



## Athletics

2009 saw the club celebrate its 131st year in existence. It has been a very successful year for the club with athletes competing all over the globe in a variety of events.

### National Championships

At Nationals the following SUAC athletes had standout performances:

- Justino Merlino recorded his 3rd title
- Lara Tamsett won the 10,000m;
- Lachlan Renshaw won silver in the 800m;
- Nikki Molan finished 5th in the 1500m; and
- James Nipperess took silver in the U20 1500m

In walking events, Jessica Heazlewood finished 3rd in the U/23 Nationals and Derek Mulhearn finished 4th in the U/20 10km Nationals, with younger brother Jordan Mulhearn 2nd in the 5km at the U/18 National Championships.

### World Uni Games

Justin Merlino (110 hurdles), Lachlan Renshaw (800m) and Lara Tamsett (10000m) were scheduled to compete at the World University Games. Unfortunately, Lara succumbed to injury after what looked to be some very encouraging performances in the USA leading into this event. Renshaw finished 5th in the final, agonisingly less than 0.2 seconds behind the winner. Although narrowly missing qualification for the World Championships in Berlin, Lachlan went on to record a personal best time of 1.45.73 for 800m in Germany later in the year. Merlino finished 5th in the final of the 110 hurdles.

### World Masters Games

The club had a small but spirited group of competitors in the World Masters Games. Former national 1500m Champion Holt Hardy won the first Gold Medal of the games in the Men's 35+ 2km beach run and then backed this up later in the week with a win in the 35+ 800m. Gillian Ragus took home a Gold, Silver and Bronze in the 30+ 4x400, 800m and 400m respectively. In the men's 40+ High Jump Theo Kavieris won this event with an impressive leap of 1.76m. Former Club Captain Larissa Stanley also took home a couple of medals including gold in the 30+4x400m and a Bronze in the 30+ 1500m. Senior Vice President Jeffrey Phillips brushed off his walking shoes and took home a Bronze in the 5km walk. It wasn't all about medals for SUAC, just to get out and compete in a great event was worthwhile, typified none more so than by Club President Bobby Broadhurst who finished the Half Marathon well outside his best time, but a finish all the same.

### State Championships

Lachlan Renshaw recorded his 2nd consecutive victory at the NSW Open Championships at 800m. Justin Merlino recorded his third consecutive State Title win. In the Women's 800m Nikki Molan finished 2nd, to add to her two previous state title wins. In the walks, the club recorded some very impressive results with Jessica Heazlewood and Derek Mulhearn recording Open State Championship wins and backed this up later in the season with a win in the 4x1500m walk at the NSW Relay Championships. Jordan Mulhearn also recorded a win at the NSW

Long Walk Championships in the U/18's. Jessica Heazlewood was also named the NSW Female Distance Walker of the year, a very well deserved accolade. In other relay events, the club was as strong as ever winning a number of medals at the NSW Relay Championships and NSW Cross Country Championships, the most dominant being in the Men's 4x1500m NSW Relay Championships where the team of James Nipperess, Russell Desaix Chin, Brett Halls and Bradley Croker won the event by more than 150m.

### University Games

The Club sent 45 athletes to the Uni Games - its largest team in many years. Much credit must be given to Team Managers Ben Cross and Jessica Heazlewood for putting together such a large team. The club is always in a very healthy state when we have a sizeable University games team. Overall we finished 3rd with Emma Rilen being selected in the Green and Gold team. As the club moves into 2010 we look forward to a massive year with the 2010 Commonwealth Games being the undeniable highlight and focus. Hopefully, we will be able to send a number of athletes to this event and continue on with the impressive results the club has achieved over the last few years. The club committee must be congratulated on a stellar effort this year. They have worked together in a professional and efficient manner producing some excellent results both on and off the track. The Sydney University Athletic Club remains a competitive, well-rounded and pleasurable club for its members.

### Dean Gleeson

Head coach