

December 2009

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A few words from Adam Bishop (Executive Officer)...



Welcome to the third edition of ASAP and the final one for 2009. We seem to find ourselves saying this a lot in recent years, but where has the year gone?! 2009 has been a hectic year for Athletics SA and administratively, we have come a long way in improving the operations of the office. The opening of the ASA office on

Saturdays during the Premiership Cup season has been well received, as has the new registration fee structure. The new Athletics SA strategic plan is also under construction and will be released early in the new year. It has also been pleasing of late to see some of our members taking time to provide positive feedback to the office. As always, we welcome your contributions and comments as to how we can continue to improve Athletics SA. Whilst we are pleased with the progress we have made, we are still acutely aware that there is a long way to go and that athletics, and moreover sport in general, is embarking on a very interesting and challenging time ahead.

The recent release of the Crawford Report from the Australian Government's Independent Sports Panel raises some key issues about the future of sport in Australia. As we eagerly await the Government's response to the report, we note that athletics is a sport that is well placed to address many of the key issues discussed in the report. Athletics, however, is generally under resourced and it will be interesting to see how the Government responds to the funding recommendations of the Crawford Report, as this will no doubt have implications for high performance funding and the ability of organisations like Athletics SA to deliver quality services and programs. Personally, I see the recommended shake up of physical education as a crucial component in any proposed reform to sport in Australia. Further, this is an avenue that athletics, as the foundation for all land based sports, can effectively leverage to increase interest and participation, as well as contribute positively to the Government's preventative health agenda.

As you will read later in this edition of ASAP, Athletics SA sent a team to Hobart for the recent Australian All Schools Championships. During this event, Athletics SA debuted its new look state uniform, which was exceptionally well received, particularly by envious athletes from the other states and territories. This uniform will be used for all future state teams (junior and senior) and is another key component in our communications and marketing strategy.



Athletics SA President, Tony Keynes, and I recently returned from the Athletics Australia Presidents' Meeting and AGM where the Member Associations and Athletics Australia discussed a number of important developments in the sport. Athletics reform is at the top of the agenda in all states and territories and there are a number of large and critical developments currently taking place to improve athletics. This is a challenging, but exciting time for the sport and we look forward to sharing these changes with you as they come to fruition.

In closing, on behalf of the Athletics SA office and the Board, I would like to wish all of our members a happy, safe, and Merry Christmas. We look forward to seeing you in 2010.

Yours in athletics,

Adam Bishop
Executive Officer, Athletics SA.

*A few words from **Melinda Andrews** (Admin Officer)...*

I would like to remind Club Registrars that I am in the office on Saturdays and available to offer help with getting to know Clubs On Line.

Thanks to everyone for your help during the year and wish you all a Merry Christmas and Happy New Year.

Melinda Andrews
Administration Officer

*A few words from **Kate McKenzie** (Hubs Development Officer)...*



It's getting to that festive time again, where everyone is busy celebrating the end of year and spending time with family and friends. I have been busy getting the Hubs project underway, in preparation for Hubs Training Evenings to be conducted in the New Year. As this is the first season we have begun the Hubs project, we have been spending time working out the best way to conduct this project, in a way that will benefit both clubs and our sport of Athletics. As this is the first season, there have understandably been many questions from clubs about how the Hubs initiative will work, its aim and the role of clubs within this.

While club committees will have received a detailed outline of the purpose of the Hubs, I will provide a brief description of the Hubs project for members of the Athletics SA community. The aim of the Hubs is to develop an athletics community that has bases within four zones with access to shared facilities and specialist coaching. This will allow athletes from all clubs and within the local community to access the facilities and equipment they need to maximise their performance in their chosen event. This initiative aims to get more athletes into the sport of athletics.

Through making clubs aware of the facilities within the area, the Hubs training evenings aim to showcase these amenities and promote what clubs can offer potential members. Our aim is to hold a minimum of three training evenings per zone, with each club given the opportunity to host a Hubs training evening. These training sessions will be open for students from local schools and Little Athletics members, as a pathway for clubs to increase membership from the local community. This is part of Athletics SA's commitment to assist clubs in increasing membership numbers. Athletics SA will be utilising the Australian Sports Commission's Active After School Community Program to assist in achieving this aim.



Clubs will be divided into four Hub Zones, depending on your Clubs location. These four zones will be known as North, South, East and West. The zones clubs will be in are as follows:

| <u>North</u> | <u>South</u> | <u>East</u> | <u>West</u> |
|------------------|--------------|-------------------|-------------------|
| Enfield Harriers | Southern | Hills Districts | Western Districts |
| Salisbury | Flinders | Adelaide Harriers | Port Adelaide |
| Elizabeth | | Pembroke | |
| Tea Tree Gully | | Saints | |
| | | United Collegians | |

We aim to host Hubs training evenings within a 4 week period from 25th March 2010 to 25th April 2010. This will mean training evenings are held in the last two weeks of the first school term and over the school holiday period. In the coming week I will be emailing out a form for clubs to express their preferred dates to host a Hubs training evening within the four week period. I look forward to working with clubs to make these Hubs training evenings a success, where clubs can gain new members.

I wish everyone a Merry Christmas and a prosperous New Year.

Kate McKenzie
Hubs Development Officer

A few words from Toby Medlin (Development)...



2009 UTAS Australian All Schools Championships

Athletics SA State Team **CONFIDENTIAL**

3rd December, 4:00am – Always a good start getting up on time, everyone knows (and speaking from experience here) there’s nothing worse than missing your flight, especially if you’re in charge of 71 school aged athletes heading to Hobart for the 2009 UTAS Australian All Schools Athletics Championships.

The 6:05am Qantas flight wasn’t so bad at least we got breakfast provided! Our Qantas flight was on time and we arrived at our destination (2 in flight breakfasts later) at 10:00am. Fortunately for the group staying with the team, about 10 or so, we had the luxury of putting our feet up in Hobart airport for 3 hours waiting for the majority of the team on Virgin Flight DJ1322. It quickly became apparent that keeping a young group of athletes waiting patiently in an airport without any creature comforts, not even a TV, was going to be a challenge and my first introduction to the game of ‘killer hacky’ quickly ensued.



We were all extremely pleased to be informed that DJ1322 was delayed and extend our time in Hobart International. Eventually at around 2:00pm the remainder of the team, apart from a rouge few, arrived safe and sound. Athletics SA EO Adam Bishop decided it would be funny to send a good morning text saying the poles were refused on the plane, not the best of starts. So I was even





more pleased to be informed that our Pole Vault poles had also found their way to Hobart. Great joke Adam, well played.

Day #1 had started well, and it got better with the much anticipated team coach Shane Thiele mix tape getting its first airplay of the trip – note not much athlete involvement in the sing-along just yet. The team arrived at the Domain Athletics Centre for a briefing of what to expect during competition together with rules and procedures was given to the athletes with some help from the newly announced team captains Jessica Meich and Joe Humphries.

Day #1 was a long day, but had been relatively smooth sailing. We returned to our accommodation to settle into the Transit Backpackers lifestyle. The chefs at TB had outdone themselves. Day 1 concluded with the screening of *Without Limits* (a distance runners favorite), reliving the memory and competitive nature of USA distance star Steve Prefontaine, it was a great way to gear up for first day of competition.

4th December, First day of Competition, 3:00am – I awoke to the sounds of a TV blaring. A few residents of TB had got bored and decided to relax by putting on a movie. They were promptly asked (politely of course) if they wouldn't mind turning it off due to the no noise after 10:00pm rule. If they wanted to watch a movie that was fine, just not at 3:00am, I could even give them a suggestion, *Wolf Creek*?

When we got to the track it was fresh. Those who doubted the purchasing of a tracksuit for a summer sport would have been the first ones running for a heater. Yes Hobart had lived up to its reputation of providing some great weather. Thankfully our team tent had remained intact from the night before (other teams were not so lucky). If you would like to know more details ask Athletics SA official Anton Van Bavel what he was doing with a flashlight wandering through scrub at 9:00pm the night before.

A bonus to the tracksuit was the 'fire red' color scheme. It was a standout and any athlete competing on the track or on the in field would have visibly seen the team support on offer. Also handy from a team management perspective as you could spot an SA athlete a mile away! The team spirit was on show from the word go. Long Jumpers Tim McGuire and Tyrone Warren rose to the occasion with about 20 SA team mates lining the run up and pit.



Competition Day 1 – 3 Gold medals, not a bad start? High Jumper Will Fry kicked off the medal count with a bang, jumping a 5cm personal best and claiming the gold. Tim McGuire showed he's not just a Triple jumper by taking out the U18 boys Long Jump and Leila Johnson ran from the front to claim the U16 girls steeple.

By 2:00pm the entire team was out at the track, Adam Bishop lucked out and was ordered to stay behind at the team accommodation earlier that day, and had sat through another 5 reruns of the motivational *Without Limits*, I wonder why Adam?

There were many fantastic performances on day 1. Luke Hargreaves and Jacob Cocks put on a great showing, and were well supported by their team mates at the water jump during their 200m steeplechase. Luke claimed bronze and Jacob was unlucky not to pick up a podium finish, both walked away with PBs next to their names.

After the previous night's disturbance earplugs were the order of the day! 20 sets were purchased and gratefully received by those lighter sleepers, myself included. I'm pretty sure Adam went to sleep with the sounds of the Olympic anthem still playing in his head, go Pre! Or was it the sound of Flamingos beckoning from down the road?



5th December, competition day #2 – It was a quieter day on the medal front, but one highlight was the U18 Girls 4x100m relay in which the team of Bethany Fairfield, Margaret Gayen, Kate Booth and Amie Mittiga picked up a bronze medal. From a team management perspective it was fantastic to have so many athletes putting their hands up wanting to be involved in the relay teams.

That evening Team Physio Matt Fallon and Adam Bishop had undertaken some local research and booked a Ghost Tour for the entire team. The tour involved walking around historic sites around Hobart. Yeah good thinking Matt, a great way to relax the athletes after a hard day of competition. I thought the athletes would be the ones to be spooked but the only screams of the night, I'm told, came from Matt himself! If anyone doesn't believe in ghosts Matt have photo evidence, "you can see the orbs."

After the team arrived back at the accommodation, safe and sound, SA junior sprint star and 2009 UTAS All Schools Championship bronze medalist Michael Brusnahan took it upon himself to quiet the group down. Michael told some great stories and then proceeded into a group joke sharing session with even the team managers having some input. Without realising it Michael had the group all settled and ready for bed, even after the eventful Ghost tour evening. I'm sure that was not Michael's intention, but I thank him for it anyway!



6th December, competition day #3 – Yes competition day #3, but day 4 for living in the team environment. After 4 days of living in close quarters accommodation the strain was beginning to show. Not for Hui Ung Lee who was clearly the best smelling athlete of the bunch with his toffee smelling (and apparently tasting!) hair product. The worst smelling athlete had to go to one of the boys in room 1 who shall remain nameless. However I am told, and this athlete admits, has a phobia of shared bathroom facilities and had not showered since his arrival! And no, it wasn't a distance runner!

The highlight of day 3 competition had to be the boys U17 400m Hurdles final. Jack Harvey was the sole SA representative who finished 4th and recorded a massive PB of 54.79, which was a fantastic result. However the other fantastic achievement from this race was the Athletics SA 'WESLO security' team. All SA athletes and coaches were strategically placed around the boundary of the track each standing about 5 metre's apart to support Jack the entire 400m distance. Again the 'fire red' track jackets were the standout, with this show of team spirit even catching the attention of Athletics Australia officials.

Back at the accommodation the day was topped off with a bbq and movie night. Transit Backpackers had a movie theatre setup complete with screen and projector (with a choice of 500+ movies) which managed to fit most of the team in comfort. Nathan Rose was responsible for the movie selection..

7th December, last day of competition! – The team managers were beaming, so far so good. No athlete had missed their call room time or their event, and we planned on it staying that way. Some of the athletes were even showing their gratitude for the hard work the coaches and managers had put in - Sophie Linn, silver medal in the U15 Girls 3000m, and multiple UTAS All Schools medalist Leila Johnson buying chocolate bought fresh from the Cadbury factory for the coaches to enjoy was appreciated. Emma Checker decided to show her gratitude by smearing a handful of Hui Ung Lee's Toffee hair product into my freshly styled hairdo – not appreciated. Thanks Emma – What goes around comes around! I hear she's still rinsing the toffee out her ponytail.



The word on ALL the athletes' lips for that final day was the UTAS All Schools After Party, and out of all the tickets sold, which lucky athlete was going to win the ride in the Hummer H3? Purchasing tickets 35 upwards you'd think we had the winning ticket number of 36 right? We certainly did and couldn't believe out of 500+ tickets sold we had the winning number! A raffle was done on site to determine who the lucky 4 SA athletes would be going on the ultimate cruise. The winners were Luke Richards, Tayla O'Keefe, Kane Russell and James Serotzki. A last minute check of the winning ticket actually revealed that we were NOT the proud owners of ticket #36, but that didn't stop us from claiming the prize! Well done to Deb for pulling the wool over Athletics Tasmania's Richard Welsh's eyes, if you read this Richard, we are sorry – honest mistake.

After leaving the track for the last time the athlete's arrived back at the accommodation to beautify themselves for the After Party. Physio Matt Fallon delivered the pre Party pep talk making sure no SA athletes were going to misbehave, and of course they didn't, right? At 10:00pm we went inside the venue to pick the athletes up, and were greeted by a frenzy of sweaty team members. Thanks to Brett Fisk for picking up one team manager and putting them in the middle of an SA dance circle. The team spirit was alive and well, we are happy to note that all athletes were returned safely to the team accommodation. Unlucky backpackers still finishing off their evening meal at TB were shocked when the whole SA team came through the doors chanting a netball style team song, but was all in good fun – unfortunately it was past the 10:00pm no noise rule hour! Perhaps revenge for a 3:00am wake up call on the first night? It could have been worse. Checkout the before and After photos!



8th December, 4:30am – Yes another early morning, some forward thinking athletes had booked onto the cheaper red-eye flight and it was left up to the responsible team manager to do the waking up rounds. Even though athletes on this flight were briefed to get themselves up, every single one had to be physically removed from their slumber. Late night talking doesn't seem like the best idea when you have to be up at 4:30am does it guys? Live and learn.



Everything had gone exactly to plan, no athletes had missed their events. We had a stack of personal bests, and given the team size had walked away with a respectable 3 Gold, 9 silver and 9 Bronze medals. Nothing could possibly go wrong now. Or could it? Maybe that's a story for another day.

Overall the 2009 UTAS Australian All Schools Championships was a great success. We had a great group of coaches and team managers and I would like to thank them very much. A lot of the thanks needs to go to the athletes who represented the state and Athletics SA with pride. The maturity in which they approached their events was second to none and the support they gave to each other is a positive for athletics in South Australia. I look forward to being involved with many more state trips and can't wait for the 2010 Australian Junior Championships, Sydney, March 11-14. More information on this event is available on the website. Selection criteria will be made available on the website mid January. Finally just another big thank you to Matt Axford for designing the new Athletics SA state team uniforms to be worn by all state team representatives. We were by far the best dressed and the envy of all the other states.

Toby Medlin
Athletics SA Development Officer.





Latest News within ASA

Arkley Takes Home Award

Pembroke wheelchair athlete Nathan Arkley has beaten a top class field to win the Male Individual Messenger Youth Sports Awards. Arkley, 15, who is a world champion after being part of the 4x400m gold medal winning Australian team at the World Junior Championships in Switzerland earlier this year, took home the award at a gala awards dinner earlier this month. Click the link below for the Messenger article

New Life Members of Athletics SA and Athletics Australia

At the Athletics Australia AGM, held in Melbourne on Tuesday, South Australia's Ian Boswell and Rick Carter were accepted as Life Members of Athletics Australia for their outstanding service to the sport both locally and internationally.

Similarly, the Athletics SA Board recently received two nominations for Life Membership of Athletics SA. The Board unanimously accepted the nominations of Judy Daly and Toby Schreier for their tremendous and enduring commitment to coaching and athletics generally in South Australia. Athletics SA congratulates the recipients of Life Membership to both organisations and thanks them immensely for their ongoing commitment and support of athletics in South Australia.

Crawford Report

The Crawford Report, an independent review into sport in Australia commissioned by the Australian Government was released in November and is available for download from www.sportpanel.org.au Athletics South Australia's submission can be viewed at www.sportpanel.org.au/internet/sportpanel/publishing.nsf/Content/Athletics+South+Australia The report examines a number of areas of community and high performance sport and makes a list of recommendations based on research and submissions from a range of sporting organisations and the community. There has been considerable media hype regarding the contents of the report and the Government is due to release its response in the new year.

New starting rules

Effective from the 1st of January 2010, new IAAF rules regarding starting will apply to athletic competitions. The rule, in its current format, states:

"Any athlete making a false start shall be warned. Except in Combined Events, only one false start per race shall be allowed without the disqualification of the athlete(s) making the false start. Any athlete(s) making further false starts in the race shall be disqualified from the race."



Effective from 1 January 2010, the new rule has been changed to essentially remove the allowance of a false start by any competitor stating:

"Except in Combined Events, any athlete responsible for a false start shall be disqualified."



Combined events remain unaffected by the rule change with a single false start allowed. Any competitor who false starts following the initial warning will be immediately disqualified.

For more information visit: http://www.athletics.com.au/news/news/2009/december/false_start

Changes to Coaches Accreditation

Athletics Australia is excited to announce the introduction of its new coaching accreditation procedures for 2010 for coaches at all levels.

Together Athletics Australia, its state member associations (MA's) and the ATFCA are determined to recognise only Accredited Athletics Coaches. From 1 January 2010, all coaches will be required to register with the sport's governing body, Athletics Australia. For the coach who chooses to be a member of the ATFCA, registration with Athletics Australia will be completed as part of the normal ATFCA membership process.

All accredited coaches will receive an Accredited Athletics Coach (AAC) card, current for 12 months from the date of registration. The AAC card will be verification for all currently accredited coaches in the sport of athletics.

Through clubs, schools, centres and all other networks, Athletics Australia, the state MA's and the ATFCA strongly encourage all in the athletics community to support and employ only the services of coaches who hold a current Accredited Athletics Coach card.

COACH with CHOICE

Option 1

Register with Athletics Australia as an Accredited Athletics Coach and pay a \$40 accreditation fee to Athletics Australia

Option 2

Become a member of the ATFCA, which includes registration with Athletics Australia as an Accredited Athletics Coach. ATFCA membership fee incorporates the \$40 accreditation fee payable to Athletics Australia.

Athletics Australia is moving to a new process of accreditation that will result in a greater recognition of accredited coaches at all levels, across the whole of the sport. It will also result in a system that allows greater contact with coaches who are so crucial to the success of the sport.

Athletics Australia encourages coaches to consider membership of the ATFCA. The ATFCA will continue to be a key stakeholder in our sport and an important member driven organisation that advocates for the development of coaches.

Together, Athletics Australia, its state member associations (MA's) and the ATFCA will continue to work to enhance all aspects of coaching, across all aspects of the sport, consistent with Athletics Australia's vision for One Sport.

For further information contact:

Michael Poulton
National Coaching Manager
Athletics Australia
03 9869 5000
Michael.poulton@athletics.org.au





What is the Adelaide Invitational?

Proudly presented by Adelaide Airport Limited and the City of West Torrens, The Adelaide Invitational is an exciting concept of short duration meets where athletes are invited to compete against each other with the aim of achieving personal best performances and event qualifying times. The underlying premise is that high quality head to head competition allows athletes to produce their best and, in turn, assist each other in taking their performances to the next level.



A few years ago, some senior Athletics SA competitors identified a gap in competition opportunities for South Australia's top level athletes. Interclub competition provided opportunities for competition, but these athletes found that it was becoming increasingly difficult to try and organise a group of high level competitors in each event discipline to compete against each other.

The Adelaide Invitational aims to provide a platform where the state's top competitors can compete in an environment that supports and fosters the pursuit of a higher level of performance. Specifically, the Adelaide Invitational aims to fill the void between weekly Interclub competition and national series meets, whilst also acting as an important learning and competition tool for the state's developing athletes.

The event is run by athletes; for athletes. The series of four meets, held over the duration of the summer athletics season, on a Wednesday night provides a carnival-like atmosphere with music, athlete interviews, and professional commentators. Each Adelaide Invitational is condensed into an hour-long format and is exciting for spectators. Entry for all spectators is free.

This event continues to grow in popularity. There are three more Adelaide Invitationals scheduled for season 2009-10, so make sure you get your entry in or come out and enjoy an exciting night of athletics.



Meet # 2 Wednesday 27th January 2010 from 8pm
 Meet # 3 Wednesday 17th March 2010 from 8pm
 Meet # 4 Wednesday 7th April 2010 from 8pm



More details, including the entry procedure are available from www.athleticssa.org

Want to keep up to date with track and field in Australia and throughout the world? Runners Tribe is a fantastic website updated daily with a wealth of information and news. It also contains a new powerful video upload tool where you will find footage from events all over Australia (including Athletics SA events) and throughout the world. Visit www.runnerstribes.com and check it out!

Position Vacant: Technical Manager

Athletics SA regrets to announce the resignation of Anton Van Bavel from the position of Track and Field Technical Manager. We thank Anton for his tremendous and tiring work in this position over the years and look forward to his continued involvement as a key Athletics SA official. Expressions of interest are now being sought to fill this vital position. This is a volunteer position and interested persons are encouraged to contact Athletics SA for more information. Enquiries and expressions of interest can be forwarded to Athletics SA on 8354 3477 or to admin@athleticssa.org





Upcoming Events

Event details and online entries for the 2009-2010 Athletics SA State Track and Field Championships and the second Adelaide Invitational will be available on the Athletics SA website by mid January.

| | | | |
|-----------|----------|-----------------------|-------------------|
| 2-3 Jan | Sat-Sun | State Multis Juniors* | Santos Stadium |
| 9 Jan | Sat | Cup Round 9 (A) | Santos Stadium |
| 14 Jan | Thur | Clubs Challenge | Santos Stadium |
| 16 Jan 16 | Sat | Cup Round 10 (B) | Santos Stadium |
| 23 Jan | Sat | Cup Round 11 (A) | Santos Stadium |
| 27 Jan | Wed | Adelaide Invitational | Santos Stadium |
| 28 Jan | Thur | EH Throws | St Albans Reserve |
| 30 Jan | Sat | Cup Round 12 (B) | Santos Stadium |
| 5-7 Feb | Fri-Sun | State Champs | Santos Stadium |
| 11 Feb | Thur | Briggs Event | Hobart |
| 11-14 Feb | Thur-Sun | National Multis | Hobart |
| 13 Feb | Sat | Cup Round 13 (A) | Santos Stadium |
| 20 Feb | Sat | Cup Round 14 (B) | Santos Stadium |
| 25 Feb | Thur | EH Throws | St Albans Reserve |
| 27 Feb | Sat | GP | Sydney |
| 27 Feb | Sat | Cup Finals 15 (A) | Santos Stadium |
| 4 Mar | Thur | GP | Melbourne |
| 6 Mar | Sat | Cup Finals 16 (B) | Santos Stadium |
| 11-14 Mar | Thur-Sun | U14 to U20 Nationals | Sydney |
| 13 Mar | Sat | Cup Reserve | Santos Stadium |
| 17 Mar | Wed | Adelaide Invitational | Santos Stadium |
| 25 Mar | Thur | EH Throws | St Albans Reserve |
| 31 Mar | Wed | City Bay Challenge | Santos Stadium |
| 7 Apr | Wed | Adelaide Invitational | Santos Stadium |
| 9-10 Apr | Fri-Sat | National Combined | Gold Coast |
| 16-18 Apr | Fri-Sun | Open Nationals | Perth |

To contribute to the newsletter please email admin@athleticssa.org

Some samples pictures of the new Athletics SA State Uniform....





Results

For full results listings and results from other Athletics SA events, visit www.athleticssa.org

State 10000m Walking Championships

Women 1500 Metre Walk SEEDED

1 Erin Dallimore Flinders X9:03.51

Women 3000 Metre Walk SEEDED

1 Lotta Danner Flinders 15:49.11
2 Samara Holliday Flinders 16:14.23
3 Jemma Potezny Hills District 16:27.50

Women 10000 Metre Walk OPEN

1 Megan Sziron Elizabeth 48:33.64
2 Paige Hooper EH 51:31.33
3 Kelly Watson Elizabeth 54:32.39

Women 10000 Metre Walk U/20

1 Claire Xian Flinders 54:38.53
2 Kristie Goznik Elizabeth 57:38.99
3 Allegra Steele TTG 1:00:36.54

Women 10000 Metre Walk O/35

1 Gloria Holliday Flinders 1:02:51.50

Men 10000 Metre Walk OPEN

1 Darren Bown Elizabeth 46:16.48
2 Peter Crump SPC 57:47.75

Men 10000 Metre Walk U/20

1 Blake Steele TTG 49:59.68

Men 10000 Metre Walk O/50

1 James Hoare Flinders 1:04:58.00

State 10000m Championships

Women 10000 Metre OPEN

1 Megan Sziron ELIZABETH 40:14.56
2 Bernice Mutiso EH 42:59.25

Women 10000 Metre O/35

1 Felicity Alexander AH 49:31.44

Men 10000 Metre OPEN

1 Stephen Cavanagh AH 34:36.29
2 Daniel Hartwig AH 36:49.78
3 Nathan Rout SAL 38:18.25

Men 10000 Metre O/35

1 Adam Zur Eich EH 35:53.50
2 Michael Cocks FLINDERS 35:56.21
3 Will Houtman EH 42:46.42

Men 10000 Metre O/50

1 Norman White EH 48:37.65
2 Hayden Harrell EH 54:35.97

Results from the state multi event championship can be found on the website in the results section.

Adelaide Invitational – Meet # 1

Women 100 Metre (2.8m/s)

1 Leanne Hodge Western Districts 11.96
2 Lauren Foote Enfield Harriers 12.18
3 Bethany Fairfield Tea Tree Gully 12.48

Women 200 Metre (-1.6m/s)

1 Leanne Hodge Western Districts 24.77
2 Lauren Foote Enfield Harriers 25.15
3 263 Bridgid Connolly Pembroke 25.52

Women 800 Metre

1 Jessica Kemp Western Districts 2:20.46
2 Teagan Kustermann Flinders 2:21.69
3 Tayla O'Keefe Flinders 2:21.70

Men 100 Metre (2.4 m/s)

1 Mark Ormrod Tea Tree Gully 10.58
2 Todd Bateman Tea Tree Gully 10.59
3 Clay Watkins Western Districts 10.63

Men 400 Metre

1 Clay Watkins Western Districts 46.75
2 James Boden Tea Tree Gully 48.13
3 Ryan Rossouw St Peters Co 48.83

Men 800 Metre

1 Robert Killmier Flinders 1:52.43
2 Matt Axford Adelaide Harriers 1:55.01
3 Stephen Jelfs Tea Tree Gully 1:56.46

Men 3000 Metre

1 Andy Axford Adelaide Harriers 8:57.72
2 Luke Hargreaves Adelaide Harriers 9:06.89
3 163 Brendan Newell Flinders 9:10.81

Men 5000 Metre

1 Peter-John Bosch Adelaide Harriers 14:41.65
2 Dale Engler Flinders 14:49.56
3 Adam Didyk Adelaide Harriers 15:55.90

Mixed 3000 Metre

1 Riley Cocks M Flinders 9:32.34
2 Demi Wood W Western Districts 9:34.86
3 Aiden Miller M Flinders 9:39.22

Mixed 5000 Metre

1 Tara Palm W Flinders 16:27.72
2 Jessica Trengove W Hills District 16:31.54

Zatopak: 10 (Melbourne)

Women 3000 Meter Run Under 20

1 Demi Wood SA 9:31.26

Women 10000 Meter Run Open (Australian Championship and Commonwealth Games selection trial)

8 Jessica Trengove SA 33:38.09

Men 3000 Meter Run Under 20

22 Andy Axford SA 8:59.47

Men 10000 Meter Run Open (Australian Championship and Commonwealth Games selection trial)

18 PJ Bosch SA 30:15.69
19 Dale Engler SA 30:32.71

Australian All Schools (Hobart)

GOLD

[Leila Johnson](#) U16 Girls 2000m Steeplechase
[Tim McGuire](#) U18 Boys Long Jump
[William Fry](#) U16 Boys High Jump

SILVER

[Jess Rowe](#) U17 Girls 800m
[Naomi Princi](#) U16 Girls Pole Vault
[Margaret Gayen](#) U16 Girls Triple
[Sophie Linn](#) U15 Girls 3000m
[Nick Kelly](#) U18 Boys Pole Vault
[Brendan Browne](#) U17 Boys Pole Vault (tie)
[Dimitri Toumazos](#) U17 Boys Pole Vault (tie)
[Kane Russell](#) U16 Boys 800m
[Sebastian Baird](#) U14 Boys 200m

BRONZE

[Jess Rowe](#) U17 Girls 400m
[Leila Johnson](#) U16 Girls 1500m
[Leila Johnson](#) U16 Girls 3000m
[Margaret Gayen](#) U16 Girls Long Jump
[Chelsea Lemke](#) U16 Girls Triple Jump
[Tim McGuire](#) U18 Boys Triple Jump
[Luke Hargreaves](#) U16 Boys 2000m Steeplechase
[Michael Brusnahan](#) U17 Boys 200m
[Bethany Fairfield, Margaret Gayen, Kate Booth, Amie Mittiga](#) 4x100m Relay U18

