

'Athletics leader in Sydney's Northern Suburbs & Northern Beaches Areas'

Sydney Pacific Athletic Club Facebook

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'SYP HIGHLIGHTS'

15 APRIL 2018

NARRABEEN TRACK UPGRADE UPDATE

The updated advice from the Sydney Academy of Sport and Recreation, Narrabeen is that the track will reopen on Monday 23 April 2018.

The following photographs were taken on Saturday 14 April 2018.



Sponsors

Diamond

Gold

Silver

Bronze

Links to Partners



Northern Districts Little Athletics

Ku ring gai Little Athletics

Mosman Little Athletics

Sydney Academy of Sport and Recreation

Northern Beaches Council

Ku ring gai Council

NSW Masters Athletics

Athletics Australia

Athletics Australia Online Officials

Australian Track & Field Coaches Association (ATFCA)

International Association of Athletics Federations (IAAF)

Robert McEntyre, President

Email: robert@mcentyre.com.au **Mobile:** 0407 208 364

Bill Nappin, Vice President

Email: bnappin@bigpond.net.au **Mobile:** 0404 008 744

NARRABEEN TRACK UPGRADE UPDATE



Robert McEntyre, President
Email: robert@mcentyre.com.au Mobile: 0407 208 364

Bill Nappin, Vice President
Email: bnappin@bigpond.net.au Mobile: 0404 008 744

AUSTRALIAN TEAM SELECTIONS

Congratulations to / great effort:

- **Cameron McEntyre** who has been selected in the Australian Team to compete in the Men's Javelin at the IAAF 2018 World Junior (U20) Championships to be held from 10-15 July in Tampere, Finland
- **Matt Tilley** who has been selected in the Australian Team to compete in the Men's High Jump at the 2018 Melanesian Regional Championships to be held from 9-11 May in Port Vila, Vanuatu.



Cameron McEntyre (19 years) at the 2018 Australian Opens Athletics Championships (Gold Coast)

Source: Casey Sims



Cameron McEntyre, Gold Medallist in the U20 Javelin at the 2018 Australian Junior Athletics Championships (Sydney)



Lachlan McEntyre (2018 NSW Men's Open Discus Champion), Angus McEntyre (Sydney Pacific Athletic Club Throws Coach) and Cameron McEntyre (Javelin) at the 2018 Australian Opens Athletics Championships

Cameron is a 2nd Year Human Sciences Student at Macquarie University, former Ku ring gai Little Athletics Centre member and coaches at the Manly Warringah Little Athletics Centre

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AUSTRALIAN TEAM SELECTIONS



**At the 2018 Australian Opens Athletics Championships
Matt Tilley with Coach Leanne Pejkoic**



Matt Tilley at the 2018 NSW Opens Athletics Championships



**Matt Tilley at the 2018 Hunter Track Classic, Newcastle
Source: Zimbio**

Matt competed as a member of the Wakehurst Athletics Club in NSW Little Athletics from Under 7s to Under 17s and discovered a passion for the High Jump.

Matt has represented the Sydney Pacific Athletic since 2016 and was placed 9th in the Men's Open High Jump at the 2018 Australian Athletics Championships, placed 1st in the 2018 NSW Championships in the U23 Men's High Jump and 3rd in the Men's Open High Jump.

AUSTRALIAN TEAM SELECTIONS

Matt has a current PB of 2.05m and continues training and working hard towards increasing this height with Coach Leanne Pejkoivic.

Matt is in his final semester at Charles Sturt University completing a Bachelor of Business. He is an accredited Athletics Australia Athletics Coach and IAAF Kids' Athletic Coach.

Matt coaches High Jump at the Manly Warringah Little Athletics Centre and during the school Athletics season at both St Augustine's College and St Aloysius College.

SYDNEY PACIFIC MAY 2018 FUND RAISER

Following the very successful Club fundraisers held in 2015, 2016 and 2017, Sydney Pacific will be returning to Bunnings Belrose for another Club fund raising activity on **Saturday 12 May 2018**.



We invite Club members to assist for some part of the day with one-hour time slots from 8:00am to 4:00pm to help run the BBQ, sell, cook and operate the till. We will keep you updated closer to the date.

Please [click / tap here](#) to register your preferred role and time

UPCOMING 2018 WINTER WARATAH RUN SERIES

- | | | |
|----------------------------|-------------------|-----------------|
| • St George Classic | Saturday April 21 | Ramsgate |
| • Sydney 10 | Saturday May 5 | Olympic Park |
| • Team Walks | Sunday May 20 | Chipping Norton |
| • Waratah Series Relays | Saturday May 26 | Miranda Park |
| • Western Sydney Marathon | Saturday June 2 | Penrith |
| • Short Walks | Sunday June 17 | Penrith Lakes |
| • Waratah Series Challenge | Saturday June 23 | Nowra |

CLUB RESULTS AND RECORDS

CLUB RECORDS

Sydney Pacific Athletic Club Records can be found by [clicking / tapping here](#) to take you to the up-to-date Records Page on Sydney Pacific Athletic Club website. Please check to see if you have broken a record and then email [Bethany Halmey](#), our Results and Records Committee Member, with the details: competition, event, date, performance.



THE SYDNEY PACIFIC COACHING TEAM

The Sydney Pacific Athletic Club Coaching Team is NSW 'Working with Children' (WWC) compliant.

Coach	Accreditations	Contact Details
Amanda Coombe Sprints and middle distance - Narrabeen	B. Ed (Hons); AA/ATFCA Level 2 Advanced Sprints, Hurdles, Relays and Middle Distance; Cert 4 Personal Trainer	Mobile: 0419 337 397 E: amanda.coombe@personalbestfitness.com.au
Peter Crombie Sprints and middle distance - Narrabeen	AA/ATFCA Level 4 Sprints, Relays and Middle Distance	Mobile: 0409 829 909 Email: peter.crombie@bigpond.com
Laura Honeysett Sprints and other events - Narrabeen	AA/ATFCA Level 3 Sprints and Relays	Mobile: 0417 403 742 Email: ricky mills@bigpond.com
Heather Hozack 'Kids Coaching' - various Northern Beaches locations	AA/ATFCA Level 2 Club Coach; IAAF Kids Coaching; Secondary School PDHPE Teacher	Mobile: 0414 504 554 Email: heather@star-athletics.com.au
Dave Isackson Sprints, Relays, Starts and Middle Distance - Narrabeen	ATFCA/AA Level 2	Mobile: 0414 575 585 Email: davidi@lollylegs.com
Herman Izzo Sprints and middle distance - Narrabeen	AA/ATFCA Level 2 Intermediate Coach; 14 years to Masters Age athletes	Mobile: 0455 729 816 Email: herman.izzo@gmail.com
Nett Knox Jumps and sprints - Narrabeen	AA/ATFCA Level 3	Mobile: 0402 309 326 Email: nettknox@gmail.com
Jake Lynch Sprints - Narrabeen	AA/ATFCA Level 2	Mobile: 0421 325 714 Email: j.lynch100@hotmail.com
Dr Martin Lynch Sprints - Narrabeen	AA/ATFCA Level 5 Sprints and Relays; Masters Applied Science (Sports Coaching); Grad. Dip Sports Coaching	Mobile: 0418 268 425 Email: mlynch@pip.com.au
Angus McEntyre Throws and other events - several Northern Sydney locations	AA/ATFCA Level 3 Advanced Event Group Coach. Throws, General Training; ASCA Level 2 Strength and Conditioning	Mobile: 0407 208 676 Email: asmcentyre@yahoo.com.au
Ian Morgan All running events and walks - Narrabeen	AA/ATFCA Level 4 Sprints, Hurdles, Relays, Middle and Long Distance; Triathlon Level 1	Mobile: 0409 794 749 Email: ian.noel.morgan@gmail.com
Tony Morphis Sprints, middle distance and hurdles - Narrabeen	AA/ATFCA Level 2 Sprints, Hurdles and Middle Distance	Mobile: 0411 102 693 Email: antonis@morphis.id.au
Bill Nappin Walks & Middle Distance - Turramurra	AA/ATFCA Level 4 Race Walking and Middle Distance	Mobile: 0404 008 744 Email: bnappin@bigpond.net.au
John Patchett Sprints and other events - Narrabeen	AA/ATFCA Level 4 Sprints, Hurdles and Relays	Telephone: 9451 9499 Email: jpatchett@optusnet.com.au
Leanne Pejovic Jumps - Narrabeen	AA/ATFCA Level 3 Advanced Event Group Coach	Mobile: 0412 000 008 Email: lanky1@me.com
Garry Temple Range of events - Narrabeen	AA/ATFCA Level 4 Specialist Coach	Mobile: 0447 660 122 Email: garry_temple@dodo.com.au
Matt Tilley High Jump - Narrabeen	AA Level 2 Intermediate Club Coach; AA Level 1 Community Athletics Coach; IAAF Kids Athletic Coach	Mobile: 0405 030 395 Email: mtilley47@yahoo.com

For further information, please refer to the Sydney Pacific website and click on
'Sydney Pacific's Coaches'

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