



Woy Woy Peninsula Little Athletics

YEAR BOOK 2013/2014



Major sponsor 2013/2014:



Ettalong Beach
Community Bank® Branch



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

Website www.woywoyplac.org

Email woywoylittleathletics@gmail.com

Facebook <https://www.facebook.com/#!/WoyWoyPeninsularLittleAthletics>

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Woy Woy Peninsula Little Athletics Centre

Woy Woy Peninsula Little Athletics Centre welcomes you to the 2014/2015 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 2014/2015 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.

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.

Fundraising

Fundraising is paramount to the sustainability of a non-profit organisation such as our Club. Unfortunately we do not have a Fundraising Officer appointed to the Committee for the 2014/15 Season. We have therefore introduced a Fundraising Levy of \$20 per athlete which will assist with the purchasing of new and maintenance of old equipment. Please be aware that a large proportion of your registration fees does not go directly to Woy Woy Little Athletics and what we have left is put towards trophies and end of season gifts for our athletes. Hence why it is so important we fundraise to ensure our athletes have the resources available to successfully and safely compete in Little Athletics.

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.

Lightening in outdoor sport is dangerous. We will appoint a weather watcher to monitor the weather forecasts and look for signs of developing local thunderstorms such as high winds, darkening clouds and any lightning or thunder. Our centre is guided by the Little Athletics Policy.

In the event of extreme heat it is important for athletes to carry extra water. Please look at our website for cancellations due to extreme heat.

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.

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
- Jetstar Age Patch securely affixed to the left-hand side of your uniform either top or bottoms
- Jetstar Logo Badge securely affixed to the front right-hand side of the uniform top.

All members should compete in approved club uniform. Last season we introduced a new uniform design. We received approval from Little Athletics NSW to compete in both the old and new uniform last season however the new uniform design must be adopted this season by athletes who will be competing at Zone, Regional or State competitions. 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.

Registration and Centre Numbers

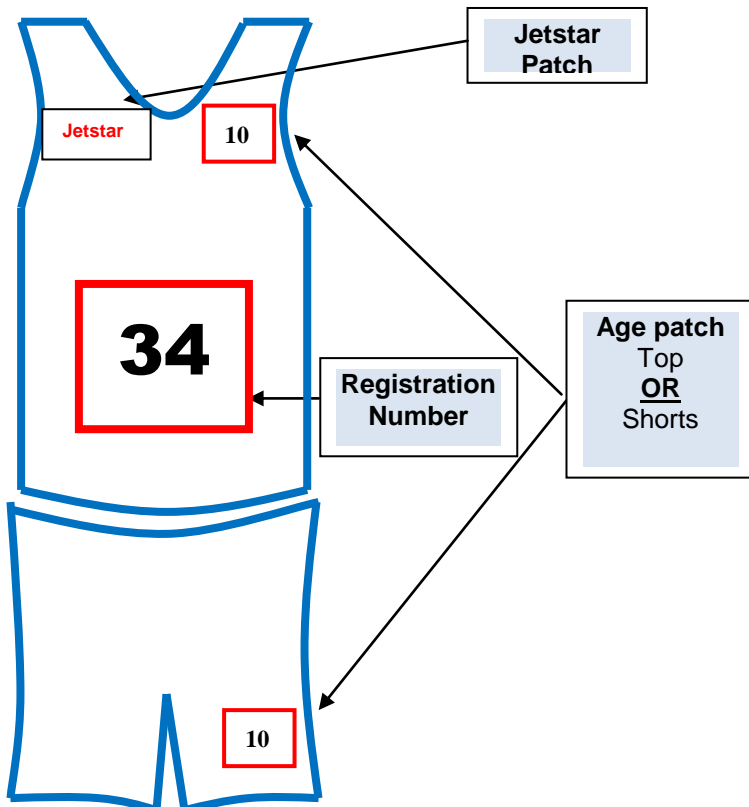
Registration numbers must be worn on the front of the uniform top. **Please ensure that the red border around this number is visible.**

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.

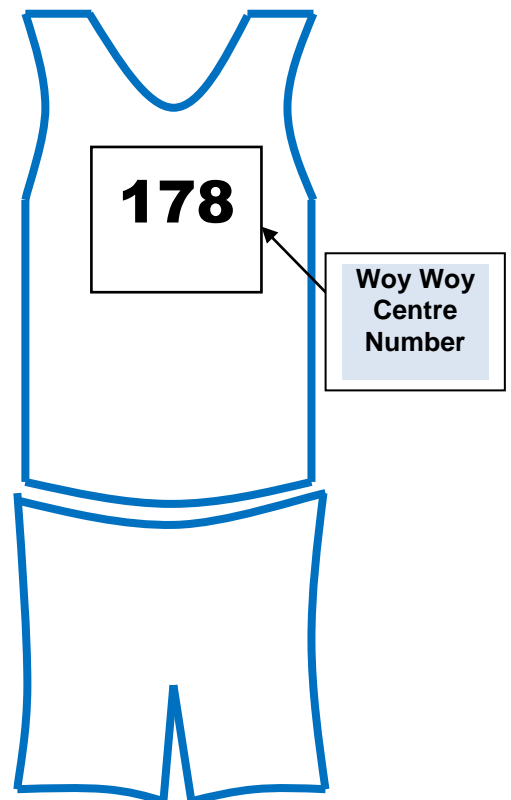
All numbers must be visible while you are competing in an event. Jackets, jumpers, track pants etc must be removed while you are competing. In field events after you have completed your throw or jump you may replace jackets etc to keep warm before your next competition jump/throw. If registration numbers 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



Meetings

Club committee meetings are currently held on the first Wednesday 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.

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 12, 13 and 14 December 2014 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 7th November 2014**. 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.

2013/2014 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 2013/2014 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:

Caitlin Allan	Leisel Collins	India Duguid	Jesse Quinell
Alesha Ball	Steve Collins	Elliot Easson	Thomas Rodham
Tahnee Ball	Anna Cooper	Finn Fagerstrom	Charlotte Rousell
Blayden Butler	Laura Cooper	B Fishenden	Lachlan Rousell
Lara Beer	Jack Cotton	Zali Fulton	Caisha Shorrocks
Kala Bennett	Israel Dedeigbo	Connor Gallen	Blake Skepper
Bradman Best	Keiran Diamond	Georgia Gordon	Mikayla Sonter
Ruby Best	Zahlia Dedman	Ava Healey	Kyla Tucker
Ryan Brown	Courtney Diggelmann	Zac Healey	Alina Watson
Jessica Brown-Hall	Kyle Dufficy	Bailey Holt	Emily Yannis
Jed Hoyland	Mason Freewater	Isabella Holt	Lewis Pratt
Amber Leggett	Daisy Duguid	Riley Holt	

NSW Little Athletics State Championships – Track & Field

In the 2013/2014 season we had 6 people represent at the State Track and Field Championships at Sydney Olympic Stadium. They were:

- Israel Dedeigbo
- Daisy Duguid
- Mikayla Sonter
- Elliot Easson
- Ruby Best
- Bradman Best

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 2015), 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.

We will always endeavour to have the weekly results published prior to the following Friday night competition however please be mindful and patient as this is a large task and at times may be difficult to reach that timeframe.

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
2013-2014	No award winner	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
2013-2014	Benjamin Rogers	Alina Watson

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
2013-2014	Luke Brown	Isabella Holt

CLUB AWARDS FOR 2013/2014 ATHLETIC SEASON

The Eunice Harris Memorial Award

No Award Recipients

Keith Wilmot Improved Personal Performance Award

Girl - Alina Watson (U12)
Boy - Benjamin Rogers (U14)

ATB Highest Point Score Award

Senior - Alesha Ball (U15)
Junior - Charlotte Rousell (U8)

Ron Finlayson U/12 Encouragement Award

Girl - Isabella Holt
Boy - Luke Brown

Age Champions

Girls

Under 6 1st Elizabeth Rodham
 2nd Sophia Grey
 3rd Jumoke Dedeigbo

Encouragement - Lara Miller

Under 7 1st Laura Reeves
 2nd Ruby Wilson
 3rd Jessica Drury

Encouragement –Kayleigh Hanna

Under 8 1st Charlotte Rousell
 2nd Jodie Miller
 3rd Leilani Mitchell

Encouragement – Ellena Grey

Under 9 1st Leisel Collins
 2nd Heather Snape
 3rd Lily Westerman

Encouragement – India Duguid

Under 10 1st Caisha Shorrock
 2nd Kloe Bible
 3rd Daisy Duguid

Encouragement – Mayah Armstrong

Under 11 1st Tahnee Ball
 2nd Iona Snape
 3rd Kala Bennett

Encouragement – Cinta Rochford

Under 12 1st Emily Yannis
 2nd Jessica Brown-Hall
 3rd Kyla Tucker

Encouragement – Isabella Holt

Under 13 1st Courtney Diggelmann
 2nd Anna Cooper
 3rd Laura Cooper

Encouragement – Amber Leggett

Under 14 1st Alesha Ball
 2nd Caitlin Allan
 3rd Kiara Kelly

Encouragement – Britney Thompson

Under 15 1st Tahlia Best

Under 16 1st Georgia Gordon
 2nd Mikayla Sonter

Boys

Under 6 1st Raj Sharma
 2nd Kadin Mitchell
 3rd Marshall Michie

Encouragement – Caleb de Vivo

Under 7 1st Brody Stevenson
 2nd Jake Argent
 3rd William Bruton-Wallace

Encouragement –Dominic Blayney

Under 8 1st Riley Holt
 2nd Sanjay Sharma
 3rd Ryder Michie

Encouragement – Bailey Chislett

Under 9 1st Lewis Pratt
 2nd Kieran Diamond
 3rd Logan Radford

Encouragement – Lachlan Bishell

Under 10 1st Bailey Holt
 2nd Elliot Easson
 3rd Connor Gallen

Encouragement – Cooper Slattery

Under 11 1st Israel Dedeigbo
 2nd Jamie Fussell
 3rd Cooper Staunton

Encouragement – Hayden Vorstenbosch

Under 12 1st Kyle Dufficy
 2nd Lachlan Rousell
 3rd Zac Healey

Encouragement – Luke Brown

Under 13 1st Jack Cotton
 2nd Kale Livesley
 3rd Blake Fishenden

Encouragement – Christopher Robinson

Under 14 1st Finn Fagerstrom
 2nd Benjamin Rogers
 3rd Ethan Vorstenbosch

Encouragement – Joshua Proctor

Under 16 1st Jesse Quinell

Under 17 1st Blayden Butler

Five year Continuous Membership Award Medals

- ❖ Luke Brown
- ❖ Ryan Brown
- ❖ Lachlan Rousell
- ❖ Emma Crocker
- ❖ Kiara Kelly
- ❖ Kloe Bible
- ❖ Zali Fulton
- ❖ Tallara Sonter
- ❖ Mikayla Sonter
- ❖ Jessica Brown-Hall
- ❖ Zoe Williamson
- ❖ Bradman Best

Ten year Continuous Membership Award Medals

- ❖ No Award Recipients

100% Attendance Awards

- ❖ Hanne Macey
- ❖ Jumoke Dedeigbo
- ❖ Miriam Knox
- ❖ Jessica Drury
- ❖ Dominic Blayney
- ❖ Nathan Dick
- ❖ Riley Holt
- ❖ Ryder Michie
- ❖ Alec Williamson
- ❖ Kaleb Macey
- ❖ Logan Knox
- ❖ Bailey Chislett
- ❖ Lewis Pratt
- ❖ Logan Radford
- ❖ Calan Tucker
- ❖ Alexander Robinson
- ❖ Tallara Sonter
- ❖ Shaun Turnbull
- ❖ Marlee Todhunter
- ❖ Jack Wilson
- ❖ Israel Dedeigbo
- ❖ Cooper-Jay Staunton
- ❖ Jessica Brown-Hall
- ❖ Emily Yannis
- ❖ Alina Watson
- ❖ Holly Desmond
- ❖ Thomas Wilson
- ❖ Luke Brown
- ❖ Steve Collins
- ❖ Kyle Dufficy
- ❖ Courtney Diggelmann
- ❖ Shaylah O'Dea Powter
- ❖ Christopher Robinson
- ❖ Alesha Ball
- ❖ Caitlin Allan
- ❖ Benjamin Rogers
- ❖ Jake Staunton
- ❖ Finn Fagerstrom
- ❖ Mikayla Sonter

Woy Woy Peninsula Little Athletics Centre Life Members

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

Woy Woy Peninsula Little Athletics Club Pentathlon Results

Our Club Pentathlon was held on 10 January 2014. 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 Elizabeth Rodham	2293
2 nd Sophia Grey	2167
3 rd Piper Lawley	2065

Under 7	Points
1 st Ruby Wilson	2611
2 nd Jessica Drury	2561
3 rd Ngarie Lovell	2286

Under 8	Points
1 st Jodie Miller	2084
2 nd Leilani Mitchell	2028
3 rd Madelyn Hannah	1842

Under 9	Points
1 st Heather Snape	3539
2 nd Leisel Collins	3199
3 rd Ava Healey	2874

Under 10	Points
1 st Daisy Duguid	2845
2 nd Kloe Bible	2535
3 rd Zoe Williamson	2227

Under 11	Points
1 st Iona Snape	3590
2 nd Shannon Spencer	3396
3 rd Kala Bennett	3322

Under 12	Points
1 st Emily Yannis	3273
2 nd Alina Watson	3166
3 rd Jessica Brown-Hall	3123

Under 13	Points
1 st Anna Cooper	2559
2 nd Shaylah ODea Powter	2477
3 rd Courtney Diggelmann	2420

Under 14	Points
1 st Alesha Ball	3002
2 nd Kiara Kelly	2736
3 rd Caitlin Allan	2613

Under 16	Points
1 st Mikayla Sonter	2656

Boys

Under 6	Points
1 st Raj Sharma	2332
2 nd Christopher Atchison	2203
3 rd Marshall Michie	2042

Under 7	Points
1 st Jake Argent	2999
2 nd William Bruton Wallace	2940
3 rd Brody Stevenson	2939

Under 8	Points
1 st Riley Holt	3213
2 nd Ryder Michie	3015
3 rd Alec Williamson	2675

Under 9	Points
1 st Lachlan Bishell	3443
2 nd Lewis Pratt	3352
3 rd Sebastian Lovell	3303

Under 10	Points
1 st Bailey Holt	3802
2 nd Connor Gallen	3554
3 rd Leith Van Aalderen	3157

Under 11	Points
1 st Israel Dedeigbo	3729
2 nd Cooper Jay-Staunton	3373
3 rd Jack Wilson	2793

Under 12	Points
1 st Kyle Dufficy	3937
2 nd Zac Healey	3674
3 rd Brock Van Aalderen	3305

Under 13	Points
1 st Jack Cotton	3194
2 nd Blake Fishenden	3006
3 rd Christopher Robinson	2196

Under 14	Points
1 st Benjamin Rogers	2573
2 nd Jake Staunton	2408
3 rd Finn Fagerstrom	2079

2013/2014 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 2013-2014 season:

▪	Mikayla Sonter	U16 Girl	100m	13.77	17/01/14
▪	Georgia Gordon	U16 Girl	1500m	6-25.55	18/10/13
▪	Mikayla Sonter	U16 Girl	200m	28.96	14/02/14
▪	Mikayla Sonter	U16 Girl	400m	1-05.26	07/02/14
▪	Mikayla Sonter	U16 Girl	60m	8.91	14/02/14
▪	Mikayla Sonter	U16 Girl	100m Hurdles	18.28	07/02/14
▪	Mikayla Sonter	U16 Girl	200m Hurdles	32.23	11/10/13
▪	Georgia Gordon	U16 Girl	800m	2-55.22	06/12/13
▪	Georgia Gordon	U16 Girl	High Jump	1.36	18/10/13
▪	Mikayla Sonter	U16 Girl	Long Jump	4.69	14/02/14
▪	Georgia Gordon	U16 Girl	Shot Put	8.75	07/02/14
▪	Georgia Gordon	U16 Girl	Triple Jump	9.47	15/11/13
▪	Jesse Quinell	U16 Boy	Shot Put	11.17	01/11/13
▪	Blayden Butler	U17 Boy	High Jump	1.54	01/11/13
▪	Blayden Butler	U17 Boy	Triple Jump	9.94	01/11/13

*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.

2013 / 2014 Centre Results

UNDER 6 GIRLS

2013 / 2014 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
50M	Elizabeth Rodham	10.43	50M	K Coombes	9.42	01/11/1990
70M	Sophia Grey	14.89	70M	L Dunn	12.05	01/03/1985
100M	Elizabeth Rodham	21.32	100M	Kylie Coombes	18.73	01/03/1991
200m	Sophia Grey	45.82	200m	Charlotte Rousell	41.87	06/01/2012
300M (Pack)	Elizabeth Rodham	1-16.86	300M (Pack)	Charlotte Rousell	1-10.55	16/12/2011
Long Jump	Marlee Green	2.23	Long Jump	Georgia Gordon	2.85	19/12/2003
Shot Put	Elizabeth Rodham	4.39	Shot Put	Amara Pilson	4.41	27/02/2009
Discus	Elizabeth Rodham	6.03	Discus	Rebecca Dick	11.40	27/02/2004

UNDER 6 BOYS

2013 / 2014 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
50M	Raj Sharma	10.08	50M	Trent Buhagiar	8.86	02/02/2007
70M	Raj Sharma	14.67	70M	Tim Bell	12.56	01/03/1992
100M	Kadin Mitchell	21.05	100M	S Dixon	17.91	01/03/1990
200m	Raj Sharma	43.24	200m	A Myles	39.49	01/02/1990
300M (Pack)	Raj Sharma	1-11.95	300M (Pack)	J O'Donnell	1-07.4	02/03/2001
Long Jump	Marshall Michie	2.21	Long Jump	T Buhagiar	2.96	05/03/2004
Shot Put	Chris Atchison	4.19	Shot Put	T Buhagiar & L Podnar	5.38	05/03/2004
Discus	Kadin Mitchell	11.73	Discus	T Buhagiar	14.54	31/10/2003

UNDER 7 GIRLS

2013 / 2014 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
50M	Mary Gemmell	9.84	50M	Kristy Knight	8.91	01/01/1994
70M	Jessica Drury	13.28	70M	A Peters	11.51	01/03/1991
100M	Mary Gemmell	19.56	100M	A Peters	17.3	01/03/1991
200m	Cleo Guthrie	42.62	200m	M O'Connor	38.12	22/11/1991
500M (Pack)	Cleo Guthrie	2-14.55	500M (Pack)	Kylie Coombes	1-59.36	06/03/1992
Long Jump	Ruby Wilson	2.57	Long Jump	Georgia Gordon	2.99	17/12/2004
Discus	Ruby Wilson	10.82	Discus	Emily Diaz	14.35	14/01/2005
Shot Put	Ruby Wilson / Kayleigh Hanna	4.21	Shot Put	K Reilly	8.92	01/11/1987

UNDER 7 BOYS

2013 / 2014 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
50M	Brody Stevenson	8.91	50M	L Cornish	8.7	24/03/2000
70M	Brody Stevenson	13.07	70M	Tim Bell	11.37	01/03/1993
100M	Hamish Taylor	18.65	100M	J Moore	16.54	01/03/1990
200m	Brody Stevenson	40.49	200m	R Hall	35.85	01/03/1998
500M (Pack)	Brody Stevenon	2-03.40	500M (Pack)	R Hall	1-44.49	01/02/1988
Long Jump	Hayden Hill	2.85	Long Jump	T Buhagiar	3.32	28/01/2005
Shot Put	Brody Stevenson	5.57	Shot Put	D Whitehead	7.3	01/02/1984
Discus	Benjamin Dufficy	11.77	Discus	T Buhagiar	16.77	11/03/2005

UNDER 8 GIRLS

2013 / 2014 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
70M	Charlotte Rousell	12.82	70M	A Beauchamp	11.17	01/01/1991
100M	Charlotte Rousell	18.35	100M	L Dunn	16.22	01/03/1987
200m	Charlotte Rousell	39.23	200m	Kylie Coombes	36.50	05/03/1993
400m	Charlotte Rousell	1-26.44	400m	A Murphy	1-22.33	07/02/1992
60M hurdles	Charlotte Rousell	13.42	60M hurdles	C Hardwick	12.20	20/03/1998
Long Jump	Charlotte Rousell	2.88	Long Jump	Leisel Collins	3.56	19/10/2012
Shot Put	Charlotte Rousell	6.40	Shot Put	S Hudson	6.81	01/01/1990
Discus	Charlotte Rousell	10.75	Discus	S Hudson	16.03	01/01/1990
Pack	Charlotte Rousell	3-02.64	Pack	A Murphy	2-38.40	13/03/1992

UNDER 8 BOYS

2013 / 2014 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
70M	Jed Hoyland	11.76	70M	T McDonald	11.10	07/01/2000
100M	Ryder Michie	17.43	100M	R Hall	15.78	01/03/1989
200m	Riley Holt	36.24	200m	R Hall	33.92	01/03/1989
400m	Jed Hoyland	1-27.73	400m	R Hall	1-16.66	01/12/1988
60M hurdles	Riley Holt	13.11	60M hurdles	Luke Donahue	11.40	05/12/1997
Long Jump	Jed Hoyland	3.18	Long Jump	Luke Podnar	3.69	10/03/2006
Shot Put	Noah Uate	6.22	Shot Put	N Coffey	9.72	01/11/1987
Discus	Ashton O'Sullivan	13.53	Discus	C Currie	22.92	31/12/1993
Pack	Ryder Michie	2-53.45	Pack	R Hall	2-27.18	01/12/1988

UNDER 9 GIRLS

2013 / 2014 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
70M	Heather Snape	11.69	70M	K Rowbotham	10.59	01/03/2002
100M	Heather Snape	16.68	100M	Shellie Wilkes	15.30	26/03/1999
200m	Zahlia Dedman	33.36	200m	Shellie Wilkes	32.70	26/03/1999
400m	Heather Snape	1-21.07	400m	Emily Mullen	1-15.60	27/03/1998
800M	Heather Snape	2-59.28	800M	Emily Mullen	2-52.7	27/03/1998
700M Walk			700M Walk	Samantha Tomlin	4-07.50	14/03/1997
60M hurdles	Heather Snape	11.87	60M hurdles	Shellie Wilkes	11.00	26/03/1999
Long Jump	Leisel Collins	3.54	Long Jump	T Miller	3.57	11/03/2005
High Jump	Leisel Collins / Zahlia Dedman / Heather Snape	1.00	High Jump	B Whitehead	1.15	01/12/1996
Shot Put	Tamika Piper	6.49	Shot Put	E Cansdale	7.35	15/03/2002
Discus	Leisel Collins	15.67	Discus	Emily Diaz	21.49	23/02/2007

UNDER 9 BOYS

2013 / 2014 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
70M	Lewis Pratt	11.63	70M	Luke Podnar	10.87	10/11/2006
100M	Tommy Edmonds	16.83	100M	J Ross & D Whitehead	14.61	01/01/1990
200m	Lewis Pratt	35.09	200m	D Whitehead	31.70	01/03/1986
400m	Kieran Diamond	1-18.97	400m	R Hall	1-12.04	01/10/1989
800M	Kieran Diamon	2-50.50	800M	R Hall	2-41.79	01/03/1990
700M Walk	Lachlan Bishell	4-51.29	700M Walk	D Booth	3-52.52	27/02/1997
60M hurdles	Lewis Pratt / Blake Skepper	12.21	60M hurdles	Joshua Ross	10.09	01/11/1989
Long Jump	Lewis Pratt	3.74	Long Jump	Trent Buhagiar	4.10	09/03/2007
High Jump	Lewis Pratt	1.18	High Jump	R Hall, J Ross, D Booth	1.25	01/03/1990
Shot Put	Logan Radford	6.43	Shot Put	J McMaster	10.23	08/11/1991
Discus	Logan Radford	14.73	Discus	C Currie	25.74	24/02/1995

UNDER 10 GIRLS

2013 / 2014 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
70M	Caisha Shorrocks	11.43	70M	Shellie Wilkes	10.70	17/03/2000
100M	Caisha Shorrocks	16.28	100M	J Peterson	14.56	01/02/1987
200M	Zali Fulton	35.00	200M	Shellie Wilkes	31.30	17/03/2000
400M	Kloe Bible	1-21.74	400M	Amanda Morris	1-11.20	13/02/1998
800M	Daisy Duguid	2-56.02	800M	K Dent	2-46.40	01/02/1990
1500M	Daisy Duguid	6-04.69	1500M	Emily Mullen	5-47.80	26/02/1999
1100M Walk			1100M Walk	Samantha Tomlin	6-02.50	13/03/1998
60M Hurdles	Caisha Shorrocks	12.37	60M Hurdles	J Peterson	10.62	01/02/1987
Long Jump	Caisha Shorrocks	3.70	Long Jump	Teigan Miller	4.17	10/03/2006
High Jump	Isabella Dodsworth	1.10	High Jump	Samantha Tomlin	1.22	07/11/1997
Shot Put	Caisha Shorrocks	5.91	Shot Put	E Cansdale	8.22	03/01/2003
Discus	Caisha Shorrocks	14.10	Discus	A Brady	21.35	24/03/2000

UNDER 10 BOYS

2013 / 2014 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
70M	Elliot Easson	10.76	70M	Luke Donahue	10.30	24/03/2000
100M	Elliot Easson	15.16	100M	D Whitehead	13.22	01/03/1987
200M	Thomas Rodham	31.42	200M	R Hall	30.40	01/02/1991
400M	Elliot Easson	1-16.15	400M	R Hall	1-12.05	01/02/1991
800M	Elliot Easson	2-52.23	800M	R Hall	2-43.08	01/03/1991
1500M	Elliot Easson	5-55.11	1500M	M Taylor	5-29.11	01/02/1998
1100M Walk	Bailey Holt	8-36.37	1100M Walk	D Booth	6-14.00	27/03/1998
60M Hurdles	Mason Freewater	10.78	60M Hurdles	P Haime	10.31	01/10/1986
Long Jump	Elliot Easson	3.87	Long Jump	Trent Buhagiar	4.28	29/02/2008
High Jump	Thomas Rodham	1.23	High Jump	D Whitehead	1.38	01/10/1986
Shot Put	Thomas Rodham	7.31	Shot Put	T Arnold	8.76	01/12/1985
Discus	Connor Gallen	18.58	Discus	L Crutcher	32.80	01/02/1985

UNDER 11 GIRLS

2013 / 2014 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M	Marlee Todhunter	15.38	100M	B Martin	14.07	01/03/1991
200M	Iona Snape	33.59	200M	Shellie Wilkes	30.00	23/03/2001
400M	Iona Snape	1-10.90	400M	Shellie Wilkes	1-06.50	23/03/2001
800M	Iona Snape	2-57.09	800M	Emily Mullen	2-44.60	19/11/1999
1500M	Iona Snape	6-05.50	1500M	A Godden	5-38.87	01/03/1991
1100M Walk			1100M Walk	Samantha Tomlin	6-07.10	30/10/1998
60M Hurdles	Tahnee Ball	10.85	60M Hurdles	Hayley Oliver	10.62	31/12/1993
Long Jump	Kala Bennett	3.77	Long Jump	Amanda Thorpe	4.27	07/03/2003
High Jump	Tahnee Ball	1.24	High Jump	Samantha Tomlin	1.33	05/03/1999
Triple Jump	Kala Bennett	7.70	Triple Jump	Amanda Thorpe	9.08	31/01/2003
Shot Put	Lara Beer	6.80	Shot Put	V Lovie	8.86	05/11/1995
Discus	Tahnee Ball	13.89	Discus	V Lovie	22.86	08/12/1995

UNDER 11 BOYS

2013 / 2014 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M	Israel Dedeigbo	15.14	100M	Joshua Ross	13.41	06/03/1992
200M	Israel Dedeigbo	31.09	200M	Luke Donahue	30.00	17/11/2000
400M	Israel Dedeigbo	1-13.71	400M	P McInerney	1-08.00	01/03/1990
800M	Jake Martin	2-45.22	800M	R Hall	2-34.36	08/11/1991
1500M	Jake Martin	5-27.98	1500M	J Stratton	5-26.2	23/03/2001
1100M Walk	Israel Dedeigbo	7-20.63	1100M Walk	D Booth	6-11.7	02/10/1998
60M Hurdles	Israel Dedeigbo	11.63	60M Hurdles	Luke Donahue	10.30	23/03/2001
Long Jump	Jamie Fussell	4.26	Long Jump	Luke Podnar	4.92	06/02/2009
High Jump	Talen Green	1.25	High Jump	D Whitehead	1.45	01/12/1987
Triple Jump	Talen Green	8.92	Triple Jump	B Williame	9.14	28/11/2003
Shot Put	Aaron Antonia	9.24	Shot Put	B Rogers	10.18	11/02/2011
Discus	Aaron Antonia	19.74	Discus	D Whitehead	33.13	01/11/1987

UNDER 12 GIRLS

2013 / 2014 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M	Alina Watson	14.68	100M	Cassandra Webber	13.47	12/01/2007
200M	Alina Watson	31.76	200M	Cassandra Webber	28.70	09/03/2007
400M	Emily Yannis	1-11.76	400M	Cassandra Webber	1-07.64	08/12/2006
800M	Emily Yannis	2-48.72	800M	Megan Underhill	2-32.77	01/02/1989
1500M	Emily Yannis	5-55.03	1500M	Megan Underhill	5-00.15	01/02/1989
1500M Walk			1500M Walk	Samantha Tomlin	8-43.70	24/03/2000
60M Hurdles	Kyla Tucker	12.65	60M Hurdles	Tracy Shackleton	10.20	05/03/1993
Long Jump	Jessica Brown-Hall	4.10	Long Jump	Amanda Thorpe	5.15	05/03/2004
High Jump	Isabella deVivo	1.26	High Jump	J Peterson	1.45	01/03/1989
Triple Jump	Jessica Brown-Hall	8.03	Triple Jump	Amanda Thorpe	10.35	05/03/2004
Shot Put	Isabella deVivo	6.50	Shot Put	A McMaster	10.48	24/01/1997
Discus	Jessica Brown-Hall	16.17	Discus	E Cansdale	23.65	11/03/2005

UNDER 12 BOYS

2013 / 2014 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M	Zac Healey	15.39	100M	Bradman Best	13.37	11/01/2013
200M	Lachlan Rousell	32.45	200M	Bradman Best	28.05	02/11/2012
400M	Kyle Dufficy	1-10.00	400M	R Hall	1-04.54	11/12/1992
800M	Lachlan Rousell	2-41.20	800M	M Barron	2-31.38	01/02/1987
1500M	Lachlan Rousell	5-31.80	1500M	R Hall	5-10.58	26/02/1993
1500M Walk	Lachlan Rousell	11-10.89	1500M Walk	R Ryan	8-56.31	15/02/2002
60M Hurdles	Luke Brown	12.14	60M Hurdles	Joshua Ross	9.43	05/03/1993
Long Jump	Joshua Massey	4.05	Long Jump	B Williame	4.82	11/03/2005
High Jump	Zac Healey	1.35	High Jump	D Whitehead	1.51	01/02/1989
Triple Jump	Kyle Dufficy	8.72	Triple Jump	B Williame	10.22	15/10/2004
Shot Put	Kyle Dufficy	6.79	Shot Put	A Lovie	10.66	01/01/1991
Discus	Kyle Dufficy	22.57	Discus	B Lovie	34.48	01/03/1989

UNDER 13 GIRLS

2013 / 2014 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M	Anna Cooper	14.36	100M	Hayley Oliver	13.10	02/10/1995
200M	S O'Dea Powter	32.64	200M	Kylie Wildman	27.80	26/03/1999
400M	Nadja Lord	1-18.18	400M	Katherine Peksis	1-02.60	07/03/1997
800M	S O'Dea Powter	3-01.25	800M	Katherine Peksis	2-27.55	01/11/1996
1500M	S O'Dea Powter	6-08.74	1500M	Megan Underhill	4-55.34	01/11/1989
3000M	S O'Dea Powter	13-30.09	3000M	Holly Speerin	12-01.26	14/03/2003
1500M Walk			1500M Walk	K Hall	8-00.01	01/12/1988
80M H	Anna Cooper	17.63	80M H	Kylie Wildman	13.50	26/03/1999
200M H	S O'Dea Powter	34.86	200M H	Kylie Wildman	29.90	26/03/1999
Long Jump	Anna Cooper / Amber Leggett	3.97	Long Jump	Amanda Thorpe	4.95	04/03/2005
High Jump	Laura Cooper	1.36	High Jump	J Peterson	1.50	01/02/1990
Triple Jump	Anna Cooper	8.57	Triple Jump	Amanda Thorpe	10.61	12/11/2004
Shot Put	Bronte Smith	6.66	Shot Put	D Searston	9.36	03/02/1995
Discus	Bronte Smith	17.36	Discus	Elise Cansdale	31.63	10/03/2006
Javelin	Laura Cooper	11.05	Javelin	Susan Sobczak	26.18	26/02/1999
60M Run	Anna Cooper	9.31	60M Run	Cassandra Webber	8.16	21/12/2007

UNDER 13 BOYS

2013 / 2014 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M	Bradman Best	13.76	100M	Chris Marshall	12.22	01/02/1987
200M	Bradman Best	28.04	200M	K Moore	27.43	04/10/2002
400M	Jack Cotton	1-13.24	400M	Chris Marshall	1-01.66	01/12/1986
800M	Bradman Best	2-48.41	800M	N Tiko	2-27.04	07/03/2003
1500M	Bradman Best	5-54.77	1500M	Chris Marshall	4-55.94	01/12/1986
3000M	Jack Cotton	15-19.00	3000M	J Stratton	10-29.82	07/03/2003
1500M Walk			1500M Walk	David Mainwaring	7-55.97	28/02/2003
80M Hurdles	Bradman Best	15.88	80M Hurdles	Chris Wood	13.30	27/03/1998
200M H	Blake Fishenden	34.19	200M H	Chris Woods	30.80	27/03/1998
Long Jump	Jack Cotton	4.55	Long Jump	Brayden Williame	4.90	03/03/2006
High Jump	J Cotton, K Livesley B Fishenden	1.32	High Jump	D Whitehead	1.60	01/12/1989
Triple Jump	Bradman Best	10.82	Triple Jump	Luke Donahue	10.45	06/12/2002
Shot Put	Bradman Best	8.40	Shot Put	A Lovie	13.03	20/03/1992
Discus	Coby Bauert-Simon	22.60	Discus	Aaron Hamstra	35.80	13/03/1998
Javelin	Jack Cotton	16.59	Javelin	Aaron Hamstra	32.35	06/03/1998
60M Run	Bradman Best	8.66	60M Run	Luke Donahue	8.10	20/02/2003

UNDER 14 GIRLS

2013 / 2014 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M	Kiara Kelly	13.80	100M	Hayley Oliver	13.20	08/11/1996
200M	Alesha Ball	29.02	200M	K Shackleton	27.60	27/02/1998
400M	Kiara Kelly	1-12.16	400M	Katherine Peksis	1-02.50	06/02/1998
800M	Alesha Ball	2-50.11	800M	Katherine Peksis	2-29.00	27/02/1998
1500M	Alesha Ball	7-05.21	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	Alesha Ball	14.44	80M Hurdles	Kylie Wildman	13.10	03/12/1999
200M H	Alesha Ball	35.18	200M H	Kylie Wildman	31.40	11/02/2000
Long Jump	Alesha Ball	4.01	Long Jump	Shellie Wilkes	5.10	24/10/2003
High Jump	Alesha Ball	1.36	High Jump	Tara Shackleton	1.62	03/03/1995
Triple Jump	Alesha Ball	8.83	Triple Jump	Amanda Thorpe	10.69	18/11/2005
Shot Put	Alesha Ball	7.34	Shot Put	D Searston	9.64	20/10/1995
Discus	Caitlin Allen	18.76	Discus	C Edwards	24.77	16/02/2001
Javelin	Alesha Ball	19.30	Javelin	Susan Sobczak	21.66	17/03/2000
60M Run	Kiara Kelly	9.12	60M Run	Jenna Chapman	8.40	23/11/2007

UNDER 14 BOYS

2013 / 2014 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M	Ethan Vorstenbosch	14.47	100M	T Edwards	12.15	01/10/1989
200M	Finn Fagerstrom	29.77	200M	P Steel	24.96	18/10/2002
400M	Finn Fagerstrom	1-08.80	400M	C Marshall, A Hamstra	59.80	01/02/1998
800M	Finn Fagerstrom	2-41.60	800M	Dylan Buhagiar	2-28.85	14/03/2008
1500M	Finn Fagerstrom	5-34.96	1500M	J Stratton	4-58.66	15/03/2004
3000M	Finn Fagerstrom	13-02.51	3000M	J Stratton	10-22.26	26/03/2004
1500M Walk			1500M Walk	D Mainwaring	7-28.86	28/11/2003
90M Hurdles	Ethan Vorstenbosch	17.84	90M Hurdles	C Wood	13.50	30/10/1998
200M H	Finn Fagerstrom	34.48	200M H	Aaron Hamstra	27.50	27/11/1998
Long Jump	Finn Fagerstrom	4.15	Long Jump	D Manuelle	5.54	07/03/2003
High Jump	Joshua Proctor	1.35	High Jump	D Manuelle	1.75	28/02/2003
Triple Jump	Finn Fagerstrom	8.98	Triple Jump	Luke Donahue	11.19	30/01/2004
Shot Put	Benjamin Rogers	7.56	Shot Put	Aaron Hamstra	12.93	26/03/1999
Discus	Benjamin Rogers	21.11	Discus	Aaron Hamstra	49.26	26/03/1999
Javelin	Joshua Proctor	20.75	Javelin	Aaron Hamstra	47.50	12/03/1999
60M Run	Ethan Vorstenbosch	9.14	60M Run	Kevin Moore	7.83	26/09/2003

UNDER 15 GIRLS

2013 / 2014 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M	Tahlia Best	15.81	100M	D Taylor, D Edwards, K Shackleton	13.20	01/10/1988
200M	Tahlia Best	34.96	200M	Kara Shackleton	26.60	26/03/1999
400M	Tahlia Best	1-27.56	400M	Katherine Peksis	1-08.80	27/11/1998
800M	Tahlia Best	3-47.98	800M	Katherine Peksis	2-26.70	05/03/1999
1500M			1500M	Katherine Peksis	5-34.40	13/11/1998
3000M			3000M	Katherine Peksis	11-47.90	13/11/1998
1500M Walk			1500M Walk	Sarah Wakley	8-13.80	27/02/1998
90M Hurdles	Tahlia Best	22.78	90M Hurdles	Jessica Morrell	14.50	26/03/1999
200M H	Tahlia Best	54.19	200M H	Shellie Wilkes	30.83	08/10/2004
Long Jump	Tahlia Best	3.55	Long Jump	Samantha Tomlin	5.08	14/03/2003
High Jump	Tahlia Best	1.20	High Jump	Tara Shackleton	1.66	05/01/1996
Triple Jump	Tahlia Best	7.30	Triple Jump	Samantha Tomlin	9.69	06/12/2002
Shot Put	Tahlia Best	8.47	Shot Put	Susan Sobczak	10.11	23/03/2001
Discus	Tahlia Best	20.05	Discus	Amanda Bartrim	26.60	10/03/2006
Javelin	Tahlia Best	16.30	Javelin	Susan Sobczak	28.07	23/03/2001
60M Run	Tahlia Best	9.68	60M Run	Mikayla Sonter	8.32	08/02/2013

UNDER 15 BOYS

2013 / 2014 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M	n/a		100M	T Edwards	11.83	01/02/1991
200M			200M	Aaron Hamstra	25.50	24/10/1999
400M			400M	C Marshall	55.86	01/03/1989
800M			800M	C Marshall	2-20.65	01/01/1989
1500M			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			200M H	Aaron Hamstra	28.00	29/10/1999
Long Jump			Long Jump	Robert Cross	5.90	14/03/2008
High Jump			High Jump	D Manuelle	1.70	09/12/2003
Triple Jump			Triple Jump	Luke Donahue	11.80	18/02/2005
Shot Put			Shot Put	Aaron Hamstra	14.62	24/03/2000
Discus			Discus	Aaron Hamstra	54.79	15/03/2000
Javelin			Javelin	Aaron Hamstra	55.91	04/02/2000
60M Run			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	Mikayla Sonter	13.77	100M	Mikayla Sonter	13.77	17/01/2014
200M	Mikayla Sonter	28.96	200M	Mikayla Sonter	28.96	14/02/2014
400M	Mikayla Sonter	1-05.26	400M	Mikayla Sonter	1-05.26	07/02/2014
800M	Georgia Gordon	2-55.22	800M	Georgia Gordon	2-55.22	06/12/2013
1500M	Georgia Gordon	6-25.55	1500M	Georgia Gordon	6-25.55	18/10/2013
3000M			3000M			
1500M Walk			1500M Walk			
90M H			90M H	Elle Carr	57.00	25/01/2008
100M H	Mikayla Sonter	18.28	100M H	Mikayla Sonter	18.28	07/02/2014
200M H	Mikayla Sonter	32.23	200M H	Mikayla Sonter	32.23	11/10/2013
Long Jump	Mikayla Sonter	4.69	Long Jump	Mikayla Sonter	4.69	14/02/2014
High Jump	Georgia Gordon	1.36	High Jump	Georgia Gordon	1.36	18/10/2013
Triple Jump	Georgia Gordon	9.47	Triple Jump	Georgia Gordon	9.47	15/11/2013
Shot Put	Georgia Gordon	8.75	Shot Put	Georgia Gordon	8.75	07/02/2014
Discus	Georgia Gordon	18.84	Discus	Rochelle Martin	26.87	19/03/2010
Javelin	Georgia Gordon	12.54	Javelin	Rochelle Martin	21.30	20/11/2009
60M Run	Mikayla Sonter	8.91	60M Run	Mikayla Sonter	8.91	14/02/2014

UNDER 16 BOYS

2011 / 2012 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M	Jesse Quinell	13.68	100M	Robert Cross	12.71	10/10/2008
200M	Jesse Quinell	28.45	200M	Mathew Isok	26.95	16/11/2007
400M	Jesse Quinell	1-17.42	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	Jesse Quinell	24.64	100 H	Mathew Isok	20.63	25/01/2008
200M H	Jesse Quinell		200M H	Mathew Isok	30.06	19/10/2007
Long Jump	Jesse Quinell	3.88	Long Jump	Robert Cross	5.90	30/01/2009
High Jump	Jesse Quinell	1.35	High Jump	Robert Cross	1.80	30/01/2009
Triple Jump			Triple Jump	Luke Martin	9.45	15/01/2010
Shot Put	Jesse Quinell	11.17	Shot Put	Jesse Quinell	11.17	01/11/2013
Discus	Jesse Quinell	21.87	Discus	Luke Martin	27.10	05/02/2010
Javelin	Jesse Quinell	20.00	Javelin	Robert Cross	27.40	07/11/2008
60M Run	Jesse Quinell	8.54	60M Run	Mathew Isok	7.97	14/03/2008

UNDER 17 GIRLS

2011 / 2012 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M			100M	Mikhali Clune	13.92	14/10/2011
200M			200M	Emily Clune	41.86	08/10/2010
400M			400M	Mikhali Clune	1-24.04	16/12/2011
800M			800M			
1500M			1500M			
3000M			3000M			
1500M Walk			1500M Walk			
100 H			100 H			
200M H			200M H			
Long Jump	Bianca Meiklejohn	3.60	Long Jump	Mikhali Clune	4.18	02/12/2011
High Jump	Bianca Meiklejohn	1.25	High Jump	Mikhali Clune	1.35	16/12/2011
Triple Jump	Bianca Meiklejohn	7.80	Triple Jump	Mikhali Clune	8.56	24/02/2012
Shot Put	Bianca Meiklejohn	6.45	Shot Put	Rochelle Martin	11.00	14/01/2011
Discus	Bianca Meiklejohn	14.10	Discus	Rochelle Martin	27.80	21/01/2011
Javelin	Bianca Meiklejohn	10.69	Javelin	Rochelle Martin	29.50	28/01/2011
60M Run	Bianca Meiklejohn	15.66	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	Blayden Butler	12.85	100M	Michael Pain	12.69	08/02/2013
200M	Blayden Butler	24.04	200M	Michael Pain	26.62	02/11/2012
400M	Blayden Butler	1-04.43	400M	Michael Pain	1-05.46	09/11/2012
800M	Blayden Butler	2-40.73	800M	Michael Pain	2-32.01	02/11/2012
1500M			1500M	Michael Pain	5-47.42	15/02/2013
3000M			3000M			
1500M Walk			1500M Walk			
100 H	Blayden Butler	17.77	100 H	Luke Martin	18.27	04/10/2010
200M H			200M H	Michael Pain	30.25	19/10/2012
Long Jump	Blayden Butler	4.74	Long Jump	Michael Pain	5.06	08/03/2013
High Jump	Blayden Butler	1.54	High Jump	Blayden Butler	1.54	01/11/2013
Triple Jump	Blayden Butler	9.94	Triple Jump	Blayden Butler	9.94	01/11/2013
Shot Put			Shot Put	Luke Martin	11.69	14/01/2011
Discus	Blayden Butler	12.52	Discus	Luke Martin	34.14	11/02/2011
Javelin	Blayden Butler	21.47	Javelin	Luke Martin	35.18	14/01/2011
60M Run	Blayden Butler	8.14	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 10'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.

2014/2015 Season Dates

Friday 10 October 2014	1st Competition Night
Friday 17 October 2014	Competition Night
Friday 24 October 2014	Competition Night
Friday 31 October 2014	Competition Night
Friday 7 November 2014	Competition Night (zone entries in)
Friday 14 November 2014	Competition Night
Friday 21 November 2014	Competition Night
Friday 28 November 2014	Competition Night
Friday 5 December 2014	Competition Night
Friday 12 December 2014	NO CLUB COMPETITION
<i>Friday 12 December 2014</i>	<i>Central Coast Zone Carnival Mingara</i>
<i>Saturday 13 December 2014</i>	<i>Central Coast Zone Carnival Mingara</i>
<i>Sunday 14 December 2014</i>	<i>Central Coast Zone Carnival Mingara</i>
Friday 19 December 2014	Last competition Night for 2014
Friday 16 January 2015	Club Pentathlon
Friday 23 January 2015	Competition Night (TBA)
Friday 30 January 2015	Competition Night
Friday 6 February 2015	Competition Night
Friday 13 February 2015	Competition Night
<i>14 Saturday February 2015</i>	<i>Regional Carnival - Glendale Athletics Centre</i>
<i>15 Sunday February 2015</i>	<i>Regional Carnival - Glendale Athletics Centre</i>
Friday 20 February 2015	Competition Night
Friday 27 February 2015	Competition Night
Friday 6 March 2015	Competition Night
Friday 13 March 2015	Last Competition Night
Friday 21 March 2015	No Athletics
Date TBA	Club Presentation – Ettalong Bowling Club

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