



**PAN PACIFIC
MASTERS GAMES**
GOLD COAST AUSTRALIA
1 - 10 NOVEMBER 2024

2024

**CALISTHENICS
AT THE STAR THEATRE
BROADBEACH**

**Australian
Calisthenic
Federation**

CALISTHENIC SCHEDULE

TUESDAY 5TH NOVEMBER: DUOS

Session 1: 2pm

70 years and over
57 years - 69 years
46 years - 56 years
41 years - 45 years
Presentations
Dinner Break

Session 2: 6pm

36 years - 40 years
35 years and under
Presentations

WEDNESDAY 6TH NOVEMBER: GRACEFULS

Session 1: 9am

70 years and over
58 years - 69 years
50 years - 57 years
44 years - 49 years
Presentations
Lunch Break

Session 2: 12:40pm

42 years - 43 years
40 years - 41 years
38 years - 39 years
Presentations
Short tea break

Session 3: 4:45pm

36 years - 37 years
33 years - 35 years
Presentations
Dinner Break

Session 4: 7:40pm

30 years - 32 years
29 years and under
Presentations

THURSDAY 7TH NOVEMBER

9am Session

50 years and over teams
Presentations

2:30pm Session

40 years - 43 years teams
Presentations

FRIDAY 8TH NOVEMBER

9am Session

44 years - 49 years teams
Presentations

3:00pm Session

39 years and under teams
Presentations

MESSAGE FROM ACF

To our fabulous Calisthenics Masters Competitors,

Welcome to the 2024 Pan Pacific Masters Games Calisthenics competition! It is with great pleasure and pride that I extend my warmest greetings to you. Your dedication, passion, and commitment to the sport of calisthenics is truly inspiring.

The PPMG is a celebration of not only your calisthenics skills, but also the spirit of camaraderie and sportsmanship that defines our community. Whether you are a seasoned competitor or participating for the first time, your presence here contributes to the vibrant and inclusive atmosphere that we cherish.

As you take to the stage, remember that every performance is a testament to your hard work and perseverance. Embrace the opportunity to showcase your skills, connect with fellow competitors, and create lasting memories. Your efforts and achievements are a source of inspiration for all of us in the calisthenics family.

On behalf of the ACF Board, I would also like to extend my heartfelt thanks to Di Treagus, Anita Roser, and all the volunteers who have worked tirelessly to make this event possible. Your dedication ensures that we can come together to celebrate our shared love for calisthenics.

Best of luck to all competitors! May your performances be filled with heart, passion, and joy.

Kerry Sargent
Chair
Australian Calisthenic Federation



ADJUDICATORS

LEAH KELLAWAY

Leah began calisthenics at age 3 in South Australia where she competed from Tinies through to Seniors and completed her Level 1 coaching course before moving to Queensland in 1997.

Leah has represented South Australia and Queensland as a competitor for both graceful solos and state teams. She has coached Intermediate and Senior teams and soloists to represent Queensland at National Calisthenics competitions. She has also coached Queensland teams who have competed at Royal South Street in Ballarat.

Leah has been involved with Rosemore Calisthenics for many years. Her favourite items to choreograph are Graceful solos, Aesthetics and Clubs.

Leah completed her adjudicator cadetship in 2017.

Leah has a passion for animal welfare and the human/animal connection and is currently the Head of Program Delivery for Happy Paws Happy Hearts.



DI LUKEY

Di commenced calisthenics at the age of 5 at St Marks Calisthenics and competed there for 25 years. Her coaching career began in 1990 at Karrington CC, advancing through divisions. Di then commenced coaching St Mark's CC Seniors from 1996 for 12 years - taking them from Div 9 to Div.1. She also successfully coached their Junior teams. In 2007, Di started mentor coaching at Avonde CC, working with most sections in the championship division until 2020. She also coached a non-competitive team with Jill Goss for over 10 years. Di has held various roles for CV including State team assistant coach and mentor, and Level 1 coordinator to name a few.

Since the inclusion of Master's sections in Calisthenics, Di has adjudicated most divisions in both solos and teamwork. She appreciates the talent on stage and the clever arrangements from the coaches. Di also appreciates the hard work from the competitors and the enjoyment they show when performing on stage.

During her 15 years of adjudicating, Di has adjudicated many times interstate, as well as many country competitions in both solos and teams in all age groups. She thoroughly enjoys working with interstate adjudicators at State Championships all over Australia. It is a highlight of her adjudicating career and working on panels is such a great experience.

Di has held numerous positions on ASCA Victoria committee, including her current cadet coordinator position.

Di loves all that calisthenics brings to her life: music, joy, performance, costumes, designing, creating and adjudicating. She loves it all.



ADJUDICATORS

GAYE PARKER

Gaye has been involved in the wonderful sport of Calisthenics since 1961. She started as a Sub-Junior and continued through to Seniors as a pupil at club level. Gaye also represented WA in State Junior and Senior teams. She commenced coaching as an assistant and qualified as a coach in 1975. Gaye has coached Sub Junior through to Senior teams at club level and as a WA State Team coach. She has also coached graceful solos, solos and duos at club and National level.

Gaye is an Advanced Level 2 Adjudicator and has been adjudicating since 1979. She has adjudicated in most states and at Nationals five times. Gaye was an examiner with the Pupil Skills Programme for many years until family commitments took priority.

Gaye is currently the treasurer of ASCA WA Branch and has held that position for twelve years. Prior to that Gaye has also held the role of Vice President and Secretary. Gaye is a mentor for WA coaches and the co-ordinator and instigator of the CAWA Mentor Programme. She hopes to give back to the sport she loves through her adjudicating and mentoring advice.

Gaye would like to wish all teams and individual competitors all the very best for their upcoming performances.



ADJUDICATORS

LISA VETTESE

Calisthenics has always been a major part of Lisa's life. She commenced her calisthenic career at the age of two following in the footsteps of her mother and grandmother. During her years as a pupil, she was chosen for many championship state teams in all age groups. Coached by her mother, she won all South Australian State Graceful Titles and in 1979, she won the prestigious Ballarat "Most Graceful Physical Culture Girl", as did her mother in 1957, making them the first mother and daughter winners.

Lisa is a Level 2 Coach and has been coaching for over 45 years with much success in all age groups at the top level in State/Ballarat/National Competitions. In 2012, she was a coach and a competitor in the Inaugural Pan Pacific Masters on the Gold Coast and took and competed in teams in 2016 and 2018 both being very successful.

Having started her adjudicating in 1980, she is a Level 2 Advanced Adjudicator and a member of the AAB. She has taken on many roles including President and has adjudicated all age groups and aspects of calisthenics in South Australia and Interstate. Outside calisthenics, Lisa and her family run a cafe franchise. She also spent many years studying gymnastics, piano, jazz, tap and ballet.

Lisa is fortunate to share her passion with her daughter who, for most of her life, has been a competitor and a coach as well as her granddaughter who has begun her calisthenic career. Together their love for calisthenics continues to strengthen.





**Australian
Calisthenic
Federation**



**TAYLA KENNEDY &
GEORGINA LAWSON
(VIC)**



**KARYN KELLY &
SUE HORWOOD
(SA)**



**CAROL CONWAY &
KARINA SHALEVSKI
(VIC)**



**JILL AHMED &
MARGIE BLACKWOOD
(SA)**



70 YEARS AND OVER

1. Margie Blackwood and Jill Ahmed

SA



57 TO 69 YEARS

1. Joanne Morris and Georgia Wallace

VIC



2. Karyn Kelly and Sue Horwood

SA



3. Carol Conway and Karina Shalevski

VIC



46 TO 56 YEARS

1. Jane Bollmeyer and Tania Sharpe

SA

2. Michaela Gray and Leanne Smith

VIC

3. Rachel Davis and Amanda McCracken

VIC

4. Michelle Hargraves and Leanne Kitchen

QLD

5. Kylie Pitruzzello and Melanie Miles

VIC

6. Kristen Gigante and Sarah Williams

SA

7. Helen Georgiou and Samantha Robinson

VIC

8. Cherise Jones and Angela Quarrell

VIC

9. Jodie Sims and Kari Craig

ACT

10. Leanne Dunn and Lisa Winning

VIC

41 TO 45 YEARS

1. Cindy Kay and Nicole Segar

VIC

2. Karina Nott and Cathleen Marshall

ACT

3. Elise Forster and Erin Petersen

VIC

4. Kathryn Nicol and Sarah Fortnam

VIC

5. Kelly Griffin and Kate Tierney

VIC

6. Sian Barrow and Kelly Lee

VIC

7. Susan Feleppa and Alexia Kohlmorgan

SA

8. Melanie Hare and Danielle Vertigan

VIC

9. Melanie Holland and Julie Antal

QLD

10. WITHDRAWN

11. Alicia Polman and Jade Woods

VIC

12. Carlee Camplin and Samantha Lewis

SA

36 TO 40 YEARS

- | | |
|---|-----|
| 1. Lisa Robins and Elspeth Ellis | VIC |
| 2. Amanda Fehling and Elisha Muller | VIC |
| 3. Kellee Keane and Georgina Pain | SA |
| 4. Lauryn Boyle and Nicola Davis-Robinson | VIC |
| 5. Emily Blair and Sharyn Richter | SA |
| 6. Tara Wigfield and Kara Van Hout | VIC |
| 7. Robyn Smith and Kyra Van Limbeek | ACT |
| 8. Kerry Batt and Louise Byrne | VIC |
| 9. Magenta Creed and Columbia Fitzell | VIC |
| 10. Hayley Nathan and Samantha Portlock | VIC |



35 YEARS AND UNDER

- | | |
|--|---------|
| 1. Ashleigh Gould and Alana Hermans | VIC |
| 2. Tayla Kennedy and Georgina Lawson | VIC |
| 3. Alexandra Andriolo and Catherine Stevens | ACT |
| 4. Alex Kenner and Megan Wilson | VIC |
| 5. Briana Martin-Bashtannyk and Amy Sinclair-Thomson | VIC |
| 6. Paige Dineen and Tessa Osborn | SA |
| 7. Jacqui Padusinski and Teagan Hearn | VIC |
| 8. Gemma Jahn and Kirsty Johnson | WA |
| 9. Allysha Agostinello and Selena Reynolds | VIC |
| 10. Jessica Phillips and Georgia Rollings | VIC |
| 11. WITHDRAWN | |
| 12. Erin Stewart and Georgia Venables | NSW/QLD |
| 13. Casey Hutchings and Natalie Johnson | VIC |





NORTHERN VIXENS (SA)



**OLIVIA
ADAMS**
(SA)



**DEBBIE
HAINES**
(VIC)



**MIRANDA
WONG**
(VIC)



**ELLIE
CONNELL**
(VIC)



BELINDA WILLIAMS
(NSW)



**EMILY
TRUSWELL**
(WA)



**KERYN
BELLINGHAM**
(SA)



70 YEARS AND OVER

1. Margie Blackwood SA
2. Jill Ahmed SA



58 TO 69 YEARS

1. Heather Mitchell SA
2. Liz Reed VIC
3. Debra Haines VIC
4. Karyn Kelly SA
5. Keryn Bellingham SA



50 TO 57 YEARS

1. Cherise Jones VIC
2. Jane Bollmeyer SA
3. Jo Davison VIC
4. Tania Sharpe SA
5. Cheryl Beck SA
6. Rachel Davis VIC
7. Jemima Jenson SA
8. Christine Yole VIC



44 TO 49 YEARS

1. Elspeth Dove VIC
2. Danielle Vertigan VIC
3. Jennifer Grinter VIC
4. Kathryn Nicol VIC
5. Linda Lund WA
6. Kylie Cawrse WA
7. Jennifer Powers VIC
8. Melanie Miles VIC
9. Skye Evers ACT
10. Lynne Coad VIC
11. Leanne Kitchen QLD
12. Gemma Jahn WA



There will be a short break after the conclusion of the 44 - 49 years section.

42 TO 43 YEARS

1. Linda Flannery SA
2. Sarah Fortnam VIC
3. Kylie Pitruzzello VIC
4. Elspeth Ellis VIC
5. Hayley Nathan VIC
6. Kristy Willson VIC
7. Withdrawn
8. Hailey McAuliffe VIC
9. Kristen Kennedy VIC
10. Rachel Wiltshire VIC
11. Kelly Griffin VIC
12. Karen Michael VIC
13. Carlee Camplin SA
14. Jade Woods VIC



40 TO 41 YEARS

1. Nicole Beher VIC
2. Samantha Sweet VIC
3. Sian Barlow VIC
4. Amanda Fehling VIC
5. Shiona Tatnell VIC
6. Melanie Brooks SA
7. Sara Wilcock SA
8. Melanie Hare VIC
9. Tara Wigfield VIC
10. Megan Miller VIC
11. Withdrawn
12. Kim Kirkham VIC



38 TO 39 YEARS

1. Alysha Crundwell VIC
2. Allison Schofield VIC
3. Cassie Drury SA
4. Angela McMahon VIC
5. Michelle D'Assisi VIC
6. Rebecca Brett VIC
7. Kylie McDonald VIC
8. Lisa Robins VIC
9. Alicia Polman VIC
10. Rebecca Dukes ACT
11. Natasha Page SA
12. Samantha Lewis SA



36 TO 37 YEARS

1. Penelope Rodgers VIC
2. Samantha Williams SA
3. Tessa Osborn SA
4. Rachel Harrison VIC
5. Felicity Vardon SA
6. Miranda Wong VIC
7. Louise Byrne VIC
8. Sarah Mitchell VIC
9. Tegan O'Reilly VIC



There will be a short break after the conclusion of the 38 - 39 years section and the 33 to 35 years section.

33 TO 35 YEARS

1. Kara Van Hout Smith VIC
2. Belinda Williams NSW
3. Alexandra Andriolo ACT
4. Abby Bernard VIC
5. Caitlin Job VIC
6. Kellee Keane SA
7. Laura Brummell VIC
8. Solandra McCulloch SA
9. Megan Naylor SA
10. Ellie Connell VIC
11. Amanda Carpenter VIC
12. Eleanor Petrie VIC
13. Leah Cowan VIC
14. Columbia Fitzell VIC



30 TO 32 YEARS

1. Georgia Rollings VIC
2. Jessica Phillips VIC
3. Paige Dineen SA
4. Catherine Murphy VIC
5. Alex Kenner VIC
6. Jessica Hardwick VIC
7. Kelsey Byrne SA
8. Paige Ellis VIC
9. Laura Norris SA
10. Caitlin Brown VIC
11. Mikaela Haintz QLD
12. Matilda Tucker VIC
13. Georgia Venables QLD
14. Emily Blair SA



29 YEARS AND UNDER

1. Kiara Noonan VIC
2. Emily Truswell WA
3. Georgina Lawson VIC
4. Lauren Ricci VIC
5. Tayla Kennedy VIC
6. Olivia Adams SA
7. Alana Hermans VIC
8. Katie Johnstone VIC

9. Cassandra Black VIC
10. Ashleigh Gould VIC
11. Alyssa Pietrucci VIC
12. Joanna Jin VIC





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MAROONDAH EMERALDS (VIC)



INNOVATION (SA)



CONTINUUM (WA)



BORONIA (VIC)

50 YEARS AND OVER

There will be a short break after the conclusion of the Rod Exercises.

MARCH

1. Knox Waverley
2. Brighton
3. Boronia
4. Windsor



CLUB SWINGING

1. Regent Gold
2. Ashgrove Angels
3. Larinda
4. Boronia Blue
5. Boronia
6. Brighton
7. Windsor



ROD EXERCISES

1. Ashgrove Angels
2. Regent Gold
3. Maroondah Gems
4. Larinda
5. Boronia Blue
6. Brighton
7. Boronia
8. Windsor
9. Knox Waverley



FREE EXERCISES

1. Larinda
2. Boronia
3. Knox Waverley
4. Ashgrove Angels
5. Regent Gold
6. Maroondah Gems



AESTHETIC

1. Brighton
2. Windsor
3. Larinda
4. Boronia
5. Knox Waverley
6. Ashgrove Angels
7. Regent Gold



CALISTHENIC REVUE

1. Windsor
2. Larinda
3. Brighton
4. Knox Waverley
5. Ashgrove Angels



40 YEARS TO 43 YEARS

There will be a short break after the conclusion of the Rod Exercises.

MARCH

1. Newport
2. Karilee
3. Innovation Blue
4. Berwick Blue
5. Chelsea
6. St. Marks
7. Westcoast Navy
8. Del Sante
9. Evatt





CLUB SWINGING - PART B

1. St. Marks
2. Del Sante
3. Berwick Blue
4. Westcoast Navy
5. Chelsea
6. Evatt
7. Innovation Blue



CLUB SWINGING - PART A

1. Keyzpark Blue
2. Fusion Fire Flies
3. Regent
4. Innovation Purple
5. Karilee
6. Berwick White
7. Newport



ROD EXERCISES - PART B

1. Berwick Blue
2. Keyzpark Blue
3. Evatt
4. Innovation Blue
5. Westcoast Navy
6. Innovation Purple



ROD EXERCISES - PART A

1. Karilee
2. Newport
3. St Marks
4. Fusion Fire Flies
5. Del Sante
6. Regent



40 YEARS TO 43 YEARS

FREE EXERCISES - PART A

1. Innovation Blue
2. Fusion Fire Flies
3. Westcoast Navy
4. Keyzpark Blue
5. Evatt
6. Regent

1st _____
2nd _____
3rd _____

FREE EXERCISES - PART B

1. Chelsea
2. Maroondah Emeralds
3. St. Marks
4. Berwick Blue
5. Newport

1st _____
2nd _____
3rd _____

AESTHETIC - PART A

1. Keyzpark Red
2. Innovation Purple
3. Chelsea
4. Karilee
5. Fusion Fire Flies

1st _____
2nd _____
3rd _____

AESTHETIC - PART B

1. Del Sante
2. St. Marks
3. Berwick Blue
4. Westcoast Navy
5. Regent
6. Evatt

1st _____
2nd _____
3rd _____



EVATT (ACT)

CALISTHENIC REVUE

1. Newport
2. Keyzpark Blue
3. Innovation Blue
4. Del Sante
5. Berwick White
6. Karilee
7. Chelsea
8. Fusion Fire Flies
9. Westcoast Gold

1st _____
2nd _____
3rd _____

44 YEARS TO 49 YEARS

There will be a short break after the conclusion of the Rod Exercises.

MARCH

1. Keyzpark Red
2. Continuum
3. Seaford Calisthenics
4. Blackburn Blue
5. Maroondah Emeralds
6. Seaton
7. Maroondah Sapphires
8. Regent
9. Geelong



CLUB SWINGING

1. Seaford Calisthenics
2. Keyzpark Red
3. Blackburn Blue
4. Continuum
5. Seaton
6. Helensvale
7. Maroondah Sapphires



ROD EXERCISES

1. Geelong
2. Seaford Calisthenics
3. Blackburn Blue
4. Seaton
5. Helensvale
6. Maroondah Sapphires
7. Keyzpark Red



FREE EXERCISES

1. Seaton
2. Helensvale
3. Continuum
4. Blackburn Blue
5. Geelong
6. Keyzpark Red



AESTHETIC

1. Helensvale
2. Seaford Calisthenics
3. Maroondah Emeralds
4. Blackburn Blue
5. Maroondah Sapphires
6. Continuum
7. Geelong



CALISTHENIC REVUE

1. Regent Gold
2. Seaton
3. Maroondah Emeralds
4. Helensvale
5. Seaford Calisthenics
6. Maroondah Sapphires
7. Continuum
8. Geelong





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MAROONDAH SAPPHIRES (VIC)



HELENSVALE (QLD)



CANADIAN BAY (VIC)

UNDER 39 YEARS

There will be a short break after the conclusion of the Rod Exercises.

MARCH

1. Florincey Peacocks
2. Ridgehaven
3. Emmanuel Emeralds
4. Blackburn Red
5. Jayde
6. Canadian Bay
7. Joulle
8. Avonde





EMMANUEL EMERALDS (VIC)

CLUB SWINGING - PART A

1. Glenroy Sapphires
2. Brindabella
3. Westcoast Gold
4. Emmanuel Gold
5. Florincey Peacocks
6. Blackburn Red



CLUB SWINGING - PART B

1. Emmanuel Emeralds
2. Jayde
3. Avonde
4. Canadian Bay
5. Ridgehaven



ROD EXERCISES - PART A

1. Brindabella
2. Westcoast Gold
3. Joulle
4. Emmanuel Emeralds
5. Glenroy Sapphires
6. Maroondah Emeralds



ROD EXERCISES - PART B

1. Blackburn Red
2. Canadian Bay
3. Ridgehaven
4. Jayde
5. Avonde



UNDER 39 YEARS

FREE EXERCISES

1. Joulle
2. Avonde
3. Brindabella
4. Canadian Bay
5. Emmanuel Emeralds
6. Ridgehaven
7. Glenroy Sapphires
8. Florincey Peacocks





RIDGEHAVEN (SA)

AESTHETIC

1. Westcoast Gold
2. Jayde
3. Blackburn Red
4. Avonde
5. Canadian Bay
6. Brindabella
7. Joulle
8. Glenroy Sapphires
9. Florincey Peacocks



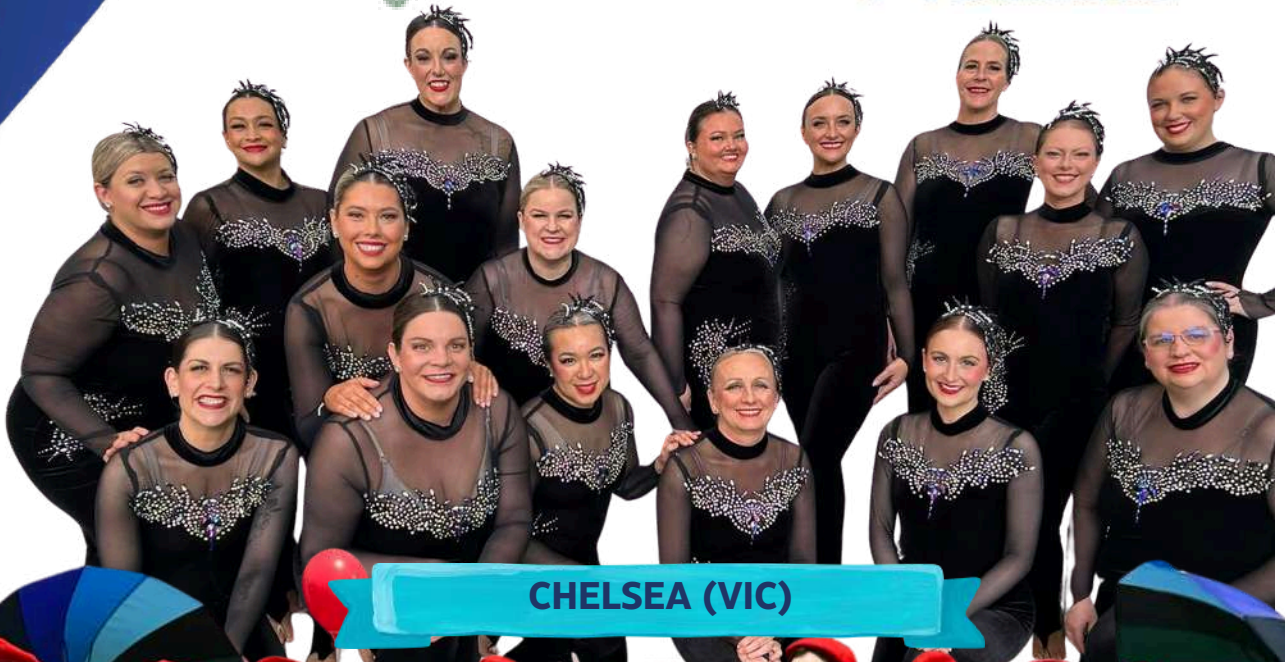
CALISTHENIC REVUE

1. Ridgehaven
2. Emmanuel Emeralds
3. Jayde
4. Blackburn Red
5. Brindabella
6. Joulle
7. Glenroy Sapphires
8. Florincey Peacocks





WESTCOAST (VIC)



CHELSEA (VIC)



FUSION FIRE FLIES (VIC)



KARILEE (ACT)

2024 VOLUNTEERS

- Kerry Sargent (ACF Chair person)
- Di Treagus (Pan Pacs Convenor)
- Anita Roser
- Jussahra Treagus
- Liz Kratzel
- Carolyn Fortune
- Raylene Angear
- Jan Lavender
- Jean Dowling
- Leslie Why
- Deb Bird
- Amanda Hocking
- Megan Kratzel
- Jo Hambleton
- Breanna Parker
- Nicholas Lavender
- Hayley Nathan
- Jacinta Gerin
- Kylie Poxan
- Natalie Patterson

A very big thank you to all our volunteers! A special thank you to the volunteers who have been with us since the beginning, 12 years ago - Jean Dowling, Liz Kratzel, Jan Lavender, Jussahra Treagus and Di Treagus.

Thankyou to our writers for all their work over the past 4 days - Toni Trussler, Debbie Haines, Jodie McVean, Melanie Holland, Traci Spalding, Lorraine Bamsey, Rachel Gates, Caitlin Gates, Mel Murphy and Traci Spalding



