

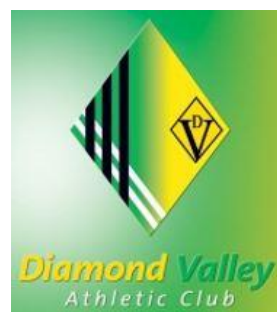
2021

-

2022

# Annual Report

AGM



Email: [secretary@valleyaths.org](mailto:secretary@valleyaths.org)  
[www.valleyaths.org](http://www.valleyaths.org)

Willinda Park, Greensborough

President

Rob Wendel  
1 Amaroo Pl  
Plenty Vic., 3090

Secretary

Max Balchin  
7 Highland Crt  
Eltham Nth, Vic., 3095



**Diamond Valley**  
Athletic Club

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

*DVAC 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 13<sup>th</sup> 2021
- Reports
  - President
  - Secretary
  - Treasurer
  - Registrar
  - 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

*2021 - 2022*

*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

It is fantastic that we could have our presentation night face to face again. Even though we enjoyed pulling together an online version, nothing is better than to be able to hand out our awards by hand and maskless.

Obviously, our year has still been impacted and will continue to be impacted by COVID, but life has returned to some normality for now. This year's AVSL competition reverted to the 10 round and final format. And with the announcement around the Commonwealth Games and Brisbane Olympics, we have much to look forward to. The recent Olympic and Paralympic Games have shown us there is still a lot of interest in our sport.

I believe Athletics Victoria did and continues to do a great job providing us with safe opportunities to play our sport.

More about the various competitions a little later.

There have been and will be quite a few improvements to our facilities. A new uniform / merchandise room, projector, WIFI, freezers and a brand-new BBQ have been installed and our kitchen will undergo a major revamp over the next few months. Our track will be repaired, and an accelerated maintenance program has been agreed to. On the back of our longer-term facility upgrade plan, a Council-funded feasibility study is underway to address things like disability access, cages and jumps. Thank you to all those that have helped in whatever way to make these things happen. We did put a substantial budget submission in for the next financial year and Cr Di Pasquale is supporting us in seeing these plans considered in the budget process.

All of this has come together with close co-operation with our friends from DVLAC through the Willinda Park Management Committee.

I would like to acknowledge the **Banyule Council** and thank the council for the significant contribution it made to ensure Willinda Park's and respective clubs' financial viability through this previous period.

I'd like to thank the **leadership of DVLAC** and the participants in **Willinda Park Management Committee** for their ongoing support. Especially Darren Pilkington and our own Sarah Gittins and Lyal Douglas.

With Council's support as well as the prudent financial management by our Treasurer and Committee we have been able to keep our head above water and the club in the black.

The treasurer's report follows below.



For more information on the things the committee worked on, see the latest **development plan** report in the annual report. All in all, another busy committee year.

And not to forget, thank you to our sponsors, **Optimal Health Lab**, **Running Coach Academy** and **Leo Russell**.

Our overall membership numbers improved significantly to 190 up from 156 compared to last year and it looks like that we have recovered from the COVID dip.



For more insight, please refer to Lyn's report. This year we are introducing some new statistics. I'm sure you will enjoy it.

The COVID safe return to athletics saw us return to the 10 Rounds and Final program across two alternate program Metropolitan venues.

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. The specialty meets provided some fantastic performances by our athletes. Not in the least by Jaryd, our first Paralympian medalist.

In a great team effort at Lakeside Stadium the Diamond Valley Athletic Club finished in 2nd spot in the Top 4 Playoffs for the title of the best Club in AVSL Premier Division. Our best achievement ever.

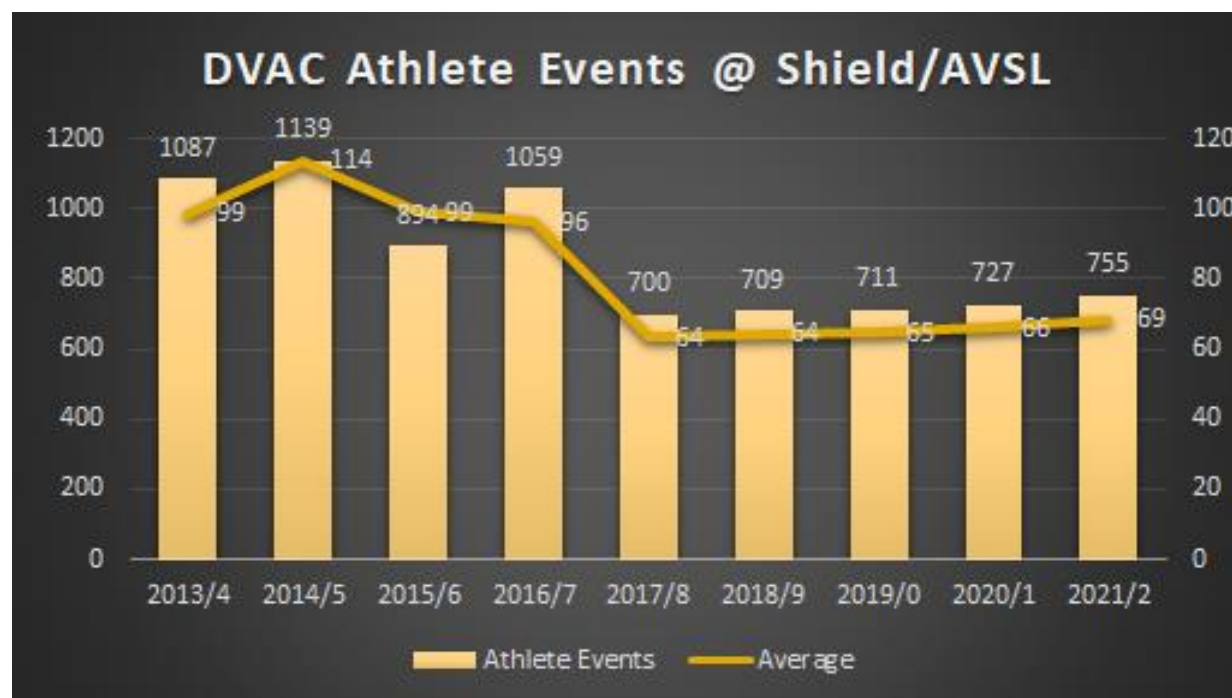
In a game of numbers Essendon was always going to have a big advantage over all other clubs. But, with 92 athletes qualifying for the playoff there was a distinct opportunity to win the Shield. However, with injuries, COVID absentees and the Victorian Championships being held

the previous 2 weekends all clubs were affected with about a 66% turnout of qualified athletes.

Those that did turn up, stepped up and did us proud.

We were the only Club in Premier Division not to cop a 100-point deduction for not turning up to the start line whereas Essendon and Glenhuntly had multiple offenders.

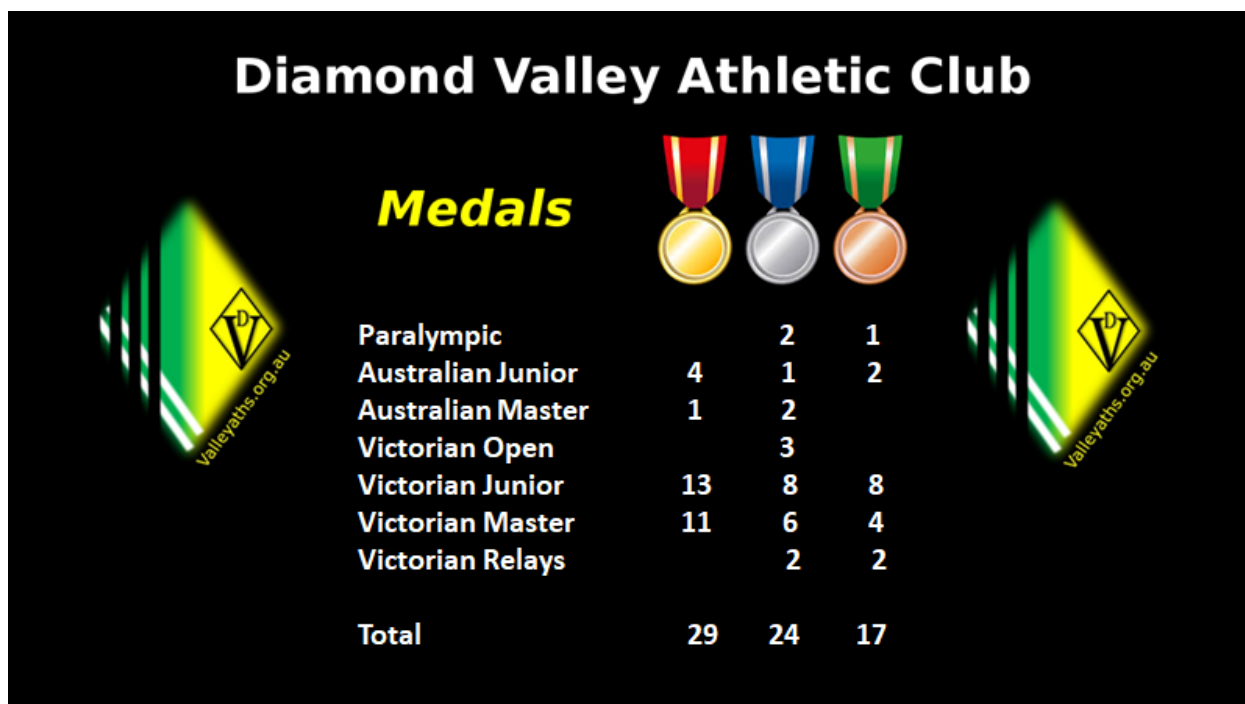
A big thank you and well done to ALL 62 DVAC athletes who entered and turned up!



The number of Athlete events continues to creep back up and it looks like our athletes are optimizing their attendance with a maximum of 4 scoring events.

35 Field and 30 Track **Club records** went and on top of that several Victorian, National and World records were broken! At the back of this report, you will find a list of the new records set this athletic season.

Our club performed well at the championships which no doubt was impacted by isolations and a general reluctance to travel. Our contribution to the sport with our volunteers, officials and club-helpers has again been outstanding.



How lucky and proud are we!

Over the last few years, we have seen several athletes with a disability join our club. If you look at this year's medal tally it is important to realise what contribution those athletes are making to our success. We understand that winning medals is just one way in which we can measure it, but their progression is a real source of joy and club culture.

**More than 30 percent** of our gold medals at championships have been won by athletes with a disability. More than 25% of all our medals.

There were many highlights but to just pick those that achieved the DVAC sponsored membership fees for 2022/2023, i.e., our National Champions...

- **Kirra Wright** (2) T38 WU15 100M and Long Jump
- **Jordan Rudd** (2) T20 MU17 800M and 1500M
- **Gaelyne Kenshole** W50 Triple Jump

Apart from two national titles and 2 national bronze medals, Kirra also won 5 Victorian titles.

Jordan, with 2 national titles and 1 national silver also won 2 Victorian titles and 2 Victorian silver medals.



While Gaelyne, topped her national title with 2 national silvers and 4 Victorian golds and 1 silver.

And finally, **Jaryd Clifford** brought home our first Paralympic medals. I've never screamed at the screen that hard!

Congratulations to all four of you.

The Diamond Valley Athletic Club had one age group team finish on top of the AVSL State Age Group Ladders at the end of Round 10 of the Shield League season. Congratulations to the **Women Under 16**.

Check out our competition reports for both summer and winter for more details and statistics!

Finally, and as usual, I'd like to applaud everyone again on this year's performance and express my sincere gratitude and appreciation to those people who have contributed to the successful operation of the club...the committee, volunteers, Winter captains, team managers, Willinda club representatives, fundraisers, event organisers, officials and coaches. Your work is greatly appreciated and I can only hope, on the club's behalf that we can count on you in the future again. It is an absolute privilege to work with this group of people.

**Rob Wendel**

**President**

RG



**Diamond Valley**  
Athletic Club



# Secretary's Report

*2021 - 2022*

*'Who did not become fully  
immersed in the heroic efforts  
of Jaryd Clifford at the 2020  
Paralympics in Tokyo?'*

## SECRETARY'S REPORT

### DVAC Committee: 2020/2021

President:	<b>Rob Wendel</b>
Vice President:	<b>Sarah Gittens</b>
Treasurer:	<b>Greg Luck</b>
Secretary:	<b>Max Balchin</b>
Registrar:	<b>Lyn Davis</b>
General Committee:	<b>Cyril Dixon</b>
	<b>Maryann Murray</b>
	<b>Matthew Thompson</b>
	<b>Rick Clarke</b>
	<b>Damien Clifford</b>

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

Victoria may have been in Lockdown for 108 days in the life of the current Committee of the Diamond Valley Athletic Club due to Covid measures taken by the State Government, but there has not been a day wasted in what has been a remarkably successful year in the life of the club.

In line with the fast-changing rules throughout the current Committee's life, there has been a need to be agile in responding to the requirements. Committee meetings have been a mixture of Zoom and in-person meetings. The enthusiasm of the DVAC Committee and its' membership, over the past year has never wavered.

In competition, DVAC enjoyed a highly successful 2021/2022 season of AV Shield League competition in which the club finished as proud runners-up in the Premier Division. Who could forget Round 6 when the Valley played its Powerplay and turned the season around? It was the Valley at its finest with all hands on deck and scoring double points and a win for the round.

The DVAC athletes who took the opportunity to gain experience at Championship level was up from the previous year. In the 2022 season of Championship competition a total of 41 Valley athletes took the chance to compete at the Victorian Championships while 13 Valley athletes competed at the 2022 Australian Championships.

Of course, we all celebrate the wonderful achievements of individual athletes across the year. Who did not become fully immersed in the heroic efforts of **Jaryd Clifford** at the 2020 Paralympics in Tokyo? Jaryd's wonderful exploits and achievements now mean that we must share him with a national audience, if not wider. For a day, the Willinda Park was transformed into a Hollywood set as an international ad for Nike featuring Jarryd and Tim was shot on site.

More locally, it was **Kirra Wright** and **Jordan Rudd** who earned our admiration for their courage and achievements, both starring at the state & national championships. The growth & strength of Para athletics is an exciting movement at Diamond Valley and in the athletics world.

DVAC took pride in being able to continue its running of the club's signature event – the Diamond Valley Classic on November 30<sup>th</sup>. The event attracted 49 athletes and seems set to cement its place on the calendar with Athletics Victoria. Under the leadership of **Cyril Dixon**, the DVAC Committee were able to offer a well-run & professional experience at Willinda Park.

While the 2021 Winter season was largely wiped out due the Covid measures put in place our loyal athletes kept their training regimes going. Thanks to **Rosie & Grant Morgan** they were still able to enjoy a level of competition, be it a Virtual Racing experience.

Of course, behind the success of DVAC athletes is work of Coaches. The DVAC Committee thanks all coaches who have helped our athletes over the past year.

It has been a year of great achievement in building better facilities for the Valley family. To walk into the Willinda Park clubrooms is to be impressed by the presentation and quality of the surrounds. The rooms are now in outstanding shape with quality appointments in the Function room, the Merchandise Room, the Kitchen, the Committee rooms, the Toilets, BBQ, and the Gymnasium. Add to this list new recycle air conditioners, Projector, Hand Dryers, WiFi connection & Shop refurbishment understand the amount of work that has been undertaken.

The DVAC Committee, alongside the Willinda Park Committee of Management have been instrumental in gaining the support of the Banyule Council as well as the State Government in securing funding for important and complex projects at Willinda Park. Each project has required detailed preparation and management to achieve the wonderful outcomes. The ongoing support of the Banyule Council, including the Rent Relief during the Covid Lockdowns, has been fully appreciated by the DVAC Committee.

As if all that were not enough, we have recently seen 'patching' work on the worst parts of the track carried out; track lighting fixed from time to time & pruning of trees around the track.

It would be difficult to acknowledge the contribution of everyone who has played a part in the upgrade, but mention must be made to a few of the main drivers. The DVAC President, **Rob Wendel**, has worked tirelessly in building networks with Council and wider to gain improvements for our club. His ability to secure funding through programs such as the Banyule Council, the Stronger Clubs program, and the Sporting Clubs Grants program. With the continued and practical support of fellow DVAC Committee & WPCM members, **Sarah Gittins, Rick Clarke, Damien Clifford, Lyle Douglas & Andrew Stirling**, a wonderful team of high achieving workers has evolved and all at Willinda Park are indebted to their work.

The future developments at Willinda Park are already set in place, largely supported by the recruitment of Club Builder to map out a Future Developments Plan. A presentation to the Banyule Council to press the adoption of this plan has already been delivered.

Members will have noticed that DVAC now relies more than ever on the Revolutionise platform for its communications, Membership entry and event entry. We are moving toward being a cashless club. DVAC has used the Revolutionise platform for several years now, but in past season Athletics Victoria has made it the essential platform for all clubs. **Cyril Dixon** has been responsible for integrating Revolutionise across all DVAC's activities, including our website. Already this development has been well received by members.

DVAC has also utilised Facebook and Instagram for its' communications. Thanks to **Maryann Murray** for her work on the Instagram platform.

The storage of DVAC documents and communications has now been successfully placed on-line through a DVAC Cloud account. This work was carried out by **Rob Wendel, David Armstrong & Cyril Dixon**.

The Covid lockdowns in the past year have not diminished the enthusiasm of the Valley folk for social engagement. The DVAC Christmas Party and the DVAC Presentation Night were well supported by members and reflected an appreciation of how the club plays an important part in their life. The same applies to the monthly social nights in the Function room after training. **Lyn Davis and Maryann Murray** must be thanked for their excellent work in delivering these social events along with many other supporters.

**Michelle King, along with Keith**, organised a popular Trivia Night as well a fundraising stall at Bunnings and a popular Pie Drive. These events help to strengthen the club's ability to support members facilities & services.

The DVAC Committee, in recognition of club members having their past season shortened due to Covid, have offered returning members a discount.



**Matthew Thompson** became DVAC's first Mediation Officer in line with AV's Member Protection & Complaint Handling policy.

DVAC has endeavoured to work hand in hand with the Diamond Valley Little Athletics Club with the Willinda Park Committee of Management being the most effective medium for this to happen.

Other specific roles carried out with great effectiveness over the past year have been:  
**Registrar – Lyn Davis; Uniforms & Merchandise – Maryann Murray; Treasurer – Greg Luck.**

Our constant thanks go to **David Armstrong** for his enduring support of our club at competition.

**Max Balchin**

**Secretary**



**Diamond Valley**  
Athletic Club



# Treasurer's Report

*2021 - 2022*

*'We can look back on a modest  
result which has set the Club  
up for the coming years'*

## TREASURER'S REPORT

The steady as she goes approach from last year continued this financial year to give the Club a small profit of \$479 (Revenue \$22,809 less our expenditure of \$22,330).

A rise in Membership numbers coincided with a leap up in Membership Fees to \$12950.

Our Fees paid to Willinda Club for use of the facilities moved up and down this year mainly due to Covid restrictions.

Currently we pay \$472.50 per month but this will go up to the full fee of \$787.50 once the current "COVID Fee Free" agreement between Banyule Council and Willinda Club runs out.

The Fundraising figure of \$5,815 for the year looks good on paper but this was boosted by \$4,500 worth of Government grants. Once we take out the \$979 made at the Bunnings Sausage sizzle, we end up with a net profit of \$336.

Trophies expenditure was \$1,808 well under budget so a win there!

Merchandise revenue is back on the rise with the DVAC training singlet becoming a hot item. A \$305 profit made here is encouraging.

We made a loss in Uniforms but a big order late in the year of \$1,892 has ensured we have a strong supply for XCR and the upcoming summer season.

We had one of our biggest expenditures on equipment in a long time with total spent \$7,197.

This was made up of \$3,615 to Nordic Sport for Field Event equipment, \$1,928 for our share of the Merchandise Shop, \$1000 Pole Vault, \$250 for all the nuts and bolts to put the Merchandise Shop together and \$404 for a new Table Tennis Table.

So at the end of our Financial Year, we can look back on a modest result which has set the Club up for the coming years with big ticket items already purchased.

Coming out of Covid restrictions, with the Pie Drive, Bunnings Sausage Sizzle, return of the Trivia Night and our ongoing Foodie nights, all looks good for a big year of fundraising.

In closing I want to thank Rob and the Committee for all their support throughout the season and to the whole Club for a very successful summer season in which DVAC finished 2nd at the AVSL Playoffs.

**Greg Luck**

**Treasurer**

<b><u>Income</u></b>	
Membership Fees AV DVAC	\$ 9,210
Membership Fees Recreational DVAC	\$ 3,740
Membership Fees PV DVAC	\$ -
Membership Fees GYM DVAC	\$ -
Registration Fees AV	\$ 795
Fundraising	\$ 7,729
Uniform Sales	\$ 1,030
Merchandise	\$ 305
Other/ Bank interest	\$ -
<b>Total Income</b>	<b>\$ 22,809</b>
<b><u>Expenses</u></b>	
AV Registration Fees	\$ 2,008
Willinda Club expenses	\$ 6,747
Gym Fees to Willinda Club	\$ -
Fundraising expenses	\$ 1,914
Uniform expenses	\$ 1,892
Merchandise expenses	\$ -
Coaching	\$ -
Investments/Equipment/Transport	\$ 7,197
Trophies	\$ 1,808
Admin	\$ 728
Other	\$ 36
<b>Total Expenses</b>	<b>\$ 22,330</b>
<b>2021/22 Balance</b>	<b>\$ 479</b>
<b>2021/22 Start position</b>	<b>\$ 49,197</b>
<b>Balance</b>	<b>\$ 479</b>
<b>2021/22 End-of-Month Position</b>	<b>\$ 49,676</b>

## Profit and Loss Statement

DVAC		17/18	18/19	19/20	20/21	21/22
Opening		\$ 52,507	\$ 52,018	\$ 49,027	\$ 45,068	\$ 49,197
<b>In</b>	Club fees	\$ 9,145	\$ 9,330	\$ 10,960	\$ 7,065	\$ 12,950
	Fundraising	\$ 3,080	\$ 2,244	\$ 3,299	\$ 2,277	\$ 5,815
	Other	\$ 1,110	\$ 1,044	\$ 650	\$ 3,620	
	Merchandise					\$ 305
		\$ 13,335	\$ 12,618	\$ 14,909	\$ 12,962	\$ 19,070
<b>Out</b>	Uniforms	\$ -	\$ -	\$ 114		\$ 862
	Willinda Club	\$ 6,364	\$ 5,640	\$ 7,875	\$ 3,750	\$ 6,747
	Banyule					
	Merchandise	\$ 293	\$ 223			
	Anniversary					
	Other	\$ 2,164	\$ 1,484	\$ 2,023		\$ 764
	Investments	\$ 1,892	\$ 5,035	\$ 5,703	\$ 2,571	\$ 7,197
	Trophies	\$ 1,648	\$ 1,679	\$ 2,059	\$ 1,166	\$ 1,808
	AV Fees	\$ 1,463	\$ 1,548	\$ 1,804	\$ 1,346	\$ 1,213
		\$ 13,825	\$ 15,609	\$ 19,578	\$ 8,833	\$ 18,591
<b>Operating Surplus</b>		-\$ 489	-\$ 2,991	-\$ 4,669	\$ 4,129	\$ 479
Closing		\$ 52,018	\$ 49,027	\$ 44,358	\$ 49,197	\$ 49,676









**Diamond Valley**  
Athletic Club



# Registrar's Report

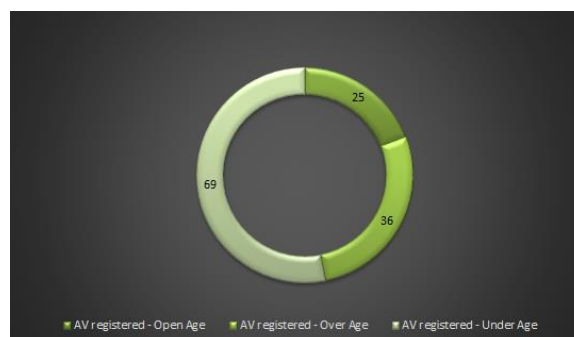
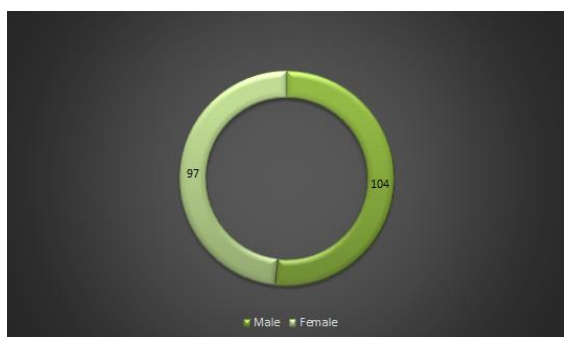
*2021 - 2022*

*'It is testament to the strong  
community culture at DVAC  
that it handled the past two  
years as well as it has'*

## REGISTRAR'S REPORT

As we emerge from Season 2021 – 2022 the Diamond Valley Athletic Club's Membership profile has continued to show club spirit, longevity, growth and stability.

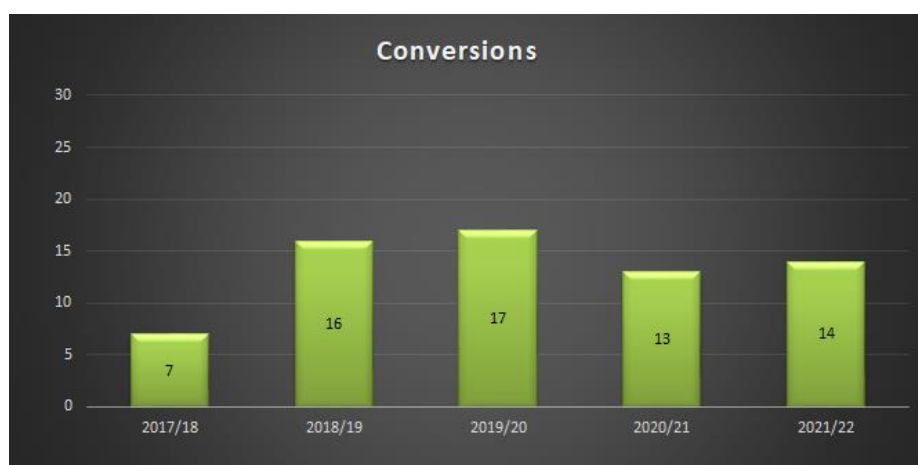
It is testament to the strong community culture at DVAC that it handled the past two years as well as it has and maintained healthy membership numbers which were further improved in the 2021 – 2022 period. The membership of 190 included 130 members who obtained membership with Athletics Victoria. An increase of 23 saw our competing members' team swell to 130 athletes. Tables elsewhere reveal the even spread of age groups and gender. It is not surprising that DVAC's performance in AVSL took us to Runners Up in Premier League.



DVAC has a large and loyal membership of active members of whom 36 have been with the Valley for 10 years or more. 13 members have been active for 20 years plus and 4 have been around for 30 years plus! What does this tell us? Well, to start with it suggests that members are happy to continue their involvement with the club. When we add the 69 Under twenty age group members, I feel the DVAC should be proud and has a great future looking forward.

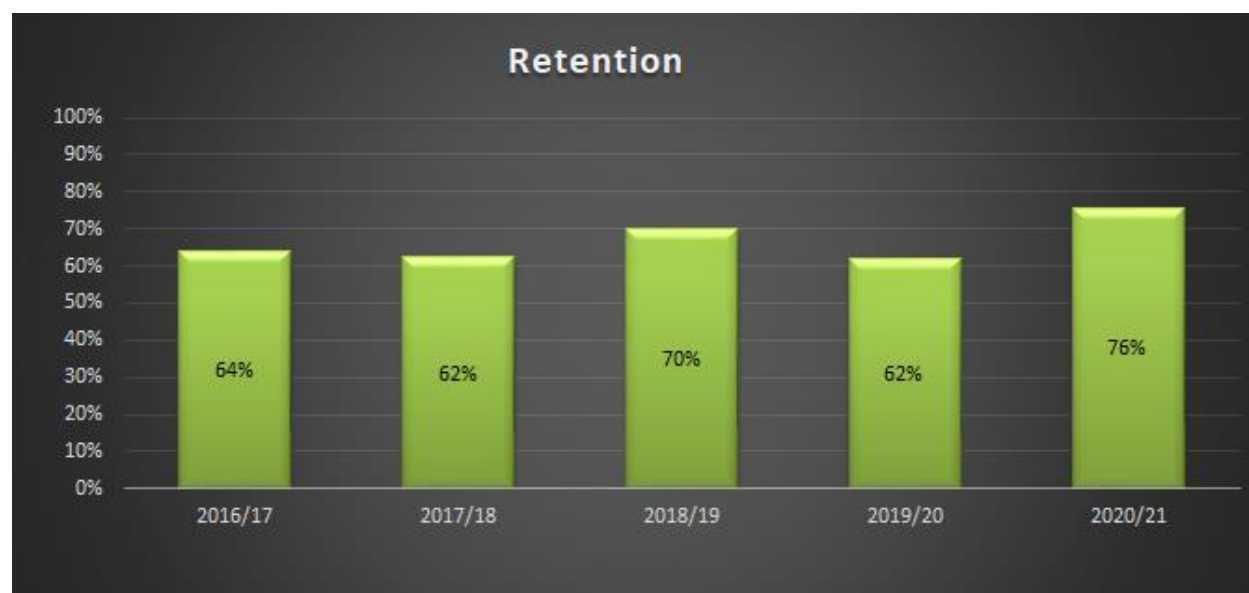


New membership growth has come from several places. The key area is in the conversion of Little Athletics to Seniors where we saw 14 athletes step up to Seniors. Unlike previous years, most of the male athletes were from the U16 age group which probably accounts for us not having a complete MU14 team in this season. There are a significant number of DVLAC members who became DVAC members during this period and these are likely to convert to AV competing athletes in the future.



New open age memberships have come from 'Striders' group, returning athletes from the past and siblings, spouses, friends. Interestingly, apart from DVLAC conversions DVAC's NEW

memberships come from individuals from our local community be it residential, schools, work place or friends. We do not recruit 'on mass' from any organisations as do some other clubs. This supports us well in being a strong truly Community Sporting Club.



26 Athletes from Season 2020 – 2021 did not re register for the 2021 – 2022 season. In examining this 'churn', it may not be particularly significant and it could be expected that some will re-register as AV athletes in the future. Some follow up on the reasons for members departures are quite varied:

- Residential relocation (5)
- Transfer to follow coach (2)
- Transfer to follow partner (1)
- Pressure of a new job / UNI study (5)
- Pregnancy (1)
- Trying out (4)
- Unknown / covid fatigue / injury (8)

Throughout the 'Post Lock Down' Season it was indeed fantastic to be so busy again! Did I really say that? Yes, it has been exciting and a privilege to oversee so much activity on the membership front including competition, Club events, social dinners, Christmas party and Presentation Night ..... AND ALL HELD FACE TO FACE!

The next 12 months will see us face more challenges as we move to greater reliance on technology and in particular our engagement with the Revolutionise platform.



Finally, I would like to thank the members of the Committee, DVAC Officials and Coaches, Athletics Victoria for their support, DVAC Volunteers and supporters and finally our wonderful athletes.

**Lyn Davis**

**Registrar**

## CROSS COUNTRY REPORT

The XCR season was heavily impacted by COVID cancellations. Of the planned event only round 1, 2 and 4 were held with mixed results for the club. We were able to squeeze in 1 club event, the Binnak Bowl.

The Valley Women are leading the way!

The Women's Under 16 led the way and was on top of the ladder after three rounds, with a second, 4<sup>th</sup> and first finish for their first 3 events leading the competition by 2 points amongst 16 teams.

Women's 4<sup>th</sup> Division was in third position trailing first by a mere 6 points.

Women's 50+ produced the next best results by scoring in all 3 XCR events held, holding 3<sup>rd</sup> with 21 points out of 18 teams.

### JELLS PARK

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The Cross-Country season is usually associated with cold & wet conditions that come with winter; runners at Round 1 of the Athletics Victoria Cross Country season, the Cross-Country Relays at Jells Park, Waverley, were all complaining about the heat as they completed their legs of the relays. That, and the sneaky course design that kept discovering new ways to find a hill.

The Valley contingent at Jells Park saw 16 women make up five teams and nine men form into two teams.

The best performed team on the day came from the Women under 16 team of Matilda L'Estrange, Jamieson Lander and Ally Brooks that finished in second place out of the 13 teams in their division.

Taylor Borg, Annalise Jones and Charlee Dixon made up a second DVAC team that finished in 11th place out of the 13 teams.

Shania Murray led the DVAC Women's Division 2 team off, clocking the fastest time for the Valley women over 6km with 22:58. Fieke Van Der Kamp stepped up from the junior ranks to assist the Division 2 team, while Natalie Lander and Debbie McKenzie stepped into the breach at short notice to complete the team. The DVAC team finished in 6th position out of the 11 teams competing.

Caden Murray blitzed the 6km course when he led the DVAC Men Division 2 team off and came through in 19:13, an average of 3:12/km. The 'young guns' team in Division 2 was

completed by Blake Barnes, Matthew Thompson, Brody McCarthy, Dylan Littlejohn and Jordan Chapman. The team finished 11th out of the 14 teams in Division 2.

Peter Ramsay made a welcome return to the Valley colours, leading the Men 50+ team out with a 6km leg in 26:06. Andrew McKenzie and Damien Clifford completed the team that crossed in 11th position out of the 19 teams competing.

Laura Campbell ran her 3km leg in 13:00 to set the DVAC Women 50+ team off to a strong start. Gayle Clifford and Jo Moxon backed Laura up with their efforts to bring the team home in 4th place.

Elyse Scheuermann experienced the joys of Cross Country running for the first time on the slopes of Jells Park & completed the 6km in 38:34. Karen Quinn and Sarah Papadopoulos ran the first and third legs for the team that finished in 6th place.

DVAC is indebted to Rick Clarke, Scott Barnes & Greg Luck who filled the DVAC Club Helper duties on the Men Division 4 changeover while Alexia Moxon again showed maturity beyond her years by policing Check Point 3 for the whole afternoon. Thank you, Alexia.

## LARDNER PARK

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Seventeen DVAC athletes travelled to Lardner Park, Warragul for the second round of the XCR'21 season and were well rewarded for their efforts over a tough and testing Cross Country course. Set on the 300 acres of Lardner Park, Warragul, the course wound its way through steep hills, across a ditch with wet and slippery patches as well as a fence that had to be cleared before the runners headed back down to the finish line.

In the Open Women's 8km event, Shania Murray had her first outing in an Open age event and crossed the line in 11th place. This was the best result for the DVAC women since Lauren Crowe placed 5th in 2013. Shania completed the 8km in 31:02.

Runner's splits varied widely around the 4km loop; everyone complained about the 3rd km up on top of the hill but enjoyed the final kilometer that swept down the long ridge back to the finish.

Three DVAC runners were awarded medals at Lardner Park.

**Ally Brooks** won the silver medal in the Women Under 16 3km race, finishing in 11:40. Team-mate, Matilda L'Estrange crossed in 9th place and the combined score for the two-person team put them in 4th place out of 11 teams.

**Laura Campbell** placed third in the Women 50+ Short Course (4km) course.

The Men Under 20 4km race was a tight finish with **Caden Murray** winning the bronze medal. Caden was only 8 seconds behind the winner and 1 second behind second place.

## CRUDEN FARM

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The 22 DVAC athletes that lined up for Round 4 of the XCR'21 season at Cruden Farm were faced with the toughest challenge of the season so far. The six juniors that ran in the first race on the program came back with loads of good advice that included:

Lots of potholes! Watch out, don't go out too hard, lots of Cow poo, Fern Alley is really nice, Km 3 is really rough & slippery so get a clear run before you hit the hill.

Despite all the challenges, the results for DVAC were excellent. Three juniors won a silver medal, the Women Under 16 won their team division and the Valley Open age teams in both the Women and Men achieved good results.

**Caden Murray** was in the lead pack of three throughout the Men Under 20 6km race. In the final run to the line Caden made a strong move to kick past the second placed runner and hold on to claim his second silver medal for the season.

**Fieke Van Der Kamp** held on to second place from start to finish in the Women Under 18 6km race. Fieke was closing the gap on the leader in the second half and crossed the finish line only six seconds behind.

**Ally Brooks**, Women Under 16, crossed the finish line 8 seconds behind the eventual winner to claim the silver medal for the second individual race this season. This did put Ally in first place on the Individual Ladder for the season.

The **Women Under 16 team were clear winners** of their division. Ally was followed in by Matilda L'Estrange, 4<sup>th</sup>, Jamieson Lander, 7<sup>th</sup> and Poppy Scot-Dalgleish, 14<sup>th</sup>.

The DVAC Open Women had a team of seven line up for the 12km event which meant that they made up teams in both Division 2 (4 member) and Division 4 (3 member). The Valley team in Division 2 finished 4<sup>th</sup> out of 14 teams while the team in Division 4 finished 3<sup>rd</sup> out of 6 teams. Debbie McKenzie, Joanne Clarke and Karen Quinn made a Women 50+ team that finished 3<sup>rd</sup> out of 18 teams.

The six member DVAC Open Men Division 2 team finished 9<sup>th</sup> out of the 14 teams. First runner home, Dylan Littlejohn, maintained a consistent pace throughout the 12km. He was followed in by Blake Barnes, Brody McCarthy, Matthew Thompson, Jordan Chapman and Damien Clifford.

Scott Barnes and Andrew McKenzie still won valuable points for the DVAC team in Division 5 to finish 4<sup>th</sup> out of 8 teams. Damien, Scott and Andrew also made up a Men 50+ team that finished 15<sup>th</sup> out of the 37 teams in their division.

### CLUB RUN - BINNAK BOWL

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Twenty-three DVAC athletes took to the slopes of Binnak Park, Watsonia, for the annual Binnak Bowl. The 5km event attracted a field of 18 while the Junior 3km event drew a field of 5. There was a good-sized support crew watching from the start/finish area to cheer the athletes on as they completed each 1km loop.

DVAC Handicapper, Greg Luck, did an excellent job with the whole field of 23 runners crossing the finish line in a space of two minutes.

Sarah Leeming was the 2021 winner of the Binnak Bowl. To sweeten the deal Maryann Murray had filled the glass 'Bowl' with chocolates. Sarah stormed home to take the lead inside the final 200 meters. She was followed in by Damien Clifford who just managed to hold off a fast-finishing Ally Brooks. A memorable finish!

Fastest times for the Binnak Bowl was set by Ally Brooks, 19:10, and Brody McCarthy, 17:13.

In the Junior 3k Handicap race the place getters were Elsie Clifford (1<sup>st</sup>), Georgia L'Estrange (2<sup>nd</sup>) and Seona Van Der Kamp (3<sup>rd</sup>). Cameron Ellis tore around the three laps in 10:34 to set the fastest time along with Seona Van Der Kamp, 12:27.

It was good to welcome Aaron Scot-Dalglish and Poppy Scot-Dalglish to their first DVAC Club run. Gayle Clifford also made her debut to the Valley club events.

### MELBOURNE MARATHON

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Congratulations to all DVAC runners who took part in the 2021 Melbourne Marathon Festival. The 10km Road Race was held on Saturday & Shania Murray had a great result finishing 4<sup>th</sup> in the Women's race. Tyler Murphy ran a big PB finishing 3<sup>rd</sup> in U17.

Chris Rancie ran a fantastic 2:29:16 for 21<sup>st</sup> on Men Open. One of only a few who were able to negative split. Chris was 28<sup>th</sup> at halfway and worked through the field to finish in 21<sup>st</sup> overall and 6<sup>th</sup> in his age group 35-39.

There were three father & son stories in the Valley Marathon results – Dean Neofitou ran side by side with his dad Spiro right to the end of the Marathon while Damien Clifford was only able to shake off his son, Jaryd, right at the very end of the Marathon. That's the Valley spirit guys, loyalty right to the end. Tyler Murphy also helped his dad Leigh Murphy get the finish line running the last 10kms with him.

### 10km Women:



- Shania Murray 36:26 (4th Female)
- Sinead Murray 57:00
- Gayle Clifford 1:07:37

#### **10km Men:**

- Tyler Murphy 36:05 PB

#### **Half Marathon Women:**

- Victoria Lehmann 1:35:47
- Elyse Scheuermann 2:24:45

#### **Half Marathon Men:**

- Mark Tapping 1:41:54

#### **Marathon Women:**

- Lorinda McPherson 3:29:31 (PB)
- Sarah Leeming 3:42:00
- Debbie McKenzie 4:05:55
- Kerry Woods 4:18:37
- Karen Quinn 4:34:37
- Cathy Williams 4:39:53

#### **Marathon Men:**

- Chris Rancie 2:29:16 (21st)
- Dylan Littlejohn 2:52:14 (PB)
- Jared Kitney 2:53:03
- Brent McPherson 2:53:33
- Craig Cassidy 2:57:48
- Nick Cosma 3:43:29
- Damien Clifford 3:52:23 (PB)
- Spiro Neofitou 3:59:16
- Dean Neofitou 3:59:16
- Andrew McKenzie 4:05:54
- Leigh Murphy 4:31:01
- Zeb Phoenix 4:59:11

## TRACK AND FIELD REPORT

### AVSL




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 quite alright. The specialty meets provided some fantastic performances by our athletes.

After ten rounds of the AV Shield League season, the top four clubs in each of the five Divisions competed in a Playoff to determine the premier club. Each Division had ten clubs and there is a Promotion/Relegation instituted to provide movement between Divisions.

In a great team effort at Lakeside Stadium the Diamond Valley Athletics Club finished in 2nd spot in the Top 4 Playoffs for the Title of the best Club in AVSL Premier Division.



Pos	Club	Status
<b>Premier Division</b>		
1	 Essendon	<b>PREMIERS</b>
2	 Diamond Valley	
3	 Glenhuntly	
4	 Eaglehawk	
5	 Box Hill	
6	 Doncaster	
7	 Chilwell	
8	 Collingwood	
9	 Geelong Guild	<b>RELEGATED</b>
10	 Nunawading	<b>RELEGATED</b>

The achievement by DVAC athletes on the day was something to be proud of. It opens the door to even greater things in the future ... like our first AVSL Premiership!

For the first time since the current point scoring was introduced, DVAC had 20 athletes score 1000 points or more. This was a clear demonstration of the commitment felt toward their club by many athletes and this was shared by all athletes on the day. Every point was important as those in the stands watching the constant updates on the scoreboard can attest.

Congratulations to all.

Leading into **Round 4** with the most entries for the year (183) we produced our biggest score of the year so far (46382) to finish 2nd to Essendon in the Premier Division of AVSL. A first sign of what we were capable of.

Eaglehawk, Glenhuntly and Chilwell have now played their Powerplay and realistically the only Club that could wrest 4th spot from us was Doncaster.

We now had Glenhuntly and Eaglehawk in our sights and with a carefully planned Powerplay (Double Ladder Points) in Round 6 at Meadowglen we could overtake them.

Huge result for the Club in **Round 6** with our final score of 56,547 topping the Premier Division and catapulting Diamond Valley from 4th to 2nd position heading into the Christmas break. The score of 56,547 ended up **the highest 2021/2022 round score of any club** in the premier division.

The big story was the performance of the W40. The Women finished in 3rd spot for the Round their highest finish for a long time and as a result leap frogged five teams above them to settle in 4th position on their Ladder!!

It was the round chosen to use our Powerplay & it paid handsome dividends. Ten points for heading the Premier Division table became 20 and the club's highest points tally was enough to drag the club into second place on the season ladder after 6 rounds and you could only conclude that -The Valley were going to the Playoffs!!

But it was more than that.

There was the great sense of teamwork right throughout the day. DVAC had a team of club helpers out on the field from 11:30am helping to set the venue up for the round of Shield.

Valley club helpers were out at the Triple Jump pit, at the Finish Line, handing out place tickets, at the Relay changeover & Lap scoring for the distance events, from the start of competition to the end of the long day at Meadowglen.

Talk about teamwork – DVAC fielded 12 4 x 100m Relay teams, 6 Women's teams & 6 Men's teams. That was 12 out of a total of 24 teams at the venue. There was even a hard luck story with one of our teams that didn't make it to the line.

Everyone was checking the Results Hub throughout the day to see how the Valley was standing on the progressive ladder. The longer the day went on the broader the smiles on the

DVAC community. All we need to do from here to the Playoffs is consistent athlete entries and scoring, everyone to keep on improving and to set ourselves for a big day on Saturday March 5th at Lakeside Stadium.

Another strong result for the Diamond Valley Athletic Club – second out of the ten teams in the Premier Division for **Round 7**. A total of 41,828 pts on the day consolidated our second place on the season ladder with three rounds remaining before the AVSL Playoffs. A few of the highlights: the Men Open had their best result in yonks; Men U20 had their first win for the season; Men U16 finished 2nd to record their best result this season.

By **Round 8** it became clear that DVAC is in a battle with Eaglehawk for second place in the Premier Division. Clearly the Bendigo club want the second place back after the Valley pushed them into third place in Round 6. In Round 8 Eaglehawk finished in second place with DVAC in third place; that meant the two clubs were tied on 76 points for the season. At this point DVAC held onto second place for the season, leading Eaglehawk by a score of 7,542. It was our lowest number of entries for the year (125).

In **Round 9**, DVAC (with 56 DVAC athletes) was in a super battle with Eaglehawk for second place in the Premier Division. After being behind the Bendigo club all day, there was one last chance – the Women's heats of the 400m.

Late in the afternoon the small army of club supporters watched Heats #11, #12 & #13 with joy as six Valley athletes went around the track for the tough one lap event. The efforts of Seona Van Der Kamp, Michelle King, Elsie Clifford, Jo Moxon, Elyse Scheuermann & Gayle Clifford earned enough valuable points to drag us over the line. A big THANK YOU to each athlete.

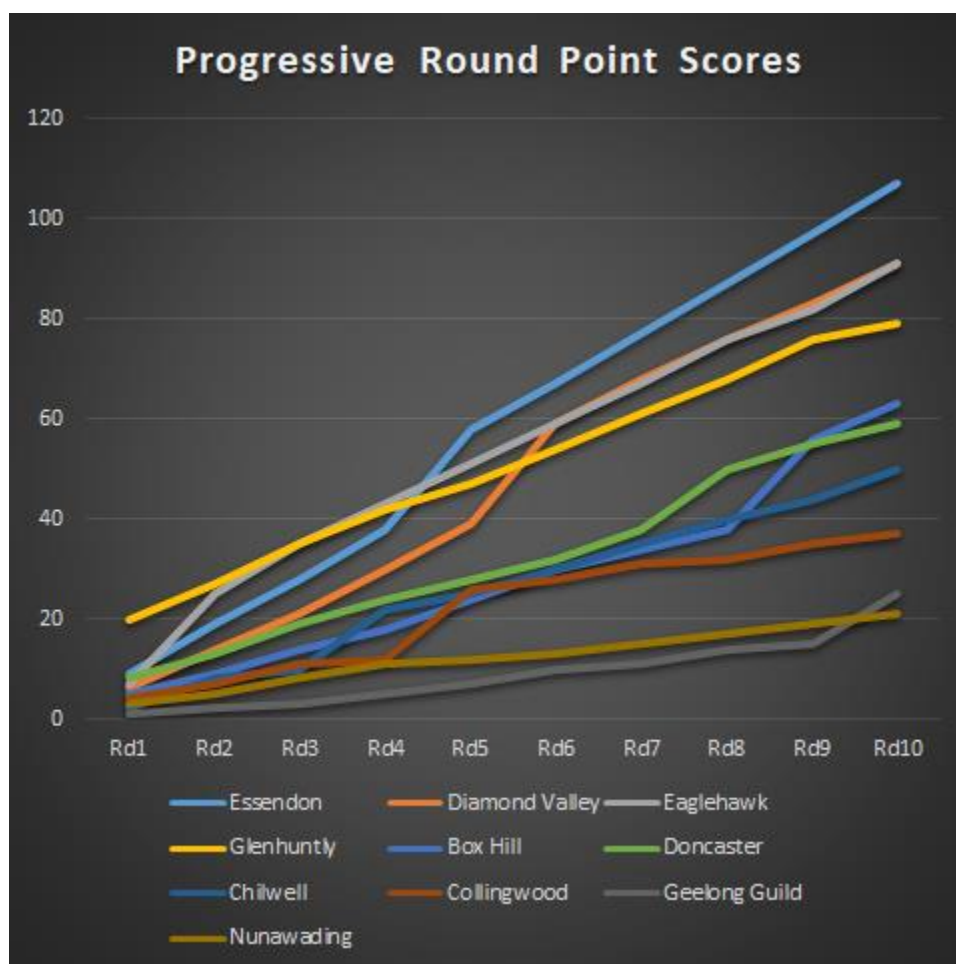
Our mission in **Round 10** was to stay in front of Eaglehawk and to give Essendon something to think about for the upcoming AVSL Playoffs.

Early in the day we were in 8th spot and things were looking grim for DVAC to stay in 2nd position on the AVSL Premier Division Ladder. By the afternoon we had built up a full head of steam to firstly move into 7th, then 6th, 5th, 4th, over the top of Box Hill into 3rd, then finally with a late surge of points overtake Eaglehawk for 2nd and a mere 510 points behind Essendon.

The Diamond Valley Athletic Club has finished the regular season of Athletics Victoria Shield League in second place on the ten team Premier Division ladder. All that remains to the season of AVSL were the Playoffs between the top four teams – Essendon (107), Diamond Valley (91, 392,822 points), Eaglehawk (91, 385,297 points) & Glenhuntly (79) – to be held at the Lakeside Stadium on Saturday 5th March 2022.

	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	39,269	9		51,369	10	19	39,956	9	28	49,115	10	38	<b>55,208</b>	<b>20</b>	58	49,576	9	67	44,659	10	77	42,783	10	87	49,694	10	97	34,962	10	107
<b>Diamond Valley</b>	<b>31,039</b>	<b>6</b>		<b>43,290</b>	<b>8</b>	<b>14</b>	<b>31,836</b>	<b>7</b>	<b>21</b>	<b>46,382</b>	<b>9</b>	<b>30</b>	<b>39,836</b>	<b>9</b>	<b>39</b>	<b>56,547</b>	<b>20</b>	<b>59</b>	<b>41,892</b>	<b>9</b>	<b>68</b>	<b>31,409</b>	<b>8</b>	<b>76</b>	<b>36,778</b>	<b>7</b>	<b>83</b>	<b>33,813</b>	<b>8</b>	<b>91</b>
Eaglehawk	32,668	7		<b>49,390</b>	<b>18</b>	25	41,342	10	35	42,437	8	43	37,446	8	51	44,919	8	59	32,486	8	67	34,001	9	76	36,438	6	82	34,170	9	91
Glenhuntly	<b>46,154</b>	<b>20</b>		36,014	7	27	38,566	8	35	35,437	7	42	33,494	5	47	34,878	7	54	30,958	7	61	29,991	7	68	37,794	8	76	24,022	3	79
Box Hill	29,305	5		29,939	4	9	26,632	5	14	27,036	4	18	35,253	6	24	29,618	6	30	24,784	4	34	19,639	4	38	<b>41,637</b>	<b>18</b>	56	29,940	7	63
Doncaster	38,270	8		33,561	5	13	27,148	6	19	29,383	5	24	28,114	4	28	26,878	4	32	30,590	6	38	<b>29,090</b>	<b>12</b>	50	34,967	5	55	25,394	4	59
Chilwell	25,401	2		33,819	6	8	22,369	2	10	<b>31,607</b>	<b>12</b>	22	26,680	3	25	27,218	5	30	26,973	5	35	28,545	5	40	23,457	4	44	29,263	6	50
Collingwood	28,611	4		28,126	3	7	24,265	4	11	22,172	1	12	<b>37,273</b>	<b>14</b>	26	22,420	2	28	23,613	3	31	14,118	1	32	21,162	3	35	20,803	2	37
Geelong Guild	19,187	1		22,224	1	2	16,314	1	3	23,171	2	5	23,343	2	7	25,565	3	10	19,054	1	11	18,108	3	14	15,074	1	15	<b>26,937</b>	<b>10</b>	25
Nunawading	26,035	3		24,225	2	5	23,932	3	8	26,562	3	11	19,848	1	12	22,320	1	13	23,359	2	15	14,205	2	17	18,765	2	19	<b>15,442</b>	<b>2</b>	21

An interesting point is that Eaglehawk was the **only club that beat Essendon outright** (without Jokers playing a role) through the season.



The 2021/22 season saw some changes to the AVSL promotion and relegation structure. The AVSL Playoffs is the final round and final opportunity for clubs to stake their claim for promotion. This year the top four (4) clubs in each division will automatically qualify for The Playoffs. The four (4) clubs will compete against one another with the top two (2) clubs at the

end of the day being promoted to the division above. In the Premier division, the club with the highest points total will be declared Premier Division Champions!

The bottom 2 clubs in each division at the end of the 10 rounds will be automatically relegated.





The Diamond Valley Athletic Club finished the 2021/2022 track season in **second place (!)** at the **Athletics Victoria Shield League Playoffs** after a fabulous day of competition on Saturday 5 March 2022. The 62 Valley athletes who competed in the Playoffs gave it their all and by the end of the day they had amassed a total of 48,931 points. This put the Valley behind Essendon (62,054pts) but clearly ahead of Glenhuntly (35,721pts) and Eaglehawk (33,438pts). The spirit shown by the Valley athletes was inspiring and the camaraderie of the group was a feature of the day.

#### THE MVA TOP TEN CLUB

- Ally Brooks (8th) & Luke De Biasi (10th) featured in the Top Ten of the AVSL Playoffs list of ALL athletes.
- Women Open – Shania Murray (1st);
- M55 – Luke De Biasi (1st)
- M60-64 - Greg Luck – 1<sup>st</sup>

For the first time since the current point scoring was introduced, DVAC had 20 athletes score 1000 points or more.



Club			Score
Premier Division Championship			
	ESS	Essendon	61,897
	DIV	Diamond Valley	49,133
	GHY	Glenhuntly	35,721
	EAG	Eaglehawk	33,438

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		
<b>WU14</b>	WU14 - Sprints	Award	<b>Kirra Wright</b>
	WU14 – Throws	Award	<b>Zoey Ryan</b>
	WU14 – Jumps	Award	<b>Kirra Wright</b>
	WU14 – Shield Champion	Award	<b>Kirra Wright</b>
<b>WU16</b>	WU16 - Sprints	Award	<b>Katie Oliver</b>
	WU16 – Mid and Distance	Award	<b>Ally Brooks</b>
	WU16 – Distance	Award	<b>Matilda L'Estrange</b>
	WU16 – Hurdles	Award	<b>Charlee Dickson</b>
	WU16 – Jumps	Award	<b>MacKenzie Genders</b>
	WU16 – Walks	Award	<b>Tayla Borg</b>
	WU16 - Throws	Award	<b>Tara Smith</b>
	WU16 – Shield Champion	Award	<b>Tara Smith</b>
<b>MU16</b>	MU16 - Sprints	Award	<b>Riley Neecowen</b>
	MU16 – Mid and Distance	Award	<b>Cameron Ellis</b>
	MU16 – Throws	Award	<b>Asher Andrews</b>
	MU16 – Jumps	Award	<b>Asher Andrews</b>
	MU16 – Shield Champion	Award	<b>Asher Andrews</b>
<b>WU18</b>	WU18 - Sprints	Award	<b>Sugi Neecowen</b>
	WU18 – Jumps	Award	<b>Sophie Compton-Cook</b>
	WU18 - Throws	Award	<b>Bianca Brown</b>
	WU18 – Mid and Distance	Award	<b>Fieke van der Kamp</b>
	WU18 – Hurdles	Award	<b>Chantelle Foreman</b>
	WU18 – Shield Champion	Award	<b>Fieke van der Kamp</b>
<b>MU18</b>	MU18 - Sprints	Award	<b>Elijah Zantey</b>
	MU18 – Mid and Distance	Award	<b>Tyler Murphy</b>
	MU18 – Throws	Award	<b>Harley Gilbert</b>
	MU18 – Jumps	Award	<b>James Hurley</b>
	MU18 – Shield Champion	Award	<b>Samuel Abolencia</b>
<b>WU20</b>	WU20 - Sprints	Award	<b>Keely Boyne</b>
	WU20 – Hurdles	Award	<b>Keely Boyne</b>
	WU20 - Throws	Award	<b>Elyssia Kenshole</b>
	WU20 – Shield Champion	Award	<b>Keely Boyne</b>
<b>MU20</b>	MU20 - Sprints	Award	<b>Jarryd Cripps</b>
	MU20 – Mid and Distance	Award	<b>Jarryd Cripps</b>
	MU20 – Jumps	Award	<b>Isaac Andrews</b>



	MU20 – Throws	Award	<b>Caden Murray</b>
	MU20 – Shield Champion	Award	<b>Jarryd Cripps</b>
<b>WOPEN</b>	WOP – Sprints	Award	<b>Sarah Papadopoulos</b>
	WOP – Mid and Distance	Award	<b>Shania Murray</b>
	WOP – Jumps	Award	<b>Sarah Papadopoulos</b>
	WOP - Throws	Award	<b>Alexandra Mills</b>
	WOP – Walks	Award	<b>Sarah Papadopoulos</b>
	WOP – Shield Champion	Award	<b>Sarah Papadopoulos</b>
<b>MOPEN</b>	MOP – Sprints	Award	<b>Zachary Hankinson</b>
	MOP – Mid and Distance	Award	<b>Dylan Littlejohn</b>
	MOP – Throws	Award	<b>Colin Newman</b>
	MOP – Shield Champion	Award	<b>Colin Newman</b>
<b>W40+</b>	W40 - Sprints	Award	<b>Michelle King</b>
	W40 - Mid. And Distance	Award	<b>Debbie McKenzie</b>
	W40 – Hurdles	Award	<b>Gaelyne Kenshole</b>
	W40 - Throws	Award	<b>Paula Merino</b>
	W40 - Jumps	Award	<b>Gaelyne Kenshole</b>
	W40 – Walks	Award	<b>Jo Moxon</b>
	W40 - Steeple	Award	<b>Debbie McKenzie</b>
	W40 – Shield Champion	Award	<b>Debbie McKenzie</b>
<b>M40+</b>	M40 - Sprints	Award	<b>Adam Scott</b>
	M40 – Middle Distance	Award	<b>Peter van der Kamp</b>
	M40 – Distance	Award	<b>Mark Tapping</b>
	M40 – Hurdles	Award	<b>Luke De Biasi</b>
	M40 – Throws	Award	<b>Matt Hall</b>
	M40 – Jumps	Award	<b>Greg Luck</b>
	M40 – Walks	Award	<b>Bernie Keirl</b>
	M40 – Shield Champion	Award	<b>Luke De Biasi</b>

## OVERALL SHIELD AWARDS WINNERS

Secondly, those individual athletes by age-group that performed very well right across all the Shield disciplines and competition.

<b>Athlete</b>	<b>Comment</b>
<b>Kirra Wright</b> <b>WU14</b> <b>7 Rounds</b>	Kirra is a T38 Para athlete who made a huge contribution to Diamond Valley over the Summer of 2021/2022 when she competed as a 13-year-old. In the 7 Rounds of Shield competition that Kirra took part she was regularly among our biggest points earners. To earn 400

<b>8138 Points</b>	points for your achievement in any event suggests that you are among the best in your division. In Round 2 of the Athletics Victoria Shield League competition, Kirra earned a total of 1318 points for her efforts in the Long Jump, 100m & 400m. This ranked Kirra as the third highest points earner out of the 68 Valley athletes who competed. This high level of performance continued throughout the season. Recognition must be given of the wonderful support that Kirra receives from her mother, Kylie.
<b>Tara Smith WU16 9 Rounds 10705 Points</b>	Tara Smith had a breakout season in 2021/2022. Throughout the Shield season, Tara made the second most valuable points contribution for the club. Only the legendary Luke De Biasi was able to better the 10,831 points earned by Tara. Tara did have a motivation to keep her score ticking over – her sister, Vanessa, was always ready to pounce. Vanessa finished in third place on the points table, only 780 points behind Tara. As well as all the throws events, Tara's weekly schedule included the Long Jump, 100m, High Jump and Triple Jump. Tara has been a great team player: at the Relay Championships Tara stepped in at the last moment to complete a Men's Open 4 x 100m Relay.
<b>Asher Andrews MU16 7 Rounds 9165 Points</b>	Asher Andrews finished the 2021/2022 season off with a wonderful victory in the Australian M15 Heptathlon with the Littles, but his season is one of high achievement right from the start. Asher amassed 9,350 points at Shield competition across the season making him the 5th highest scoring athlete from the 100 Valley athletes who lined up throughout the season. All this and Littles Aths as well. At Shield, Asher's events included: 100m, 200m, 800m, Triple Jump, High Jump, Long Jump, Shot Put, Discus, Javelin, & 100m Hurdles. The life of a Multi event athlete!
<b>Fieke van der Kamp WU18 7 Rounds 4725 Points</b>	Fieke Van Der Kamp scored a total of 4725 points across 7 Rounds of AV Shield competition & is a worthy winner of the Shield Award for the Women Under 18. This achievement is a testament to the courage that Fieke is blessed with. Fieke is a talented distance runner & since early in the season Fieke had experienced discomfort in her movement. Nevertheless, Fieke would undertake a busy schedule – in Round 4 she ran the 200m, the 800m, the 3000m and a leg of the 4 x 400m Relay. In Round 7, Fieke got a qualifier for nationals in the 5000m, 18:20.9. Not long after that, it was found that Fieke had a broken toe – in both feet & her season was over.
<b>Samuel Abolencia MU18 9 Rounds</b>	Samuel competed in 9 rounds of the Shield League competition & in his first season with Diamond Valley he is the Shield winner for the Men Under 18. This team had eleven members and Samuel points total of 6,033 was enough to hold out some very good athletes

<b>5791 Points</b>	behind him. A sample of his work came in Round 5 when he ran the 100m in 11.60, landed a Long Jump at 5.33m and ran a 400m in 55.78.
<b>Keely Boyne</b> <b>WU20</b> <b>10 Rounds</b> <b>6819 Points</b>	Keely has been a class athlete since the Under 14's and her work ethic has not diminished one bit. Over the season, Keely competed in all 10 rounds of the Shield League, lining up for no fewer than 23 races – specifically the 100m, 200m & 100 Hurdles. In an age group when the retention rate drops off, it is so refreshing to see Keely, Georgia Gillson and Elyssia Kenshole still working to perfect their skills.
<b>Jarryd Cripps</b> <b>MU20</b> <b>9 Rounds</b> <b>5729 Points</b>	Jarryd wins the Shield award for the Men Under 20, having competed in all 10 rounds and amassing 6,898 points for the season. It is worth giving recognition to the other DVAC athletes in their final year of junior competition – the Valley is so fortunate to have Isaac Andrews, Ryan Blair, William Gittins, Caden Murray & Jack Clarke still working at their craft in athletics. Jarryd's team spirit is probably best summed up by his contribution to the Valley at the Playoffs – on that day Jarryd ran the 800m in 2:00.7, 200m in 25.72, Shot Put 6.23m & ran in a 4x400m Relay. A true team player.
<b>Sarah Papadopoulos</b> <b>WOP</b> <b>10 Rounds</b> <b>5211 Points</b>	Despite a small list of 7 competitors the Women's Open finished the season in a very creditable 6th position out of 42 teams.  Sarah competed in all 10 Rounds of AVSL and the Playoffs Final, she competed in Sprints, Middle Distance, Distance, Walks, Jumps and Throwing events amassing a grand total of 6017 points.
<b>Colin Newman</b> <b>MOP</b> <b>8 Rounds</b> <b>6914 Points</b>	The Men's Open Team despite having only 6 competitors showed a big improvement on past seasons finishing the season in 12th place out of 47 teams.  Colin competed in no less than 9 competitions including the Playoffs Final and finished with a big total of 7797 points.
<b>Debbie McKenzie</b> <b>W40</b> <b>10 Rounds</b> <b>8219 Points</b>	The Women's 40+ had 8 competitors for the season of which 7 qualified for and ALL 7 competed in the Playoffs Final.  They also finished in a solid 4th position out of 34 teams.  Debbie had her first full season on the track and field and had scoring performances covering nearly all events.  She did not miss a round of AVSL and saved her best for the AVSL Playoffs Final with a score of 1032 giving her a season's total of 9749 points.
<b>Luke De Biasi</b> <b>M40+</b>	The reigning AVSL Men's 40+ Champions from 2020-2021 had to settle for 3rd place out of 46 teams this year but still managed to be one of only four age group teams to score over 100,000 points.

<b>9 Rounds</b> <b>10989 Points</b>	<p>Luke racked up a DVAC record of eight 1000 point scores over the season.</p> <p>He only missed one Round of AVSL and was injured in two other Rounds but still competed and amassed a massive total of 12652 points making him the highest scorer for the whole Club.</p> <p>He finished in the Top 10 overall and was the highest scoring AVSL athlete in the Men's 40+ Division for the 3rd year in a row.</p> <p>This will be his 7th DVAC M40+ Champion award in a row and his 8th title overall proving once again to be the best athlete in the Club.</p>
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## AGE GROUP WINNERS

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1 DVAC team finished the round robin part of the AVSL competition on top of the age group tables. The **Women's Under 16** team raked in more points than any other team.

The winning DVAC age group team – state champions – are the Women Under 16 guided and led by **Sharmaine Smith**.

### DVAC Women UNDER 16 TEAM:

- Tayla Borg
- Ally Brooks
- Charlee Dickson
- Matilda L'Estrange
- Mackenzie Genders
- Olivia Gorman
- Tess Gillson
- Alannah Hoffman
- Annalise Jones
- Jamieson Lander
- Victoria Meaden
- Alexia Moxon
- Katie Oliver
- Keira Sanchez
- Poppy Scot-Dalglish
- Tara Smith
- Vanessa Smith

## OTHER HIGHLIGHTS

### JARYD CLIFFORD

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The 3000m distance is not offered on the Paralympics program, but if it was then DVAC's own Jaryd Clifford would be a strong contender for Gold after his run in the 2022 Sydney Track Classic. Lining up in a star-studded field at the 2022 Sydney Track Classic (March 12), Jaryd ran a carefully calculated race that saw him sitting at the rear of the field but saving himself for a strong second half. Jaryd finished the 3000m with a trademark kick down final lap and he crossed in 7:56.31. This was an 11 second PB and a new DVAC club record. This time shattered the Australian All-comers 3000m T12 record by minutes (9:14).

Jaryd took part in the 2022 Unisports Nationals Athletics Championships held on the Gold Coast on the 19<sup>th</sup> of April and ran in the Men 10,000m race in a time of 31:18.21. This was a new Australian record for the T12 Para category as well as a new DVAC record for the Open Men.

Jaryd was recently elected Most Outstanding Sporting Performance by a Student-Athlete with disability by Unisport/University of Melbourne.

When he made his Paralympic debut as a fresh-faced 17-year-old at the Rio 2016 Paralympic Games, no one could have predicted that he would be the man to beat at the Tokyo 2020 Paralympic Games.

We all understand that the Marathon is not usually a summer presentation topic, but JC achieved an astonishing feat to not only help out a mate and drag him to Paralympic qualification but to run a world record as a by-product even when having a leisurely sit-down after 30-some kilometers is amazing. Topping that by winning a Paralympic medal at the same event is extraordinary.

### **Congratulations to you and Tim for changing the history of this club.**

Running with a vision impairment has its challenges, and as Jaryd's sight deteriorates, he must continue to adapt. He has been running with his guide, best mate and long-time training partner Tim Logan, and because they have run together for years, they already naturally take the same strides. If ever there was a dynamic duo, these two are it, and it was again this partnership which served Jaryd well in his second Games.

At Tokyo 2020, Jaryd won a medal in each of his three events – the Marathon T12 (silver), 5000m (silver), 1500m (bronze) as well as breaking multiple world records and taking home the 2022 Athletics Australia Russell Short Award for Male Para Athlete of the Year.

And the accolades keep coming...



**Jarryd Cripps** has been peppering the 2 minute mark for the 800m on a regular basis over recent times. At the final meet of the Victorian Milers Club, Jaryd gave another strong performance, crossing in 2:01.99. The strong headwind into the home straight made fast times difficult for all runners. Jaryd booked in for the Australian University Championships held on the Gold Coast in April.

**Matthew Thompson**, DVAC Committee member & DVAC Coach has been on a mission. He undertook a huge challenge with the purpose of raising awareness of the need to boost numbers in the Stem Cell Donor Registry & assist those with blood cancer & other diseases that require a cell/bone marrow transplant to survive. To raise awareness on this issue and get Governments to act he ran the **20 50**. Covering 50km each day for 20 days.20 to represent the 20,000 people needed to join the registry for the 50 people who are diagnosed every day with blood cancer. Full details can be found at [www.urthecure.com.au/events](http://www.urthecure.com.au/events).

Also check the section on records at the back of this report for all those records broken at either AVSL, specialty meets like High Velocity or Milers Club.

## 2022 VICTORIAN RELAY CHAMPIONSHIPS

We had 15 teams entered in the Victorian Relay championships

- 5 Underage and 4 Open, 6 Men 40+ and 50+
- 4 Female teams X 4 teams
- 11 Male teams

The Women finished the day with a silver, the Men finished the day with 2 Silver Medals and 2 Bronze Medals.

### Silver:

#### FOP

Distance Medley: Ally Brooks, Matilda L'Estrange, Georgia Gillson, Shania Murray 12:31.01

#### M50

4x100m: Greg Luck, Ivan Dodin, Darren Rudd, Adam Scott 52.88

4x400m: Adam Scott, Spiro Neofitou, Darren Rudd, Ivan Dodin 4:11.74

### Bronze:

#### M40

4x100m: Cyrus Wong, Paul Schofield, Charles Jacobson, Chris Boyne 54.22

4x400m: Paul Schofield, Cyrus Wong, Chris Boyne, Charles Jacobson 4:29.80

## 2022 VICTORIAN CHAMPIONSHIP

The **first weekend** of the 2022 Victorian Track & Field Championships showcased the talent of the DVAC athletic fraternity. Thirty six DVAC athletes journeyed into the Lakeside Stadium to compete and across a busy weekend these athletes won a total of 18 medals. These numbers were up from the 2021 Victorian Championships when there were 27 DVAC athletes competing, winning a total of 12 medals. The medal haul over Weekend #1 of the Vic Champs included 7 Gold, 6 Silver and 5 Bronze medals. The DVAC women who competed won a total of 14 medals to the 4 medals won by the DVAC men.

### GOLD:

**Ally Brooks:** WU16 2000m Steeplechase - 7:16.13



In her second time over the Steeples, Ally took out her first Victorian Championship setting a new club record. This followed up a great race in the WU16 1500m where Ally finished third in a desperately close finish where 1 second separated the first three girls. Ally's time of 4:42.36 was a 4 second PB.

**Hannah Rowe:** WU14 Hammer Throw – 26.57m

What a time for Hannah to try the three-turn throw with the Hammer in competition! And what a great result.

**Kirra Wright:** W Para U15: 100m – 15.64; W Para U15 400m – 77.24; W Para Shot Put 6.49m

Wonderful weekend of athletics for Kirra. Kirra lowered her own Australian record in the 100m from 15.73.

**Jordan Rudd:** M Para U17: 400m – 68.15

Jordan lowered his time for the 400m from 71.48 to 68.15 in the 400m. This came after a 9 second pb in the 1500m where he just got pipped for 1st place in a titanic battle down the final straight.

**Hayley Sposato:** WU16: High Jump – 1.60m

Hayley has had limited competition this season but still managed to go close to her best height of 1.62m to take out the gold.

#### SILVER:

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**Keely Boyne:** W Open 100m Hurdles – 14.35

Keely was delighted with her form on the weekend, running a season best 100m & PB'ing in the Hurdles to take out the Silver in a quality field.

**Linda Allen:** W Open Triple Jump – 12.48m

Competing for the first time in the Valley colours, Linda has improved the distance for the Triple Jump set at the Adelaide Invitational a week earlier by 9cm to take out the Silver with a distance of 12.48m. This is now the DVAC record for the W Open Triple Jump.

**Katie Oliver:** WU17 100m – 12.47

Katie has been edging toward of pb over the 100m all season & nailed it in the final of the W U17 100m to claim Silver.

**Vanessa Smith:** WU16 Hammer Throw – 35.49m

First season competing in the Hammer Throw & claiming Silver is a great result for Vanessa. PB remains at 39.41m.

**Asher Andrews:** MU16 Shot Put – 13.19m

Asher produced a 75cm PB with the 4kg Shot to claim Silver. His other PB for the weekend came in the 100m where he ran 11.85 in the Heat & backed it up with 11.89 in the Final to finish 6th.

**Jordan Rudd:** M Para U17: 1500m – 5:25.04

As noted above, one of the races of the meet.

#### BRONZE:

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**Kiera Sanchez:** WU17 Hammer Throw – 40.07m

Kiera continues to medal when it counts.

**Jack Clarke:** MU20 400m – 48.10

Jack has run his best time for the 400m in the Final finishing third in 48.10. Made the running early and right in the mix in a great finish.

**Ally Brooks:** WU16 1500m – 4:42.36

As noted earlier, a 4 second PB. Came from the clouds & almost mowed them down!

**Elisha Blair:** WU15 100m – 12.94

Another DVAC athlete to have a late start to the season, but making up for lost time with another quality 100m run.

**Bianca Brown:** WU20 Shot Put – 10.01m

Bianca claims her first medal at the Vic Champs. Well done.

The experience of competing at Championship level has a long history of success in bringing out the very best level of performance in athletes.

Each stage of a Championship involvement brings its own level of pressure that in turn inspires athletes to bring their A game. From the nervous journey into the track, booking in at Check in, to the nervous wait in the Stands, to the Warm-Up area, to the Call Room, to being walked out with your fellow competitors, hearing your name announced over the speakers and then finally

going into action under the watchful eyes of the officials, it seems impossible to avoid stress levels that in turn produce an adrenaline rush.

Valley athletes were certainly not immune to this phenomenon & this would explain the continued flow of medal winning performances by DVAC athletes in Week #2 of the 2022 Victorian Track & Field Championships at Lakeside Stadium.

In all 31 DVAC athletes competed in the **second week** of the 2022 Victorian Championships (19 Women & 12 Men) and won a total of 14 medals against quality opposition. Valley athletes won 6 Gold medals, 5 Silver medals & 3 Bronze medals across the two days of competition.

The total number of DVAC athletes who competed across the two weeks of the Championships was 41 and the combined medal haul was 32. This tally was up from the DVAC total in 2021 when 28 medals were awarded to the Valley line-up.

The Diamond Valley Athletic Club finished 9th on the HH Hunter Shield. This prestigious award by Athletics Victoria lists points to the top 8 finishers in all Women's & Men's Track & Field Championship events. Essendon headed the table for 2022.

## GOLD

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**Asher Andrews:** MU16 Javelin - 44.12m; MU16 Long Jump - 6.57m

Asher won the Javelin by the huge margin of 8 meters on the Friday evening. Things got tricky on the Saturday evening with a schedule clash between the Long Jump & the Discus. Not deterred by the pressure, Asher landed a personal best leap of 6.57m with his first effort into a 4.9m headwind. Then off to the Discus where he threw 34.09m on his first effort to claim the Silver. Great weekend of athletics.

**Kirra Wright:** W Para U15: 200m – 33.02; W Para U15 Long Jump – 3.71m;

Kirra has finished the Vic Championships with a tally of 5 Gold medals. Her leap of 3.71m in the Long Jump establishes a new personal best as well as a new Australian record previously set at 3.41m. Kirra ran the 200m in a new personal best time of 33.02.

**Jordan Rudd:** M Para U17: 800m – 2:43.28

The race between Jordan & Kye Davenport (MPA) in the MU17 Para was definitely one of the best races of the Championships. The pair had battled out the 1500m in Week #1 with Kye prevailing over Jordan by less than a second. In the 800m, Jordan made several courageous surges down the home straight and hung on the cross the line with a margin of only 0.02 second!

**Ally Brooks:** WU16 800m – 2:16.97

Barnstorming finishes have become a trademark of Ally's racing in this Championships. This delivered a win in the Steeplechase and a 3rd place in the 1500m. Now it has given Ally a win in the 800m where she timed her withering finish perfectly to cross in a new personal best time of 2:16.97. DVAC had three athletes in the final with Ally, Jamieson Lander and Poppy Scot-Dagleish all qualifying.

## SILVER

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**Emma Butler:** W Open Javelin – 41.12m

How good to see Emma back competing after lengthy time off through injury. Emma's medal winning throw of 41.12m came with her first attempt. Three of her other throws were over the 40m mark.

**Ryan Blair:** MU20 Discus - 37.01m

Ryan has returned to athletics late in the season but has returned to medal winning form very quickly. His Silver medal winning throw with the 1.75kg Discus was less than a meter off his personal best effort.

**Jordan Rudd:** M Para U17: Long Jump – 3.64m

The Jordan & Kai battle went to the Long Jump and again produced a very close finish. On this occasion Jordan had to settle for Silver but his best leap of 3.64m was a personal best effort and only 2cm short of the winning distance. A terrific weekend of athletics with 2 Gold and 2 Silver medals.

**Asher Andrews:** MU16 Discus – 36.44m

How many throws does it take to win a silver medal with the Discus? If you are Asher Andrews the answer is, one. After Asher landed the Discus 34.09m he then had successive fouls.

**Matilda L'Estrange:** WU17 3000m – 10:41.36

Chasing those qualifying times can do wonderful things for athletes. Matilda was after a 10:50.0 time to qualify for nationals or a top three place in the WU17 3000m. She got both. Forget the 12:16.3 last start in December, Matilda was on a mission and the result was a new personal best time of 10:41.36 and a Silver medal in the WU17. Great work!

## BRONZE

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**Katie Oliver:** WU17 200m – 26.39

Katie added to her Silver in the WU17 100m from the previous week with a Bronze in the WU17 200m in Week #2. In a tight finish four athletes crossed the line with only 0.66 second separating them. Katie held on to secure third placing.

**Keira Sanchez:** WU17 Discus – 32.48m

Keira backed up her medal in the Hammer Throw last week with a medal in the Discus this week. Her best throw of 32.48m only 48cm off her best effort of 32.96m.

**Jamieson Lander:** WU16 200m Hurdles – 31.55

Jamieson has rarely raced over the Hurdles this season but looked right at home in the final of the WU16 200m Hurdles. Her time for the 200m Hurdles was a new personal best, 31.55.

### 2022 VICTORIAN MASTERS CHAMPIONSHIP

In all we had eight Masters athletes represent Diamond Valley at Lakeside stadium over the two days taking home 11 Gold Medals, 6 Silver and 4 Bronze medals.

Also, we had two 4th places, two 5th places and one sixth place from twenty six events competed in.

### GOLD

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Star of the weekend was undoubtedly **Gaelyne Kenshole** who took home four Gold medals and One Silver medal from her five events. She also set two new DVAC Club records in the 80m Hurdles and the Pole Vault. She equaled her own DVAC W50 Triple Jump record of 8.37m.

**Colin Newman** had a perfect Championships with 3 Gold from 3 events- M35 Shot Putt, Hammer and Weight Throw.

The other Gold Medals were won by - **Michelle King** W55 800m, **Bernie Keirl** M55 1500m Walk, **Ivan Dodin** M60 High Jump and **Greg Luck** M60 Triple Jump.

### SILVER

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**Matt Hall** took home four silver medals in the M50 Shot, Hammer, Discus and Weight Throw.

One more silver medal was won by **Greg Luck** in the M60 High Jump.

### BRONZE

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**Adam Scott** won two bronze medals in the M50 200m and Triple Jump. He also broke the 60 second barrier for the first time in the M50 400m (59.40) where he placed 4th in a very hot field.

**Ivan Dodin** collected two bronze medals in the M60 Shot Putt and the Discus.

## 2022 NATIONAL CHAMPIONSHIPS

### SUNDAY 27 MARCH 2022

U16 Women 1500m (Timed Final)	Ally Brooks	4:44.18 (17th)
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### MONDAY 28 MARCH 2022

U16 Women 800m Rd 1	Ally Brooks	2:19.56 (15th)
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U16 Women 2000m Steeple* (Final)	Ally Brooks	7:44.50 (11th)
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U16 Women 2000m Steeple* (Final)	Jamieson Lander	7:57.11 (16th)
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\*Water Jump set at incorrect height.

### TUESDAY 29 MARCH 2022

U16 Women 200m Hurdles (Rd 1)	Jamieson Lander	31.46 (10th)
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### THURSDAY 31 MARCH 2022

W U15 Para Long Jump (Final)	Kirra Wright Tf38	3.93m (71.32%) (1st)
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M U17 Para 100m (Final)	Jordan Rudd T20	14.80 (9th)
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W U15 Para 100m (Final)	Kirra Wright Tf38	15.89 (77.89%) (1st)
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M U17 Para 400m (Final)	Jordan Rudd T20	67.02 (69.91%) (2nd)
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W U15 Para 400m (Final)	Kirra Wright Tf38	79.85 (75.47%) (3rd)
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### FRIDAY 1 APRIL 2022

W U15 Para Shot Put (Final)	Kirra Wright Tf38	6.89m (54.76%) (3rd)
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M U17 Para 1500m (Final)	Jordan Rudd T20	5:19.69 (70.53%) (1st)
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### SATURDAY 2 APRIL 2022

MU17 Para 200m (1st Round)	Jordan Rudd T20	30.76 (q) (69.73%) (8th)
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W U15 Para 200m (Final)	Kirra Wright Tf38	32.93 (78.71%) (4th)
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MU17 Para	200m (Final)	Jordan Rudd T20	30.80 (69.64%) (8th)
Open Men	5000m (Final)	Jaryd Clifford	14:12.77 (16th)

## SUNDAY 3 APRIL 2022

U17 Women	3000m (Final)	Matilda L'Estrange	10:57.45 (21st)
MU17 Para	800m (Final)	Jordan Rudd T20	2:35.97 (70.46%) (1st)

## 2022 NATIONAL MASTERS CHAMPIONSHIPS

**Gaelyne Kenshole** won Gold in the W50 Triple Jump in Brisbane on Sunday 3/4/2022 at the Australian Masters Athletics Championships.

She also won Silver in the 80m Hurdles and the Pole Vault.

## 2022 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 Role												
	Sprints	Hurdles	Jumps (Sue Kueffer)	Throws	Walks (Cust Family)	Distance	Steeple	Para Athlete	President	Multi Events	Official	Volunteer
2011/2012	Monica Brennan		Chris Armet	Amy Stirling	Emmet Brasier	Lara Kolar			Monica Brennan			
2012/2013	Monica Brennan		Chris Armet	Lucas Soccio	Eliza Clarke	Lara Kolar		Lachlan Dalgleish	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 Ukpebo	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 Keir	Jaryd Clifford	Jaryd Clifford	Tim Logan	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	Stuart Schnaars	Adam Scott
2020/2021	Jack Clarke	Keely Boyne	Elyssia Kenshole	Anni Rowe	Maddison Nash	Fieke van der Kamp	Blake Barnes	Jaryd Clifford	Kirra Wright	N/A	Dianne Stirling	Andrew L'Estrange
2021/2022	Kirra Wright	Keely Boyne	Gaelyne Kenshole	Colin Newman	Bernie Keir	Jaryd Clifford	Ally Brooks	Jordan Rudd	Paul Schofield	Gaelyne Kenshole	Andrew Stirling	Bronwyn Neecowen

## SPRINTS

This year's sprints division has seen some extraordinary performances making it difficult for the adjudicators to select this year's sprint queen or king.

Several DVAC athletes performed extremely well on club, state and national level with high quality club records broken by **Jack Clarke**, Victorian and National titles won by our para-athletes, silver and bronze medals in sprints in both Victorian and national championships by **Katie Oliver, Jack Clarke, Adam Scott and Elisha Blair**.

**Keely Boyne, Elijah Zantey and Riley Neecowen** were the top AVSL performers in points gathered and high-quality average scores.



But this seems the year of the para-athlete with both Jordan and Kirra earning their free Diamond Valley membership by winning national titles.

In the 400 meters, **Jordan Rudd** won the gold medal at the Victorian championships which he followed up with a silver at the Nationals. The rate of improvement by this young man has been incredible (I wonder whether his dad can keep up with him much longer) and we will hear more about Jordan's progress during this evening.

Last year **Kirra Wright** competed in the Women's Under 15 national championship Para 100m, 200m, and 400m where the T38 athlete won a bronze medal in the 400m. This year she picked up that bronze again BUT also picked up the GOLD in the 100 meters.

At the Victorian championships she picked the gold medal in the 100 meters, 200 meters and 400 meters.

And she took 4 seconds off her own National 400 Meter record to 77.24

Our Club Champion for Sprints this year is **Kirra Wright**.

## HURDLES

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**Gaelyne** had an outstanding summer season, doing very well across a number of disciplines including hurdles. She picked up a gold at the Vic champs and backed that up with a silver at the National Masters championship in the over 50s section.

**Keely Boyne** did not win a title but in her case that is nothing to be shamed off.

Keely earned herself a silver in the women's open Victorian championships and travelled to Sydney to compete against the likes of Liz Clay, Michelle Jenneke, Celeste Mucci and Hannah Jones. A tough assignment for anyone and unfortunately missed out on the final. Had she slightly improved on her time she ran at the state championships (14.35) she would have scrambled into the final.

Nevertheless, a very high-quality performance against tough opposition.

**Keely Boyne** has won the Overall Club Hurdles award.

## JUMPS AND MULTI-EVENT

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As you can deduct from the highlights in the Victorian and National titles section the club award is a 2 women's affair.

**Kirra** achieved an impressive resume with:

- A national gold on the long jump

- A Victorian gold on the long jump

**Gaelyne** achieve a perhaps somewhat rounder resume with:

- A national gold in the triple jump
- A Victorian gold in the long and triple jump
- A Victorian silver in the pole vault
- Gaelyne broke 11 club records during this season.

Furthermore...

Early January Gaelyne travelled to Lakeside to participate in the Victorian Heptathlon in the 50+ age group and won a bronze medal with a total score of 2179.

Therefore, **Gaelyne has won not only the Club Jumps award but also the Club Multi-Event award.**

## THROWS

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Like any of our categories the throws one is again a hotly contested discipline when it comes to our DVAC throws club champion.

**Matt Hall** won 4 silver medals at the Victorian Masters championships. He just shaded Tara Smith in taking out the top AVSL throwing score. Certainly, a worthy candidate.

Or **Asher Andrews**, who had the honour of being chosen the Victorian Team Captain for the Australian Little Athletic Championships, who won a javelin gold at the Victorian championships and 2 silvers for the shot put and discus in the MU16.

But with 3 golds in the Victorian Master Championships and a great AVSL season... our DVAC club throws champion is **Colin Newman**.

## WALKS

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Even though outscored by Sarah at AVSL, **Bernie Keirl** picks up the Walks club award. With a time of 8:39 Bernie picked up the gold in the Vic Champs M55 1500 meter walk.

## DISTANCE

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How do you pick a club champion out of this lot? **Ally** had a great year, particularly after injury. Jordan has been outstanding in his efforts and his progression has been unreal.

Ally with 2 golds and a bronze at the Vics. **Jordan** with 1 gold at the Vics, 2 golds at Nationals or a bloke who has been breaking world records and brought home our first Olympic medals on the 1500 and 5K.

At Tokyo 2020, Jaryd won a medal in each of his three events – the Marathon T12 (silver), 5000m (silver), 1500m (bronze) as well as breaking multiple world records and taking home the 2022 Athletics Australia Russell Short Award for Male Para Athlete of the Year.

## STEEPLE

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Ally will not go empty handed. She will take home this year's steeple award. Her Victorian gold on the 2K steeple was a great race and in a way both Jaryd and Ally have this special knack of a blistering finish. This year's **steeple award** goes to Ally Brooks!

## PARA ATHLETE

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We are absolutely delighted with this athlete's progression. His races have been a joy to watch, he has performed right across several disciplines with championship medals in sprints, middle distance and jumps.

### At State level achieved

Gold Medals (6) U/17 800m and U/17, 400m (Athletics Vic) and Little Athletics State Combined event as well as State LAVic Championships (Multi class U13-16), 100m, 200m & Long Jump with

Silver Medals (2) U/17 1500m and Long Jump (Athletics Vic)

### At a National level achieved

Gold Medals U/17 Para 1500m with an Australian Record & PB of 5:19.69 (32s better than last year), 800m U/17 Para with a PB of 2:35.97

Silver Medal U/17 Para 400m with a PB of 67.02s

Finalist with a PB and 8th in 200m with 30.80s & 9th in the 100m with a PB of 14.8s (PB's in all 5 events).

Internationally this athlete has been **selected to represent Australia** in the Oceania Asia Games in the 800m & 1500m in Brisbane, 5 -11 November 2022.

This year's PARA award goes to **Jordan Rudd**.

## PRESIDENT

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This year, I have decided to not make it much about performance but more about recognising an individual who is contributing a lot to this club, perhaps without shouting it of the roofs. One that contributes in many and varied ways, be it as a club member, an athlete, a coach, an official, a club helper or all the above.

This individual commenced his officiating journey in 2018. During this time has officiated at AVSL, Victorian Championships and even some Cross-Country events. Nationally, this person has officiated in several of the Melbourne Track Classic events.

Over the last few years this person has started to coach, and it is not surprising that this happens in an encouraging, supportive and positive environment, coaching both senior as well as junior athletes. Typically, one of the first to arrive and last to leave on the bike.

A club member for over 10 years, top 20 all-time representative, and holder of high jump club records in 40 and 45+, Long jump in 40+, Pole Vault in 40 and 45+ and Triple Jump in 40+.

An All-Round unassuming nice guy, give it up for **Paul Schofield**.

## COACHING AND OFFICIALS REPORT

Our coaches are what makes our club special and we are very extremely proud and thankful of them. Likewise, we expect our coaches to be pivotal in the management of their athletes and play an integral role in ensuring the athlete integrates well into our club culture.

During the year, due to the Covid impact, we held a limited number of coaches meetings to discuss issues, area of improvements or investments. We also spend some dedicated committee time on ensuring we put our coaches in a position to be successful and more initiatives have been developed. More information around the coaching initiatives can be found in the Development Plan below.

This year our accredited coaches were:

- Max Balchin
- John Boas
- Chris Boyne
- Chris Brennan
- Lyn Davis
- Cyril Dixon
- Bill (Vasilios) Georgantas
- Matthew Hall
- Rod Kelly
- Maureen Reynolds
- Paul Scofield
- Andrew Stirling
- Matt Thompson

A BIG thank you to you all and congratulations to those with athletes at representative events!

Athletics Victoria is aware of 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 **13 Officials** during the past Shield season and we thank them.

- Andrew Stirling
- Bronwyn Meaden
- Charlotte Holmes - Cadet
- David Armstrong

- Dianne Stirling
- Jane Lacock
- Jeff Hughes
- Keira Sanchez - Cadet
- Leslie Wright
- Matthew Hall
- Paul Schofield
- Rick Clarke
- Stuart Schnaars
- Terry Knappe

Les Wright has retired and we thank him for all services provided. Les was awarded club life membership in 2015 and has been an official for a long time. He was rewarded with a gig at the 2000 Sydney Olympics where he officiated as an umpire, famously disqualifying the Australian Men's 4x100 relay team for a suspect baton change!

David Armstrong is also an AV Life member. Rick Clarke has just completed his Level 1 On-Line education and will be helping out next year!

Each year we'll recognise as particular official that served the club and Athletics Victoria well. This year that official is **Andrew Stirling!**

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

Each year we'll recognise as particular club member that served the club and again Athletics Victoria well.

The Diamond Valley Athletic Club takes pride in providing the necessary support that allows the athletics program in Summer & Winter to be conducted in a way that athletes are able to perform at their best.

Club Helper roles can be challenging: try raking the sand pit when Stuart Schnaars is the chief Official: try sitting at Check Point 8 (Siberia) at Jells Park for the whole time like Kirby Ellis did last Saturday (Sorry, Kirby). Whatever – DVAC is proud that over the 2021/2022 summer program we were able to fill all of our assigned Club Helper roles.

To achieve this there was an army of helpers. Thank you to each one who came forward to rake that pit, do pull through, spike, & measure, record, lap score ... I hope that you were able to get some enjoyment along the way.

This year's DVAC Volunteer Award goes to **Bronwyn Neecowen**. DVAC was fortunate when Riley & Sugi joined as athletes, that we also recruited their Mum, Bronwyn who was always willing to help out. Congratulations & Thank You!

## 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 a new Willinda wide strategic plan which will inform a next version of the club's new strategic plan.

### INITIATIVE 1 – ONE TEAM

**Together with DVLAC**, seek seamless integration between DVLAC and DVAC wherever mutual benefit can be achieved and in the best interest of the athlete, coach and parents. This is particularly relevant in areas such as Coaching, Pathways, Membership and Communication.

In addition, Athletics Victoria and Little Athletics Victoria have agreed on working towards a single Victorian entity for athletics by mid-2022 and hence it is critical to build strong relationships with Willinda based clubs.

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#### 1.1 DEVELOP AN OVERARCHING ONE TEAM APPROACH

A JOINT team to develop a One Team strategy across Willinda, i.e. between DVAC and DVLAC. This is to identify a program of work to integrate both entities wherever benefit can be generated into one coherent Athletics provider across all ages and capabilities.

With the decision to not merge at a national level (DEC 2021) we may need to assess to what extent we can pursue the ideal One Team strategy.

Integration of events, communication and coaching built into our day-2-day operating.

Action	Status	Owner
Liaise with DVLAC on integration of key roles. Like Merchandise and Uniforms.	In progress	Rob

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#### 1.2 PROMOTE THE CLUB THROUGH A CLOSE RELATIONSHIP WITH DVLAC AS WELL AS ALL THE CLUBS THAT MAKE UP DVLAC DIRECTLY

Continue to build on the relationship (doing things together) with DVLAC and Willinda based little's clubs in a range of ways including:

Action	Status	Owner
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Develop an approach to integration that includes a minimum of two <b>joint training initiatives</b> that include social and fun events. Both in Summer and Winter.  DVLAC BBQ and senior athlete presence. <b>Joint Relay training</b> (Chris Brennan) including an 'exhibition relay' or similar	In progress	Sarah, Lyn and Maryann
Explore new joint uniform	In progress	Maryann
Organise a 'come and try' day for DVLAC at DVAC.	Not Started	
Explore <b>information nights</b> as a communication vehicle, best close to transition (start of season)	Not Started	
Develop an approach to improve relationships which each of the individual clubs at Willinda	Not started	Sarah

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### 1.3 FACILITATE AN EASY TRANSITION FROM DVLAC TO DVAC

Action	Status	Owner
Demystify 'Seniors' and the notion of 'elite only'	Not started	
Working on a common fee approach that would make Dual and Transition easier. Create a DVAC point of view.  Minimal fee set for 22/23	Complete	Lyn and Rob

## INITIATIVE 2 – IMPROVE OUR COACHING COVERAGE AND APPROACH

**Together with DVLAC**, this program will look at various aspects of Coaching including Mentoring, Communication, Social gatherings, Payment (to and by the club), charging (to the athlete) considerations, Track and Gym allocations, Event Coverage, Site considerations and determine an agreed approach going forward (policy guidelines). We'd like to create the ability to instantly source a coach for a new member, 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.

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### 2.1 DEVELOP INTEGRATED COACHING STRATEGY

A JOINT team to develop a coaching strategy across Willinda, i.e. between DVAC and DVLAC. The CORE team will consist of Rob, Max and 2 DVLAC representatives.

This strategy needs to incorporate the creation of a framework that provides **progression pathways** for our members from DVLAC to DVAC.

Action	Status	Owner
Review the 2021/2022 approach for the purpose of identifying possible improvements.	Not started	Rob/Matt DVLAC
Develop progression pathways and educational/developmental clusters where this makes sense (understanding that not all coaches have aligned methods/beliefs)	In progress	Team Matt Hall
Write a brief Track Manager job description	Not started	Lyn
Assign Track manager(s). This role could rotate through a larger group of people to not become a burden.	Not started	
Refresh accreditation for 2022/2023	Not started	Rob

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### 2.2 DEVELOP AN AGREED APPROACH TO PAYMENT FOR COACHES

Athletics Victoria and Athletics Australia are driving the adoption of coach payment. We will develop a common approach to this. Several coaches are already demanding payment by athletes for their services while the club is currently not demanding any payment by the coach for access to the track/field during DVAC leased hours. We will think about the gaps we currently have in covering all our athletes' requirements and may need to consider having to pay a coach to fill these gaps. There may also be a need to support coaches to take on coaching across both DVAC and DVLAC where gaps may exist. See 2.1

Action	Status	Owner
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Set coaches meetings (at least twice a year) for 2022/23	Ongoing	<b>Coaching Coordinator</b>
Review 2021/22 coach and membership relationship	Not started	Committee

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### 2.3 IMPROVE SUPPORT FOR COACHES

Coaches are the backbone of the club and we need to ensure we support to the best extent possible. We require effective communication channels.

Action	Status	Owner
Review timing of accreditation and support meetings in 2022/23. I.e., when is it appropriate to lock in the coaches?	Not started	
Follow through on a list of ideas generated by the coach interviews (Fundraising BBQ, Education sessions, Relay Coaching) Matt Hall has suggested that we need to develop progression pathways & educational/developmental clusters. (see 2.1)	Not started	
Organise some social coach events. Perhaps guest coach seminars?	Not started	

### INITIATIVE 3 – FACILITIES MANAGEMENT

We will invest together with Willinda Club where appropriate to improve the Willinda facility. This would include fixing current wear and tear issues as well as upgrading Track and Field facilities (make them as close to AV competition ready as possible and attractive to utilize), club rooms to be more inviting, improving security, access to storage and the Gym. As a club we have provided input and helped to develop an overarching concept for the management of the Willinda facility that provides a pathway for infrastructure investment. Elements include Function room, Track and Equipment Bookings; Canteen management; Gym Management; Infrastructure planning and investments as well as relevant policies and procedures. An initial infrastructure plan has been developed which will need regular input and prioritization.

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#### 3.1 UPGRADE THE FACILITY

Collaborate with Willinda Club and run major programs to upgrade the pavilion and major equipment.

Action	Status	Owner
Identify funding opportunities (i.e., grants, fundraisers, etc.)	Ongoing	DVAC Committee Members and Willinda Reps
SCP – Stronger Communities Program 6 (Freezer, WIFI and BBQ)	Complete	Willinda
Kitchen project (\$60K)	In Progress	Willinda
Pull up Bar	In progress	Rick/Sarah
Willinda Development plan Feasibility Study (before July22)	In progress	Willinda

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#### 3.2 INVEST IN THE PRIORITY EQUIPMENT SHORTCOMINGS

Collaborate with Willinda Club and **use some of investment and grant funds to improve the facility and provide necessary equipment to coaches.**

Depending on monies available to the club deploy improvements when possible.

Action	Status	Owner
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- Circle mats for wiping feet
- Additional poles (specs to be provided by Bill)
- Additional rake set (ala DVLAC)

- Locate steeples securely close to track position
- Install para/wheelchair capable facilities for throwing (rings and javelin)

As part of the overall site plan:

- Replace pole vault top mat (specs to be provided by Bill)
- Replace pole vault cover
- Replace throws cage
- Steeple water-jump (or sand equivalent, perhaps a steeple at long jump)
- Repair discuss and hammer circles, improve drainage
- Install gym bar onto bunker
- Install parallel bar
- Install rope onto pavilion cover
- Address excessive track wear
- Strength and conditioning provider at Willinda

## **INITIATIVE 4 – RECRUITMENT**

Ensure that we tap into all possible sources to maintain a steady influx of new talent. The sources for additional members are still considered to be DVLAC, Schools and other community groups (e.g. DCR).

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### **4.1 PROMOTE THE CLUB THROUGH A CLOSE RELATIONSHIP WITH DVLAC**

See initiative 1.

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### **4.2 PROMOTE THE CLUB TO RECREATIONAL RUNNERS**

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

Our approach continues to be to offer the ability to participate in competition driven athletics as a first priority and secondary supporting social Club, Fun Run, Trail and Fitness driven activities whilst maintaining the right balance. 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.

Continue to work on 'integrating' DCR into the AV and DVAC fabric through joint events, training events and hospitality.

<b>Action</b>	<b>Status</b>	<b>Owner</b>
Attempt to co-ordinate a joint initiative	Not started	Matt / Grant?
Review the DVAC events and align to when people would like events, i.e., current winter events and club events should be reviewed to see what a perhaps more suitable distribution over the calendar year would be.	Not started	
Review whether our website is aligned to the needs of our target recruitment areas, i.e. should we have a clear recreational and or school components/pages. Similarly with Social Media (incorporate Striders)	In progress	
Seek connections with local fun run groups	Not started	
Continue to work on 'integrating' DCR and GTC into the AV and DVAC fabric through joint events, training events and hospitality.		
Consideration could be given to having some DVAC members (athletes/coaches) stay around on a Tuesday night to talk to/welcome the DCR runners. What about having some DVAC runners join the DCR runners in their training session at 7:30? If		

DVAC people joined in to DCR training and events, perhaps there might be increased involvement of DCR people in DVAC events and activities.		
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#### 4.3 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.

With AV creating a direct option for school participants it is required for us to have a clear value proposition to entice school participants to the club.

Action	Status	Owner
Create common approach to school offerings	Not started	
Identify a short list of schools to pursue	Not started	
Work on our value proposition to entice school participant to the club	Not Started	Rob/Max
Discuss DVAC input to AV's Schools initiative and pull together feedback to AV. Ideas are: <ul style="list-style-type: none"> <li>• AV to support SSV</li> <li>• Influence the PE education to be more Athletics biased</li> </ul>	In progress	Rob/Max

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#### 4.4 PROMOTE THE CLUB THROUGH VARIOUS FORMS OF ADVERTISING

Improve our ability to recruit through adverting, online media and notice boards.

Action	Status	Owner
Community Boards		
Ads		
Linked Facebook pages & more photos reports of participation.		Shania
Sponsors		

## INITIATIVE 5 – SIGNATURE EVENT

Design and organise a recurring Willinda based event that will also be recognised as a major community event that attracts people from 'outside'. Consider using an event manager that we can engage to organise the event (September). Perhaps the use of UNI talent (together with significant Committee effort) could be considered.

Establish a recurring event at Willinda that is both an appealing community event as well as a recruitment pathway. For example:

Willinda 3 and 10K with an intermission of exciting community Nitro-style events allowing for all capabilities.

Action	Status	Owner
Determine dates for next year (event date, start date for event announcements, etc....)	Not started	<b>2022</b>
Assign Event Owner	Not started	<b>Matt?</b>
Create Event Management Manual, Sample provided to Cyril	In progress	Cyril/Rob



## INITIATIVE 6 – MEMBERSHIP

See 1.3

### 6.1 IMPROVE OUR MEMBERSHIP SERVICES

Action	Status	Owner
Improve the notion of club belonging to motivate indifferent members and volunteers. See also 4.4	Not Started	Lyn/Shania
Investigate an easier way for people to renew their DVAC membership (not AV)...i.e. thru Revo or a simple online form with payment? Enabled online renewal and registration through Revolutionise.	In progress for 21/22	Lyn/Greg/Rob/Cyril
Re-engage with old members on the basis of attractive club offers. New fee set. Initial draft of value created	In progress	Lyn/Rob

### 6.2 IMPROVE OUR INCLUSION OF PARA ATHLETES

Action	Status	Owner
Investigate what AA/AV have got in this area Document received, only minor physical items identified.	Complete	Lyn/Rob
Review Willinda requirements for inclusion. Perhaps use Jaryd Clifford to assist. Incorporated in FDP. Awaiting feasibility outcomes.	In progress	Lyn/Rob

## **INITIATIVE 7 – IMPROVE OPERATIONS**

Improve various elements of the Club's operations.

### **7.1 DEVELOP COMMITTEE MEMBERS, COACHES, OFFICIALS AND TEAM LEADERS**

Develop a plan and seek funding as to how we can develop Coaches, Officials and Club Helpers, i.e. provide courses, opportunities, incentivise and recognise them.

Action	Status
Arrange First Aid Course update	In progress
Identify Incentive and recognition Plan (Team Mgt recruiting?)	Not Started
WPMC Members locked in for 20/21	Complete
Clarify WPMC Members for 21/22 by August	Not Started

### **7.2 IDENTIFY POTENTIAL COMMITTEE MEMBERS EARLY AND DEVELOP**

To ensure we maintain a healthy committee we need to plan for and identify potential new members early and provide the incentive and development for them to join.

Action	Status
Pull together a committee succession plan, identify early who will likely retire and identify candidates who can start learning the ropes...	Ongoing
Start a list early (first qtr of the year) of potential candidates	In Progress

### **7.3 DEVELOP IT PLAN**

Ensure that we continuously improve the way we manage the club digitally and that we connect with our members and virtual community in the most effective way possible. In particular, web integration; data storage and the use of Revolutionise.

Action	Status
Migrate Operations Manual to a Cloud Solution	Started
Complement Revolutionise with a document storage capability (Dropbox)	In Progress
Web integration resolved thru moving Revolutionise to 'Cutdown'	Complete
Investigate Google not-for-profit	Abandoned
Provide web pages for Coaching, Officials and Club Helper pathways. Where do I go if I want to find out more about...	Not started

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#### 7.4 EVENT MANAGEMENT

See Initiative 5.

Action	Status
Arrange Event Management and assign an Event Manager for each Club Event. Similar to what we did a few years ago. Start with a simple to do list for each event. Arrange a schedule...	Ongoing
Arrange Event Flyers and social media communications for each event	Ongoing

## RECORDS

Club Records set during 2021/22 season			
Date	Age / Event	Athlete	Performance
13/11/2021	Men 55-59 High Jump	Luke De Biasi	1.55m
13/11/2021	Men 45-49 Discus (1.5kg)	Matt Hall	30.47m
30/11/2021	Men Open (T12) 10000m	Jaryd Clifford	31:27.5h
30/11/2021	Women 50-54 10000m	Debbie McKenzie	51:03.1h
30/11/2021	Women 55-59 10000m	Karen Quinn	58:28.8h
4/12/2021	Women U16, U17, U18 Hammer (3kg)	Keira Sanchez	47.04m
18/12/2021	Women 55-59 Hammer (3kg)	Michelle King	24.31m
18/12/2021	Women 55-59 1500m Walk	Jo Moxon	10:48.1h
8/01/2022	Women 50-54 High Jump	Gaelyne Kenshole	1.16m
20/01/2022	Men U15 1500m	Cameron Ellis	04:17.9
22/01/2022	Women 55-59 200m	Michelle King	34.12
22/01/2022	Women 50-54 1500m Walk	Debbie McKenzie	9:46.9h
30/01/2022	Women 50-54 Long Jump	Gaelyne Kenshole	3.88m
5/02/2022	Men U15 Javelin (700g)	Asher Andrews	46.08m
5/02/2022	Women 50-54 Javelin (500g)	Gaelyne Kenshole	16.66m
10/02/2022	Men U19 200m	Jack Clarke	22.11
19/02/2022	Women Open Triple Jump	Linda Allen	12.48m
19/02/2022	Women U14 T38 100m	Kirra Wright	15.64
20/02/2022	Women U14 T38 400m	Kirra Wright	77.24
20/02/2022	Women Open, U15, U16, U17, U18, U19, U20 2000 Steeple (76.2cm)	Ally Brooks	07:16.1
20/02/2022	Men U19 400m	Jack Clarke	48.1
26/02/2022	Men U15 Long Jump	Asher Andrews	6.57m
26/02/2022	Women U13 Javelin (400g)	Zoey Ryan	25.91m
26/02/2022	Women U14 T38 Long Jump	Kirra Wright	3.71m
5/03/2022	Women U15 3000m	Ally Brooks	10:31.2h
12/03/2022	Men Open (T12) 3000m	Jaryd Clifford	7:56.31
19/03/2022	Women 50-54 Pole Vault	Gaelyne Kenshole	2.51m
19/03/2022	Women 50-54 Triple Jump	Gaelyne Kenshole	8.37m
20/03/2022	Women 50-54 80m Hurdles (76.2cm)	Gaelyne Kenshole	15.09
1/04/2022	Men U17 T20 1500m	Jordan Rudd	5:19.69
3/04/2022	Men U17 T20 800m	Jordan Rudd	2:35.97