

Sandringham Athletic Club Inc.



95th Annual Report



2024 – 2025

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**Cover photo credit: Scott Sidley [@ss_athletics](#)*

Back row - Hannah Wilcock, Lizzie Dingeldei, Abbey Francis, Amelia Spenceley, Amy FitzGerald, Faith Little, Evan Tatsis, Hugh Kabengele.

Front row - Ash Liyanaarachchi, Dhruv Rodrigues Chico, Sam Clark, Alex Colgan.

OFFICE BEARERS 2024/2025

PRESIDENT	Ruby Holten
VICE PRESIDENT	Vacant
HON SECRETARY	Penny FitzGerald
HON TREASURER	Greg Scerri
REGISTRAR	Kathy Tanojevic
GENERAL COMMITTEE	Steve Coulson Tim O'Shaughnessy Jared Denton Jonathan Reeve Tom Thorpe Tom Morehouse (appointed by committee December 2024)
SUMMER TEAM MANAGER	Kathy Tanojevic
WINTER TEAM MANAGER	Tim O'Shaughnessy
CLUB DELEGATES	Ruby Holten, Kathy Tanojevic, Penny FitzGerald
S E REGION DELEGATE:	Michael Lindstrom
RECORDS OFFICER	Kathy Tanojevic
GROUND MANAGERS	Greg Scerri and Andrew Holten
BOOKINGS MANAGER	Detsy Holten

HONORARY LIFE MEMBERS

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

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

Sandringham Athletic Club Inc * Deceased

* RSW Bingham	1935	G V Page	1976	A DeNardis	1994
* J Best	1936	MD Baird	1977	* J Whybrow	1994
* W Thurgood	1936	B Burston	1977	N J Emblin	1994
* W B Marston OBE	1936	* L G Smith	1978	J M Isaac	1996
* R Bear	1938	D B Bleazby	1978	J E Isaac	1996
* H R Pritchard	1938	* K G Bottomley	1979	J Linford	1996
* J Clay	1940	* A L Morrison	1981	C Woodruff	2001
* J Campbell	1941	* F L Saunders	1982	I Morehouse	2007
* DF Bell OAM	1942	* F P Canny	1984	E Rees	2008
* SCG McConnell	1952	*A Hale	1984	C Morehouse	2008
* H J McWaters	1958	* K Hollins	1985	J Reyes	2009
K A McConnell	1961	* L K Williamson	1986	J Lewis	2011
* A J Stevens	1964	N McLennan	1986	T Lewis	2011
* L R Boyd OAM	1964	I Alexander	1987	T Morehouse	2014
* C J Batchelor	1966	* J Bowles	1987	N Baltas	2014
* A F Alexander	1967	M Hale	1987	D Hunt	2015
* R D Baird	1973	J Sheehan	1988	B King	2017
B F Murphy	1974	*J Morrison	1989	R Holten	2019
*V McFarlane	1975	D Cash	1991	M Lindstrom	2020
J Kneen	1976	D Appleby	1991	K Tanojevic	2023

SERVICE AWARDS

*** Deceased**

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

VALE L. ROY BOYD OAM

1932-2025



In March, we were deeply saddened by the passing of Roy Boyd OAM.

Roy's contribution to the Sandringham Athletic Club and to the sport of athletics was extraordinary. Over nearly 70 years of coaching at Sandringham, he became one of the world's most respected hurdles coaches. More than that, Roy fostered a culture of inclusion, humility and kindness that left a lasting impression on every coach and countless athletes who came through our club. He was often described as a true gentleman, and he lived up to that description in every way.

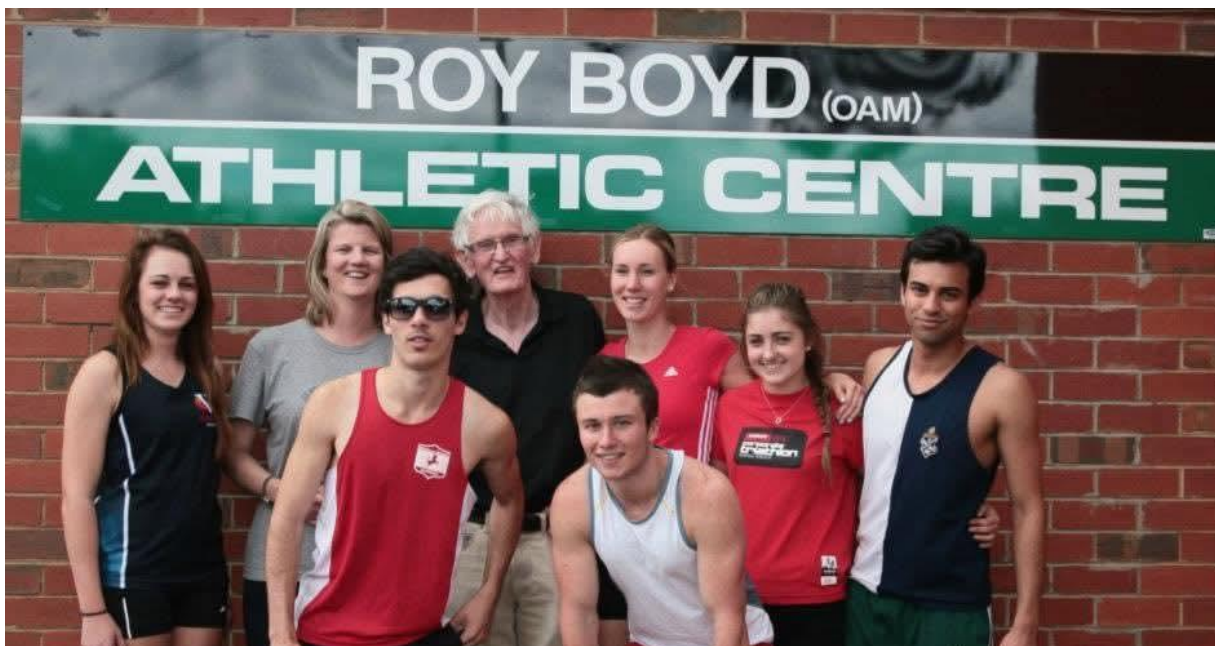
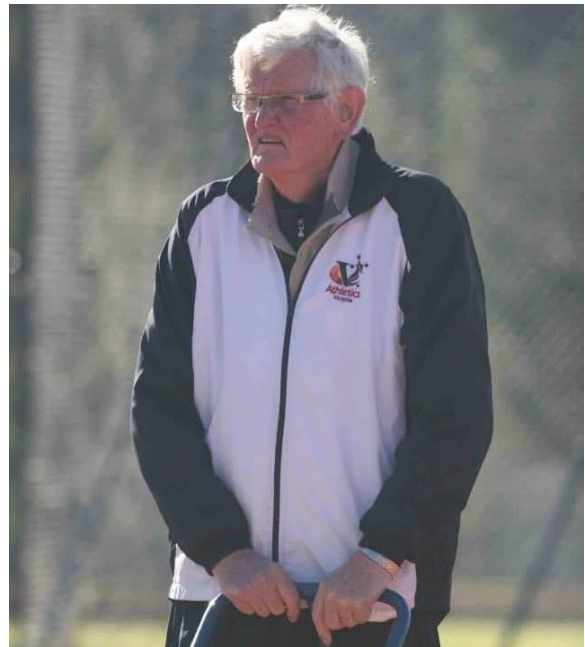
Roy served as a team coach at the 1994 Commonwealth Games and coached multiple athletes to the Olympic Games, Paralympic Games and World Championships — including Kyle Vander Kuyp and Don Elgin. He also consulted for some of Australia's greatest athletes, including Debbie Flintoff-King, Jane Fleming and Sally Pearson.

Roy was made a Life Member of Sandringham Athletic Club in 1964 and also held Life Memberships with Athletics Victoria and the Australian Track & Field Coaches Association. He was a Life Governor of Athletics Australia and was

awarded the Medal of the Order of Australia in 2006 for his outstanding service to the sport.

Despite his many achievements, Roy remained incredibly humble. His greatest pride came not just from his athletes' sporting success, but from seeing them grow into good people. He also spoke often, and with great affection, about his family — especially his daughters and grandchildren, whose lives and milestones brought him immense joy.

We extend our love and heartfelt condolences to Roy's wife, Bev, his daughters Kendra, Amanda, Tracey and Melanie, and to his extended family. Roy's legacy will continue to inspire generations to come, both at Sandringham and across the wider athletics community.





PRESIDENT'S REPORT

20 years ago I met Roy Boyd on a Sunday morning at the Sandringham Athletics Track. I find it hard to articulate the immense impact Roy had on my life, but it would be remiss of me not to try. Roy coached me for over 12 years, it was full of ups and downs, and Roy had an answer or an encouraging word for everything. He always told me he coached according to his core Christian values, and it was obvious in the way he showed up authentically to every training session and for every athlete. I know everyone who was coached by Roy felt the same respect and admiration for him. While we often reflect on what Roy gave to us as a club, Roy's wife, Bev, reminded me that he loved coming to the track and we all meant so much to him too. I am left with so many happy memories, and an athletics club I've been lucky enough to call home for 20 years, all thanks to Roy.

Roy's substantial contribution to our club and our sport over 70 years was special and will continue to benefit generations of athletes to come. He had a hand in shaping everything around us, he planted the pine trees, helped establish the clubhouse, and battled council for our Glamis Ave home back in early 1960s. But more than that, Roy shaped the club because of who he was as a person, he always acted with kindness and integrity, and that is the legacy I hope we can reflect on and carry forward together.

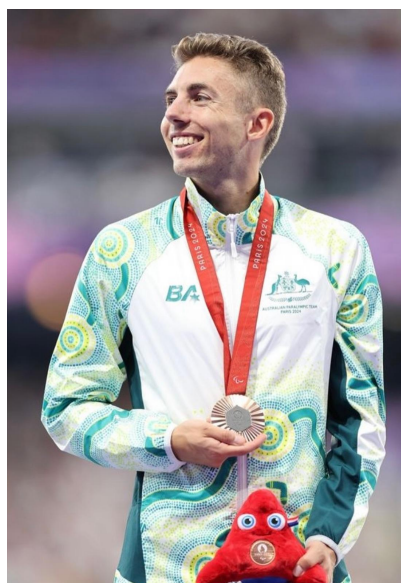


The committee remains steadfast in its past decision to formally name the venue the Roy Boyd Athletic Centre, as is already featured on our building signs. With support from Athletics Victoria and Australian Athletics, this is currently sitting with Geographic Names Victoria and should be complete in the near future. Fortunately, we were able to hold an early celebration of renaming the track back in 2012, with all of Roy's family around him.

Reflecting on the season, it's hard to think of a year that can compare to the one we just had. There were so many amazing achievements, dreams realised and amazing development across the board. We are incredibly proud to see our athletes acting with such great sportsmanship, enjoying their athletics and encouraging each other throughout the highs and lows of sport. Congratulations to you all!

On Track (and field)

Last year I wrote about goal setting as a club and team, an overlooked part of individual sport that can be so much fun together. Once again, this season we continued to thrive with big goals on the horizon. Our winter teams brought home multiple premierships (including Premier Women's division!!) and gained promotions, our AVSL team did the same and are heading back up to Division 3. Our state relay teams achieved amazing success with huge thanks to the coaches for arranging training sessions and team management - still one of my favourite events on the calendar!



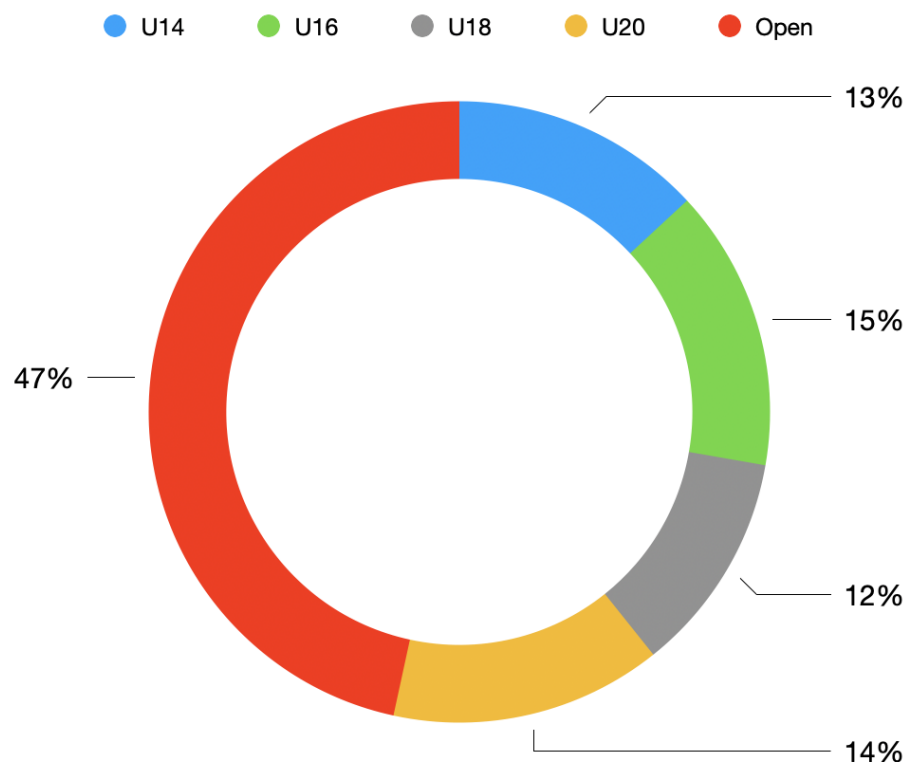
An outstanding result I want to highlight is **Reece Langdon's** T38 1500m **World Record** at Nationals in Perth! Reece continues to improve and it's great to watch him succeed on the track.

Internationally, we were busy cheering as **Michal Burián** (F64 Javelin) and **Reece Langdon** (T38 1500m) both won bronze at the Paralympics in Paris, and both have been selected for the Para World Championships in New Delhi later this year. **Lauren Bruce** (hammer) and **Ben Buckingham** (3000m Steeplechase) both competed in Paris at their second Olympic Games, finishing 20th and 29th, respectively. We also had **Mia Scerri** (heptathlon) and **Jess Milat** (200m) both finish 4th at the World U20 Championships in Lima, Peru.

We had a lot of PBs and Club records during the season, however the club has grown substantially and there are so many weekly competitions on offer so it can be hard for our admin team to capture everything! If you believe you have broken a club record that is not listed please refer to the [Record Policy](#) on our website to submit a review. While we do our best to stay on top of the results, we encourage everyone to send your photos and results to our social media pages throughout the season to help us celebrate everyone; whether it's a great photo from training, a new PB, or a club record - we want to know!

Membership

We had 215 total members registered in the 2024/25 season (+53 from previous year), with 192 being athletes (+58 from previous year). Athletes' ages range from 11 to 61 years. Similar to last year, 44.8% of our athletes identify as female (46.3% last year). The breakdown in age groups is displayed below, what I will highlight is the more even distribution across the under age groups in comparison to previous years:



We will continue to support our members and break down barriers that may prevent people from participating in athletics, ensuring everyone feels comfortable and welcome at our club. Full membership list and data can be found on [page 39](#).

Coaches

Coaches are the backbone of athletics, I'd again like to acknowledge the tireless work our coaches give to help their athletes succeed. All year, all weather, they are there to encourage and develop our athletes to be their best.

For more on our 24/25 coaches see the report on [Page 12](#).



Venue Development

The track lighting is progressing, the Bayside council continues to support the club with community engagement and grant applications. We are also fundraising for the project through the Australian Sports Foundation, members are encouraged to share our fundraising link below, all donations are tax deductible. This fundraising effort includes the gold coin donations for track use and collecting 10c cans and bottles through Victoria's Container Deposit Scheme. When making a can and bottle deposit at a refund point you can opt to donate the money to the Sandringham Athletic Club. Our club CDS member number is: **C2000024948** - thank you for your support!

Thank You

Thank you to everyone for another year of support and engagement. I value the time people give to our club, the ideas you share with committee members, and the camaraderie you share with each other. Our members continue to cultivate the strong Sandy culture that we are so proud of and it is reflected in the positive growth the club is experiencing recently.



As a committee we continue to work year-round in the background to ensure the club continues moving forward and has strong foundations for the future generations. If you have any questions or concerns, I encourage you to get in touch with a committee member. We are here to help and ensure that our club remains a positive place for all members to benefit from.

Over the past 6 years we have created a lot of positive change that has helped our club grow. Just a few of these visible changes include: a new modern website, established club values, new logo, active social media pages, and most importantly - a new track. It takes a team to achieve success like we have as a club, so I thank the SAC committee for staying patient through the journey and dedicating your time and energy to our great club.

After 6 years in this role I have happily found someone to step into this role and continue leading the club. Tom Morehouse embodies the values of the Sandringham Athletic Club, and I know we are in good hands to keep progressing forward!

Down the Alley.

Ruby Holten
President



COACHING REPORT 2024/25

We acknowledge the sad passing of master coach Roy Boyd OAM in March 2025. Roy had formally retired from coaching after 70 years, but was always in touch with how his past athletes were training. As the head coach at the club, Roy wrote these coaching reports for the annual report for many years, and was generous in his approach to sharing his research and coaching notes with the other Sandy coaches to help their development. As a coaching group, Roy had a positive influence on many of us as both a friend and a mentor, and has left a lasting impact on our club.

The coaching team at Sandringham is strong with great rapport evident between coaches as they share spaces and help each other's athletes throughout the season. Coaches make a club, they are ultimately the foundation that allows our athletes to thrive and keep the club strong. Thank you to all of our SAC coaches for what you do and the time you invest into our sport.

In some exciting news, **Dale Stevenson** recently travelled to the USA with Matt Denny with one goal in mind - break the Discus World Record. Denny had 3x competitions and threw a huge Oceania and Australian Record of 74.78m at Ramona, Oklahoma - surpassing the previous WR by 43cm. Unfortunately the party was spoiled with Mykolas Alekna breaking his own World Record with 75.56m earlier in the same competition. It's been great having Matt training at the club throughout the season - we are excited for what's to come! Dale continues to coach a strong (literal and metaphorical) group of throwers, including 2x Olympian Lauren Bruce (hammer). Together with Michal Burian, Dale has been the driving force behind the very organised shed on the back straight - thank you!



We had a few minor changes to the coaching team recently. We have welcomed back **Llyod Knight**, after a 3 year stint in sunny Queensland. Lloyd will be taking on transitioning and developing athletes. **Peter "Fitzy" Fitzgerald** made the move to Newcastle, an amazing lifestyle change, but remains in touch with his athletes and a registered coach of our club.

Tim O'Shaughnessy's large distance squad continues to go from strength to strength, breaking multiple club records and winning XCR premierships. **Jo Linford** and **Nick Baltas** had committed groups of throwers with a few making State and National finals. **Tom O'Connor** had another good year with Anna Plessinger making it back from injury and Lizzie Dingeldei running a lifetime PB in the 400m!

We are happy to see some of our senior athletes taking on more coaching hours, with **Sam Clark**, **Ruby Holten** and **Kundali Powell** all coaching junior athletes at various times during the week. **Liam Tully** and **Polina Galkina** also continue to coach a steady stream of jumpers over in the HJ area!

Clodagh Grogan had another busy year coaching many athletes to states, nationals and huge PBs! **Cathy Woodruff** and **Tom Morehouse** both had a few athletes bring home sashes and prize money from the VAL circuit, along with a group of sprinters competing at Nationals in Perth. Cathy coached Jess Milat to her first Open Title in the 200m.



TREASURER'S REPORT

FOR THE YEAR ENDED 31st MARCH 2025

Dear Members,

I am pleased to present the latest financial summary of our club's trading income, outlined in two main sections.

Income Overview

Our income generated from track hire has remained stable, matching last year's figures with a total of \$34,380. This consistency provides a strong foundation for our operations. In contrast, we have observed a significant increase in membership subscriptions, which have risen by 70% to approximately \$29,500. This growth reflects positively on our community engagement efforts and demonstrates an increasing interest in our activities.

Expenditure Analysis

It is important to note that we have also experienced an uptick in expenses. Costs associated with Athletics Victoria relay fees and additional athlete entrance fees have contributed to our overall expenditure, impacting our net income.

Financial Performance

Despite these rising costs, I am pleased to report an operating profit of \$16,989.09. Additionally, we have seen an increase in our bank accounts by \$32,000 over the last year, bringing our total bank balance to \$309,285.00 This balance is composed of the following accounts:

- Bank Operating Account: \$50,306
- Bank Track Upgrade Reserve: \$30,000
- Bank Lighting Project: \$1,193
- Term Deposits: \$227,786

Future Considerations

As we look ahead, it is crucial to keep in mind that these funds will be essential for the upcoming track refurbishment projects planned for the future. Careful financial planning will ensure the sustainability of our club's activities and improvements. Thank you for your continued support and commitment to our club's growth.

Best regards,

Gregory Scerri
Treasurer



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

TREASURERS DECLARATION

Treasurer's Declaration

I Gregory Scerri, being a member of the committee of Sandringham Athletic Club Inc, certify that –

The statements attached to this certificate give a true and fair view of the financial position and performance of Sandringham Athletic Club Inc during and at the end of the financial year of the association ending on 31 March 2025.

In the Treasurer's opinion, there are reasonable grounds to believe that the entity will be able to pay its debts as and when they become due and payable.

Signed: 

Dated: / / 2025-05-02

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COMPILATION REPORT

Sandringham Athletic Club Inc., ABN 14 523 893 443
For the year ending 31 March 2025

We have compiled the accompanying special purpose financial statements of Sandringham Athletic Club Inc, which comprise the asset and liabilities statement as at 31 March 2025, income and expenditure statement, a summary of significant accounting policies and other explanatory notes. The specific purpose for which the special purpose financial statements have been prepared is set out in Note 1.

The Responsibility of the Committee Member's

The committee of Sandringham Athletic Club Inc are solely responsible for the information contained in the special purpose financial statements, the reliability, accuracy and completeness of the information and for the determination that the basis of accounting used is appropriate to meet their needs and for the purpose that financial statements were prepared.

Our Responsibility

On the basis of information provided by the partners we have compiled the accompanying special purpose financial statements in accordance with the basis of accounting as described in Note 1 to the financial statements and APES 315 *Compilation of Financial Information*.

We have applied our expertise in accounting and financial reporting to compile these financial statements in accordance with the basis of accounting described in Note 1 to the financial statements. We have complied with the relevant ethical requirements of APES 110 *Code of Ethics for Professional Accountants*.

Suite 13,
24 Lakeside Drive,
BURWOOD EAST VIC 3151

LS Accountants

Dated: 01 / 05 / 2025

CROSS COUNTRY 2024 – WINTER REPORT

2024 was an exciting season for Sandringham Cross Country and the most successful in the club's history. The influx of the majority of St Stephens runner's gave us a real impetus and we were excited for the season. Special thanks to **Tom Thorpe** and **Ruby Holten** for smoothly facilitating this.

The Men's team were promoted from Div 5 to Div 2 with the aim of being promoted to Div 1. This was achieved.

The Women's team were selected in Division 1 and the aim was to be competitive. This was certainly achieved as they were premiers! This was followed up by our Div 4 Women's team who were also premiers.

From Alice and Meg Oakley Kerr:

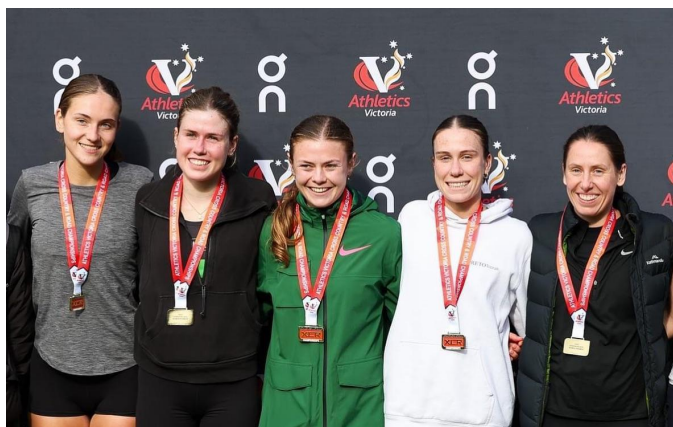
The Sandringham Women's Cross Country Team enjoyed a very successful year achieving the 2024 Premiership. The Division 4 team also became premiers, which granted them automatic promotion to Division 3 for the 2025 season. After the merger of St Stephens Harriers, the XC team was boosted with strong and committed runners.



The 2024 season brought challenging competition, particularly South Melbourne, who we battled alongside for points each round. Having the majority of the girls team train together, developed a foundation of positive culture, enthusiasm and team spirit.

We'd also like to acknowledge and thank our Junior girls **Orla**, **Gabby**, **Bridie**, and **Louisa** who on a number of occasions stepped up and ran a little further in our open teams. Without this depth across our Junior and Senior teams, we may not have achieved such success.

We can't wait for the 2025 XCR Season to begin, where we will no doubt be striving to defend our Premiership!



The Cross Season consists of 10 rounds so you need depth and also commitment from athletes to race when the travel is difficult or it might not fit into their plans. Thank you to all the athletes who committed.

Our numbers increased to make us the number 5 club with members.

However with increased numbers came extra responsibilities with duties. Thanks to all who helped in this area and also thank you to **Kathy Tanojevic**.

Will Garbelotto and **Tom Thorpe** were appointed Cross Country Captains for 2024 for the men and did a terrific job in creating enthusiasm and direction around the Sandringham Athletic club Cross Country team.

From Tom Thorpe and Will Garbelotto:

The Sandringham Men's team had a resurgent year, as we moved from Division 5, to Division 2 for 2024. With the merger with SSH bearing fruit very early, we were able to have a number of teams across Men's Division 2, Division 4, Division 6, U20, U18 and the Men's 40+ age group. Our depth held us in good stead throughout the season, with a number of athletes called upon across a number of ages to step up into various relay teams, distances and events, with the common goal of team success at the core of our participation. This ultimately ensured that we were premiers in the Men's Division 2, and promoted into Division 1 for 2025.



A special thank you must go to our younger athletes in **Hamish Donohue**, **Alex Angus**, **Ben Hayes**, **Matt Holdich** and a host of others, for driving this and ensuring that the junior athletes supported the senior teams. Additionally, another mention must go to our fantastic Women's Division 1 team, for breaking the drought and bringing home a premiership for Sandy!

With 2025 on the horizon, the SAC Men's XC teams will be looking to boost the number of teams that compete week in week out, continue to develop the environment of enjoyment in racing, and place as strongly as we can within the Men's Division 1 Standings.

Season 2024 was terrific but to be a strong club it needs to be sustained so the work that has gone into the last few years must continue.

Tim O Shaughnessy
XCR Team Coordinator



SUMMER TRACK & FIELD REPORT 24/25

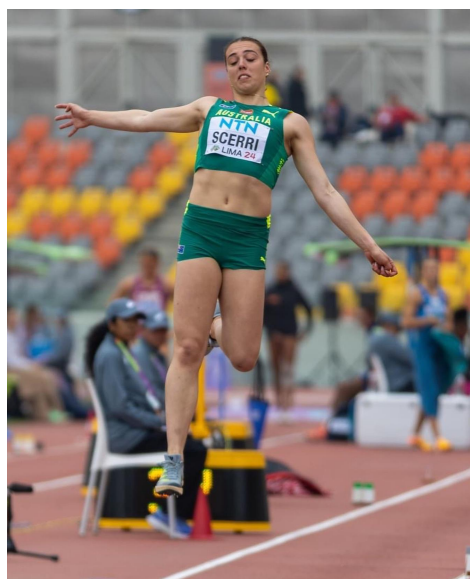
We had 192 registered athletes (108 males, 84 Females) with 128 competing over the season at summer events. We welcomed St Stephens Harriers members who joined up with Sandringham. Great to have you all onboard at Sandy.

This season saw more return for weekly shield summer competition, which showed in our results winning Division 4 quite comfortably. We will now move back to Division 3. We had 70 athletes compete at the weekly shield on a fairly regular basis with open men leading numbers with 17 come along to compete. Great to see so many attending again.

Along with the weekly AV shield competitions, we have seen 62 of our athletes competing at High Velocity Club (sprints, jumps, hurdles), Vic Milers Club/Box Hill classic (middle distance) and AV Thrower meets, giving athletes various options for competition in their desired events over the season. It is great to see so many athletes competing at various events.



What a season. We had **Reece Langdon** break two open Para World records and Australian records in the T38 5000m and the T38 1500m. At Paralympics in Paris we saw **Michal Burian** kick it off with a bronze medal in F44 javelin followed by Reece Langdon winning a bronze medal in the T38 1500m. At the Paris Olympics we saw **Lauren Bruce** in Hammer coming 20th and **Ben Buckingham** in 3km Steeplechase finishing 29th. Well done to you all!



At the World U20 Championships in Peru, we saw **Mia Scerri** finish 4th in the Heptathlon and **Jess Milat** finish 4th in the 200m. Jess also ran an amazing leg in the 4 x 100m relay to finish 2nd but unfortunately the team got DQ'd. In the Australian half marathon on the Sunshine Coast, **Natalie Rule** placed 2nd overall.

Oceania Champs in Fiji last June saw **Ben Buckingham** take out the Silver medal in the 3km Steeplechase. **Orla Shackcloth** took out Silver in the U18 2km Steeple and it was Bronze for U18 **Austin Fernando** in the 400m and **Amy FitzGerald** 100m Hurdles. Austin was also part of the Gold winning 4 x 400m relay which broke the championship record.

This season saw our open throwers events competing well. Our new member **Aiden Harvey** led the way in shot put throwing 6 Club records over the season! The first was our 3 x Open men shot put winning the Victorian relays with **Aiden Harvey, Tom Tanojevic** and **Clint Miller** and then Aiden went on to break 5 individual records. It was Gold in Shot Put for Aiden at Victorian Champs with team mate **Gavin McLaughlin** taking out the Bronze. Gold for **Michal Burian** in the Javelin and Bronze for **Tom Tanojevic** in Discus. Aiden also won Gold at Australian Nationals, that's 4 years running now!



Victorian relays were a lot of fun at Doncaster, of the teams we entered we won 15 medals out of 21 teams. Well, done to all those who competed. Results further on in the book.



A really strong season for all our athletes and we look forward to seeing you all back refreshed for next season. We have an amazing bunch of athletes of all levels. I encourage you to all join in no matter what level you compete at. See you all back for Shield early October and good luck to our winter athletes with Cross Country season about to commence.

Thank you to all our fantastic Sandringham coaches and families who give up so much of their time coaching and doing duties for the club. What a great bunch you all are and we are so privileged to have you working with our athletes here at Sandringham.

Kathy Tanojevic
Summer Team Manager/Registrar



SUMMER ATHLETES

Open Men and Masters

Gavin McLaughlin, Aiden Harvey, Tom Tanojevic, Clint Miller, Chris Williams, Michal Burian, Reece Langdon, Dhruv Rodrigues Chico, Lawson Power, Stuart Cafarella, Fraser Paull, Luke Steven, Cameron Debruin, Will Garbelotto, Sam Clark, Adam Giannellis, Ben Buckingham, Jake Pearson, Scott Lockhead, Jack Atkinson, Adam Steen, Alex Colgan, Mike Bryant, Michael Romanin, Bailey Murzecki-Hince, Maxy Letten, Nick Hershan, Bailey Morrell, Alexander Angus, Asthika Liyanaarachchi

U20 Men

Hamish Donahue, Ben Seers, Tom O'Rourke, Charlie Steen, Austin Fernando, Evan Tatsis, Tom Davoren, Matthew Holdich, James Paproth

U18 Boys

Hugh Kabengele, Leo Reeve, Oliver Conrad, Jake Lahood, Archie O'Rourke, Lorenzo Imbriano, Stirling Rolls, Joel Davis, Benjamin Hayes

U16 Boys

Mitchell Carney, Henry Ainley, Max Reeve, Felix Graham, Dimitri Giasi, Nayan Shrivastava, Harry Baker, Alexander Kennedy, Theodore Bowen, Max Lawrence, Felix Graham, Josh Macaulay

U14 Boys

Harry McAllister, Jacob Miller, Lachlan De Young, Sam Lynn, Naruki Kato, Linus Hunter, Harvey Betts, Zachery Margolis, Sevi Kayumba,

Open Woman and Masters

Kundali Powell, Audrey Kyriacou, Clodagh Grogan, Natalie Rule, Lizzie Dingeldei, Vani Meadows, Amber Louw, Abbey Francis, Anna Plessinger, Charlotte Romeo, Olamide Araba, Annalise Bush, Annabelle Eastman, Amalie Saldana, Meg Oakley Kerr, Lauren Bruce, Alice Oakley Kerr, Lily Ellis, Emily Bartlett

U20 Woman

Hannah Wilcock, Amelia Spenceley, Mia Scerri, Jess Milat, Abigail McMaster, Sophie Wilcock, Madeline Marcus, Gabby Vincent, Lucy Polkinghorne, Ameya Sommer-Allie, Hannah Mackay, Ava Bizzotto, Louisa Lazar, Bridie Hill

U18 Girls

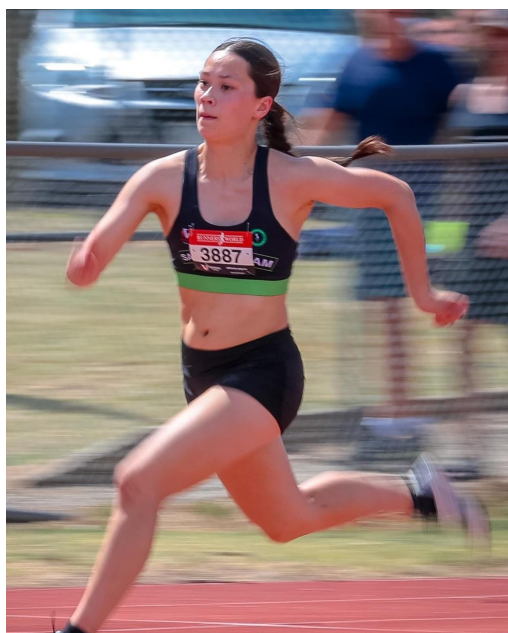
Hannah McKay, Orla Shackcloth, Faith little, Amy FitzGerald, Hayley Auden, Tegan Lay, Charli Sullivan, Grace Partridge, Valentina Ljutic,

16 Girls

Cara Astill, Elara Quinn, Emily Lewis, Zoe Toms, Madison Williams, McMahon, Elizabeth Craig, Sabine Mading-Burke, Serena Lee, Cessy Clissold

U14 Girls

Leni Hartley, Ada Seretis, Matilda De Young, Emily Wetzels, Tara Poddubnaia, Indiana Simpson, Milla Ellisdon, Alannah Sullivan



VAL REPORT

Professional running in the Victorian Athletic League involves athletes competing from varying start marks based on their performance history and personal bests. Events range in distance from 70 metres out to 3200 metres, with the main event at most carnivals being the men's and women's "Gift" events run over a traditional distance of 120 metres. As athletes compete throughout the season, their performances are monitored by a team of stewards, and handicaps are adjusted to become more competitive.

The VAL season commences in October and culminates in the Stawell Gift carnival at Easter. The season incorporates weekly competitions in both Melbourne and regional Victoria, with events also held in South Australia and Tasmania during the Christmas-New Years period. Winners of finals at each carnival earn sashes as well as prize money that can range from a few hundred dollars up to \$40,000.

The 2024-25 season was another successful one for Sandringham athletes, with many squads represented during the season. **Amelia Spencely** opened the season with her first victory in a Gift, taking out the \$2400 Women's event at Cobden, whilst **Matthew Harvey** took out the Masters 100 metre final.



In December, several athletes made the journey to South Australia for the Bay Sheffield. Held at Colley Reserve by the beach in Glenelg, the Bay Sheffield is the second biggest event behind the Stawell Gift, reflected in its prestige and prize money. **Sam Clark** made light work of his heat and semi final before producing a dominant performance to win the Men's Bay Sheffield final by two metres, taking home \$10,000 in prize money for his efforts. At the other end of the distance spectrum, **Ben Hayes** took out The Bay 1600 metre Backmarkers final with an impressive run over the top late in the race.

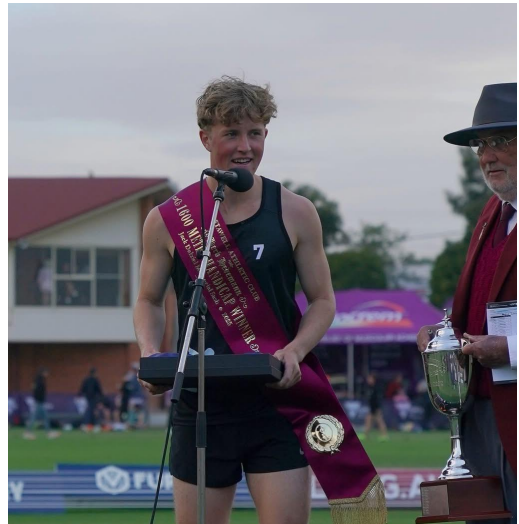


Only a few days later, **Ash Koswattage** delivered on several seasons of patience and promise to win the Classic Men's Gift at the 162nd Maryborough Highland Gathering on New Year's Day. The Maryborough event has a history steeped in the traditions of Scottish Highland Games, replete with clan events, massed pipe bands, dancing on drums, kilts, caber tossing, and lots of sprinting. Under trying conditions, Ash produced an excellent performance in the final to win the event and \$8000 in prize money. He also had the privilege of following in the footsteps of the 2024 winner, Sandringham's own Lawson Power, enjoying his moment with the victor's claymore. It does beg the question: have you really won a Gift if it doesn't come with a sword?

The season continued with a win in February for Masters athlete **Steve Coulson** in the Men's 70 metre final at Ballarat, before all attention turned to Stawell. Set over three days at Easter, the carnival brings big crowds, big prize money, and serious competition. Some of the standout performances included **Fraser Paull** and **Steve Coulson** both making the final of the Men's 70 metres; **Matt Harvey** placing in the final of the Masters 100 metres, and Coulson making another final; and multiple men's and women's Gift semi-finalists including **Ash Koswattage**, **Ruby Holten** and **Fraser Paull**. However, the most remarkable performances for the weekend were from the distance runners, with **Hamish Donohue** winning the historic Herb Hedemann Invitational 1600 final, and 17-year-old **Ben Hayes** doing the rare double in winning both the 1600 metres Open Backmarkers and the Open 3200 metre finals. Outstanding racing, and wonderful to see the club so well represented.

Tom Morehouse

SAC Coach & Life Member



CHAMPIONSHIPS RESULTS

Compiled by Kathy Tanojevic, Team Manager

Olympic Games - Paris, France 26th July - 11th August 2024

Lauren Bruce	Hammer	68.93m	20th
Ben Buckingham	3000m Steeplechase	8:32.12	29th CR

Paralympic Games - Paris, France 28th August – 8th September 2024

Bronze Medal

Michal Burian	Javelin F44	64.89m	
Reece Langdon	1500m T38	4:13.13	

World U20 Championships - Lima, Peru 27th - 31st August 2024

Mia Scerri	Heptathlon	5550pts	4th
(100mH 14.72, HJ 1.75m, SP 13.81m, 200m 25.87s, LJ 6.01m, Jav 32.98m, 800m 2:23.35)			
Jessica Milat	200m	23.21s	4th CR
Jessica Milat	4 x 100m	DQ	

Oceania Championships - Suva, Fiji 1st – 7th June 2024

Gold Medal

Austin Fernando	U18	4 x 400m	3:15.74 Championship Rec.
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Silver Medal

Ben Buckingham	Open	3000m Steeplechase	8:44.11 CR
Orla Shackcloth	U18	2000m Steeplechase	6:52.31 CR

Bronze Medal

Amy FitzGerald	U18	100m Hurdles	14.01s
Austin Fernando	U18	400m	48.05s

2025 Australian Open & U20 Athletics Championships, Perth, 10 – 13th April 2025

Gold Medal

Michal Burian	Open	Para Javelin	61.34m WPQ
Aiden Harvey	Open	Shot Put	18.70m
Jessica Milat	Open	200m	22.75s CR
Lauren Bruce	Open	Hammer	66.17m
Leo Reeve	U20	Para 800m	2:09.87

Silver Medal

Ben Buckingham	Open	3000m Steeplechase	8:35.04
Hugh Kabengele	U20	4x100m relay	41.85s
Fernanda Tirado	U20	Hammer (4kg)	53.44m

Bronze Medal

Mia Scerri	Open	Heptathlon	5770 pts	
Hugh Kabengele	U20	100m	10.48s	
Orla Shackcloth	U20	3000m Steeplechase	11:26.45	5th
Leopold Reeve	Open	PA 1500m	4:29.77 (88.79%)	6th
Mia Scerri	Open	Long Jump	5.95m	9th
Abigail McMaster	U20	Shot Put	9.68m	9th
Abigail McMaster	U20	Discus	39.05m	9th
Matthew Holdich	U20	3000m Steeple	10:07.87	9th
Hugh Kabengele	U20	200m	22.11	10th
Hamish Donohue	Open	800m	1:53.13	13th
Hamish Donohue	Open	1500m	3:57.11	14th
Alex Colgan	Open	100m Semi	10.47s (+2.3)	14th
Lizzie Dingeldei	Open	400m	54.97	14th
Reece Langdon	Open	1500m	3:46.83 WPQ T38 WR	17th
Tom Tanojevic	Open	Discus	37.49m	18th
Charlie Steen	U20	Discus	38.78m	18th
Luke Stevens	Open	400m	48.90	18th
Luke Gough	Open	400m	49.50	20th
Tom Davoren	U20	5000m	15:39.99	22nd
Michael Romanin	Open	100m semi	16.04 (H:10.53s)	24th
Tom Davoren	U20	1500m	4:02.93	29th
Will Garbelotto	Open	5000m	15:00.54	33rd
Sam Clark	Open	100m	10.80 (P), 10.81 (H)	38th
Cameron De Bruin	Open	100m	10.77 (P), 10.85 (H)	44th
Natalie Rule	Open	5000m	DNF	
Cam De Bruin	Open	200m prelim	21.55	7th
Lizzie Dingeldei	Open	200m prelim	24.96	18th
Sam Clark	Open	200m prelim	22.21	20th
Fraser Paull	Open	100m prelim	10.94	39th

2025 Australian Junior (U13 – U18) Championships, Perth, 4th – 8th April 2025**Gold Medal**

Fernanda Tirado	U17	Hammer (3kg)	62.38m CR
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Silver Medal

Amy FitzGerald	U18	100m Hurdles	13.77s
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Bronze Medal

Charli Sullivan	U18	100m Hurdles	13.94s	
Teddy Bowen	U15	Long Jump	6.10m	
Mitch Carney	U17	Triple Jump	13.36m	4th
Charli Sullivan	U18	4x100m relay		4th

Teddy Bowen	U15	High Jump	1.79m	5th
Harry Barker	U16	2000m Steeplechase	6:17.43	6th
Jacob Miller	U13	Javelin	24.27m	6th
Oliver Conrad	U18	Decathlon	5248 pts	7th
Ada Seretis	U15	High Jump	1.54m	7th
Alannah Sullivan	U13	1500m	5:16.73	7th
Emily Wetzels	U15	2000m Steeplechase	7:53.34	7th
Jacob Miller	U13	Discus	28.82m	8th
Lachlan De Young	U13	100m	14.17s	9th
Elizabeth Craig	U16	2000m Steeplechase	7:52.09	10th
Lachlan De Young	U13	200m	29.25s	10th
Leni Hartley	U15	3000m	10:28.63	11th
Charli Sullivan	U18	100m	12.42s	11th
Matilda De Young	U15	1500m	4:47.68	11th
Leni Hartley	U15	1500m	4:49.81	13th
Elizabeth Craig	U16	3000m	10:34.93	14th
Emily Wetzels	U15	3000m	10:42.95	15th
Matilda De Young	U15	800m	2:38.74	26th

Australian Half Marathon Championship, Sunshine Coast, 16th August 2024

Silver Medal

Natalie Rule Open Half Marathon 1:13.37h CR

South Melbourne Physio Victorian Track & Field Championships, Lakeside Stadium 14 – 16th February 2025 and 21 – 23rd February 2025

Gold Medal

Aiden Harvey	Open	Shot Put	18.61m CR
Hamish Donohue	Open	800m	1:49.59
Mia Scerri	Open	High Jump	1.74m
Jessica Milat	Open	100m	11.34s
Hamish Donohue	U20	1500m	3:52.69
Austin Fernando	U20	400m	49.35s
Leopold Reeve	U20	800m Para	2:10.60
Leopold Reeve	U20	1500m Para	4:26.84
Orla Shackcloth	U20	3000m Steeplechase	11:35.28
Abigail McMaster	U20	Discus	35.95m
Jake Lahood	U18	Javelin	46.51m
Amy FitzGerald	U18	100m Hurdles	14.12s
Amy FitzGerald	U18	Long Jump	5.63m
Fernanda Tirado	U17	Hammer	51.43m
Serena Lee	U16	Triple Jump	11.24m
Emily Wetzels	U15	2000m Steeplechase	7:59.78

Ada Seretis	U15	High Jump	1.55m
Leni Hartley	U15	3000m	10:29.21
Lachlan De Young	U13	200m	29.01s
Lachlan De Young	U13	100m	13.62s
Jacob Miller	U13	Discus	26.36m

Silver Medal

Mia Scerri	Open	Long Jump	6.05m
Mike Bryant	50-54	1500m	5:50.36
Charlie Steen	U20	Discus	40.41m
Ben Seers	U20	400m	49.54s
Abigail McMaster	U20	Shot Put	9.58m
Oliver Conrad	U18	Shot Put	14.10m
Amy FitzGerald	U18	100m	12.49s
Faith Little	U18	100m Hurdles	14.80s
Theodore Bowen	U16	Long Jump	5.92m
Theodore Bowen	U16	High Jump	1.76m
Harry Baker	U16	2000m Steeplechase	6:27.17
Elizabeth Craig	U16	2000m Steeplechase	8:02.51
Matilda De Young	U15	800m	2:21.63
Jacob Miller	U13	Javelin	20.52m

Bronze Medal

Annabelle Eastman	Open	3000m Steeplechase	10:55.51
Michal Burian	Open	Javelin	61.09m
Tom Tanojevic	Open	Discus	42.88m
Gavin McLaughlin	Open	Shot Put	15.03m
Austin Fernando	U20	200m	22.30s
Hugh Kabengele	U20	100m	10.95s
Tegan Lay	U18	Triple Jump	10.22m
Harry McAlister	U15	3000m	9:28.27

Top 8 Placings

Taya Poddubnaia, Jacob Miller, Alannah Sullivan, Elizabeth Craig, Abigail McMaster, Kundali Powell, Hannah Wilcock, Anna Plessinger, Archie O'Rourke, Harry McAllister, Theodore Bowen, Fernando Tirado, Lizzie Dingeldei, Amy FitzGerald, Annabelle Bush, Leni Hartley, Ada Seretis, Alannah Sullivan, Oliver Conrad, Lorenzo Imbriano, Stirling Rolls, Max Reeve, Elara Quinn. Hayley Auden, Abigail McMaster, Orla Shackcloth, Tom Davoren, Mitchell Carney, Sophie Wilcock, Olamide Araba, Charli Sullivan, Faith Little, Tegan Lay, Hugh Kabengele, Benjamin Hayes, Matthew Holdich

Victorian Country Championships, Ballarat, 26th – 28th January 2025

Gold Medal

Faith Little	U18	100m Hurdles	15.35s
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Silver Medal

Lizzie Dingeldei	Open	100m	12.28s
Clint Miller	40+	Discus	28.98m
Mitch Carney	U18	Triple Jump	12.39m
Faith Little	U18	Long Jump	5.11m
Jacob Miller	U14	Triple Jump	7.75m

Bronze Medal

Lizzie Dingeldei	Open	200m	24.83s
Annabelle Bush	Open	Long Jump	5.60m
Jacob Miller	U14	Discus	20.78m
Jacob Miller	U14	Javelin	20.96m

Top 8 Placings

Tom Tanojevic, Clint Miller, Jacob Miller, Kundali Powell, Amelia Spenceley, Amelie Saldanha

ACT State Championships, Canberra, 25th – 27th January 2025**Gold Medal**

Audrey Kyriacou Open Long Jump 6.26m

Charlie Steen U20 Discus 44.40m

Bronze Medal

Hugh Kabengele U20 60m 6.86s

Tasmanian State Championships, Hobart, 9th March 2025**Silver Medal**

Tom Tanojevic	Open	Discus	43.08m
Tom Tanojevic	Open	Shot Put	12.82m

Sydney Track Classic, 15th March 2025

Aiden Harvey	Open	Shot Put	18.80m CR	1st
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Perth Track Classic, 1st March 2025

Mia Scerri	Open	Long jump	6.16m	2nd
Reece Langdon	Open	1500m B	3:49.41	2nd
Jessica Milat	Open	200m	22.97s CR	2nd

Adelaide Invitational 10th February 2024

Natalie Rule	Open	5000m	15:21.94m CR	1st
Jessica Milat	Open	200m	24.02s	2nd

Maurie Plant Meet & Melbourne Invitational, 29th March 2025

Jessica Milat	Open	200m	23.36s	2nd
Lauren Bruce	Open	Hammer	68.87m	3rd
Natalie Rule	Open	3000m	8:51.06 CR	7th

Zatopek:10, Lakeside 14th December 2024

Silver Medal

Hamish Donahue	Open	800m	1:48.81 CR
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Bronze Medal

Alex Colgan	Open	60m	6.80s CR
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Top 8 Placings

Aiden Harvey, Lauren Bruce, Gavin McLaughlin, Mia Scerri, Hugh Kabengele, Amelia Spenceley CR, Olumide Araba, Hannah Wilcock, Ameya Sommer Allie, Kundali Powell, Lucy Pocklington, Elizabeth Craig, Natalie Rule CR

Victorian Relay Championships 23rd & 24th November 2024, Doncaster

Gold

Open Women 4x 1500m

Meg Oakley Kerr, Lily Ellis, Alice Oakley Kerr, Gabrielle Vincent	19:10.37
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Open Men 3 x Shot Put

Aiden Harvey, Tom Tanojevic, Clint Miller	38.15m CR
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Open Men 4 x 100m

Asthika Liyanaarachchi, Dhruv Rodrigues Chico, Sam Clark, Alexander Colgan	40.80s
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Open Women 4 x 100m

Abbey Francis, Amelia Spenceley, Hannah Wilcock, Elizabeth Dingeldei	48.42s
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U20 Men 4 x 100m

Evan Tatsis, Archie O'Rourke, Tom O'Rourke, Hugh Kabengele	42.53s
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U20 Men 4 x 400m

Archie O'Rourke, Tom O'Rourke, Austin Fernando, Ben Seers	3:21.28
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U20 Women 4 x 200m

Abigail McMaster, Valentina Ljutic, Emily Lewis, Faith Little	1:48.59
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U18 Women 4 x 100m

Hayley Auden, Faith Little, Hannah Mackay, Amy Fitzgerald	48.50s
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Silver

Open Men 4x 400m

Lawson Power, Cameron Debruin, Ben Seers, Luke Stevens
plus Daniel Mouratch (heat) 3:10.82 **CR**

Open Men 4 x 200m

Daniel Mouratch, Fraser Paull, Luke Stevens, Cameron Debruin 1:27.59

U20 Women 3 x Long Jump

Amy Fitzgerald, Hayley Auden, Faith Little 15.87m **CR**

U20 Men 4 x 200m

Evan Tatsis, Archie O'Rourke, Hugh Kabengele, Tom O'Rourke 1:30.45

Bronze

Open Women 4 x 200m

Hannah Wilcock, Ameya Sommer-Allie, Kundali Powell, Amelia Spenceley 1:44.82

U14 Men 4 x 200m

Harvey Betts, Zachery Margolin, Naruki Kato, Sevi Kayumba 1:52.40

4th Place

U20 Women 4 x 100m

Valentina Ljusic, Ameya Sommer-Allie, Teagan Lay, Hannah Wilcock 51.32s

U20 Women 4 x 800m

Ava Bizzotto, Lucy Polkinghorne, Grace Partridge, Matilda De Young 10:10.32

U20 Women Distance Medley

Leni Hartley, Elara Quinn, Emily Wetzels, Matilda De Young 13:28.69

5th Place

U16 Women Sprint Medley

Serena Lee, Elara Quinn, Leni Hartley, Cecilia Clissold 4:43.68

U16 Men Sprint Medley

Dimitri Giazzi, Naruki Kato, Alexander Kennedy, Harry Barker 4:06.94

7th

Open Women 4 x 400m

Hannah Wilcock, Ameya Sommer-Allie, Kundali Powell, Lucy Polkinghorne
plus Elizabeth Dingeldei (heat) 4:05.67

U16 Women 4 x 100m

Elara Quinn, Emily Lewis, Cara Astill, Milla Ellisdon 53.80s

9th

U16 Men Sprint Medley

Felix Graham, Harvey Betts, Lorenzo Imbriano, Harry McAllister

4:16.39

CR Club record
VR Victorian record
NR Australian Record
WPQ World Para Qualifier



CLUB RECORDS ESTABLISHED IN 2024/25

Men

Open	Benjamin Buckingham	3,000m Steeple	8:44.11	06/06/24	Suva, Fiji	
Open	Benjamin Buckingham	3,000m Steeple	8:21.34	18/06/24	Turku, Finland	
Open	Benjamin Buckingham	3,000m	7:56.35	27/03/25	Box Hill, VIC	
Open	Aiden Harvey	Shot Put	17.40m	24/11/24	Doncaster, VIC	
Open	Aiden Harvey	Shot Put	18.10m	14/12/24	Lakeside, VIC	
Open	Aiden Harvey	Shot Put	18.52m	26/01/25	Brisbane, QLD	
Open	Aiden Harvey	Shot Put	18.61m	23/02/25	Lakeside, VIC	
Open	Aiden Harvey	Shot Put	18.80m	15/03/24	Sydney, NSW	
Open	Aiden Harvey	Shot Put	18.83m	30/03/24	Lakeside, VIC	
Open	Reece Langdon	1500m T38	4:13.13	17/09/24	Paris, France	
Open	Reece Langdon	5,000m T38	14:32.84	07/02/25	Bendigo, VIC	WR
Open	Reece Langdon	1500m T38	3:47.98	19/12/24	Box Hill, VIC	
Open	Reece Langdon	1500m T38	3:47.40	18/03/25	Box Hill, VIC	
Open	Reece Langdon	1500m T38	3:46.83	10/04/25	Perth, WA	WR
Open	Hamish Donohue	800m	1:48.81	14/12/24	Lakeside, VIC	
Open	Hamish Donohue	800m	1:47.85	13/03/25	Sydney, NSW	
Open	Alexander Colgan	60m	6.80s	14/12/24	Lakeside, VIC	
U20	Hamish Donohue	800m	1:48.81	14/12/24	Lakeside, VIC	
U20	Hamish Donohue	800m	1:47.85	13/03/25	Sydney, NSW	
U20	Hugh Kabengele	60m	6.86s	26/01/25	Canberra, ACT	
U20	Hugh Kabengele	100m	10.76s	14/02/25	Lakeside, VIC	
U20	Hugh Kabengele	100m	10.65s	01/03/25	Lakeside, VIC	
U20	Hugh Kabengele	100m	10.53s	11/04/25	Perth, WA	
U20	Leopold Reeve	800m T37	2:09.87	12/04/25	Perth, WA	
U19	Hamish Donohue	800m	1:48.81	14/12/24	Lakeside, VIC	
U19	Hamish Donohue	800m	1:47.85	13/03/25	Sydney, NSW	
U19	Hugh Kabengele	60m	6.86s	26/01/25	Canberra, ACT	
U19	Hugh Kabengele	100m	10.76s	14/02/25	Lakeside, VIC	
U19	Hugh Kabengele	100m	10.65s	01/03/25	Lakeside, VIC	
U19	Hugh Kabengele	100m	10.53s	11/04/25	Perth, WA	
U18	Hugh Kabengele	60m	6.86s	26/01/25	Canberra, ACT	
U18	Hugh Kabengele	100m	10.76s	14/02/25	Lakeside, VIC	
U18	Hugh Kabengele	100m	10.65s	01/03/25	Lakeside, VIC	
U18	Hugh Kabengele	100m	10.53s	11/04/25	Perth, WA	
U16	Harry Barker	2000m Steeple	6:17.43	05/04/25	Perth, WA	
U15	Harry Barker	2000m Steeple	6:17.43	05/04/25	Perth, WA	

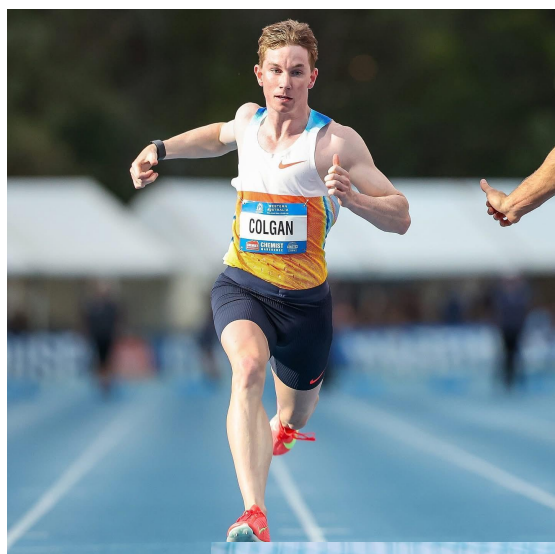
Women

Open	Natalie Rule	Half Marathon	1hr13:37m	16/08/24	Sunshine Coast	
Open	Natalie Rule	10,000m	32:56.02	14/12/24	Lakeside, VIC	
Open	Natalie Rule	5,000m	15:03.48	09/06/24	Portland, USA	
Open	Natalie Rule	3,000m	8:51.06	29/03/25	Lakeside, VIC	
Open	Natalie Rule	1 mile	4:38.23	20/02/25	Bankstown, NSW	
Open	Jessica Milat	200m	23.21s	31/08/24	Lima, Peru	
Open	Jessica Milat	200m	22.97s	01/03/25	Perth, WA	
Open	Jessica Milat	200m	22.75s	13/04/25	Perth, WA	
Open	Amelia Spenceley	60m	7.81s	14/12/24	Lakeside, VIC	
U20	Fernanda Tirado	Hammer (4kg)	53.44m	10/04/25	Perth, WA	
U20	Jessica Milat	200m	23.21s	31/08/24	Lima, Peru	
U20	Gabrielle Vincent	3,000m	9:44.61	14/12/24	Lakeside, VIC	
U20	Gabrielle Vincent	3,000m	9:53.58	14/11/24	Lakeside, VIC	
U19	Gabrielle Vincent	3,000m	9:44.61	14/12/24	Lakeside, VIC	
U19	Gabrielle Vincent	3,000m	9:53.58	14/11/24	Lakeside, VIC	
U19	Fernanda Tirado	Hammer (4kg)	53.44m	10/04/25	Perth, WA	
U19	Orla Shackcloth	2,000m Steeple	6:57.31	06/06/24	Suva, Fiji	
U18	Orla Shackcloth	2,000m Steeple	6:52.31	06/06/24	Suva, Fiji	

U18	Amy FitzGerald	100m Hurdles	13.72s	14/12/24	Brisbane, QLD
U18	Fernanda Tirado	Hammer (3kg)	56.14m	08/02/25	Casey, VIC
U18	Fernanda Tirado	Hammer (3kg)	62.38m	04/04/25	Perth, WA
U18	Fernanda Tirado	Hammer (4kg)	53.44m	10/04/25	Perth, WA
U17	Amy FitzGerald	100m Hurdles	13.72s	14/12/24	Brisbane, QLD
U17	Fernanda Tirado	Hammer (3kg)	56.14m	08/02/25	Casey, VIC
U17	Fernanda Tirado	Hammer (3kg)	62.38m	04/04/25	Perth, WA
U17	Fernanda Tirado	Hammer (4kg)	53.44m	10/04/25	Perth, WA
U16	Leni Hartley	1 Mile	5:16.53	06/02/25	Aberfeldie, VIC
U15	Leni Hartley	1500m	4:44.02	13/12/24	Box Hill, VIC
U15	Leni Hartley	1 Mile	5:16.53	06/02/25	Aberfeldie, VIC
U14	Leni Hartley	1500m	4:44.02	13/12/24	Box Hill, VIC
U14	Leni Hartley	1 Mile	5:16.53	06/02/25	Aberfeldie, VIC

Relays

Open	Men 4x400m Relay	3:10.82	14/12/2024	Lakeside
	Benjamin Seers	Cameron De Bruin		
	Luke Stevens	Lawson Power		
Open	Men 3xShot Put Relay	38.15m	24/11/2024	Doncaster
	Aiden Harvey	Tom Tanojevic		
	Clint Miller			
U20	Women 3xLong Jump Relay	15.87m	24/11/2024	Doncaster
	Amy FitzGerald	Hayley Auden		
	Faith Little			



PERPETUAL TROPHY WINNERS

Winter Men (Cross Country)

2024

John Stuart Memorial	Senior Winter Performance	Tom Thorpe
Alan Alexander Trophy	Junior Winter Performance	Alexander Angus
Sid Gregory Cup	Most Improved	Maxy Letten
Men's Spirit Award (all ages)	Spirit Award	Reece Langdon

Winter – Woman

Senior Woman performance	Senior Winter Performance	Alice Oakley Kerr
Junior Women performance	Junior Winter Performance	Gabrielle Vincent
Women's Most Improved	Most Improved	Orla Shackcloth
Women Spirit award	Spirit Award	Whitney Sharpe

40+ Award (men/women)	Most valuable Runner	Neil McRobinson
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Aggregate – Men (AVSL) 2024-25

Mike Clapper Senior Men Trophy	Overall Senior Shield	Tom Tanojevic	6,237pts
Ellsworth Cup	Division 1 Shield	Tom Tanojevic	6,237 pts
C J Batchelor Trophy	Division 1 40 + Shield	Mike Bryant	4,742 pts
Jeanette & Jack Whybrow Memorial Cup	Under 20 Shield	Charlie Steen	2,848 pts
Saunders Family Cup	Under 18 Shield	Jake Lahood	1,569 pts
Harry McWaters Trophy	Under 16 Shield	Mitchell Carney	3,299 pts
Sandringham U14 Trophy	Under 14 Shield	Sam Lynn	1,225pts

Aggregate – Woman

Caskey-Walke Trophy	Division 1 Shield	Kundali Powell	2,479 pts
Sandringham 40+ Award	Division 1 40+ Shield	Vani Meadows	1,041 pts
Sally McGrady Memorial Cup	Under 20 Shield	Abigail McMaster	6,998 pts
Roy Boyd Trophy	Under 18 Shield	Faith Little	7,294 pts
Sullivan Cup	Under 16 Shield	Elara Quinn	7,268 pts
Ken Bottomley Memorial	Under 14 Shield	Ada Seretis	4,532 pts

Best Performance – Men

Lamb Smith Trophy	Division 1 Performance	Reece Langdon 1500m	552 pts
U20 Best performance Trophy	Under 20 Performance	Hamish Donohue 800m	507 pts
Bart Kruijtbosch Trophy	Under 18 Performance	Hugh Kabengele 100m	514 pts
Harold Pritchard Cup	Under 16 Performance	Harry Barker 2 km steeple	462 pts
Baird Family Trophy	Under 14 Performance	Naruki Kato 200m	363 pts

Best Performance – Woman

Sanger Cup	Division 1 Performance	Jessica Milat 200m	505 pts
U20 Best Performance Trophy	Under 20 Performance	Amelia Spenceley 200m	441 pts
Cogger Cup	Under 18 Performance	Amy FitzGerald 100mH	509 pts
McBeth Trophy	Under 16 Performance	Emily Lewis 100m	417 pts
U14 Trophy	Under 14 Performance	Leni Hartley 1500m	468 pts

Other Awards

Sandringham Male	Outstanding Performance	Aiden Harvey	Shot Put
Rennie Page Memorial (all ages)	Most improved Male	Oliver Conrad	Decathlon
Elwood- Brighton Award Male	Spirit Award (all ages)	Michal Burian	
Sandringham Women	Outstanding Performance	Natalie Rule	Half Marathon
Frank Saunders Shield	Most Improved Female	Meg Oakley Kerr	3000m, 5000
Maisie McQuiston Award	Spirit Award (all ages)	Clodagh Grogan	
Sandringham Sport Physio "The Extra Mile Award"		Dale Stevenson	
Committee Award – Gift from committee		Penny FitzGerald	

Note: Aggregate Awards – Athlete who scores the most points awarded as per AV Shield season. Best Performances – individual result at AV or National season event with the highest score based on new AV shield points table or over the full athletic season. Outstanding Performance is for a lifetime best performance and/or club record at a meet or National level.

PERPETUAL TROPHIES - MEN

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

C. J. BATCHELOR TROPHY - Donated by John Batchelor, a Life Member who was Club treasurer from 1953-57. He competed for the club for about ten years,

initially in A Grade but later as a walker. Presented for aggregate points by a male or female veteran athlete. John died in 1998.

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

ELWOOD-BRIGHTON TROPHY – A \$ 100 donation by Mrs Peg Tyler on behalf of the disbanded Elwood Brighton club. The interest on the investment pays for a trophy each year previously for senior female athlete club spirit, the award has been reallocated in 2024 for the Men's Club Spirit. Peg died on 18th February 2001.



PERPETUAL TROPHIES - WOMEN

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

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

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

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

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

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



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

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

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

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

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

MAISIE McQUISTON TROPHY - A \$100 donation by Mrs McQuiston on behalf of VWAAA. The interest on the investment pays for a trophy to a junior female athlete for club spirit. In 2024 the award was reallocated to the Women's Club Spirit Award.

PERPETUAL TROPHIES - CROSS-COUNTRY

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

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

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



MEMBERS 2024/25

Ainley, Henry	Dean, Michael	Kabengele, Hugh	Miltiadou, Georgia	Scerri, Gregory
Albrecht, Miles	Debruin, Cameron	Kalitzki, Azmain	Mitnovetski, Maria	Scerri, Mia
Angus, Alexander	Denton, Jared	Kato, Naruki	Morehouse, Carl	Seers, Ben
Araba, Olamide	Dingeldei, Elizabeth	Kayumba, Sevi	Morehouse, Ian	Seretis, Ada
Aspinall, Lachlan	Donohue, Hamish	Kennedy, Alexander	Morehouse, Tom	Shackcloth, Orla
Astill, Cara	Eastman, Annabelle	Khanvilkar, Yash	Morrell, Bailey	Sharpe, Whitney
Atkinson, Jack	Ellis, Lilly	Kyriacou, Audrey	Mouratch, Daniel	Shrivastava, Nayan
Auden, Hayley	Ellisdon, Milla	Lahood, Jake	Murzecki-Hince, Bailey	Silvester, Hayley
Baltas, Nick	Fallon, James	Langdon, Reece	Myers, Alexandra	Simpson, Indianna
Barker, Harry	Fernando, Austin	Lawrence, Max	Myles, Patrick	Skinner, Matt
bartlett, emily	FitzGerald, Amy	Lay, Teagan	Nolan, Matt	Skinner, Ned
Bearzi, Alyssa	FitzGerald, Penny	Lazar, Louisa	O'Connor, Tom	Smith-Bizzotto, Priscilla
Betts, Harvey	Forbes, Clayton	Lee, Serena	O'Rourke, Archie	Sommer-Allie, Ameya
Bizzotto, Ava	Francis, Abbey	Letten, Maxy	O'Rourke, Tom	Soo, Vivian
Bowen, Theodore	Galkina, Polina	Lewis-Manou, Tamsyn	O'Shaughnessy, Tim	Spenceley, Amelia
Boyd, Roy	Garbelotto, Charlotte	Lewis, Emily	Oakley Kerr, Alice	Steen, Adam
Bruce, Lauren	Garbelotto, William	Lindstrom, Michael	Oakley Kerr, Meg	Steen, Charlie
Bryant, Mike	Gebreselassie, DeJen	Linford, Jo	Ooi, Steven	Stevens, Luke
Buckingham, Ben	George, Chloe	Little, Faith	Paproth, James	Stevenson, Dale
Buckingham, Brodie	Giannellis, Adam	Liyanarachchi, Asthika	Parsons, Andrew	Stratford, Riley
Burian, Michal	Ghazi, Dimitri	Ljutic, Valentina	Partridge, Grace	Sullivan, Alannah
Bush, Annaliese	Ghazi, Macie-Rose	Lochhead, Scott	Paull, Fraser	Sullivan, Charli
Cafarella, Stuart	Gibson, Ben	Louw, Amber	Pawlak-Bloch, Bianca	Tanojevic, Kathy
Carne, Sophie	Gough, Luke	Lynn, Sam	Pearson, Jakeb	Tanojevic, Tom
Carney, Mitchell	Graham, Felix	Lyons, Ruby	Plessinger, Anna	Tatsis, Evan
Cash, David	Grogan, Clodagh	Macaulay, Josh	Poddubnaia, Taya	Thorpe, Thomas
Ceglar, Charli	Harrison, Maggie	Mackay, Hannah	Polkinghorne, Lucy	Tirado, Fernanda
Clark, Sam	Hartley, Leni	Mading-Burke, Sabine	Poulus, Lyla	Toms, Zoe
Clissold, Cessy	Harvey, Aiden	Major, Max	Powell, Kundali	Tully, Liam
Colgan, Alexander	Harvey, Matthew	Marasco, Silvana	Power, Lawson	Valcanis, Christopher
Conrad, Oliver	Hayes, Benjamin	Marcus, Madeline	Quinn, Elara	Verbunt, Kyle
Coulson, Steven	Hershan, Nick	McAllister, Harry	Quirk, Samuel	Vincent, Gabrielle
Craig, Elizabeth	Hill, Bridie	McGrady, Danny	Reeve, Jonathan	Vinton, Paul
Crawford-Rust, Stella	Holdich, Matthew	McGuinness, John	Reeve, Leopold	Wetzels, Emily
Cullen, Aoife	Holten, Andrew	McLaughlin, Gavin	Reeve, Maximilian	White, Alyssa
Dale, Christopher	Holten, Detsy	McMaster, Abigail	Robertson, Hamish	Wilcock, Hannah
Davenport, Jac	Holten, Ruby	McRobinson, Neil	Rodrigues Chico, Dhruv	Wilcock, Sophie
Davies, Joel	Hosseini, Paaniz	McShane, Alannah	Rogers, Caitlyn	Williams McMahon, Madisson
Davies, Ky	Hunter, Linus	McShane, Connor	Rolls, Stirling	Williams, Chris
Davoren, Tom	Imbriano, Lorenzo	Meadows, Vani	Romanin, Michael	Woodruff, Catherine
de Jong, Andrea	Ironmonger, Charlie	Milat, Jessica	Romeo, Charlotte	Wright, Lucas
De Young, Lachlan	Jiang, Peishan	Miller, Clint	Rule, Natalie	Wylie, Shane
De Young, Matilda	Jonker, Kerry	Miller, Jacob	Saldanha, Amelie	

MEMBERSHIP SUMMARY

	10-11	11-12	12-13	13-14	14-15	15-16	16-17	17-18
Athletes	105	62	78	99	119	120	118	127
Athlete/ Official	1	1	2			1	2	1
Athlete/ Coach	2	1	3	3	3	6	13	5
Officials	6	8	6	5	4	8	5	5
Coach/ Officials	1		2			4	3	4
Coaches	6	8	9	11	11	10	12	18
Social	4	4	2	5	3	2	4	5
Rec Runner							2	
TOTAL	125	86	100	123	140	151	159	165

	18-19	19-20	20-21	21-22	22-23	23-24	24-25
Athletes	129	120	109	99	143	134	192
Athlete/ Official							
Athlete/ Coach	13	12	5	3	2		
Officials	3	3	4	4	3	3	4
Coach/ Officials	5	3	2	1	1		
Coaches	18	12	14	13	15	12	7
Social	6	6	4	5	7*	6*	7*
Rec Runner	2		1	1		7	5
TOTAL	176	156	139	126	171	162	215

*includes new AV Life Member category on revSport portal



ACKNOWLEDGEMENTS

The Sandringham Athletic Club would like to acknowledge the following people for their contribution and assistance throughout the 2024/25 season:

- The efforts of all the SAC athletes and members should be commended. You have all trained and competed with incredible club spirit.
- The **Bayside Council** for their continued assistance in developing the facilities, and commitment to athletics in Bayside. This season we had solar panels installed, the grass mowed regularly and made progress with the new lights.

- **Athletics Victoria** and all their staff for putting on a very full calendar of events, providing athletes with many options throughout the year, and being a constant support for our club members and administrators.
- **Sandringham Sports Medicine (SSP)** for another year of sponsorship and support of the club and our athletes. This long-term partnership is highly valued by the club.
- **Hodges Real Estate** and **Bendigo Bank Highett** for their continued sponsorship.
- **Detsy Holten**, for continuing to volunteer her time coordinating the track bookings and online calendar.
- **Andrew Holten and Greg Scerri**, for assisting with opening and closing the track for school sport bookings, liaising with schools and helping them with equipment.
- All the photographers at AV competitions and members who have shared their photos with us, we really appreciate it - we love celebrating our athletes competing!



Community Bank
Highett

