



Woy Woy Peninsula Little Athletics

YEAR BOOK 2012/2013



Major sponsor 2012/2013:



Ettalong Beach
Community Bank® Branch



WOY WOY PENINSULA LITTLE ATHLETICS - PO Box 481, WOY WOY NSW 2256

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Woy Woy Peninsula Little Athletics Centre

Woy Woy Peninsula Little Athletics Centre welcomes you to the 2013/2014 season of Little Athletics. A warm welcome to all those who join us for the first time, and to those returning for another season.

Woy Woy Peninsula Little Athletics Centre commenced in 1983/1984. The first competition night was held on 23 September 1983 at Rogers Park, Woy Woy. Activities were relocated to McEvoy Oval, Umina in the 1986/1987 season, its current home apart from brief relocations to Ettalong Oval during oval refurbishment.

In 2013/2014 we welcomed back our major sponsors, Ettalong Beach Community Bank Branch of Bendigo Bank and Ettalong Bowling Club. Their support assists financing our club trophies and awards. Please let them know when using their services that you attend Woy Woy Little Athletics Centre.

The Committee worked very hard over the 2012/13 season to fundraise for the purchase of wireless electronic timing gates to be used on the straight track. We are very excited to introduce this new technology to our Club this season.

Over the years the club has seen some talented athletes that have gone on to represent Australia in National or State Championships. They are;

Kevin Moore – Kevin represented Australia at the Commonwealth games, for the 400m, and 4x4 relay.

Sarah Walkley Sarah represented Australia in the World Junior Championships in Jamaica and was an U20 State and National champion, **2001- 2003**.

Amanda Bartrim Amanda represented Australia at the Commonwealth Youth Games in Canada for pole vaulting, and was an U20 State and National Champion **2010**.

Katherine Peksis Katherine was a State and National champion as a 400m runner in **2010**.

Haley Oliver Haley was a State Level Hurdler, **1995 & 1996**.

Josh Ross Josh represented Australia at the Commonwealth games in the 100m and 200m. He is an Australian National champion in **2007 and 2010**. Josh also won the Stawell gift. For more information on this championship, you can visit the website at <http://www.stawellgift.com/hall-of-fame/history/>. Josh represented Australia at the 2012 Olympic Games in London for the relay. The team is ranked 7th best in the world. What a fantastic effort!

Mark Barron Mark won the 1st gold medal for the club at the NSW State Championships at Narrabeen for the 1500m, in 1985.

Megan Underhill Megan competed at National level for 1500M for Little Athletics.

Kylie Wildman Kylie was a State Hurdler for Little Athletics.

Janice Petersen Janice was a State level High Jumper and a news reader for SBS.

Bradman Best - Bradman competed in both the 200m and 70m 2009 NSW State Championship finals, winning a Silver in the 70m.

Lachlan Rousell – Lachlan competed in the 2012 State Championships in the 1500m Final.

Bailey Holt – Bailey competed at the 2013 State Championships in the 70m.

Rowan Brown – Rowan competed at the 2013 State Championships in the 1500m Final.

Mikayla Sonter – Mikayla competed at the 2013 State Championship in Long Jump and 200m Hurdles.

Daisy Duguid – Daisy competed at the 2013 State Championships in the 800m.

Elliot Easson – Elliot competed at the 2013 State Championships in the 800m.

Georgia Gordon – Georgia competed at the 2013 State Championships in the 1500m.

This is a fantastic representation of the talent that was developed at Woy Woy Little Athletics. All the best for an enjoyable season ahead, keeping in mind that Little Athletics motto is **...FOR...FAMILY....FUN...and...FITNESS.**

General Club Information

Volunteering your help

Little Athletics is run solely by volunteers - parents, families, past and present, who give their time enthusiastically to help run the evening successfully. Please do not leave all the work to other people, put up your hand and help.

Many of the duties such as timekeeping, recording, measuring, helping with setup / packup, etc are not as difficult as many parents believe. If you need help please speak to a member of the Committee who will be only be too happy to assist you.

This year it is a requirement that a parent/carer must offer their time to help at the Central Coast Zone Championships, Regional Championships and NSW State Championships if their child is competing at any of these events. An athletes entry form will not be accepted unless these terms are agreed to by a parent.

Weather Cancellations

As McEvoy oval drains quickly after rain, the committee make a decision by 4pm as to whether competition will commence that evening. **Please check the website or Facebook** page for up to date information in the event of cancellation.

Uniforms

The following must be worn on Friday nights to receive competition points:

- Official Woy Woy Peninsula Little A's centre uniform
- McDonalds Registration Number securely affixed to the front of the uniform top
- IGA Age Patch securely affixed to the left-hand side of your uniform either top or bottoms
- IGA Logo Badge securely affixed to the front right-hand side of the uniform top.

All members should compete in approved club uniform. This season we have introduced a new design. We have received approval from Little Athletics NSW to compete in both the old and new uniform at the Zone, Regional and State Championships for this season only. The uniform will however be transitioned at Club level over 2 years. All uniforms can be ordered from the Uniform Officer on a Friday night. Orders will be placed if we do not have your size in stock. That may take 3 to 4 weeks. Children waiting for uniforms to arrive must compete with their Registration Number and Age Patch pinned on the front of their clothing. With the exception of those children waiting for uniform orders to arrive, **points will not be awarded to any children competing out of club uniform.**

Age Patch

Age Patches must be worn by all competitors on the front left hand side of the uniform, either the top or bottom. If you happen to lose or misplace your age patch please see the Registrar for a replacement.

Uniforms cont....

Registration and Centre Numbers

Registration numbers must be worn on the front of the uniform top. Please ensure that the red border around this number is visible.

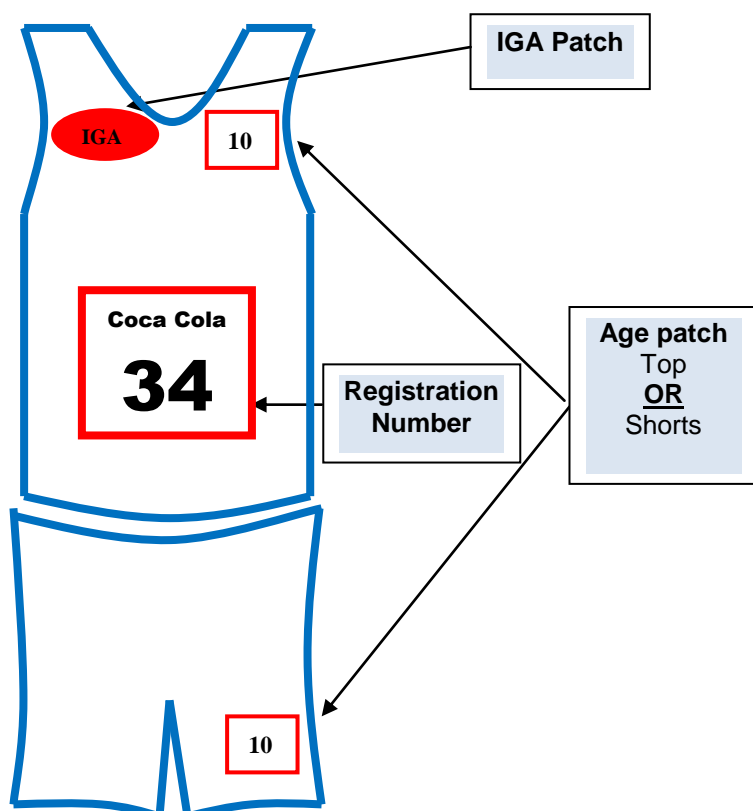
Please note that a timing chip has been sewn into the athletes registration patch and must not be tampered with as it could affect the athlete receiving points.

Our Centre Number is 178 and is worn on the back of the uniform top. This is an Association number and must be worn at all Association Events such as the Central Coast Zone Championships, Regional Championships, NSW State Championships, NSW State Multi Championships etc and other association and club carnival events. If any athlete decides to compete at any event outside our Friday competition nights please see the Registrar to obtain a 178 number, otherwise you may not be able to compete.

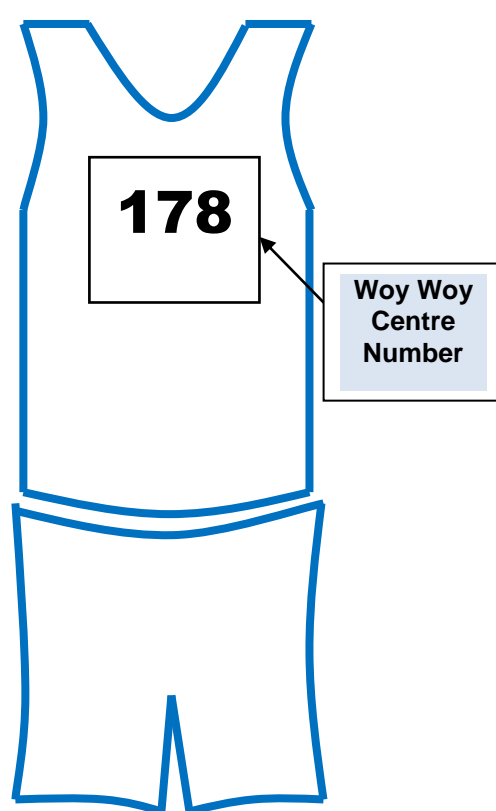
All numbers must be visible while you are competing in an event. Jackets, jumpers, track pants etc must be removed while you are competing. In field events after you have completed your throw or jump you may replace jackets etc to keep warm before your next competition jump/throw. If registration numbers are lost there is a replacement fee of \$5.00. **An athlete must have the registration number attached to their shirt by the second week of competition, otherwise no competition points will be allocated.**

Uniform Patch Diagram

FRONT



BACK



Behaviour

All competitors are expected to behave in a sportsman like manner. The use of foul or abusive language is not acceptable. Age Managers can exclude a competitor from an event or a night if behaviour is unsuitable. Continued misbehaviour or violent actions could lead to suspension and notification to the association. Parents and officials are reminded that they must set an example for the children. All families are asked to familiarise themselves with the Code of Conduct policy that is found on our website.

Meetings

Club committee meetings are currently held on the 2nd Monday every month at 7.00pm at Ettalong Bowling Club. Any change to this time and venue will be published on the website. If you feel there is something that needs attention, please bring it to a committee member's attention. Any complaints should be given or posted to the Secretary in writing, or via the web site email woywoylittleathletics@gmail.com There is a 20 day turnround, we aim to respond sooner.

Problems/Queries

Please let the officials/age managers keep the night moving. If you have a problem on competition nights please direct them to the President. Any general queries can be directed to a committee member (a parent in blue shirt/fluro vest) who will do their best to help you.

Coaching

Training by four qualified coaches who give their time generously is available to all members of our centre and is free of charge.

- Bob Walkley - Coaching Officer – Level IV coach – sprints, hurdles and middle distance for U9's upwards
- Mark Wilson –LAANSW Accredited - Basic Events - all ages and including field events and high jump.
- Robyn Brown – LAANSW Accredited – Basic Events – all ages and specialising in Long Jump / Triple Jump.
- Phil Burgess – LAANSW Accredited – Basic Events – all ages and specialising in Shot Put and Discus.

Summer training will be held on Tuesdays and Thursdays at McEvoy Oval. Please check our website for up to date information.

Hot Weather

During hot weather it is important that children are given plenty of water both in the days before doing little athletics and during events, with a water bottle handy.

Special Events

Zone Championships

Every child from U7's up is eligible and encouraged to compete at the Central Coast Zone Little Athletics Carnival which is on the weekend of 13, 14 and 15 December 2013 at the Mingara Athletics Centre. (U7's don't compete past Zone). A maximum of 4 events can be entered except for U13 to U17's who can now compete in up to 6 events (no more than 4 in one day). Applications for entry will be handed out in early October and **must** be returned by **Friday 1st November 2013**. No late entries will be accepted. We are only permitted 4 athlete entries in each event. If more than 4 nominate for an event the entries will be seeded, but this is uncommon and usually depends on the size of the age group. Details and program can be found on the following web site: www.centralcoastathletics.com.

With the exception of the U7's, those who finish 1st, 2nd, 3rd qualify for the Regional Championships which will be held at Mingara Athletics Centre in February 2014.

2012/2013 saw a record number of athletes compete at Zone. We encourage any interested athletes to compete for the experience.

Regional Championships

To enter the Regional Championships you must qualify through the Zone Carnival by placing in the first 3 in a final. The next 6 best times across all zones within your region are also taken.

Once again in 2012/2013 our athletes performed very well at the Regional Championships held at Glendale Sports Centre and should be proud of their achievements. Well done and congratulations to:

Alesha Ball	Leisel Collins	Elliot Easson	Luke Podnar
Tahnee Ball	Anna Cooper	Zali Fulton	Lewis Pratt
Lara Beer	Amy Corda	Connor Gallen	Thomas Rodham
Kala Bennett	Leonie Corda	Georgia Gordon	Lachlan Rousell
Bradman Best	Jack Cotton	Ava Healey	Mikayla Sonter
Ruby Best	Isabella Devivo	Zac Healey	Kyla Tucker
Rowan Brown	Keiran Diamond	Bailey Holt	Shaun Turnbull
Ryan Brown	Courtney Diggelmann	Kale Livesley	Leith Van Aalderen
Jessica Brown-Hall	Daisy Duguid	Michael Pain	Ethan Vorstenbosch
Emily Yannis	Thomas Wilson	Alina Watson	Hayden Vorstenbosch

NSW Little Athletics State Championships – Track & Field

In the 2012/2013 season we had 5 people represent at the State Track and Field Championships at Sydney Olympic Stadium. They were:

- Bailey Holt
- Daisy Duguid
- Rowan Brown
- Mikayla Sonter
- Georgia Gordon
- Elliot Easson

Dual Athletes

Under a recent agreement with Little Athletics NSW and NSW Athletics, U12 to U17 athletes can also register with NSW Athletics at no extra cost (there may be a small charge at some clubs). This means older athletes can also compete in the NSW Country Championships within age groupings (held at Glendale near Newcastle in January 2014), and other Athletics NSW events, for that extra challenge, and, as in some cases, along with their whole family.

Club Pentathlon

The Club Pentathlon is held every year on the first week back after the Christmas break. All competitors receive an engraved medal with their point score.

Weekly Results

Little Athletics is committed to reducing our carbon footprint. This season, the weekly results for all athletes will be available for viewing on the Results HQ website – www.resultshq.com.au. You will be asked to enter your email address and password that was emailed to you at the start of the season. If you have forgotten your password, you have the option of clicking on the “I’ve Forgotten my Password” link where you will be emailed it again.

There will be no tickets printed with results. Results can be handwritten into the athletes achievement booklets or printed off the website.

The onus is on all parents/guardians/carers to log onto the website and check the results are correct. Any queries can be emailed to the Records and Ranking Officers, via our website.

Awards

Eunice Harris Memorial Award

This is the club's highest award. The criteria for recipients are Current Year Age Champion, Sportsmanship, Training at Club, representation at various carnivals outside club level. It is awarded to both a boy and girl. An athlete can only win the award once. The decision is made by the Committee at the end of the season.

Previous Award Winners

<u>Season</u>	<u>Boy</u>	<u>Girl</u>
1988-1989	Raymond Hall	Megan Underhill
1991-1992	Joshua Ross	Angela Murphy
1992-1993	Jamie McMaster	Kylie Coombes
1993-1994	Adam Lovie	Danielle Edwards
1994-1995	Sean Heath	Tracie Shackleton
1995-1996	Dean McGoldrick	Kara Shackleton
1996-1997	No award winner	Katherine Peksis
1997-1998	Chris Wood	Sarah Walkley
1998-1999	Aaron Hamstra	Jessica Morrell
1999-2000	Luke Peat	Susan Sobczsak
2000-2001	John Crocker	Corrine Edwards
2001-2002	Luke Donahue	Samantha Tomlin
2002-2003	Brayden Williame	Amanda Thorpe
2003-2004	No award winner	Elle Peters
2004-2005	No award winner	Amanda Bartrim
2005-2006	Dylan Buhagiar	Jenna Chapman
2006-2007	No award winner	No award winner
2007-2008	No award winner	No award winner
2008-2009	No award winner	No award winner
2009-2010	No award winner	Mikhali Clune
2010-2011	No award winner	Mikayla Sonter
2011-2012	No award winner	No award winner
2012-2013	Lachlan Rousell	No award winner

A.T.B. Trophy Perpetual Award – Junior and Senior

This trophy is awarded to the highest overall point score. Points are awarded 5 for 1st, 4 for 2nd, 3 for 3rd, 2 for 4th, 1 for 5th in each event competed in. As the age groups have a differing number of events, averaging is used to assess the points equally. There is a Junior Award for Under 6 to Under 12 age groups and a Senior Award for Under 13 to Under 17 age groups.

Keith Wilmot Award

This award is calculated using the athlete's improved personal performance over the season. The recipients of other trophies are excluded from this award.

Previous Award Winners

Season	Boy	Girl
1992-1993	No award winner	Kara Shackleton
1993-1994	Daniel Heilbron	No award winner
1994-1995	Jason Wright	No award winner
1995-1996	Jonathon Mark	Katherine Peksis
1996-1997	Grant Quick	Charmaine Samsley
1997-1998	Michael Paterson	Rachel Woods
1998-1999	Adam Rosenberg	Hannah Leslie
1999-2000	Jay Duckworth	Samantha Mainwaring
2000-2001	Mitchell McAskill	Tamara Mainwaring
2001-2002	Reece Jones	Elise Cansdale
2002-2003	Bryden Leach	Melissa Ford
2003-2004	Nicholas Car	Rebecca Dick
2004-2005	Jordan O'Donnell	Rochelle Martin
2005-2006	Luke Boxsell	Morgan Thorndyke
2006-2007	William Bishop	Danielle Ross
2007-2008	Riley Shipton	Neve Parsons
2008-2009	Benjamin Rogers	Kayla Sutherland
2009-2010	Kane Silman	Sophie Williamson
2010-2011	Luke Brown	Tahlia Makepeace
2011-2012	Calan Tucker	Zali McGann
2012-2013	Benjamin Rogers	Emily Yannis

Age Champions

1st, 2nd, 3rd in both Boys and Girls in each age group. Points are awarded as for the A. T. B. Trophy.

Encouragement Awards

Age managers nominate those who they feel have made considerable effort etc to have a go on competition nights. Usually one per age group.

Year Awards

Five and ten year awards are issued for five and ten year continuous membership.

Ron Finlayson Encouragement Award

Ron Finlayson has been a strong supporter of the Club for many years through his role on the Board of the Ettalong Beach club and wanted to personally donate an award. Ron requested that the encouragement award be made to both an Under 12 Girl and Boy who have attempted their best throughout the season and all other recipients of the trophies are excluded. The Committee decides the Award winners after taking into account the recommendations made by the Under 12 Age Managers for their encouragement awards.

Previous Award Winners

<u>Season</u>	<u>Boy</u>	<u>Girl</u>
2000-2001	Paul Steel	Sally Whatnall
2001-2002	Matt Kennedy	Rachael Leslie
2002-2003	Timothy Alderson	Jessica O'Keeffe
2003-2004	Craig Wilcox	Katie Wood
2004-2005	Jay Duckworth	No award winner
2005-2006	Sean O'Keeffe	Sharni Williams
2006-2007	no award winner	no award winner
2007-2008	Jacob Smith	no award winner
2008-2009	no award winner	Jessamy King
2009-2010	no award winner	Danielle Ross
2010-2011	no award winner	Shallee Robertson
2011-2012	no award winner	Abbey Johnson
2012-2013	Rory Channon	Emma Crocker

CLUB AWARDS FOR 2012/2013 ATHLETIC SEASON

The Eunice Harris Memorial Award

Lachlan Rousell (U11)

Keith Wilmot Improved Personal Performance Award

Girl - Emily Yannis (U11)
Boy - Benjamin Rogers (U13)

ATB Highest Point Score Award

Senior - Michael Pain (U17)
Junior - Charlotte Rousell (U7)

Ron Finlayson U/12 Encouragement Award

Girl - Emma Crocker
Boy - Rory Channon

Age Champions

Girls

Under 6 1st Sophie Pratt
 2nd Ruby Wilson
 3rd Matilda Brown-Hall

Encouragement - Tully Roser

Under 7 1st Charlotte Rousell
 2nd Leilani Mitchell
 3rd Jodie Miller

Encouragement – Misty McPhee

Under 8 1st Heather Snape
 2nd Leisel Collins
 3rd Ava Healey

Encouragement – Lily Argent

Under 9 1st Caisha Shorrock
 2nd Daisy Duguid
 3rd Kloe Bible

Encouragement – Eva Miller

Under 10 1st Tahnee Ball
 2nd Iona Snape
 3rd Kala Bennett

Encouragement – Shannon Spencer

Under 11 1st Emily Yannis
 2nd Jessica Brown-Hall
 3rd Alina Watson

Encouragement – Kyla Tucker

Under 12 1st Courtney Diggelmann
 2nd Anna Cooper
 3rd Laura Cooper

Encouragement – Emma Crocker

Under 13 1st Alesha Ball
 2nd Caitlin Allan
 3rd Amelia Williamson

Encouragement – Amelia Williamson

Under 15 1st Mikayla Sonter
 2nd Georgia Gordon
 3rd Amy Corda

Under 17 1st Audrey Hennessey

Boys

Under 6 1st Jake Argent
 2nd Edwin Lloyd-Jones
 3rd Mason Taylor

Encouragement – Nathan Dick

Under 7 1st Riley Holt
 2nd Ashton O'Sullivan
 3rd Zachary Straker

Encouragement – Maximus Miller

Under 8 1st Lewis Pratt
 2nd Lachlan Bishell
 3rd Blake Skepper

Encouragement – Logan Radford

Under 9 1st Bailey Holt
 2nd Elliot Eason
 3rd Connor Gallen

Encouragement – Nicholas DeVivo

Under 10 1st Israel Dedeigbo
 2nd Jake Martin
 3rd Cameron Skepper

Encouragement – Jack Wilson

Under 11 1st Lachlan Rousell
 2nd Zac Healey
 3rd Rowan Brown

Encouragement – Jackson Quinell

Under 12 1st Dylan Pardy
 2nd Kale Livesley
 3rd Bradman Best

Encouragement – Rory Channon

Under 13 1st Finn Fagerstrom
 2nd Benjamin Rogers
 3rd Tanmai Saha

Encouragement – Jake Staunton

Under 15 1st Luke Podnar

Under 17 1st Michael Pain
 2nd Jacob Smith

Five year Continuous Membership Award Medals

- ❖ Jack Wilson
- ❖ Thomas Wilson
- ❖ Tyrone Green
- ❖ Zac Fulton
- ❖ Coby Bauert-Simon
- ❖ Emily Yannis
- ❖ Alina Watson
- ❖ Mae Johnson
- ❖ Abbey Johnson
- ❖ Lachlan Russell
- ❖ Jasmine Duxbury

Ten year Continuous Membership Award Medals

- ❖ Michael Pain

100% Attendance Awards

- | | |
|---------------------|-----------------------|
| ❖ Nathan Dick | ❖ Jasmine Duxbury |
| ❖ Ruby Wilson | ❖ Lachlan Rousell |
| ❖ Riley Holt | ❖ Oliver Rimmer |
| ❖ Alec Williamson | ❖ Jackson Quinell |
| ❖ Charlotte Rousell | ❖ Thomas Wilson |
| ❖ Leilani Mitchell | ❖ Isabella Holt |
| ❖ Max Watson | ❖ Alina Watson |
| ❖ India Duguid | ❖ Emily Yannis |
| ❖ Georgie Clune | ❖ Jessica Brown-Hall |
| ❖ Shaun Turnbull | ❖ Courtney Diggelmann |
| ❖ Bailey Holt | ❖ Caitlin Allan |
| ❖ Tallara Sonter | ❖ Amelia Williamson |
| ❖ Daisy Duguid | ❖ Benjamin Rogers |
| ❖ Rose Rimmer | ❖ Finn Fagerstrom |
| ❖ Zoe Williamson | ❖ Mikayla Sonter |
| ❖ Jack Wilson | |
| ❖ Israel Dedeigbo | |

Woy Woy Peninsula Little Athletics Centre Life Members

- | | |
|----------------------------|----------------------|
| ❖ Graeme Hutch | ❖ Julie Peksis |
| ❖ Pat Hutch | ❖ Robert Walkley |
| ❖ Sam Sammut | ❖ Mirelle Edwards |
| ❖ Lyn Sammut | ❖ Suzanne Shackleton |
| ❖ Ken Petersen | ❖ Graham Morrell |
| ❖ Frank Underhill | ❖ Joy Morrell |
| ❖ Denise Underhill | ❖ Brian Wildman |
| ❖ Peter Maxwell-Coghlan | ❖ Jamie O'Donnell |
| ❖ Lorraine Maxwell-Coghlan | ❖ Stephen Dwyer |

Woy Woy Peninsula Little Athletics Club Pentathlon Results

Our Club Pentathlon was held on 11 January 2013. Congratulations to everyone that competed on the night. The following is a list of the top 3 Places in each group.

Girls

Under 6	Points
1 st Sophie Pratt	2465
2 nd Ruby Wilson	2062
3 rd Ngarie Lovell	1775

Under 7	Points
1 st Charlotte Rousell	3065
2 nd Leilani Mitchell	2500
3 rd Jodie Miller	2424

Under 8	Points
1 st Leisel Collins	3301
2 nd Ava Healey	2849
3 rd Ruby Best	2406

Under 9	Points
1 st Caisha Shorrock	3148
2 nd Charlotte Lockett	3109
3 rd Daisy Duguid	2936

Under 10	Points
1 st Tahnee Ball	3224
2 nd Kala Bennett	2978
3 rd Shannon Spencer	2761

Under 11	Points
1 st Alina Watson	3417
2 nd Emily Yannis	3377
3 rd Jessica Brown-Hall	3296

Under 12	Points
1 st Courtney Diggelmann	2753
2 nd Laura Coopoe	2697
3 rd Amber Leggett	2682

Under 13	Points
1 st Alesha Ball	2497
2 nd Caitlin Allan	2371
3 rd Amelia Williamson	435

Under 15	Points
1 st Mikayla Sonter	3041
2 nd Georgia Gordon	2964

Boys

Under 6	Points
1 st Dominic Blayney	2052
2 nd Edwin Lloyd-Jones	1801
3 rd Jaylen Travers	1690

Under 7	Points
1 st Ashton O'Sullivan	3335
2 nd Sean Bullen	3321
3 rd Riley Hold	2992

Under 8	Points
1 st Lewis Pratt	3218
2 nd Blake Skepper	3055
3 rd Lachlan Bishell	2764

Under 9	Points
1 st Bailey Holt	3655
2 nd Ryan Brown	3129
3 rd Shaun Turnbull	3109

Under 10	Points
1 st Jake Martin	3684
2 nd Israel Dedeigbo	3417
3 rd Jaylen O'Sullivan	3327

Under 11	Points
1 st Lachlan Rousell	3816
2 nd Rowan Brown	3810
3 rd Zac Healey	3694

Under 12	Points
1 st Bradman Best	4091
2 nd Kale Livesley	3302
3 rd Dylan Pardy	3204

Under 13	Points
1 st Finn Fagerstrom	2799
2 nd Benjamin Rogers	2240
3 rd Jake Staunton	1059

Under 15	Points
1 st Luke Podnar	2940

2012/2013 Centre Results and Records

Centre Records

Centre Records can only be set on our Friday Competition Nights at McEvoy Oval. This has always been the policy since the centre commenced back in 1983/1984. Records for all events are displayed on the front of the Age Manager's folder.

In all running events the official timers will have the sole responsibility in the timing of the events and it will only be from this source that records will be recognised by the Committee. Please note that parents and coaches who separately time an event will do so for their own purposes. Any time from this source will not be recognised by the Committee as a centre Record. Sometimes problems do occur with the timing device etc. but this only happens on the rare occasion.

In all field events the Age Manager has the responsibility to ensure that the athlete completes a throw or jump in accordance with the rules for that event. If an Age Manager believes that a Record has been broken they must stop the event (especially in High Jump, Long and Triple Jump) and get a Committee Member to verify the distance, height etc. before the record can be recognised. The committee Member will re-measure the throw or jump, check the implement being used is correct for that age group and in Long Jump for U/6 to U/12 the imprint on the takeoff area.

In respect to High Jump, the Committee Member must measure the height of the bar, prior to the athlete attempting the Record, not after the Jump. Please find a Committee Member for this if a record is about to be attempted.

Field Event Records will not be recognised unless a Committee Member has verified the record and signed the Field Event Sheet.

All records broken will be presented at the next Committee meeting by the Records and Ranking Officer for ratification. Once ratified the Record will be confirmed and a Certificate issued to the Athlete in recognition of their achievement.

The following Records were broken during the 2012-2013 season:

▪	Leisel Collins	U8 Girl	Long Jump	3.56	19/10/12
▪	Bradman Best	U12 Boy	100m	13.37	11/01/13
▪	Bradman Best	U12 Boy	200m	28.05	02/11/12
▪	Mikayla Sonter	U15 Girl	60m	8.32	08/02/13
▪	Michael Pain	U17 Boy	100m	12.69	08/02/13
▪	Michael Pain	U17 Boy	200m	26.62	02/11/12
▪	Michael Pain	U17 Boy	400m	1-05.46	09/11/12
▪	Michael Pain	U17 Boy	800m	2-32.01	02/11/12
▪	Michael Pain	U17 Boy	Long Jump	5.06	08/03/13
▪	Michael Pain	U17 Boy	Triple Jump	9.89	09/11/12
▪	Michael Pain	U17 Boy	60m	7.96	08/02/13

*U16/U17's records began in 2007/2008 season. Up to and including the 2009-2010, season the under U16/U17's used U15 equipment specifications. From 2010/2011 new equipment to reflect LAA NSW guidelines.

2012 / 2013 Centre Results

UNDER 6 GIRLS

2012 / 2013 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
50M	Sophie Pratt	9.51	50M	K Coombes	9.42	01/11/1990
70M	Sophie Pratt	14.07	70M	L Dunn	12.05	01/03/1985
100M	Sophie Pratt	20.37	100M	Kylie Coombes	18.73	01/03/1991
200m	Sophie Pratt	46.23	200m	Charlotte Rousell	41.87	06/01/2012
300M (Pack)	Sophie Pratt	1-17.78	300M (Pack)	Charlotte Rousell	1-10.55	16/12/2011
Long Jump	Sophie Pratt	2.81	Long Jump	Georgia Gordon	2.85	19/12/2003
Shot Put	Sophie Pratt	4.07	Shot Put	Amara Pilson	4.41	27/02/2009
Discus	Sophie Pratt	8.17	Discus	Rebecca Dick	11.40	27/02/2004

UNDER 6 BOYS

2012 / 2013 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
50M	Jake Argent	10.28	50M	Trent Buhagiar	8.86	02/02/2007
70M	Jake Argent	14.26	70M	Tim Bell	12.56	01/03/1992
100M	Edwin Lloyd-Jones	20.50	100M	S Dixon	17.91	01/03/1990
200m	Edwin Lloyd-Jones	48.59	200m	A Myles	39.49	01/02/1990
300M (Pack)	Edwin Lloyd-Jones	1-16.73	300M (Pack)	J O'Donnell	1-07.4	02/03/2001
Long Jump	Edwin Lloyd-Jones	2.66	Long Jump	T Buhagiar	2.96	05/03/2004
Shot Put	Benjamin Dufficy	3.54	Shot Put	T Buhagiar & L Podnar	5.38	05/03/2004
Discus	Maximus Leaitua	9.64	Discus	T Buhagiar	14.54	31/10/2003

UNDER 7 GIRLS

2012 / 2013 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
50M	Charlotte Rousell	9.24	50M	Kristy Knight	8.91	01/01/1994
70M	Charlotte Rousell	13.30	70M	A Peters	11.51	01/03/1991
100M	Charlotte Rousell	18.59	100M	A Peters	17.3	01/03/1991
200m	Charlotte Rousell	41.61	200m	M O'Connor	38.12	22/11/1991
500M (Pack)	Charlotte Rousell	2-02.84	500M (Pack)	Kylie Coombes	1-59.36	06/03/1992
Long Jump	Charlotte Rousell	2.71	Long Jump	Georgia Gordon	2.99	17/12/2004
Discus	Charlotte Rousell	8.60	Discus	Emily Diaz	14.35	14/01/2005
Shot Put	Charlotte Rousell	4.71	Shot Put	K Reilly	8.92	01/11/1987

UNDER 7 BOYS

2012 / 2013 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
50M	Sean Bullen	8.75	50M	L Cornish	8.7	24/03/2000
70M	Ashton O'Sullivan	12.02	70M	Tim Bell	11.37	01/03/1993
100M	Ashton O'Sullivan	17.51	100M	J Moore	16.54	01/03/1990
200m	Ashton O'Sullivan	40.04	200m	R Hall	35.85	01/03/1998
500M (Pack)	Ashton O'Sullivan	1-58.89	500M (Pack)	R Hall	1-44.49	01/02/1988
Long Jump	Ashton O'Sullivan	3.10	Long Jump	T Buhagiar	3.32	28/01/2005
Shot Put	Sean Bullen	5.49	Shot Put	D Whitehead	7.3	01/02/1984
Discus	Sean Bullen	14.85	Discus	T Buhagiar	16.77	11/03/2005

UNDER 8 GIRLS

2012 / 2013 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
70M	Leisel Collins	11.67	70M	A Beauchamp	11.17	01/01/1991
100M	Leisel Collins	16.41	100M	L Dunn	16.22	01/03/1987
200m	Heather Snape	37.74	200m	Kylie Coombes	36.50	05/03/1993
400m	Heather Snape	1-26.51	400m	A Murphy	1-22.33	07/02/1992
60M hurdles	Heather Snape	12.25	60M hurdles	C Hardwick	12.20	20/03/1998
Long Jump	Leisel Collins	3.56	Long Jump	Leisel Collins	3.56	19/10/2012
Shot Put	Leisel Collins	5.50	Shot Put	S Hudson	6.81	01/01/1990
Discus	Leisel Collins	13.75	Discus	S Hudson	16.03	01/01/1990
Pack	Heather Snape	2-52.13	Pack	A Murphy	2-38.40	13/03/1992

UNDER 8 BOYS

2012 / 2013 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
70M	Lewis Pratt	11.50	70M	T McDonald	11.10	07/01/2000
100M	Lewis Pratt	17.29	100M	R Hall	15.78	01/03/1989
200m	Lewis Pratt	36.75	200m	R Hall	33.92	01/03/1989
400m	Blake Skepper	1-23.95	400m	R Hall	1-16.66	01/12/1988
60M hurdles	Euan Cooper	12.76	60M hurdles	Luke Donahue	11.40	05/12/1997
Long Jump	Lachlan Bishell Lewis Pratt	3.07	Long Jump	Luke Podnar	3.69	10/03/2006
Shot Put	Euan Cooper	5.59	Shot Put	N Coffey	9.72	01/11/1987
Discus	Lewis Pratt	11.93	Discus	C Currie	22.92	31/12/1993
Pack	Blake Skepper	2-44.39	Pack	R Hall	2-27.18	01/12/1988

UNDER 9 GIRLS

2012 / 2013 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
70M	Charlotte Lockett	11.69	70M	K Rowbotham	10.59	01/03/2002
100M	Charlotte Lockett	16.64	100M	Shellie Wilkes	15.30	26/03/1999
200m	Caisha Shorrocks	36.61	200m	Shellie Wilkes	32.70	26/03/1999
400m	Daisy Duguid	1-25.43	400m	Emily Mullen	1-15.60	27/03/1998
800M	Daisy Duguid	3-11.72	800M	Emily Mullen	2-52.7	27/03/1998
700M Walk			700M Walk	Samantha Tomlin	4-07.50	14/03/1997
60M hurdles	Charlotte Lockett	11.82	60M hurdles	Shellie Wilkes	11.00	26/03/1999
Long Jump	Caisha Shorrocks	3.30	Long Jump	T Miller	3.57	11/03/2005
High Jump	Isabella Dodsworth	0.97	High Jump	B Whitehead	1.15	01/12/1996
Shot Put	Caisha Shorrocks	6.24	Shot Put	E Cansdale	7.35	15/03/2002
Discus	Caisha Shorrocks	13.42	Discus	Emily Diaz	21.49	23/02/2007

UNDER 9 BOYS

2012 / 2013 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
70M	Bailey Holt	10.88	70M	Luke Podnar	10.87	10/11/2006
100M	Elliot Easson	15.50	100M	J Ross & D Whitehead	14.61	01/01/1990
200m	Elliot Easson	33.61	200m	D Whitehead	31.70	01/03/1986
400m	Elliot Easson	1-20.78	400m	R Hall	1-12.04	01/10/1989
800M	Elliot Easson	2-58.75	800M	R Hall	2-41.79	01/03/1990
700M Walk			700M Walk	D Booth	3-52.52	27/02/1997
60M hurdles	Connor Gallen	11.27	60M hurdles	Joshua Ross	10.09	01/11/1989
Long Jump	Bailey Holt	3.70	Long Jump	Trent Buhagiar	4.10	09/03/2007
High Jump	Mason Freewater Presley Shanks	1.10	High Jump	R Hall, J Ross, D Booth	1.25	01/03/1990
Shot Put	Connor Gallen	5.81	Shot Put	J McMaster	10.23	08/11/1991
Discus	Bailey Holt	16.50	Discus	C Currie	25.74	24/02/1995

UNDER 10 GIRLS

2012 / 2013 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
70M	Leonie Corda	11.60	70M	Shellie Wilkes	10.70	17/03/2000
100M	Leonie Corda	16.26	100M	J Peterson	14.56	01/02/1987
200M	Leonie Corda	35.02	200M	Shellie Wilkes	31.30	17/03/2000
400M	Iona Snape	1-19.32	400M	Amanda Morris	1-11.20	13/02/1998
800M	Iona Snape	3-00.17	800M	K Dent	2-46.40	01/02/1990
1500M	Iona Snape	6-25.76	1500M	Emily Mullen	5-47.80	26/02/1999
1100M Walk			1100M Walk	Samantha Tomlin	6-02.50	13/03/1998
60M Hurdles	Iona Snape	12.49	60M Hurdles	J Peterson	10.62	01/02/1987
Long Jump	Tahnee Ball	3.37	Long Jump	Teigan Miller	4.17	10/03/2006
High Jump	Tahnee Ball	1.15	High Jump	Samantha Tomlin	1.22	07/11/1997
Shot Put	Tahnee Ball	5.55	Shot Put	E Cansdale	8.22	03/01/2003
Discus	Jasmine Duxbury	14.95	Discus	A Brady	21.35	24/03/2000

UNDER 10 BOYS

2012 / 2013 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
70M	Jake Martin	11.07	70M	Luke Donahue	10.30	24/03/2000
100M	Jaylen O'Sullivan	15.78	100M	D Whitehead	13.22	01/03/1987
200M	Israel Dedeigbo	33.59	200M	R Hall	30.40	01/02/1991
400M	Jake Martin	1-16.10	400M	R Hall	1-12.05	01/02/1991
800M	Jake Martin	2-46.44	800M	R Hall	2-43.08	01/03/1991
1500M	Jake Martin	5-39.13	1500M	M Taylor	5-29.11	01/02/1998
1100M Walk			1100M Walk	D Booth	6-14.00	27/03/1998
60M Hurdles	Israel Dedeigbo	12.07	60M Hurdles	P Haime	10.31	01/10/1986
Long Jump	Jaylen O'Sullivan	3.46	Long Jump	Trent Buhagiar	4.28	29/02/2008
High Jump	Jaylen O'Sullivan	1.12	High Jump	D Whitehead	1.38	01/10/1986
Shot Put	Tyrone Green	6.49	Shot Put	T Arnold	8.76	01/12/1985
Discus	Aiden Hoch	15.60	Discus	L Crutcher	32.80	01/02/1985

UNDER 11 GIRLS

2012 / 2013 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M	Alina Watson	15.00	100M	B Martin	14.07	01/03/1991
200M	Alina Watson	32.88	200M	Shellie Wilkes	30.00	23/03/2001
400M	Alina Watson	1-15.94	400M	Shellie Wilkes	1-06.50	23/03/2001
800M	Emily Yannis	3-01.38	800M	Emily Mullen	2-44.60	19/11/1999
1500M	Emily Yannis	6-00.50	1500M	A Godden	5-38.87	01/03/1991
1100M Walk			1100M Walk	Samantha Tomlin	6-07.10	30/10/1998
60M Hurdles	Jessica Brown-Hall	12.49	60M Hurdles	Hayley Oliver	10.62	31/12/1993
Long Jump	Jessica Brown-Hall	3.88	Long Jump	Amanda Thorpe	4.27	07/03/2003
High Jump	Isabella Devivo	1.17	High Jump	Samantha Tomlin	1.33	05/03/1999
Triple Jump	Jessica Brown-Hall	7.96	Triple Jump	Amanda Thorpe	9.08	31/01/2003
Shot Put	Isabella Devivo	5.77	Shot Put	V Lovie	8.86	05/11/1995
Discus	Jessica Brown-Hall	17.38	Discus	V Lovie	22.86	08/12/1995

UNDER 11 BOYS

2012 / 2013 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M	Lachlan Rousell	14.73	100M	Joshua Ross	13.41	06/03/1992
200M	Zac Healey	32.50	200M	Luke Donahue	30.00	17/11/2000
400M	Zac Healey	1-14.47	400M	P McInerney	1-08.00	01/03/1990
800M	Rowan Brown	2-44.42	800M	R Hall	2-34.36	08/11/1991
1500M	Lachlan Rousell	5-28.40	1500M	J Stratton	5-26.2	23/03/2001
1100M Walk	Lachlan Rousell	6-45.02	1100M Walk	D Booth	6-11.7	02/10/1998
60M Hurdles	Lachlan Rousell	11.83	60M Hurdles	Luke Donahue	10.30	23/03/2001
Long Jump	Lachlan Rousell	3.82	Long Jump	Luke Podnar	4.92	06/02/2009
High Jump	Zac Healey	1.23	High Jump	D Whitehead	1.45	01/12/1987
Triple Jump	Kyle Dufficy	7.60	Triple Jump	B Williame	9.14	28/11/2003
Shot Put	Ethan Johnson	7.86	Shot Put	B Rogers	10.18	11/02/2011
Discus	Zac Healey	17.34	Discus	D Whitehead	33.13	01/11/1987

UNDER 12 GIRLS

2012 / 2013 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M	Amber Leggett	15.15	100M	Cassandra Webber	13.47	12/01/2007
200M	Courtney Diggelmann	34.80	200M	Cassandra Webber	28.70	09/03/2007
400M	Courtney Diggelmann	1-22.59	400M	Cassandra Webber	1-07.64	08/12/2006
800M	Courtney Diggelmann	3-14.09	800M	Megan Underhill	2-32.77	01/02/1989
1500M	Courtney Diggelmann	6-24.83	1500M	Megan Underhill	5-00.15	01/02/1989
1500M Walk			1500M Walk	Samantha Tomlin	8-43.70	24/03/2000
60M Hurdles	Anna Cooper	12.23	60M Hurdles	Tracy Shackleton	10.20	05/03/1993
Long Jump	Courtney Diggelmann	3.90	Long Jump	Amanda Thorpe	5.15	05/03/2004
High Jump	Laura Cooper	1.18	High Jump	J Peterson	1.45	01/03/1989
Triple Jump	Courtney Diggelmann	8.42	Triple Jump	Amanda Thorpe	10.35	05/03/2004
Shot Put	Stephanie Eyre	6.32	Shot Put	A McMaster	10.48	24/01/1997
Discus	Courtney Diggelmann	12.05	Discus	E Cansdale	23.65	11/03/2005

UNDER 12 BOYS

2012 / 2013 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M	Bradman Best	13.37	100M	Bradman Best	13.37	11/01/2013
200M	Bradman Best	28.05	200M	Bradman Best	28.05	02/11/2012
400M	Bradman Best	1-09.53	400M	R Hall	1-04.54	11/12/1992
800M	Bradman Best	2-57.90	800M	M Barron	2-31.38	01/02/1987
1500M	Bradman Best	6-04.37	1500M	R Hall	5-10.58	26/02/1993
1500M Walk	Dylan Pardey	10-22.93	1500M Walk	R Ryan	8-56.31	15/02/2002
60M Hurdles	Bradman Best	11.34	60M Hurdles	Joshua Ross	9.43	05/03/1993
Long Jump	Jack Cotton	4.34	Long Jump	B Williame	4.82	11/03/2005
High Jump	Bradman Best	1.35	High Jump	D Whitehead	1.51	01/02/1989
Triple Jump	Bradman Best	8.70	Triple Jump	B Williame	10.22	15/10/2004
Shot Put	Lachlan Paine	7.97	Shot Put	A Lovie	10.66	01/01/1991
Discus	Coby Bauert-Simon	22.20	Discus	B Lovie	34.48	01/03/1989

UNDER 13 GIRLS

2012 / 2013 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M	Alesha Ball	15.18	100M	Hayley Oliver	13.10	02/10/1995
200M	Kiara Kelly	32.62	200M	Kylie Wildman	27.80	26/03/1999
400M	Kiara Kelly	1-15.18	400M	Katherine Peksis	1-02.60	07/03/1997
800M	Alesha Ball	3-03.23	800M	Katherine Peksis	2-27.55	01/11/1996
1500M	Alesha Ball	6-44.09	1500M	Megan Underhill	4-55.34	01/11/1989
3000M			3000M	Holly Speerin	12-01.26	14/03/2003
1500M Walk			1500M Walk	K Hall	8-00.01	01/12/1988
80M H	Caitlin Allan	17.72	80M H	Kylie Wildman	13.50	26/03/1999
200M H	Mae Johnson	40.00	200M H	Kylie Wildman	29.90	26/03/1999
Long Jump	Kiara Kelly	3.85	Long Jump	Amanda Thorpe	4.95	04/03/2005
High Jump	Alesha Ball	1.24	High Jump	J Peterson	1.50	01/02/1990
Triple Jump	Caitlin Allan	7.80	Triple Jump	Amanda Thorpe	10.61	12/11/2004
Shot Put	Alesha Ball	5.88	Shot Put	D Searston	9.36	03/02/1995
Discus	Alesha Ball	15.80	Discus	Elise Cansdale	31.63	10/03/2006
Javelin	Alesha Ball	14.03	Javelin	Susan Sobczak	26.18	26/02/1999
60M Run	Kiara Kelly	9.20	60M Run	Cassandra Webber	8.16	21/12/2007

UNDER 13 BOYS

2012 / 2013 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M	Tanmai Saha	14.94	100M	Chris Marshall	12.22	01/02/1987
200M	Sidney Hoch	31.00	200M	K Moore	27.43	04/10/2002
400M	Finn Fagerstrom	1-12.44	400M	Chris Marshall	1-01.66	01/12/1986
800M	Finn Fagerstrom	2-48.15	800M	N Tiko	2-27.04	07/03/2003
1500M	Finn Fagerstrom	5-49.53	1500M	Chris Marshall	4-55.94	01/12/1986
3000M			3000M	J Stratton	10-29.82	07/03/2003
1500M Walk			1500M Walk	David Mainwaring	7-55.97	28/02/2003
80M Hurdles	Tanmai Saha	16.22	80M Hurdles	Chris Wood	13.30	27/03/1998
200M H	Finn Fagerstrom	33.98	200M H	Chris Woods	30.80	27/03/1998
Long Jump	Tanmai Saha	4.10	Long Jump	Brayden Williame	4.90	03/03/2006
High Jump	Tanmai Saha	1.25	High Jump	D Whitehead	1.60	01/12/1989
Triple Jump	Sidney Hoch	8.72	Triple Jump	Luke Donahue	10.45	06/12/2002
Shot Put	Benjamin Rogers	7.10	Shot Put	A Lovie	13.03	20/03/1992
Discus	Benjamin Rogers	17.40	Discus	Aaron Hamstra	35.80	13/03/1998
Javelin	Tanmai Saha	16.10	Javelin	Aaron Hamstra	32.35	06/03/1998
60M Run	Tanmai Saha	9.00	60M Run	Luke Donahue	8.10	20/02/2003

UNDER 14 GIRLS

2012 / 2013 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M	n/a		100M	Hayley Oliver	13.20	08/11/1996
200M			200M	K Shackleton	27.60	27/02/1998
400M			400M	Katherine Peksis	1-02.50	06/02/1998
800M			800M	Katherine Peksis	2-29.00	27/02/1998
1500M			1500M	Megan Underhill	5-03.45	01/03/1991
3000M			3000M	Holly Speerin	12-47.50	01/11/2002
1500M Walk			1500M Walk	K Hall	8-14.82	01/01/1990
80M Hurdles			80M Hurdles	Kylie Wildman	13.10	03/12/1999
200M H			200M H	Kylie Wildman	31.40	11/02/2000
Long Jump			Long Jump	Shellie Wilkes	5.10	24/10/2003
High Jump			High Jump	Tara Shackleton	1.62	03/03/1995
Triple Jump			Triple Jump	Amanda Thorpe	10.69	18/11/2005
Shot Put			Shot Put	D Searston	9.64	20/10/1995
Discus			Discus	C Edwards	24.77	16/02/2001
Javelin			Javelin	Susan Sobczak	21.66	17/03/2000
60M Run			60M Run	Jenna Chapman	8.40	23/11/2007

UNDER 14 BOYS

2012 / 2013 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M	n/a		100M	T Edwards	12.15	01/10/1989
200M			200M	P Steel	24.96	18/10/2002
400M			400M	C Marshall, A Hamstra	59.80	01/02/1998
800M			800M	Dylan Buhagiar	2-28.85	14/03/2008
1500M			1500M	J Stratton	4-58.66	15/03/2004
3000M			3000M	J Stratton	10-22.26	26/03/2004
1500M Walk			1500M Walk	D Mainwaring	7-28.86	28/11/2003
90M Hurdles			90M Hurdles	C Wood	13.50	30/10/1998
200M H			200M H	Aaron Hamstra	27.50	27/11/1998
Long Jump			Long Jump	D Manuelle	5.54	07/03/2003
High Jump			High Jump	D Manuelle	1.75	28/02/2003
Triple Jump			Triple Jump	Luke Donahue	11.19	30/01/2004
Shot Put			Shot Put	Aaron Hamstra	12.93	26/03/1999
Discus			Discus	Aaron Hamstra	49.26	26/03/1999
Javelin			Javelin	Aaron Hamstra	47.50	12/03/1999
60M Run			60M Run	Kevin Moore	7.83	26/09/2003

UNDER 15 GIRLS

2012 / 2013 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M	Mikayla Sonter	14.07	100M	D Taylor, D Edwards, K Shackleton	13.20	01/10/1988
200M	Mikayla Sonter	29.47	200M	Kara Shackleton	26.60	26/03/1999
400M	Mikayla Sonter	1-14.69	400M	Katherine Peksis	1-08.80	27/11/1998
800M	Amy Corda	2-56.29	800M	Katherine Peksis	2-26.70	05/03/1999
1500M	Georgia Gordon	6-23.25	1500M	Katherine Peksis	5-34.40	13/11/1998
3000M	Amy Corda	13-14.42	3000M	Katherine Peksis	11-47.90	13/11/1998
1500M Walk			1500M Walk	Sarah Walkley	8-13.80	27/02/1998
90M Hurdles	Mikayla Sonter	15.10	90M Hurdles	Jessica Morrell	14.50	26/03/1999
200M H	Mikayla Sonter	33.64	200M H	Shellie Wilkes	30.83	08/10/2004
Long Jump	Mikayla Sonter	4.55	Long Jump	Samantha Tomlin	5.08	14/03/2003
High Jump	Georgia Gordon	1.38	High Jump	Tara Shackleton	1.66	05/01/1996
Triple Jump	Mikayla Sonter	8.84	Triple Jump	Samantha Tomlin	9.69	06/12/2002
Shot Put	Georgia Gordon	6.77	Shot Put	Susan Sobczak	10.11	23/03/2001
Discus	Georgia Gordon	18.18	Discus	Amanda Bartrim	26.60	10/03/2006
Javelin	Mikayla Sonter	10.73	Javelin	Susan Sobczak	28.07	23/03/2001
60M Run	Mikayla Sonter	8.32	60M Run	Mikayla Sonter	8.32	08/02/2013

UNDER 15 BOYS

2012 / 2013 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M	Luke Podnar	13.25	100M	T Edwards	11.83	01/02/1991
200M	Luke Podnar	28.62	200M	Aaron Hamstra	25.50	24/10/1999
400M	Luke Podnar	1-10.68	400M	C Marshall	55.86	01/03/1989
800M	Luke Podnar	2-47.24	800M	C Marshall	2-20.65	01/01/1989
1500M	Luke Podnar	6-54.17	1500M	J Stratton	4-47.59	26/11/2004
3000M			3000M	J Stratton	10-26.37	19/11/2004
1500M Walk			1500M Walk	Cameron Bruce	8-24.58	03/03/2006
100m H			100m H	C Wood	14.80	08/10/1999
200M H	Luke Podnar	30.88	200M H	Aaron Hamstra	28.00	29/10/1999
Long Jump	Luke Podnar	5.08	Long Jump	Robert Cross	5.90	14/03/2008
High Jump	Luke Podnar	1.65	High Jump	D Manuelle	1.70	09/12/2003
Triple Jump	Luke Podnar	10.90	Triple Jump	Luke Donahue	11.80	18/02/2005
Shot Put	Luke Podnar	9.18	Shot Put	Aaron Hamstra	14.62	24/03/2000
Discus	Luke Podnar	24.55	Discus	Aaron Hamstra	54.79	15/03/2000
Javelin	Luke Podnar	28.15	Javelin	Aaron Hamstra	55.91	04/02/2000
60M Run	Luke Podnar	8.60	60M Run	Robert Cross	7.87	14/03/2008

UNDER 16 GIRLS

2011 / 2012 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M			100M	Mikhali Clune	14.86	07/01/2011
200M			200M	Mikhali Clune	33.06	26/11/2010
400M			400M	Mikhali Clune	1-19.13	03/12/2010
800M			800M	Emily Clune	4-11.30	06/09/2011
1500M			1500M	Emily Clune	9-50.20	
3000M			3000M			
1500M Walk			1500M Walk			
90M H			90M H	Elle Carr	57.00	25/01/2008
100M H			100M H	Emily Clune	30.35	
200M H			200M H			
Long Jump			Long Jump	Mikhali Clune	4.18	26/10/2010
High Jump			High Jump	Mikhali Clune	1.35	07/01/2011
Triple Jump			Triple Jump	Elle Carr	8.00	22/02/2008
Shot Put			Shot Put	Rochelle Martin	8.60	19/03/2010
Discus			Discus	Rochelle Martin	26.87	19/03/2010
Javelin			Javelin	Rochelle Martin	21.30	20/11/2009
60M Run			60M Run	Elle Carr	9.87	11/01/2008

UNDER 16 BOYS

2011 / 2012 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M			100M	Robert Cross	12.71	10/10/2008
200M			200M	Mathew Isok	26.95	16/11/2007
400M			400M	Mathew Isok	1-00.99	16/11/2007
800M			800M	Mathew Isok	2-21.39	11/01/2008
1500M			1500M	Luke Martin	11-03.88	01/01/2010
3000M			3000M	Mathew Isok	13-00.45	23/11/2007
1500M Walk			1500M Walk			
100 H			100 H	Mathew Isok	20.63	25/01/2008
200M H			200M H	Mathew Isok	30.06	19/10/2007
Long Jump			Long Jump	Robert Cross	5.90	30/01/2009
High Jump			High Jump	Robert Cross	1.80	30/01/2009
Triple Jump			Triple Jump	Luke Martin	9.45	15/01/2010
Shot Put			Shot Put	Mathew Isok	9.96	07/03/2008
Discus			Discus	Luke Martin	27.10	05/02/2010
Javelin			Javelin	Robert Cross	27.40	07/11/2008
60M Run			60M Run	Mathew Isok	7.97	14/03/2008

*U16/U17's first introduced only in 2007/2008 season and field 'records' not always validated.

UNDER 17 GIRLS

2011 / 2012 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M	Audrey Hennessey	15.03	100M	Mikhali Clune	13.92	14/10/2011
200M			200M	Emily Clune	41.86	08/10/2010
400M	Audrey Hennessey	1-40.73	400M	Mikhali Clune	1-24.04	16/12/2011
800M	Audrey Hennessey	3-56.61	800M			
1500M			1500M			
3000M			3000M			
1500M Walk			1500M Walk			
100 H			100 H			
200M H			200M H			
Long Jump	Audrey Hennessey	4.13	Long Jump	Mikhali Clune	4.18	02/12/2011
High Jump	Audrey Hennessey	1.15	High Jump	Mikhali Clune	1.35	16/12/2011
Triple Jump			Triple Jump	Mikhali Clune	8.56	24/02/2012
Shot Put	Audrey Hennessey	7.91	Shot Put	Rochelle Martin	11.00	14/01/2011
Discus	Audrey Hennessey	20.00	Discus	Rochelle Martin	27.80	21/01/2011
Javelin	Audrey Hennessey	9.40	Javelin	Rochelle Martin	29.50	28/01/2011
60M Run	Audrey Hennessey	9.27	60M Run	Audrey Hennessey	9.27	02/11/2012

UNDER 17 BOYS

2011 / 2012 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M	Michael Pain	12.69	100M	Michael Pain	12.69	08/02/2013
200M	Michael Pain	26.62	200M	Michael Pain	26.62	02/11/2012
400M	Michael Pain	1-05.46	400M	Michael Pain	1-05.46	09/11/2012
800M	Michael Pain	2-32.01	800M	Michael Pain	2-32.01	02/11/2012
1500M	Michael Pain	5-47.42	1500M	Michael Pain	5-47.42	15/02/2013
3000M			3000M			
1500M Walk			1500M Walk			
110 H			110 H	Luke Martin	18.27	04/10/2010
200M H	Michael Pain	30.25	200M H	Michael Pain	30.25	19/10/2012
Long Jump	Michael Pain	5.06	Long Jump	Michael Pain	5.06	08/03/2013
High Jump	Michael Pain Jacob Smith	1.30	High Jump	Luke Martin	1.45	03/12/2010
Triple Jump	Michael Pain	9.89	Triple Jump	Michael Pain	9.89	09/11/2012
Shot Put	Michael Pain	7.55	Shot Put	Luke Martin	11.69	14/01/2011
Discus	Michael Pain	24.42	Discus	Luke Martin	34.14	11/02/2011
Javelin	Jacob Smith	14.95	Javelin	Luke Martin	35.18	14/01/2011
60M Run	Michael Pain	7.96	60M Run	Michael Pain	7.96	08/02/2013

Club Rules and Regulations

In order for our events to be conducted in a safe and efficient manner, it is necessary to have some basic rules and regulations. It is in the interests of all our competitors that we ask everyone to cooperate and adhere to the following:

1. Spiked shoes can only be worn from Under 9's up, and should only be worn at the actual start of an event (track or field). Upon completion of that event PLEASE REMOVE the spiked shoes and wear joggers or other non-spiked shoes.

Wearers of spiked shoes should remain alert to the presence of other competitors or spectators who may be sitting or standing in their vicinity. Athletes should only wear spikes in the following events:- All Sprints up to 400m, Hurdles, Long Jump, High Jump and Triple Jump.

N.B. SPIKE LENGTH ON SYNTHETIC TRACKS '-

When competing on these tracks, strict rules apply on the length of spikes used. The following usually applies:

For track events 7mm synthetic track spikes are used. For starting blocks: 10mm spikes are allowed, Field events 9mm spikes. Please be aware that you are not permitted to remove the spikes from running shoes and use those shoes for events that do not permit spikes ie. 800m up.

2. All athletes are permitted to use starting blocks in the following events:- 70m 100m 200m 400m Hurdles Relays (the first leg-runner only) (Starting blocks are of course optional equipment for athletes).
3. Association rules state that shoes MUST be worn in all HURDLE events and on all synthetic tracks. Our track at McEvoy Oval is not in that category but our athletes will encounter these tracks when competing in some special Carnivals or in higher competition.

N.B. SHOES MUST BE WORN AT ALL TIMES AT MCEVOY OVAL.

4. No field event implements (shot put, discus) should be handled by anyone except a competitor in the circle about to compete. While waiting for your turn, do not handle any equipment in the bucket which will be under the supervision of your team manager.

Anyone assisting with the placement of position markers for throwing events should ensure that they have their eyes on the competitor at all times until the throw is executed (i.e. NEVER turn your back to the competitor while he / she is in the circle)

5. Nobody should pass in front of a competitor who is about to execute a throw in the discus, shot put or javelin event.
6. Please obey any instructions given by an official or team manager.

2013/2014 Season Dates

Friday 11 October 2013	1st Competition Night
Friday 18 October 2013	Competition Night
Friday 25 October 2013	Competition Night (zone entries in)
Friday 1 November 2013	Competition Night
Friday 8 November 2013	Competition Night
Friday 15 November 2013	Competition Night
Friday 22 November 2013	Competition Night
Friday 29 November 2013	Competition Night
Friday 6 December 2013	Competition Night
Friday 13 December 2013	NO CLUB COMPETITION

<i>Friday 13 December 2013</i>	<i>Central Coast Zone Carnival Mingara</i>
<i>Saturday 14 December 2013</i>	<i>Central Coast Zone Carnival Mingara</i>
<i>Sunday 15 December 2013</i>	<i>Central Coast Zone Carnival Mingara</i>

Friday 20 December 2013	Last competition Night for 2013
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Friday 17 January 2014	Club Pentathlon
Friday 24 January 2014	Competition Night
Friday 31 January 2014	Competition Night
Friday 7 February 2014	Competition Night
Friday 14 February 2014	Competition Night
Friday 21 February 2014	Competition Night

<i>22 Saturday February 2014</i>	<i>Regional Carnival - Mingara Athletics Centre</i>
<i>23 Sunday February 2014</i>	<i>Regional Carnival - Mingara Athletics Centre</i>

Friday 28 February 2014	Competition Night
Friday 7 March 2014	Competition Night
Friday 14 March 2014	No Athletics
Friday 21 March 2014	No Athletics
Friday 28 March 2014	Club Presentation – McEvoy Oval

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