'Estrange 18:11(1/15); Annalise Jones 28:23 (15/15);

W16 5km: Poppy Scot-Dalglish 19:19 (4/15); Jamieson Lander 20:27 (7/15); Georgia L'Estrange 22:30 (12/15);

W50 5km: Gayle Clifford 31:28 (8/10);

MOP 21.1km: Tim Logan 1:09:16 (Open: 19/290); Caden Murray 1:10:56 (Open: 37/290); Peter Van Der Kamp 1:17:20 (M45: 7th/36)); Dylan Littlejohn 1:22:04 (Open: 145/290); Brody McCarthy 1:22:58 (Open:156/290); Aaron Scot-Dalglish 1:25:00 (M50: 13th/30); Matthew Thompson 1:27:16; Rory McPhillips 1:29:04 (Open: 195/290); Aaron Bourne 1:35:00 (M35: 26/36); Andrew McKenzie 1:42:59 (M55: 13th/20); Invite: James Telford 1:22:35

M20 5km: Dillon Vidanapathirana 25:57 (16/16);

M16 5km: Ethan Armstrong-Bourne 16:50 (4/14); Dylan Nutbean 18:15 (8/14); Rhodri Whelan 19:14 (12/14);

M14 5km: Felix Morgan 19:33 (10/13);

M60 5km: Lyal Douglas 23:21 (4/8);

XOpen

5km: Damien Clifford 24:55 (24/28);

JOHN HERTZ HANDICAP

After a torrential downpour overnight the course at Yellow Gum Park was in surprisingly good condition. The climb from Blue Lake back to the entrance to the park is a long, hard slog before

a short respite back to the start where they completed the 1.72km lap. Juniors ran two laps, and the Open age ran four laps.

In the four-lap race, Aaron Scott-Dalglish made the most of handicap time & held off the field to cross in first place. Aaron was followed in by Dylan Littlejohn and Brody McCarthy. Peter Van Der Kamp ran the fastest time for the 6.88km course, finishing in 27:06. Dylan Littlejohn ran the fastest lap in 6:34.

Dillon Vidanapathirana took out the junior 3.44km Handicap race. He was one of the few to negative split on the day, running laps of 9:30 and 9:15. Felix Morgan also did a negative split with 7:25 & 7:18. Felix was the Fastest Male while Poppy Scott-Dalglish was the fastest female.

Jordan Rudd won the Metronome Award, only giving 6 seconds away on the second lap.

Club stalwart & race sponsor, John Hertz, was on hand to present the handsome trophy to the winner of the Open race.

Mark Tapping	47:31	36:31	5 th
Aaron Scott-Dalglish	42:34	29:34	1 st
Andre Obradovic	47:33	34:23	6 th
Brody McCarthy	43:50	28:50	3 rd
Dylan Littlejohn	42:54	27:39	2 nd
Peter van Der Kamp	43:51	27:06	4 th

Junior handicap results:

Dillon Vidanapathirana	21:15	18:45	1 st
Jordan Rudd	24:52	17:22	5 th
Felix Morgan	23:33	14:43	2 nd
Poppy Scott-Dalglish	23:49	14:49	3 rd
Rhodri Whelan	24:36	15:26	4 th

XCR 10 TAN RELAYS

Women:

Open Division 2:

4x3.87km: (Fieke Van Der KAMP: 14:05, Jessica Campbell: 15:44, Taylor Radatti: 16:03, Shania Murray: 13:54):

Total Time: 59:46; Team Placing: 5th/12 teams

Open Division 4:

3x3.87km: (Alana Barnes: 17:08, Isabelle Brugliera: 16:30, Sarah Papadopoulos: 21:18):

Total Time: 54:56; Team Placing: 3rd/6 teams

Women U18:

3x3.87km: (Matilda L'Estrange: 14:35, Sugi NeeCowen: 17:19, Georgia L'Estrange: 17:53):
Total Time: 49:47; Team Placing: 8th/12 teams

Women U16:

3x3.87km: (Ally Brooks: 14:44, Jamieson Lander: 15:37, Poppy Scot-Dalglish: 14:32):
Total Time: 44:53; Team Placing: 2nd/7 teams

Women 50+:

3x3.87km: (Debbie McKenzie: 18:05, Jo Moxon: 19:44, Gayle Clifford: 24:12):
Total Time: 1:02:01; Team Placing: 9th/10 teams

Men:

Open Division 2:

6x3.87km: (Caden Murray: 11:48, Michael Martello: 12:20, Peter Van Der Kamp: 12:47, Brody McCarthy: 13:47, Blake Barnes: 12:50, Jarryd Cripps: 13:45):
Total Time: 1:17:17; Team Placing: 6th/13 teams

Open Division 5:

4x3.87km: (Charles Jacobson: 13:44, Aaron Bourne: 15:35, Anthony Lynch: 13:37, Jordan Chapman: 15:44):
Total Time: 58:40; Team Placing: 4th/10 teams

Open Division 7:

4x3.87km: (Adam Scott: 15:56, Rick Clarke: 18:52, Damien Clifford: 18:46, Jordan Rudd: 16:05)
1:09:39;
Total Time: 1:09:39; Team Placing: 3rd/6 teams

Men U18:

3x3.87km: (Joel Imbriano: 13:45, Rhodri Whelan: 15:00, Felix Morgan: 15:19):
Total Time: 44:04; Team Placing: 12th/12 teams

Men U16:

3x3.87km: (Ethan Armstrong-Bourne: 12:52, Cameron Ellis: 13:00, Dylan Nutbean: 14:09) 40:01;
Total Time: 40:01.38; Team Placing: 3rd/10 teams

Men 50+:

3x3.87km: (Aaron Scot-Dalglish: 14:16, Andrew McKenzie: 16:54, Mark Tapping: 17:04) 48:14;
Total Time: 48:14; Team Placing: 10th/13 teams

Men 60+:

3x3.87km: (Peter Ramsay: 15:46, Rob Wendel: 17:39, Greg Luck: 18:35) 52:00;
Total Time: 52:00; Team Placing: 3rd/8 teams

WILLINDA CLASSIC

The Willinda Classic on Thursday 22 September offered 65 athletes the chance to gauge their level of fitness based on the Track events over 1000m, 3000m and 10,000m. The many athletes who posted personal best times or surpassed their target time so early in the season will now be eager to go further into the coming summer of competition. There was a good appreciation of the organisation of the evening's competition by all who attended, and the weather conditions were certainly ideal.

Women U16 3000m

1. Matilda L'Estrange (DIV) 10:22.1
2. Erin Marriner (RWD) 10:23.4
3. Poppy Scot-Dalglish (DIV) 10:58.6
4. Georgia L'Estrange (DIV) 12:32.0
5. Sarah Holmes (UNA) 13:19
6. Lucy Johns (UNA) 13:20.3

Women Open 3000m:

1. Fieke Van Der Kamp (DIV) 10:34.1
2. Katrina Castles (UNA) 11:36
3. Chiara Braida (UNA) 15:05.5
4. Jo Moxon (DIV) 15:09.9
5. Sarah Papadopoulos (DIV) 15:31.8
6. Gayle Clifford (DIV) 18:21.3

Men U16 3000m

1. Joshua Carli (ANW) 9:34.5
2. Callum Settle (RWD) 9:37.5
3. Ethan Armstrong-Bourne (DIV) 9:45.1
4. Leo Worsam (IVA) 9:58.0
5. Dylan Nutbean (DIV) 10:27
6. Joel Denny (DAC) 10:28.7
7. Jonathon Tsioulos (UNA) 10:44
8. Felix Morgan (DIV) 11:07.2
9. Oscar Mielicki (UNA) 11:43.2

Men Open 3000m:

1. Benjamin Moynihan (DKN) 8:36.1
2. Kaleb Laker (COB) 8:53.8

3. John Portwood (DAC) 8:58.7
4. Ben Haseler (OLX) 10:01.6
5. Joel Imbriano (DIV) 10:01.6
6. Daniel Rees (DIV) 10:08.8
7. Brody McCarthy (DIV) 10:08.8
8. Damien Cusack (UNA) 10:41.1
9. Aaron Grant (UNA) 12:42.5
10. Andre Obradovic (DIV) 12:44.7

Women U16 1000m:

1. Heidi Kuppler (UNA) 3:23.1
2. Kitt Izard (UNA) 4:59.1

Men U16 1000m:

1. Josh Bruneau (UNA) 3:19.6
2. Logan Armstrong-Bourne (UNA) 3:24.6
3. Elliott Williams (UNA) 3:32
4. Sebastian Morgan (UNA) 3:34
5. Edward Maffett (UNA) 3:57.1
6. Harris Bruneau (UNA) 4:05.7
7. Flynn L'Estrange (UNA) 4:00
8. Xavier Tsioulos (UNA) 4:35.4

Women Open 1000m:

1. Amber Louw (SAN) 3:17.68

Men Open 1000m:

1. Oscar O'Connor (DAC) 2:40.2
2. Jarryd Cripps (DIV) 2:40.6
3. Tez Kavanagh-Dando (UNA) 3:02.0
4. Dillon Vidanapathirana (DIV) 3:30.4

Women Open 'A' 10,000m:

1. Lauren Burrow (COL) 39:32.7

Men Open 'A' 10,000m:

1. Caden Murray (DIV) 32:37.2
2. Damien Bruneau (ESS) 33:21.4

3. Antony Van Eeten (GHY) 35:07.9
4. Campbell Maffett (COL) 35:48.6
5. Dino Imbriano (STK) 37:14.1
6. Aaron Scot-Dalgleish (DIV) 38:24.6

Women Open 'B' 10,000m:

1. Lauren McPherson (UNA) 44:43.5
2. Debbie Tan (UNA) 45:26.3
3. Emily Rowe (UNA) 54:41
4. Jasmine Mustchin (UNA) 57:59.0
5. Natalie Lim (UNA) 1:05:18

Men Open 'B' 10,000m:

1. Peter Ramsay (DIV) 42:12.3
2. David Featherson (UNA) 42:56.5
3. Aaron Bourne (DIV) 43:08.6
4. Andre Obradovic (DIV) 44:59.8
5. Zeb Pheonix (UNA) 46:16.1
6. Greg Shilo (UNA) 46:43.0
7. Rob Sutton (UNA) 50:18.2
8. Matthew Ferguson (UNA) 57:32

2022 DVAC WINTER AWARDS

There was a crowd of 60 odd DVAC members in the Willinda Park Function Room on the evening of Thursday 3 November 2022 for the 2022 DVAC Winter Awards.

Junior Female 2022 Cross Country Champion

Matilda L' Estrange

Ally Brooks

Fieke Van Der Kamp

Junior Male 2022 Cross country Champion

Ethan Armstrong -Bourne

Rhodri Whelan

Tyler Murphy

Open Female 2022 Cross country Champion

Shania Murray

Jessica Campbell

Merlina Hession

40+ Female 2022 Cross Country Champion

Vula Sheens

Debbie McKenzie

Laura Campbell

Open Male 2022 Cross Country Champion

Caden Murray

Tim Logan

Dylan Littlejohn & Michael Martello

40+ Male 2022 Cross Country Champion

Aaron Scot-Dalgleish

Peter Van Der Kamp

Charles Jacobson

Marathon 2022

Open Female - Debbie McKenzie 4.17.21

Open Male - Peter Van Der Kamp 2.41.25

Volunteer Winter Award 2022

Female - Kirby Telford

Male- David Armstrong

Female U/16 2022 Victorian Cross Country Champions with 4x Medals 🏆

Ally Brooks, Jamieson Lander, Poppy Scot-Dalglish and Georgia L'Estrange

Female U/18 2022 Victorian Cross Country Champions with 3 X Medals 🏆

Matilda L'Estrange, Sugi Neecowen, Georgia L'Estrange and Annalise Jones

Men's 60+ 2022 Short Course Cross Country Champions with 4 X Medals 🏆

Rob Wendel, Lyal Douglas, Greg Luck and Peter Ramsay

Female U/18 2022 Victorian Cross Country Champion.

Matilda L'Estrange 🏆

2022 DVAC WINTER HANDICAP AWARDS

Junior DVAC Winter Handicap Award

	Georgie L'Estrange	
Rhodri Whelan		Matilde L'Estrange

Open DVAC Winter Handicap Award

	Shania Murray	
Matthew Thompson		Dylan Littlejohn

Master DVAC Winter Handicap Award

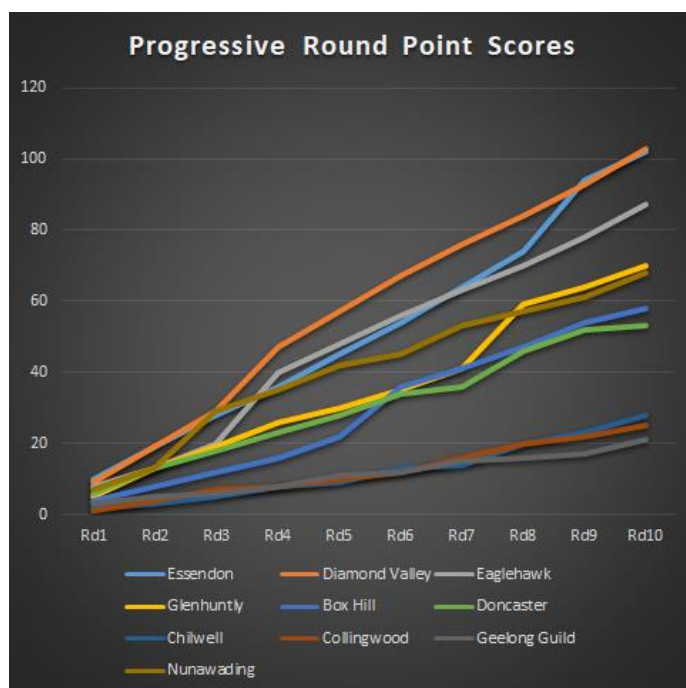
	Aaron Scot-Dalglish	
Lyal Douglas		

TRACK AND FIELD DETAILS

The Athletics Victoria Shield League (AVSL) is the new name for AV Shield with the motto 'One Club, One Team, One Score' where performances achieved by all members are accumulated and contribute to the club's overall performance.

This, together with specialty meets, provided the broadest possible opportunity for competition experience. This usually meant though that our attendance and hence performance at AVSL was impacted by athletes choosing to attend the specialty events, which is all right. The specialty meets provided some fantastic performances by our athletes.

In a wonderful team effort at Lakeside Stadium the Diamond Valley Athletics Club finished in 1st spot in the Top 4 Playoffs for the Title of the best Club in AVSL Premier Division.



	Round 1			Round 2			Round 3			Round 4			Round 5			Round 6			Round 7			Round 8			Round 9			Round 10		
	Score	Points		Score	Points	Cum.	Score	Points	Cum.	Score	Points	Cum.	Score	Points	Cum.	Score	Points	Cum.	Score	Points	Cum.	Score	Points	Cum.	Score	Points	Cum.	Score	Points	Cum.
Essendon	60,357	10		41,734	9	19	50,340	9	28	35,395	8	36	40,370	9	45	35,506	9	54	55,119	10	64	51,886	10	74	52,673	20	94	34,983	8	102
Diamond Valley	49,159	9		50,316	10	19	52,794	10	29	50,744	18	47	46,534	10	57	41,761	10	67	45,071	9	76	49,984	8	84	44,654	9	93	42,896	10	103
Eaglehawk	34,981	8		31,650	5	13	38,427	7	20	33,923	7	26	38,609	8	34	32,035	8	42	32,531	7	49	43,029	7	56	38,819	8	64	42,641	9	73
Glenhuntly	27,560	5		37,048	8	13	37,911	6	19	33,923	7	26	23,776	4	30	26,969	5	35	27,315	6	41	51,574	18	59	25,226	5	64	25,613	6	70
Box Hill	23,237	4		27,309	4	8	28,204	4	12	26,493	4	16	29,753	6	22	30,762	14	36	23,359	5	41	33,870	6	47	32,628	7	54	20,279	4	58
Doncaster	28,852	6		35,883	7	13	36,930	5	18	30,662	5	23	27,929	5	28	30,444	6	34	16,881	2	36	32,379	10	46	25,796	6	52	14,299	1	53
Chilwell	20,044	2		13,897	1	3	19,414	2	5	25,637	3	8	15,946	1	9	24,327	4	13	14,884	1	14	26,147	6	20	21,651	3	23	22,244	5	28
Collingwood	18,012	1		24,458	3	4	24,521	3	7	19,224	1	8	19,804	2	10	23,739	2	12	20,382	4	16	25,413	4	20	21,628	2	22	17,096	3	25
Wyndham	20,399	3		15,420	2	5	19,016	1	6	24,490	2	8	21,074	3	11	20,059	1	12	17,690	3	15	19,333	1	16	14,074	1	17	15,843	4	21
Western Athletics	31,519	7		32,501	6	13	45,892	16	29	31,949	6	35	31,989	7	42	24,052	3	45	32,660	8	53	30,488	4	57	24,880	4	61	31,292	7	68

In the 2 final playoffs, we won the AVSL Premier Division club title for the 2022/2023 season in convincing fashion!

Going into the final week of Playoff competition DVAC had a lead of over 8000 points over our main rival for the title, Essendon. By the end of the program at Aberfeldie that [led](#) had more

than doubled to a total of 18,629 points. There was a joyous victory lap by the Valley athletes & family following the last event, the 4 x 400m relays.

The dominance of the Valley team on the day was no more in evidence than with the Relays when DVAC sent out 10 teams at the end of a long day of competition. There were only 9 other Relay teams entered by the nine other clubs in the Premier Division – Essendon 3, Eaglehawk 4, Wyndham 2. The 10 DVAC Relay teams were the icing on the cake, adding 2,969 points to the considerable lead already established.



As well as the club victory by DVAC in the Premier Division, Valley athletes have also collected three State titles in the age categories for the 2022/2023 season of AVSL. The three teams that finished the season on top of the Statewide ladders were the Women U18, the Women U16 and the Men 40+.

The other DVAC age categories finished the 10 Rounds of the regular season in the following positions when listed beside their counterparts across Victoria:

Women: W Open 5th/34 teams (3rd); W40+ 3rd/ 29 teams (4th); WU20 26/26 teams (7th); WU18 1st/34 teams (1st); WU16 1st/33 teams (1st); WU14 2nd /29 teams (3rd)

Men: MOP 10th/41 teams (4th); M40+ 1st/ 44 teams (1st); MU20 6th/27 teams (19th); MU18 8th/36 teams (5th); MU16 21st/36 teams (14th); MU14 21st/29 teams (16th).



			Current	Total
Club			Score	
Premier Division Championship				
	DIV	Diamond Valley	111,808	
	ESS	Essendon	93,179	
	EAG	Eaglehawk	83,426	
	GHY	Glenhuntly	55,108	
	WES	Western Athletics	40,948	
Premier Division Relegation				
	BOH	Box Hill	52,775	
	DAC	Doncaster	52,765	
	COL	Collingwood	44,502	
	WYN	Wyndham	38,050	
	CHI	Chilwell	33,441	

Congratulations to all.

The MVA Top Twenty Club

	Athlete	Club	Points	
1	Ally Brooks	DIV	12,613	F16
2	Matthew Hall	DIV	12,563	M50
3	Vanessa Smith	DIV	11,879	F16
4	Colin Newman	DIV	10,370	MOP
5	Asher Andrews	DIV	9,777	M16
6	Ivan Dodin	DIV	9,417	M60
7	Zoey Ryan	DIV	9,284	F14
8	Lalith Udugampala	DIV	9,036	M50
9	Greg Luck	DIV	8,808	M60
10	Luke De Biasi	DIV	8,765	M55
11	Poppy Scot-Dagleish	DIV	8,357	F16
12	Riley Neecowen	DIV	7,656	M18
13	Gaellyne Kenshole	DIV	7,309	F50
14	Sugi Neecowen	DIV	7,268	F18
15	Annalise Jones	DIV	6,943	F18
16	Harley Gilbert	DIV	6,925	M18
17	James Hurley	DIV	6,852	M18
18	Keira Sanchez	DIV	6,735	F18
19	Amelia Di Benedetto	DIV	6,297	F16
20	Jamieson Lander	DIV	6,245	F16

After the Shield season we recognise the athletes who won individual shield discipline awards and those who won the overall DVAC Shield Championship Awards and even though the Shield competition moved to a Club championship, this is always an opportunity to recognise age group teams that have done particularly well.

INDIVIDUAL SHIELD DISCIPLINE AWARDS BY AGE GROUP

Age Groups	Shield winners		
WU14	WU14 - Sprints	Award	Rebecca Hvalica
	WU14 – Distance	Award	Heidi Kuppler
	WU14 – Throws	Award	Zoey Ryan
	WU14 – Jumps	Award	Aylaa Arunan
	WU14 – Shield Champion	Award	Zoey Ryan
MU14	MU14 - Sprints and Jumps	Award	Joshua Corden
	MU14 – Distance	Award	Felix Morgan
	MU14 – Walks	Award	Jaime Hvalica
	WU14 – Throws	Award	Chehan Udugampala
	WU14 – Shield Champion	Award	Jaime Hvalica
WU16	WU16 – Sprints, Distance & Steeple	Award	Ally Brooks
	WU16 – Hurdles	Award	Jamieson Lander
	WU16 – Jumps	Award	Alexia Moxon
	WU16 - Throws	Award	Vanessa Smith
	WU16 – Shield Champion	Award	Ally Brooks
MU16	MU16 – Sprints, Hurdles, Throws and Jumps	Award	Asher Andrews
	MU16 – Distance	Award	Rhodri Whelan
	MU16 – Shield Champion	Award	Asher Andrews
WU18	WU18 - Sprints	Award	Katie Oliver
	WU18 – Distance	Award	Matilda L'Estrange
	WU18 – Hurdles	Award	Charlee Dickson
	WU18 – Walks	Award	Tayla Borg
	WU18 – Jumps	Award	Annalise Jones
	WU18 - Throws	Award	Keira Sanchez
	WU18 – Shield Champion	Award	Sugi Neecowen
MU18	MU18 - Sprints	Award	Riley Neecowen
	MU18 – Distance, Steeple and Walks	Award	Joel Imbriano
	MU18 – Throws	Award	Rowan Fletcher
	MU18 – Jumps	Award	James Hurley
	MU18 – Shield Champion	Award	Riley Neecowen
WU20	WU20 – Sprints and Distance	Award	Fieke Van Der Kamp
	WU20 – Throws and Jumps	Award	Elyssia Kenshole
	WU20 – Shield Champion	Award	Fieke Van Der Kamp

MU20	MU20 – Sprints and Distance	Award	Dillon Vidanapathirana
	MU20 – Throws and Jumps	Award	Zac Andrews
	MU20 – Shield Champion	Award	Dillon Vidanapathirana
WOP	WOP – Sprints and Hurdles	Award	Keely Boyne
	WOP – Distance, Walks and Jumps	Award	Sarah Papadopoulos
	WOP - Throws	Award	Alexandra Mills
	WOP – Shield Champion	Award	Keely Boyne
MOP	MOP – Sprints and Distance	Award	Jarryd Cripps
	MOP – Throws	Award	Colin Newman
	MOP – Shield Champion	Award	Colin Newman
W40+	W40 - Sprints and Walks	Award	Jo Moxon
	W40 - Distance	Award	Debbie McKenzie
	W40 – Hurdles, Throws and Jumps	Award	Gaelyne Kenshole
	W40 – Shield Champion	Award	Gaelyne Kenshole
M40+	M40 - Sprints	Award	Ivan Dodin
	M40 – Distance	Award	Aaron Scot-Dalgleish
	M40 – Throws	Award	Matthew Hall
	M40 – Jumps	Award	Greg Luck
	M40 – Walks	Award	Bernie Keirl
	M40 – Shield Champion	Award	Matthew Hall

2022 VICTORIAN RELAY CHAMPIONSHIPS

We had 17 teams entered in the Victorian Relay championships (3 more than the year before).

- 10 Underage and 4 Open, 3 Men 50+
- 7 Female teams
- 10 Male teams

Female OP

Medley Relay: Keely Boyne, Erin Hanlon, Fieke Van Der Kamp, Shania Murray 4:32.05 (10th)

4x1500m: Shania Murray, Matilda L'Estrange, Fieke Van Der Kamp, Ally Brooks 19:43.39 (2nd);

Female 18

Medley Relay: Katie Oliver, Charlee Dickson, Chloe Sia, Sugi Neecowen 4:24.46 (5th);
4x400m: Charlee Dickson, Sugi Neecowen, Chloe Sia, Katie Oliver 4:12.62 (3rd); Annalise Jones, Tayla Borg, Vanessa Smith, Luella Wood 4:54.52 (7th);
4x800m: Sugi Neecowen, Matilda L'Estrange, Poppy Scot-Dalglish, Ally Brooks 10:22.61 (7th);

Female 16

Medley Relay: Maddy Meagher, Poppy Scot-Dalglish, Jamieson Lander, Ally Brooks 4:28.46 (9th);
4x400m: Jamieson Lander, Georgia L'Estrange, Maddy Meagher, Poppy Scot-Dalglish 4:15.06 (1st); Jamieson Lander, Georgia L'Estrange, Maddy Meagher, Poppy Scot-Dalglish 4:18.05 (P);

Male OP

4x1500m: Caden Murray, Blake Barnes, Dylan Littlejohn, Michael Martello 17:19.13 (5th);

Male 18

Medley Relay: Charl Louwrens, Samuel Abolencia, Riley Neecowen, Joel Imbriano 3:57.48 (7th);
4x100m: Zack Lambie, Charl Louwrens, Riley Neecowen, Samuel Abolencia 44.84 (6th); Rowan Fletcher, Harley Gilbert, James Hurley, Joel Imbriano 50.61 (P); Charl Louwrens, Samuel Abolencia, Zack Lambie, Riley Neecowen 45.12 (P);
4x800m: Joel Imbriano, Riley Neecowen, Ethan Armstrong-Bourne, Cameron Ellis 9:14.05 (8th);

Male 16

Medley Relay: Asher Andrews, Jaime Hvalica, Cameron Ellis, Ethan Armstrong-Bourne 4:04.69 (6th);
4x400m: Ethan Armstrong-Bourne, Cameron Ellis, Oscar Mielicki, Asher Andrews 4:01.70 (6th);

Male 50

4x100m: Lalith Udugampala, Chris Boyne, Greg Luck, Ivan Dodin 50.64 (2nd);
4x400m: Chris Boyne, Lyal Douglas, Mark Tapping, Ivan Dodin 4:22.97 (4th)
4x1500m: Andre Obradovic, Rob Wendel, Mark Tapping, Andrew McKenzie 23:18.47 (7th)

2023 VICTORIAN CHAMPIONSHIPS

2023 VICTORIAN JUNIOR (U13 TO U18) TRACK & FIELD CHAMPIONSHIPS

Women:

W18

100m:	Katie Oliver	12.44 (-0.8) (1st); 12.35 (-0.1) (P)
	Annalise Jones	13.68 (1.4) (P)
	Olivia Sheens	13.34 (1.4) (P)
200m:	Katie Oliver	25.60 (1.0) (3rd); 25.57 (0.8) (P)
3000m:	Matilda L'Estrange	10:26.53 (2nd)
100m Hurdles:	Annalise Jones	17.41 (-2.3) (5th)
400m Hurdles:	Charlee Dickson	74.88 (4th)
	Annalise Jones	80.33 (6th)
Discus:	Keira Sanchez	33.00m (6th)
	Tara Smith	30.53m (7th)
Hammer:	Keira Sanchez	47.32m (2nd)
	Tara Smith	41.12m (3rd)
Javelin:	Tara Smith	36.95m (3rd)
Shot Put:	Keira Sanchez	11.82m (4th)

W17

100m:	Alexia Moxon	14.96 (0.4) (P)
800m:	Ally Brooks	2:12.74 (2nd); 2:22.86 (P)
	Poppy Scot-Dalgleish	2:20.47 (5th); 2:22.69 (P)
1500m:	Poppy Scot-Dalgleish	4:50.22 (7th)
2000m Steeple:	Ally Brooks	7:41.28 (3rd)
400m Hurdles:	Jamieson Lander	67.34 (2nd)
Discus:	Vanessa Smith	28.56m (5th)
Hammer:	Vanessa Smith	35.48m (4th)
High Jump:	Hayley Sposato	1.60m (2nd)
Javelin:	Vanessa Smith	35.97m (1st)
Pole Vault:	Alexia Moxon	2.00m (5th)

WP17

100m:	Kirra Wright	15.60 (-0.1) (1st);
200m:	Kirra Wright	32.64 (0.9) (1st);
400m:	Kirra Wright	81.89 (1st);
Long Jump:	Kirra Wright	3.74m (0.2) (1st);

W16

100m:	Maddy Meagher	13.48 (0.5) (7th); 12.51 (1.8) (P)
800m:	Georgia L'Estrange	2:33.59 (P)
1500m:	Georgia L'Estrange	5:24.91 (11th)
	Luella Wood	5:30.73 (12th)
3000m:	Luella Wood	11:49.35 (7th)
Discus:	Amelia Di Benedetto	26.24m (8th)
High Jump:	Keira Caddy	1.40m (7th)
Shot Put:	Amelia Di Benedetto	8.98m (8th)

W15

100m:	Rebecca Hvalica	12.87 (-0.4) (3rd); 12.82 (-0.4) (P);
200m:	Rebecca Hvalica	26.59 (-0.9) (3rd); 26.97 (-0.9) (P);
3000m:	Matilda Johnson	10:40.58 (3rd);
Discus:	Zoey Ryan	18.89m (8th);
Hammer:	Zoey Ryan	34.12m (1st)
	Hanna Rowe	30.47m (3rd);
Javelin:	Ines Caton-Smith	27.81m (2nd)
	Zoey Ryan	25.23m (3rd)
Shot Put:	Zoey Ryan	9.20m (4th)

W14

1500m:	Matilda Johnson	4:59.74 (4th);
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Men:**M18**

200m:	Riley Neecowen	23.70 (1.2) (P)
400m:	Riley Neecowen	50.74 (6th); 50.21 (P)
5000m Walk:	Joel Imbriano	27:28.07 (3rd)

M17

3000m:	Rhodri Whelan	10:51.74 (10th)
Discus:	Asher Andrews	42.98m (1st)
Javelin:	Asher Andrews	48.00m (1st)
	Milun Fernando	44.91m (3rd)
Long Jump:	Asher Andrews	4.88m (-0.2) (8th)
Shot Put:	Asher Andrews	13.27m (2nd)
	Milun Fernando	11.29m (4th)

M16

800m:	Ethan Armstrong-Bourne	2:06.44 (P)
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1500m:	Ethan Armstrong-Bourne	4:16.24 (9th)
Discus:	Paora Okirua	33.38m (6th)
Shot Put:	Paora Okirua	16.27m (1st)

M15

1500m:	Felix Morgan	4:56.89 (11th)
	Oscar Mielicki	5:24.17 (14th)
3000m:	Felix Morgan	11:03.56 (12th)
3000m Walk:	Max Davidson	15:18.36 (1st)
Discus:	Chehan Udugampala	33.90m (7th)
Hammer:	Chehan Udugampala	25.57m (4th)
Javelin:	Chehan Udugampala	24.41m (7th)
Shot Put:	Chehan Udugampala	9.75m (9th)

M14

3000m Walk:	Jaime Hvalica	16:24.03 (1st)
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2023 VICTORIAN (U20 TO OPEN) TRACK & FIELD CHAMPIONSHIPS

Women:

Under 20:

1500m:	Ally Brooks	4:46.56 (4th)
Javelin:	Bianca Eiting Brown	24.95m (7th)
Shot Put:	Bianca Eiting Brown	9.37m (5th)

Open:

100m:	Keely Boyne	12.18 (0.1) (2nd); 12.24 (0.7) (P)
	Katie Oliver	12.37 (0.1) (5th); 12.51 (1.6) (P)
200m:	Monica Brennan	24.53 (-1.0) (2nd); 24.55 (2.2) (P)
100m Hurdles:	Keely Boyne	14.55 (-0.1) (4th)
400m Hurdles:	Charlee Dickson	72.89 (P)
Discus:	Alexandra Mills	40.29m (5th)
Hammer:	Lucinda Derrett	38.25m (11th)
Javelin:	Emma Butler	41.39m (2nd)
	Tara Smith	31.37m (7th)
Pole Vault:	Elyssia Kenshole	4.15m (1st)
Shot Put:	Emma Butler	10.51m (6th)

MEN:

Open:

1500m:	Jaryd Clifford	3:46.85 (2nd); 3:57.67 (P)
	Tim Logan	3:55.27 (8th); 4:01.16 (P)
	Caden Murray	4:07.04 (P)
Shot Put:	Colin Newman	11.41m (7th)

Under 20:

100m:	Zack Lambie	11.74 (S); 11.64 (1.4) (P)
	James Hurley	11.97 (-0.8) (P)
	Charl Louwrens	11.78 (-0.8) (P)
	Hayden Moon	11.72 (1.4) (P)
200m:	Charl Louwrens	23.42 (0.9) (P)
	Hayden Moon	24.22 (-1.6) (P)
800m:	Dillon Vidanapathirana	2:37.27 (P)
1500m:	Dillon Vidanapathirana	5:28.15 (14th)
Long Jump:	Harley Gilbert	5.61m (3.1) (10th)
	James Hurley	5.54m (-1.0) (11th)
Triple Jump:	James Hurley	12.20m (1.5) (8th)
	Harley Gilbert	11.61m (0.2) (11th)

Under 20 Para:

200m:	Jordan Rudd	27.92 (5.1) (2nd)
400m:	Jordan Rudd	62.92 (1st)
800m:	Jordan Rudd	2:31.31 (1st)
1500m:	Jordan Rudd	5:09.71 (2nd)
Long Jump:	Jordan Rudd	4.18m (0.1) (1st)

2023 VICTORIAN MASTERS CHAMPIONSHIPS

Male 35

Discus:	Colin Newman	25.97m (2nd)
Hammer:	Colin Newman	37.46m (1st)
Shot Put:	Colin Newman	12.06m (1st)
Weight Throw:	Colin Newman	11.48m (1st)

Male 40

1500m:	Daniel Rees	4:52.59 (5th)
3000m Steeple:	Daniel Rees	11:35.39 (1st)

Male 45

High Jump:	Paul Schofield	1.69m (1st)
Long Jump:	Arunan Arumainayagam	4.20m (+0.0) (5th)
Triple Jump:	Paul Schofield	10.83m (1.5) (2nd)

Male 50

60m:	Lalith Udugampala	07.85 (-1.3) (2nd)
100m:	Lalith Udugampala	12.47 (1.1) (4th)
Discus:	Matthew Hall	34.59m (2nd)
	Lalith Udugampala	27.00m (3rd)
Hammer:	Matthew Hall	27.69m (2nd)
Javelin:	Lalith Udugampala	37.54m (1st)
	Matthew Hall	28.29m (2nd)
Long Jump:	Lalith Udugampala	5.08m (+0.0) (3rd)
Shot Put:	Matthew Hall	10.41m (3rd)
	Lalith Udugampala	8.75m (5th);
Triple Jump:	Lalith Udugampala	9.86m (0.7) (3rd)
Weight Throw:	Matthew Hall	11.67m (1st)

Male 55

800m:	Andre Obradovic	2:55.43 (5th)
1500m:	Andre Obradovic	5:45.39 (6th)
5000m:	Andre Obradovic	21:46.0h (5th)
3000m Walk:	Bernie Keirl	19:24.99 (1st)

Male 60

60m:	Ivan Dodin	08.32 (-1.0) (1st)
	Greg Luck	08.88 (-1.0) (2nd)
100m:	Ivan Dodin	12.74 (3.2) (1st)
	Greg Luck	14.10 (3.2) (4th)
200m:	Ivan Dodin	28.25 (0.3) (1st)
400m:	Ivan Dodin	62.00 (1st)
	Greg Luck	69.76 (5th)
300m Hurdles:	Greg Luck	56.11 (1st)
High Jump:	Greg Luck	1.20m (1st)
Long Jump:	Greg Luck	3.82m (2.0) (3rd)
Triple Jump:	Greg Luck	8.24m (1.7) (2nd)

Male 65

Discus:	Bruce Wood	30.49m (2nd)
Hammer:	Bruce Wood	22.78m (3rd)
Javelin:	Bruce Wood	22.70m (6th)
Shot Put:	Bruce Wood	9.09m (2nd)

Female M35

1500m Walk:	Sarah Papadopoulos	10:15.75 (1st)
3000m Walk:	Sarah Papadopoulos	20:45.05 (1st)

Female M50

80m Hurdles:	Gaelyne Kenshole	15.28 (-0.1) (1st)
Pole Vault:	Gaelyne Kenshole	2.50m (1st)
Triple Jump:	Gaelyne Russell	8.56m (+0.0) (2nd)

2022-2023 VICTORIAN CHAMPIONS

The following athletes have achieved a Victorian championship:

Championship	Name	Class	Age	Nr	Event	Discipline	Performance
Vic Junior	Asher Andrews		MU17	Gold	Discus	Throws	42.98
Vic Junior	Asher Andrews		MU17	Gold	Javelin	Throws	48.00
Vic Junior	Jaime Hvalica		MU14	Gold	3K Walk	Walks	16:24.0
Vic Junior	Katie Oliver		WU18	Gold	100M	Sprints	12.44
Vic Junior	Kirra Wright	T38	WU17	Gold	Long Jump	Jumps	3.74
Vic Junior	Kirra Wright	T38	WU17	Gold	100M	Sprints	15.60
Vic Junior	Kirra Wright	T38	WU17	Gold	200M	Sprints	32.64
Vic Junior	Kirra Wright	T38	WU17	Gold	400M	Sprints	81.89
Vic Junior	Max Davidson		MU15	Gold	3K Walk	Walks	15:18.4
Vic Junior	Poara Okirya		MU16	Gold	Shot Put	Throws	16.27
Vic Junior	Vanessa Smith		WU17	Gold	Javelin	Throws	35.97
Vic Junior	Zoey Ryan		WU15	Gold	Hammer	Throws	34.12
Vic Open & U20	Elyssia Kenshole		WOP	Gold	Pole Vault	Jumps	4.15
Vic Open & U20	Jordan Rudd	P20	U20	Gold	800M	Distance	02:31.3
Vic Open & U20	Jordan Rudd	P20	U20	Gold	Long Jump	Jumps	4:18
Vic Open & U20	Jordan Rudd	P20	U20	Gold	400M	Sprints	62.92
Vic Masters	Bernie Keirl		M55+	Gold	3K Walk	Walks	19:25.0
Vic Masters	Colin Newman		M35+	Gold	Hammer	Throws	37.46
Vic Masters	Colin Newman		M35+	Gold	Shot Put	Throws	12.06
Vic Masters	Colin Newman		M35+	Gold	Weight Throw	Throws	11.48
Vic Masters	Daniel Rees		M40+	Gold	3K Steeple	Steeple	11:35.4
Vic Masters	Gaelyne Kenshole		F50+	Gold	80H	Hurdles	15.28
Vic Masters	Gaelyne Kenshole		F50+	Gold	Pole Vault	Throws	2.50
Vic Masters	Greg Luck		M60+	Gold	300H	Hurdles	56.11
Vic Masters	Greg Luck		M60+	Gold	High Jump	Jumps	1.20
Vic Masters	Ivan Dodin		M60+	Gold	60M	Sprints	8.32
Vic Masters	Ivan Dodin		M60+	Gold	100M	Sprints	12.74
Vic Masters	Ivan Dodin		M60+	Gold	200M	Sprints	28.25
Vic Masters	Ivan Dodin		M60+	Gold	400M	Sprints	62.00
Vic Masters	Lalith Udugampala		M50+	Gold	Javelin	Throws	37.54
Vic Masters	Matthew Hall		M50+	Gold	Weight Throw	Throws	11.67
Vic Masters	Paul Scofield		M45+	Gold	High Jump	Jumps	1.69
Vic Masters	Sarah Papadopoulos		F35+	Gold	1500 Walk	Walks	10:15.7
Vic Masters	Sarah Papadopoulos		F35+	Gold	3K Walk	Walks	20:45.1
Vic Track Relays	Georgia L'Estrange		F16	Gold	4*400M	Relays	04:15.1
Vic Track Relays	Jamieson Lander		F16	Gold	4*400M	Relays	04:15.1
Vic Track Relays	Maddy Meagher		F16	Gold	4*400M	Relays	04:15.1
Vic Track Relays	Poppy Scot-Dalglish		F16	Gold	4*400M	Relays	04:15.1

2023 NATIONAL CHAMPIONSHIPS

2023 AUSTRALIAN JUNIOR (U13 TO U18) TRACK & FIELD CHAMPIONSHIPS

Women:

Under 14:

1500m: (Timed Final)	Matilda Johnson	4:51.92* (12th)
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Under 15:

100m: (Prelims):	Rebecca Hvalica	12.82
200m: (Prelims):	Rebecca Hvalica	26.43*
3000m: (Final):	Matilda Johnson	10:37.11* (16th)
Javelin: (Final):	Ines Caton-Smith	30.80m (12th)
Javelin: (Final):	Zoey Ryan	27.66m* (17th)
Hammer Throw: (Final)	Hanna Rowe	32.85m (12th)
Hammer Throw: (Final)	Zoey Ryan	32.63m (13th)

Under 16

100m: (Prelims)	Maddy Meagher	12.52
200m: (Prelims):	Maddy Meagher	26.93

Under 17:

800m: (Prelims):	Ally Brooks	2:19.70
800m: (Prelims):	Poppy Scot-Dalgleish	2:19.75
1500m: Timed Final)	Ally Brooks	4:51.55 (18th)
400m Hurdles: (Prelims):	Jamieson Lander	67:01* (5th); 67.49 (Q);
Javelin (500g) (Final):	Vanessa Smith	36.94m* (6th)
Hammer Throw (3kg) (Final)	Vanessa Smith	31.58m (15th)
Hammer Throw (3kg) (Final)	Keira Sanchez	52.17m* (4th)
100m: (Final):	Kirra Wright (T38)	15.61 (79.30)
200m: (Final)	Kirra Wright (T38)	32.17* (7th) (80.57)
400m: (Final)	Kirra Wright (T38)	79.10 (7th) (76.19)
Long Jump: (Final)	Kirra Wright (T38)	3.92m (1st) (71.14)

Under 18:

100m: (Prelims)	Katie Oliver	12.22*
3000m: (Final)	Matilda L'Estrange	10:33.56 (16th)
400m Hurdles: (Prelims)	Charlee Dickson	70.22
Javelin: (500g) (Final)	Tara Smith	34.68m (14th)

Men:

Under 14:

3000m Race Walk (Final)	Jaime Hvalica	14:59.39* (2nd)
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Under 15:

3000m Race Walk (Final)	Max Davidson	14:56.28* (2nd)
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Under 16:

Shot Put: (Final)	Paora Okirua	17.62m* (1st)
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Under 17:

Discus: (1.5kg) (Final)	Asher Andrews	37.27m (9th)
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Discus: (1.5kg) (Final)	Milun Fernando	34.57m (12th)
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Javelin: (700g) (Final)	Milun Fernando	49.68m (8th)
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Decathlon:	Asher Andrews:	
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100m: 11.31* (793) (1st); Long Jump: 6.49m (695) (2nd); Shot Put: 12.13m (614) (7th); 400m 53.63* (655) (4th); High Jump 1.72m* (560); ; 110m Hurdles 16.75* (651); Discus 37.63m (617); Pole Vault 3.00m* (357); Javelin 53.81m* (645); 1500m 5:13.94 (482)

Total points: 6069pts* (4th)

Under 18:

400m: (Prelim):	Riley Neecowen	49.69 (6th); 49.38* (q);
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(* denotes Personal Best effort)

2023 AUSTRALIAN TRACK & FIELD OPEN & UNDER 20 CHAMPIONSHIPS**WOMEN:**

100m:	Keely Boyne	12.22
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100m Hurdles:	Keely Boyne	14.65
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Pole Vault:	Elyssia Kenshole	4.20m (1 st)
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MEN:

5000m (A):	Jaryd Clifford	14:37.29
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5000m (B):	Caden Murray	15:25.65
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Para

400m:	Jordan Rudd (T20)	DQ: WPA 17.8
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800m:	Jordan Rudd (T20)	2:25.21 (75.69) (4 th), (75.69)
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1500m:	Jordan Rudd (T20)	4:59.26 (3 rd) (75.26)
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Long Jump:	Jordan Rudd (T20)	4.38m (9 th) (57.32%)
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2023 AUSTRALIAN MASTERS ATHLETICS CHAMPIONSHIPS

W50 80H:	Gaelyne Kenshole	15.10 (1 st)
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W30 4*400m Relay	Gaelyne Kenshole	6:03.59 (3 rd)
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W45 Pole Vault	Gaelyne Kenshole	2.60m (2 nd)
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W50 Long Jump	Gaelyne Kenshole	3.92m (5 th)
W50 Triple Jump	Gaelyne Kenshole	8.16m (4 th)

2022-2023 AUSTRALIAN CHAMPIONS

The following athletes have achieved a national championship:

Championship	Name	Class	Age	Nr	Event	Discipline	Performance
Nationals Junior	Kirra Wright	T38	WU17	Gold	Long Jump	Jumps	3.92
Nationals Junior	Poara Okirya		MU16	Gold	Shot Put	Throws	17.62
Nationals Open & U20	Elyssia Kenshole		WOP	Gold	Pole Vault	Jumps	4.20
Nationals Masters	Gaelyne Kenshole		F50+	Gold	80H	Sprints	15.10

2022 OCEANIA MEETS

The 2022 Virtus Oceania Asia Games are now over, and **Jordan Rudd** has come home from Brisbane after having had a phenomenally successful meet. Jordan ran in races over 100m, 200m, 400m & 800m during the Athletics program. Jordan won a bronze medal as the third best athlete in the Under 18 athlete category.

OCEANIA MASTERS CHAMPIONS

Oceania Masters	Gaelyne Kenshole		F50+	Gold	Triple Jump	Throws	8.63
Oceania Masters	Matt Hall		M50+	Gold	Shot Put	Throws	11.28
Oceania Masters	Matt Hall		M50+	Gold	Weight Throw	Throws	11.58

2023 TRACK AND FIELD AWARDS

At our Annual Presentation Night, we celebrated our Summer Track and Field performances and the club issues its traditional Club Awards. This year's winners are listed below:

DVAC Summer Track and Field Awards Honours Roll										
	Sprints	Hurdles	Jumps (Sue Kueffer)	Throws	Walks (Cust Family)	Distance	Steeple	Para Athlete	President	Multi Events
2011/2012	Monica Brennan		Chris Armet	Amy Stirling	Emmet Brasier	Lara Kolar		Lachlan Dalgleish	Monica Brennan	
2012/2013	Monica Brennan		Chris Armet	Lucas Soccio	Eliza Clarke	Lara Kolar		Graham Ford	Graham Ford	
2013/2014	Maddie Coates	Greta Miller	Luke DeBias	Lucas Soccio	Eliza Clarke	Jaryd Clifford	Jaryd Clifford	Jaryd Clifford	Jaryd Clifford	
2014/2015	Maddie Coates	Gaelyne Kenshole	Tom Wilson	Chelsea Owen-Smith	Emmet Brasier	Cameron Simon	Cameron Simon	Jaryd Clifford	Chris Armet	
2015/2016	Monica Brennan	Keely Boyne	Baye Agostino	Emma Butler	Eliza Clarke	Cameron Simon	Cameron Simon	Jaryd Clifford	Gaelyne Kenshole	
2016/2017	Angel Ukpiedo	Isabel Long	Gaelyne Kenshole	Calvin Meaden	Emmet Brasier	Jaryd Clifford	Jaryd Clifford	Jaryd Clifford	Cameron Simon	
2017/2018	Maddie Coates	Isabel Long	Baye Agostino	Ryan Blair	Bernie Keirl	Jaryd Clifford	Tim Logan	Jaryd Clifford	Luke Di Biasi	
2018/2019	Maddie Coates	Keely Boyne	Elyssia Kenshole	Calvin Meaden	William Dynes	Jack Itter	Aiden Roberts	Jaryd Clifford	Tim Logan	Luke di Biasi
2019/2020	Isabel Long	Keely Boyne	Elyssia Kenshole	Calvin Meaden	Maddison Nash	Cameron Simon	Flynn Connolly	Tim Clifford	Jaryd Clifford	N/A
2020/2021	Jack Clarke	Keely Boyne	Elyssia Kenshole	Anni Rowe	Maddison Nash	Fieke van der Kamp	Blake Barnes	Jaryd Clifford	Kirra Wright	N/A
2021/2022	Kirra Wright	Keely Boyne	Gaelyne Kenshole	Colin Newman	Bernie Keirl	Jaryd Clifford	Ally Brooks	Jordan Rudd	Paul Schofield	Gaelyne Kenshole
2022/2023	Katie Oliver	Keely Boyne	Elyssia Kenshole	Zoey Ryan	Jamie Hvalica	Jaryd Clifford	Ally Brooks	Jordan Rudd	Kirra Wright	Asher Andrews

SPRINTS

We have seen some excellent performances by our sprinters this year.

Many athletes were in with a chance in this discipline.

Our fastest man, this year, was **Asher Andrews** with an 11:31 on the 100 flat.

Our fastest female, this year, was **Monica Brennan** with an 11.98 on the same distance. She was also the fastest female on the 200 with a 24.53 while **Riley Neecowen** blitzed the double 100 in 23:10. Riley was also the fastest man on the 400, this year, with a blistering 49.38 in the prelims at Nationals. The queen on the 400 was Katie Oliver with a 59.29.

Hurdler **Keely Boyne** proved to be quick on the flat as well with a Silver at the State Open in 12.18 So did Monica on the 200 in a time of 24:53.

Kirra Wright T38, WU17, won all 3 gold medals (1,2 and 4) at the Victorian championships, broke 3 club records on the way and equaled the T38 National 100M record for WU15 in 15:75. Kirra went on to nationals and finished 7th in all 3 distances in WU17.

Jordan Rudd T20 M20, won Gold on the 400 and Silver on the 200M at the Vic Champs, bettered 6 T20 club records and went on to Nationals to compete on the 400m where he unfortunately DQ'd. He did medal at the Oceania Asia Games in the 1, 2 and 400M.

And then, there is **Ivan Dodin** who picked up 4 Gold medals (60, 100, 200 and 400M) at the Victorian Masters in the 60+ category. Ivan improved the club record on the 60+ 200M as well to 26:45. None of these medals were guaranteed as the 60+ sprint category is highly competitive.

Katie Oliver won two WU18 medals at the Vic Junior, Gold on the 100 (12.44) and Silver on the 200. Coached by Maureen Reynolds, this year's Sprints award winner is Katie Oliver.

HURDLES

We have also seen some outstanding performances by our hurdlers this year.

Gaelyne Kenshole continues to excel at the 80MH picking up Gold at the Oceania Championships and Vic Masters and so did Greg Luck on the M60 300MH.

Jamieson Lander has made tremendous progress throughout this year.

The national qualifier for the 400MH is 72.14, which she achieved early in the AVSL season, from 70.36 to 69.05 to 67.34 going into the National championships. After a 67.49 in her prelim heat, she stormed home and smashed her PB again setting it at 67.01 finishing 5th in the WU17 final. Even better than her 7th at the National All Schools earlier in the year.

Keely Boyne (FOP) just missed a medal at the Victorian Open championships finishing 4th in 14:55 in a heavily contested field but qualified for the Nationals where it was truly clear that the 100 hurdles is an extremely popular event with enormous talent right across the country. She finished 5th in her heat.

Due to the comparatively exceedingly high level of performance, this year's hurdles award winner is Keely Boyne.

THROWS

Asher Andrews competes in combined events and holds his own in several individual events. Asher, competing in the Men under 17 events, raked in 2 Golds in Discus and Javelin and 1 silver in the Shot at the Victorian state championship destroying the Javelin record on the way to 53.53 meters.

Throwing is for all ages.

Bruce Wood competing in the 65+ category achieved 2 silver medals and 1 Bronze at the Victorian Masters. The silvers in the Discus and Shot, the Bronze in the hammer. Bruce broke 4 club records this year.

Zoey Ryan, WU15, spun and threw the hammer 34.12 meters, a PB by almost 2.5 meters at the Victorian Juniors Champs, securing the gold medal. She threw a string of PB's this year and broke the club record for under 14s with a throw of 35.63 meters. Zoe competed in all 10 rounds of AVSL and finished off her season at Nationals with another PB in the Javelin.

Our Masters throwers also had impressive performances.

Colin Newman thought he might try and compete in the 35+ age group at the Victorian Masters and walked away with 3 Gold medals (hammer, shot and weight throw) and a Silver in the discus in a highly competitive field.

Matt Hall is not only a coach but can throw as well collecting Gold in the weight throw at the Vic Masters. On top of that he won 3 silver medals (in Discus, Hammer and Javelin) and a bronze in the shot put in the 50+ age group. Matt broke the 50+ Discus record with a throw of 36.95 meters.

Matt is not only a competitor but also a coach and he would not mind being outthrown by one of his pupils.

Paora Okirua, competing in the MU16 category, won Gold at the Victorian Junior Championships with a put of 16.27 meters. Bagged a Silver at All Schools and travelled to Brisbane for the National Championships.

In a field of 14 competitors, with a clutch effort on his last attempt, he produced a new DVAC shotput record of 17.62 meters to win our only 'Throws' national title this year. There are numerous candidates deserving the club's throws award.

Coached by Matt Hall, this year's throws award winner is **Zoey Ryan**.

JUMPS

Another section where the adjudicators were impressed by the standard displayed by our jumpers.

Gaellyne Kenshole (F50+) keeps moving the pole vault bar up, now to 2.7 Meters and won a silver medal at the Victorian Masters in the triple jump with a jump of 8.56 meters. She also claimed a title at last year's Oceania games in the triple jump.

Vic Masters was also a good hunting ground for **Paul Schofield** (M45+) and **Greg Luck** (M60+). Paul with a Gold on the High Jump (1.69M) and a Silver in the Triple Jump (10.83M). Greg Luck (M60+) picked up a Gold in the High Jump, a silver in the Triple Jump and a bronze in the long jump.

Para athletes **Kirra Wright** (T38/WU17) and **Jordan Rudd** (T20, MU20) both won Gold in the Long jump at the Victorian Junior Championships at Albert Park with Kirra Wright kicking on to also win Gold in the long jump at the National Championships in Brisbane with a jump of 3.92M.

But...

Cast your mind back to the jumper who in 2021 finished 4th in the Australian Open and 1st in U20. Not to be sneezed at but something was not right.

Her feet were sore most of the time and the diagnosis revealed that it was best to remove the accessory navicular from each foot. You may ask naviwahh? An accessory navicular is an extra bone that is on the inner center arch of your foot. Up to 2.5 percent of individuals are born with the accessory navicular. Let alone in both feet. Throughout early childhood, this condition is not noticed but if you are a pole vaulter they better come out if they bother you.

This meant a wheelchair, moon boots and slow rehab.

Her performance at the Open National Championships in Brisbane was exactly 1 year after her first steps after surgery and still conservative with her run-up.

Nevertheless, after Gold at the Vic Champs with a jump of 4:15M she picked up the Gold out of 17 competitors at the national Championships with her 3rd attempt over 4:20M.

She has now qualified for selection in the Athletics Australia European U20 & U23 Tour planned for June.

Coached by Bill Georgantas, this year's Sue Kueffer Jumps Award winner is **Elyssia Kenshole**.

WALKS

This year we have been truly blessed with our walks team. In round 3 of the AVSL competition we fielded 10 young and older walkers on the track, which is truly unheard of.

Sarah Papadopoulos lined up for no less than 39 events this AVSL competition of which 5 walks. Sarah won gold at the Victorian Masters Champs in the F35+ age group in both the 1500 and 3K this year.

It was great to see **Bernie Keirl** walking regularly again, not only taking care of his own business but supporting others in their challenge to avoid official warnings! Bernie took home the gold at the Masters for the 55+ age group.

Deb McKenzie obliterated the W50+ 1500M club record, shaving more than 30 seconds off.

But particularly of note have been the performance of our younger walkers.

Joel Imbriano competed in MU16 and was our best longer distance walker this year. He picked up bronze at the Victorian Junior championships with a 5K in 27:28

Our fastest female walker this year across all distances has been **Tayla Borg**.

Max Davidson (MU15) placed 2nd in the Vic All Schools on the 2K and won Gold at the Vic Juniors in the MU15 category on the 3K. Max then lined up in Brisbane for the National championships where he took 22 seconds of his best to place 2nd in a time 14:56. A terrific performance and promises a lot for future years.

The winner of this year's walks award is our fastest walker in the club over 1500 and 2000M. Competing in the MU14 category, he set a new 1500M club record of 7:19 and new marks for the 2K and 3K and won gold on the 3K at Vic Juniors. His performance at Nationals at the same venue finished only 3 seconds behind his teammate, Max, also picking up Silver in 14:59, and an improvement of 58 seconds on the day. This year's Walks Award winner is **Jamie Hvalica**.

DISTANCE

There have been quite a few highlights in the distance arena.

Fieke van der Kamp being selected to represent Australia at the WU20 World Cross in Bathurst. Unfortunately, she could not line up due to injury.

Ally Brooks finished on top of the Most Valuable Athlete list in AVSL.

Matilda Johnson smashed the club record on the 3k WU14 at Nationals.

Heidi Kuppler U10s National School Sport Champion in the 1500.

Jaryd Clifford narrowly missed breaking the 4-minute mile barrier at the Maurie Plant Meet in Melbourne.

Jordan Rudd breaking the national T20 1500 record multiple times.

Just to name a few...

Ally Brooks had an exceptionally good year to say the least. In AVSL distance events alone she earned 6,849 points. Greg picked her as the performance of the week multiple times. Now

there is an honour. She has been on top of the podium multiple times this year. Gold at the Vic All Schools in the 800 in 2:14 which she later bettered to 2:12.74 to set a new club record at the State Junior Championships winning Silver.

At the same championships she won bronze in the 2K Steeple in 7:41.

She was also part of the silver winning team in the 4*1500M at the relay championship.

Jaryd Clifford decided to get the fire back in the belly by focusing on major and open events.

He ran the A final in the 5k in Brisbane in 14:37 and ran the 3000 at the Sydney Track Classic in 8:01. Jaryd won silver at the Vic Open 1500-meter race clocking 3:46.85

Jordan had an outstanding year in distance events, apart from all the sprinting races he does!

At the Victorian championships, Jordan won gold in the 800m in 2:31 and silver in the 1500M in 5:09. He smashed this mark at the nationals by finishing with a bronze medal in 4:59.

He fine-tuned several records, including the 800 to 2:29.7 and the 3K to 12 minutes flat.

In a highly competitive field, this year's Distance Award winner is Jaryd Clifford.

STEEPLE

Daniel Rees (M40+) ventured to the Victorian Masters championships line up for the 3K steeple and brought home the gold medal in a time of 11:35 which is a new club as well as Victorian and Australian Masters record.

Ally Brooks (WU16) also has the steeple in her repertoire. She competed at the Vic All schools in the 2K and water-jumped her way to gold in 7:22.6. She won bronze in the same distance at the state junior championships. This year's Steeple Award winner is Ally Brooks.

COMBINED EVENTS

3 athletes competed at this year's Masters Pentathlon championship @Lakeside. **Arunan Arumainayagam** in the 45-49 section. **Lalith Udugampala** in the 50-54 section and **Greg Luck** in the 60-64 section.

One athlete participated in the Multi events Victorian Championships held in Bendigo and picked up the bronze medal in the U18 section. Not without controversy as he injured his hamstring during the long jump but courageously limped on to finish.

His performances during AVSL give away how much talent this athlete has in their kitbag.

In round 7, where only four performances count towards your score, he competed in 7 events!

At the final he achieved the AVSL top score of 1520 points across 3 events, all above 500 points! 500+ scores featured regularly throughout the season.

At the nationals he has some sort of weekend. In two days, Asher set six PB's out of his 10 events. Going into the final event Asher was on the podium and unfortunately just missed out by a mere 50 points out of his total of 6,609 points. This is a new club record by a fair way!!

Our Multi Event Club Award went to **Asher Andrews**.

PARA ATHLETE

Over the last few years, we have seen several athletes with a disability join our club. So too this year. The club is aspiring to become a more inclusive club and we love their participation.

With Jaryd Clifford, previous winner of this award solely focused on major events and open competition others have filled the limelight.

Kirra Wright continues to astound us with her determination to overcome adversity and line up when it counts. Kirra competing in the T38 class won 4 State gold medals in the 100, 200, 400 and long jump. Equaling the national 100 record and breaking the club record on the 200, long jump and shot put.

At the National championship, Kirra won the gold medal in the long jump with a best effort of 3.92 meters.

Jordan Rudd competes in the P20 category and has shown his versatility across different distances and the long jump. He won 3 gold medals at the Vic Champs in the 400, 800 and long jump. Also picking up 2 silver medals in the 200 and 1500 meter.

At the nationals, Jordan had to overcome a disqualification on the 400 and refocus the next day for the 1500. He snuck just under the 5 Minutes securing a bronze medal and a PB.

Along the way, Jordan broke 20 records this year showing his continued improvements.

Coached by Max Balchin, this year's Para Award winner is **Jordan Rudd**.

PRESIDENT'S

The President's Award this year recognizes strength in adversity and goes to a recipient who genuinely loves our sport.

As one of our brightest athletes, they graced this stage many times, winning multiple awards for outstanding performances including record performances.

Unfortunately, this season they have not been up here tonight as their health did not enable them to compete in the ways they would have liked.

Having multiple hospital stays many times in a room without stimulation. Athletics became the motivation to keep going and keep good spirits during some dark times during this season. The hope of getting out and competing again for Diamond Valley provided inspiration and morale. It was at the end of the season competition, was possible and a return to the yellow and green happened.

We are all looking forward to next year seeing **Kirra Wright** gracing this stage once again for amazing athletic performances but this year she is the recipient of the President's Award for her courage and strength shown this year.

2023 RECORD BREAKERS

The following athletes have broken a Victorian, National, or International record:

Jordan Rudd	NAT T20 U17 1500M	4:59.26
Kirra Wright	NAT T38 U15 100M	15.34

DEVELOPMENT PLAN (2019-2021) STATUS REPORT

Since our previous Annual report, most completed items have been removed for brevity purposes. Also, the committee has been working with the Willinda Park Management Committee on the Willinda wide strategic plan which has informed the latest version of the club's new strategic plan.

2023 – 2025 SPECIFIC INITIATIVES

On top of our operational requirements and based on the above the Club's Committee has developed 6 specific initiatives that the Club will be focusing on or working towards.

Priority	Owner	Initiative
1	Coaching Coordinator	Improve coaching , performance, and participation programs
2	Registrar	Improve recruitment
3	Inclusion Officer	Build a more inclusive club
4	Secretary	Improve engagement and communication
5	WPMC Rep	Improve facilities , processes, and systems
6	President	Build and maintain the right relationships

INITIATIVE 1 – IMPROVE OUR COACHING, PERFORMANCE, AND PARTICIPATION PROGRAMS

Together with DVLAC, this initiative will look at various aspects of coaching across Willinda including mentoring, communication, social gatherings, progression pathways, event coverage, site considerations and determine an agreed approach going forward (policy guidelines). We would like to create the ability to instantly source a coach for a new member (like for U20 or beginner), i.e., the coverage is such that all events and capabilities are staffed in such a way that it is possible to allocate a coach to every new member, preferably a club coach. Develop programs so that all members can find a coach and training program for them.

1.1 DEVELOP INTEGRATED COACHING STRATEGY

A JOINT approach to develop a coaching strategy across Willinda, i.e., between DVAC and DVLAC.

Actions	Time	Owner	Status
Refresh accreditation for 2023/2024			
- Cross Country Coaches	Apr 2023	MH	In progress
- Track and Field Coaches	Jul 2023	MH	
Coaching review 22/23 and needs assessment	May 2023	MH / LD	
Build coaching coverage matrix and identify plans to cover any gaps.	Sep 2023	MH	
Upgrade coaching page on the website	Apr 2023	SG	

1.2 DEVELOP PROGRESSION APPROACHES

The creation of a framework that provides **progression pathways** for our coaches and participants.

Actions	Time	Owner	Status
Build a development plan for coaches based on output from 1.1 i.e., couch to 5k (Level 1 – Community Coach), Experienced / Elite (Level 3 or above coach)	Nov 2023	MH	
Develop progression plans for participants catering for all abilities. Including beginner strategy (come and try a discipline) and DVLAC.	Oct 2023	MH/SG	

1.3 CLOSE MEMBERSHIP GAPS

Actions	Time	Owner	Status
Establish senior sprinting squad program	Oct 2023	MH	
Review of membership gaps and gaps in participation on regular basis	2 times per year post and prior to AVSL	LD	

INITIATIVE 2 – IMPROVE RECRUITMENT

Ensure that we tap into all sources to maintain a steady influx of new talent and membership. The sources for additional members are DVLAC (see progression pathways), schools and recreational runners.

2.1 PROMOTE THE CLUB THROUGH A CLOSE RELATIONSHIP WITH DVLAC

Continue to build on the relationship with DVLAC in a range of ways including:

- An approach that includes at least two joint training initiatives including social and fun events.
- An approach to increasing DVAC presence at DVLAC activities, including an 'exhibition relay' or similar. One or two occasions in summer season and the same at XC in winter.

Actions	Time	Owner	Status
Build a joint sub-committee with members of DVAC and DVLAC to look at initiatives		MT	
Develop a joint activity plan with DVLAC	Prior to DVLAC season start	MT	

2.2 PROMOTE THE CLUB THROUGH SCHOOL-BASED NETWORK

Improve our ability to recruit from schools. In the case for DVAC from **Secondary Schools** and in the case for DVLAC from primary Schools.

Action	Time	Owner	Status
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Identify a brief list of schools to pursue (Start with 5 schools)	Prior to AVSL – Aug 2023	MB/LD	
Create a common approach to school offerings. <ul style="list-style-type: none"> - Scholarships - Coaching - Training 	Aug 2023	MB/LD	

2.3 PROMOTE THE CLUB TO RECREATIONAL RUNNERS

Continue to build on the relationship with Parkrun, Diamond Creek Runners and others who offer beginner and fitness offerings.

Our approach continues to be to offer the ability to participate in competition driven athletics as a priority) and secondary supporting social Club, Fun Run, Trail, and Fitness driven activities. This is complemented by strategic relationships with fun run community entities like Diamond Creek Park Run and Diamond Creek Runners who specialise in fitness and the beginning runner thereby facilitating a pathway to competitive athletics.

Action	Time	Owner	Status
Continue to work on 'integrating' DCR into the AV and DVAC fabric through joint events, training events and hospitality.	Promote upcoming events to DCR as scheduled	MT	By event
Promote Athletics as "not just elite" Build into communications with DCR	Promote into communications to DCR as scheduled	MT	By communications event

2.4 PROMOTE THE CLUB THROUGH THE COMMONWEALTH GAMES

Use the Commonwealth Games to promote Willinda Park.

Action	Time	Owner	Status
<ul style="list-style-type: none"> Identify how we can offer Willinda as a training venue for participating countries and what would be required to make that happen 		RC	

2.5 ENTICE OLD MEMBERS TO RETURN AS A SUPPORTING MEMBER

We have a long history as a club, yet we make little use of former members and how they can continue to contribute to the club.

Action	Time	Owner	Status
Identify a 'previous member' offering ('fan' membership) and write to all former members with options of becoming a membership	Prior to membership year (April / May) and follow up prior to AVSL	LD	

INITIATIVE 3 – BUILD AN INCLUSIVE CLUB

DVAC is a nominated club for Banyule and has a strong history in welcoming those with disability and disadvantage. This combined with the natural advantages of athletics being a sport for everyone gives DVAC to be a destination club for all people wanting to be involved.

3.1 ASSIGN INCLUSION OFFICER

Action	Time	Owner	Status
Identify our inclusion officer with oversight by a strong advocate on the committee.	Apr 2023	MT	

3.2 PARTICIPATE IN BANYULE ACCESS AND INCLUSION PROGRAM

Action	Time	Owner	Status
Identify program team		LD	Complete
Participate in meetings, seminars		LD, KT and RW	In progress
Develop Access and Inclusion action plan	Apr 2023	KT	In progress
Arrange site visits by program support to complement and assess action plan	Apr 2023	KT	

Actions from 2 surveys need to be consolidated, discussed with Council, and complemented by site visits resulting in a final joint action plan.

3.3 BANYULE ACCESS AND INCLUSION ACTION PLAN

Action	Time	Owner	Status
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Environmental accessibility – work with Banyule on identifying and fixing infrastructure shortcomings		IO	
Communication – Identify and implement all website and social media improvement items		IO	
Role involvement – Identify and fill specific roles with members with a disability (the IO)		IO	
Participation – Identify member participation goals		IO	
Culture – identify areas to make us a more inclusive club		IO	

3.4 OTHER INCLUSION ACTIONS

Action	Time	Owner	Status
Grant funding for refugee participation	Apr 2023	MT/SG	Grant obtained; implementation now required
Through the Council program, gain training for key inclusion areas so coaches and members can understand diverse needs (@Willinda).	May 2023	RW/MH	See 3.2 Discussed with Council
Liaise with local community groups and ethnic groups to have special joint events			Concord?
Design/run a disability event as part of the Willinda 10k event.	Sep 2023	CD/IO	Not started

INITIATIVE 4 – IMPROVE ENGAGEMENT AND COMMUNICATION

Design and run initiatives to improve our engagement and communications with all our stakeholders across the selected channels.

4.1 COMMUNICATION STRATEGY

A program of work needs to be set up to support this initiative.

Action	Time	Owner	Status
Build a joint newsletter and mailing list across DVAC and DVLAC		KT	Complete but requires an owner moving forward

Develop a communication strategy exclusively for DVAC		KT	
Appoint Communications Officer to be responsible for <ul style="list-style-type: none"> - Mailout to members - Website comms - Social media comms 		KT (with assistance)	

4.2 BRANDING AND MERCHANDISE

Build a range of attractive and fair priced merchandise that is available to club members.

Action	Time	Owner	Status
New logo sub-committee appointed with period for engaging people	Aug 2023	MH	Awaiting NELP Grants Announcement
Apply for North-East Link grant to help with funds for new branding and uniforms	Aug 2023 (TBC)	MT / MM	Awaiting NELP Grants Announcement

INITIATIVE 5 – FACILITIES MANAGEMENT

We will collaborate with the Willinda Park Management Committee where appropriate to improve the Willinda facility. Both overall and as part of the inclusion program of work.

5.1 FACILITIES MANAGEMENT

As a club, we help develop an overarching concept for the management of the Willinda facility that provides a pathway for managing the facility.

Action	Time	Owner	Status
Work with WPMC on the overall club plan for facilities		RW	In progress

5.2 IDENTIFY ANY PRIORITY EQUIPMENT SHORTCOMINGS

Action	Time	Owner	Status
Fix fencing main throws cage		RC	Complete
Standing agenda item on committee meetings to discuss infrastructure needs		MT/RW	Ongoing

We will build and develop appropriate governance systems to ensure we are a well administered club that meets all regulatory and stakeholder demands. Committee should be looking to replace themselves and have “deputies” who can assist with the jobs they perform

5.3 PEOPLE

Action	Time	Owner	Status
Identify new members to join committee every year	Apr 2023	MT	

5.4 SYSTEMS

Action	Time	Owner	Status
Review of our IT systems <ul style="list-style-type: none"> - Accounting - Communications - Other 		KT/SG	
Review full capability of Revolutionise and identify any gaps and educate committee members such that we optimize our capability. <ul style="list-style-type: none"> - Banking - Accounting - Membership - Mailout - Mailing lists - Acknowledgements - Awards - Records 	Ongoing	KT	

INITIATIVE 6 – BUILD AND MAINTAIN THE RIGHT RELATIONSHIPS

Focus on building key relationships within our broad community to strengthen the club’s strategic positioning and growth opportunities. Relationships with our key stakeholders are key to the success of the club. This includes internal and external groups such Government, sponsors, members, Athletics Victoria, and the broader community.

Action	Time	Owner	Status
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Build a working group with DVLAC to meet semi-regularly and work on easily achievable things: <ul style="list-style-type: none"> - Joint events - Newsletter - Foodie nights Other		MT	
Appoint a Government Liaison Officer		MT	
Build a sponsorship plan and targets	Dec 2023	MT	
Appoint Community Liaison Officer to engage <ul style="list-style-type: none"> - Community groups - Connect into council plans - Other non-profits and sporting clubs for how we can cooperate 		MT	

RECORDS

Club Records set during 2022/23 season			
Date	Age / Event	Athlete(s)	Performance
22/09/2022	Men 60-54 10,000m	Peter Ramsay	42.12.3
8/10/2022	Women U13 Javelin (400g)	Ines Caton-Smith	32.44m
8/10/2022	Women Open Discus (1kg)	Alexandra Mills	42.44m
8/10/2022	Men U16 Javelin (700g)	Asher Andrews	50.82m
8/10/2022	Men U20 T20 400m	Jordan Rudd	68.55
8/10/2022	Men U20 T20 1500m	Jordan Rudd	5.18.81
15/10/2022	Men 65-69 Shot Put (5kg)	Bruce Wood	8.52m
15/10/2022	Men 65-69 4*200m Relay	Luke De Biasi, Ivan Dodin, Greg Luck, Jeff Young	2.04.14
22/10/2022	Women U17, U18 Shot Put (3kg)	Keira Sanchez	10.93m
22/10/2022	Men U20 T20 400m	Jordan Rudd	67.47
22/10/2022	Men U20 T20 1500m	Jordan Rudd	5.15.9
29/10/2022	Women U17, U18 Shot Put (3kg)	Keira Sanchez	11.94m
29/10/2022	Men U20 T20 1500m	Jordan Rudd	5.12.17
29/10/2022	Women U16 T54 1500m	Ava Campbell	6.40.03
30/10/2022	Men U20 T20 400m	Jordan Rudd	64.47
30/10/2022	Women U17 T38 100m	Kirra Wright	15.36
30/10/2022	Women U17 T38 Shot Put (2kg)	Kirra Wright	8.20m
30/10/2022	Women U16 T54 100m	Ava Campbell	21.27
30/10/2022	Women U16 T54 400m	Ava Campbell	82.79
30/10/2022	Women U16 T54 Shot Put (2kg)	Ava Campbell	3.59m
5/11/2022	Men U16, U17, U18 Javelin (700g)	Asher Andrews	52.06m
6/11/2022	Women U17 T38 200m	Kirra Wright	32.05
6/11/2022	Women U16 T54 200m	Ava Campbell	40.72
6/11/2022	Women U16 T54 800m	Ava Campbell	2.54.44
8/11/2022	Men U20 T20 100m	Jordan Rudd	14.28
10/11/2022	Men U20 T20 200m	Jordan Rudd	29.26
12/11/2022	Women Open Discus (1kg)	Alexandra Mills	43.00m
12/11/2022	Men U13 2000m Walk	Jaime Hvalica	10.09.6
17/11/2022	Women U18, U19 5,000m	Fieke Van Der Kamp	17.33.41
17/11/2022	Men 50-54 800m	Peter Van Der Kamp	2.13.32
19/11/2022	Women 50-54 1500m Walk	Debbie McKenzie	10.25.9
19/11/2022	Men 65-69 Discus (1kg)	Bruce Wood	31.82m
19/11/2022	Men U13 3000m Walk	Jaime Hvalica	15.57.5

26/11/2022	Women Open 4*1500m Relay	Ally Brooks, Matilda L'Estrange, Shania Murray, Fieke Van Der Kamp	19.43.39
26/11/2022	Women U16 4*400m Relay	Georgia L'Estrange, Jamieson Lander, Maddy Meagher, Poppy Scot-Dalgleish	4:18.1
26/11/2022	Women U16 4*400m Relay	Georgia L'Estrange, Jamieson Lander, Maddy Meagher, Poppy Scot-Dalgleish	4.15.06
26/11/2022	Men Open 4*1500m	Blake Barnes, Dylan Littlejohn, Michael Martello, Caden Murray	17:19.3
26/11/2022	Men 50-54 4*100m	Chris Boyne, Ivan Dodin, Greg Luck, Lalith Udugampala	50.64
26/11/2022	Men 55-59 4*1500m	Andrew McKenzie, Andre Obradovic, Mark Tapping, Rob Wendel	23.18.47
3/12/2022	Men U20 T20 800m	Jordan Rudd	2.34.9
3/12/2022	Men 50-54 800m	Peter Van Der Kamp	2.10.1
3/12/2022	Men 65-69 800m	Rob Wendel	2.48.5
3/12/2022	Women U13, U14 3000m	Heidi Kuppler	10.40.0
3/12/2022	Women 50-54 Pole Vault	Gaelyne Kenshole	2.65m
3/12/2022	Men 65-69 Shot Put	Bruce Wood	8.80m
10/12/2022	Women U17 T38 100m	Kirra Wright	15.34
10/12/2022	Women U17 T38 Long Jump	Kirra Wright	3.79m
10/12/2022	Women U14 Hammer (3kg)	Hanna Rowe	34.97m
10/12/2022	Men U16, U17, U18 Javelin (700g)	Asher Andrews	53.53m
15/12/2022	Women U19, U20 3000m	Fieke Van Der Kamp	9.58.16
17/12/2022	Men 65-69 1500m	Rob Wendel	5.50.7
21/01/2023	Men U20 T20 800m	Jordan Rudd	2.29.7
21/01/2023	Men U20 T20 3000m	Jordan Rudd	12.00.1
21/01/2023	Men 50-54 Discus (1.5kg)	Matt Hall	36.95m
27/01/2023	Women 50-54 Pole Vault	Gaelyne Kenshole	2.66m
4/02/2023	Women U17, U18 Hammer (3kg)	Keira Sanchez	47.40m
4/02/2023	Men 65-69 Shot Put (5kg)	Jordan Rudd	28.86
4/02/2023		Bruce Wood	8.94m
4/02/2023	Men U13 1500m Walk	Jaime Hvalica	7.19.1
11/02/2023	Men 40-44 3000m Steeple	Daniel Rees	11.35.39
11/02/2023	Men 65-69 Shot Put (5kg)	Bruce Wood	9.09m
15/02/2023	Women 50-54 Pole Vault	Gaelyne Kenshole	2.70m

18/02/2023	Women 50-54 1500m Walk	Debbie McKenzie	9.53.8
18/02/2023	Men 50-55 Javelin (700g)	Craig McMillan	38.64m
18/02/2023	Men 45-49, 50-54 4*200m Relay	Luke De Biasi, Ivan Dodin, Darren Rudd, Lalith Udugampala	1.51.27
25/02/2023	Men U15 Shot Put (4kg)	Paora Okirua	16.27m
26/02/2023	Women U16, U17 800m	Ally Brooks	2.12.74
26/02/2023	Men U15 1500m	Ethan Armstrong Bourne	4.16.24
3/03/2023	Men U20 T20 1500m	Jordan Rudd	5.09.71
3/03/2023	Men U20 T20 Long Jump	Jordan Rudd	4.18m
4/03/2023	Men U20 T20 400m	Jordan Rudd	62.92
11/03/2023	Men 65-69 Shot Put (5kg)	Bruce Wood	9.10m
12/03/2023	Men 65-69 Hammer (5kg)	Bruce Wood	23.25m
18/03/2023	Men U15 1500m	Ethan Armstrong Bourne	4.15.3
18/03/2023	Men U20 T20 Long Jump	Jordan Rudd	4.24m
25/03/2023	Women U17, U18 Hammer (3kg)	Keira Sanchez	48.66m
25/03/2023	Women 55-59 Shot Put (3kg)	Michelle King	7.63m
25/03/2023	Women 50-54 4*400 Relay	Michelle King, Debbie McKenzie, Jo Moxon, Vula Sheens	5.49.98
25/03/2023	Men U13 2000m Walk	Jaime Hvalica	9.55.0
25/03/2023	Men 60-64 200m	Ivan Dodin	26.45
25/03/2023	Men 60-64 4*400m Relay	Ivan Dodin, Lyle Douglas, Greg Luck, Rob Wendel	5.17.98
25/03/2023	Men U20 T20 200m	Jordan Rudd	28.16
25/03/2023	Women U14 Hammer (3kg)	Zoey Ryan	35.62m
1/04/2023	Men U20 T20 1500m	Jordan Rudd	4.59.26
1/04/2023	Men U20 T20 Long Jump	Jordan Rudd	4.38
2/04/2023	Men U20 T20 800m	Jordan Rudd	2.25.21
15/04/2023	Men U15 Shot Put (4kg)	Paora Okirua	17.62
15/04/2023	Women U13 1500m	Matilda Johnson	4.51.92
15/04/2023	Women U17 T38 Long Jump	Kirra Wright	3.92
15/04/2023	Men U13, U14 3000m Walk	Jaime Hvalica	14.59.39
16/04/2023	Women U13, U14 3000m	Matilda Johnson	10.37.11
16/04/2023	Women U17, U18 Hammer (3kg)	Keira Sanchez	52.17m
16/04/2023	Men U16, U17, U18 Javelin (700g)	Asher Andrews	53.81m