



Woy Woy Peninsula Little Athletics

YEAR BOOK 2015/2016



2016 NSW STATE ATHLETES

Major sponsor 2015/2016:



Ettalong Beach
Community Bank® Branch



Supporting sponsors 2015/2016:



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>

Woy Woy Peninsula Little Athletics Centre Inc- Office Bearers for 2016/2017 Season

Contact Details

President Helen Rousell	0415 810 981	jhrousell@hotmail.com
Vice-President Steve Collins	0415 156 223	bronzwhaler64@bigpond.com
Treasurer Belinda Healey	0410 445 319	belinda.healey6@bigpond.com
Secretary Kylie Brown	0433 117 280	arrow8871@gmail.com
Registrar Sylvia Turnbull	0414 093 045	sylvia.turnbull68@yahoo.com
Records & Rankings Officers Lisa Holt	0404 885 306	holtyfamily@gmail.com
Officer for Championships Lesa White	0421 968 542	lesa.white@det.nsw.edu.au
Officer for Organisation of Officials Helen Rousell	0415 810 981	jhrousell@hotmail.com
Office for Public Relations Rebekah Stevens	0414 346 626	bekstevens@gmail.com
Officer for Trophy and Encouragement Alex Marshall	0417 678 294	cori-mars@optusnet.com.au
Officer for Coaching and Education Mark Wilson Stuart Field Ed Batten Mark Tucker Karen Tucker	0450 550 870 0408 268 473 0438 010 959 0417 442 290 0418 415 871	marwil99@gmail.com stufield2002@yahoo.com.au ebatten2@bigpond.com mkkctucker@bigpond.com mkkctucker@bigpond.com
Officer for Technical and Equipment Peter Brown	0403 339 988	vectra72@optusnet.com.au

Officer for Track and Field Co-ordination

Andrew Rodham 0424 128 554 Andrew_Rodham@hotmail.com

Officer for Catering (Canteen)

Vanessa Van Alderen 0410 436 262 gvva2305@bigpond.net.au
Jay Rousell 0415 810 981 jhrousell@hotmail.com

Uniform Officers

Fiona Wadeson 0425 275 858 sfwadeson@optusnet.com.au
Belinda Barwell 0411 435 491 bindyb7@optusnet.com.au

Officers for Sponsorship

Peter Healey 0410 443 174 belinda.healey6@bigpond.com

Officer for First Aid

Fiona Wadeson 0425 275 858 sfwadeson@optusnet.com.au

Officer for Member Protection

Kylie Brown 0433 117 280 arrow8871@gmail.com

Officer for Grounds Officials

Stuart Field 0408 268 473 stufield2002@yahoo.com.au



Woy Woy Peninsula Little Athletics Centre

Woy Woy Peninsula Little Athletics Centre welcomes you to the 2016/2017 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 2016/2017 we welcome 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 athlete's 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 2016/17 Season. We have therefore had to continue with a Fundraising Levy of \$20 per athlete (incorporated into your registration fees) 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 can make a decision as late as 5.30pm on a Friday 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. Please do not try and contact committee members for an answer as we are all busy with our paid employment.

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. 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

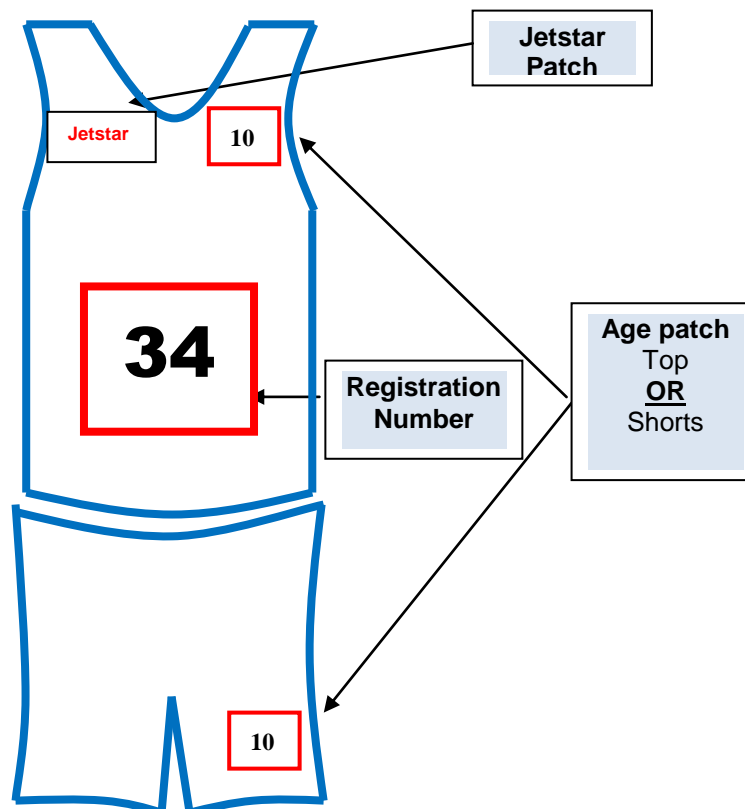
Age Patches must be worn by all competitors on the front left hand side of the uniform, either the top or bottom. If you happen to lose or misplace your age patch please see the Registrar for a replacement.

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.**

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



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 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 five qualified coaches who give their time generously is available to all members from the Under 6 age group and above and is free of charge.

- Mark Wilson –LAANSW Accredited - Basic Events - all ages and specialising in field events.
- Stuart Field – LAANSW Accredited – Basic Events – all ages and specialising in High Jump, Long Jump / Triple Jump / Distance
- Ed Batten – LAANSW Accredited – Level 3 + IAAF Kids Athletics Coach – all ages and specialising in Throws and Hurdles.
- Mark / Karen Tucker – all ages and specialising in sprints and long distance

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

Woy Woy Peninsula Little Athletics Centre Life Members

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

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 9, 10 and 11 December 2016 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 4th November 2016**. No late entries will be accepted. 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 Glendale Sports Complex in February 2017.

2015/2016 Zone Championships had 54 athletes from Woy Woy compete with 41 of them qualifying for the Regional Championships. 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 our region are also taken.

Once again in 2015/2016 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:

Alexis Aldous	Sophia Grey	Eva Lynch	Lachlan Rousell
Jake Argent	Ellena Grey	Marcus McCarthy	Raj Sharma
Heidi Ashdown	Elliot Easson	Lewis Pratt	Zane Smith
Tahnee Ball	Abigail Grimes	Sophie Pratt	Cameron Steer
Jamie Bickel	Harry Grimes	Jackson Quinell	Damian Storey
Lachlan Bishell	Oliver Ham	Luca Quitadamo	Calan Tucker
Luke Brown	Bailey Holt	Laura Reeves	Kyla Tucker
Ryan Brown	Riley Holt	Elizabeth Rodham	Shaun Turnbull
Daisy Duguid	Jed Hoyland	Thomas Rodham	Brock Van Aalderen
India Duguid	Maddison Langman	Charlotte Rousell	Leith Van Aalderen
			Joshua Wadeson

NSW Little Athletics State Championships – Track & Field

In the 2015/2016 season we had a record number 12 people represent at the State Track and Field Championships at Sydney Olympic Stadium. We are extremely proud of the following athletes:

- Lachlan Rousell – 800m, 1500m & 3000m
- Charlotte Rousell – 400m & 800m & 1500M
- Harry Grimes – High Jump
- Abigail Grimes – High Jump
- Kyla Tucker – 3000m
- Daisy Duguid – 1500m
- Tahnee Ball – 80m Hurdles & High Jump
- Zane Smith – High Jump
- Luke Brown – 90m Hurdles, 200m Hurdles & Triple Jump
- Jamie Bickel – 60m Hurdles
- Sophie Pratt – Long Jump & High Jump
- Cameron Steer – 100m, 200m Hurdles & Long Jump

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. This means older athletes can also compete in the NSW Country Championships within age groupings (held at Glendale near Newcastle in January 2017), 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. 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.

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, represent at the NSW State Championships. 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
2014-2015	No award winner	No award winner
2015-2016	Luke Brown	Kyla Tucker

Year Awards

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

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

<u>Season</u>	<u>Boy</u>	<u>Girl</u>
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 Rosenburg	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
2014-2015	Lachlan Rousell	Heather Snape
2015-2016	Luca Quitadamo	Morgan Charlton

Age Champions

1st, 2nd, 3rd in both Boys and Girls in each age group. Points are awarded as for the Bob Walkley Perpetual Award.

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.

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
2014-2015	Jack Wilson	Jasmine Jones
2015-2016	Jack Johnson	Kyla Wadeson

Bob Walkley Highest Point Scorer Perpetual Award

Bob Walkley is a life member and contributed greatly to the Club during his 33 years of involvement. This trophy is awarded to the highest overall point scorer. 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, however for an age group to be considered there must be more than 5 athletes registered in that age group.

Previous Award Winners

<u>Season</u>	<u>Name</u>	<u>Age Group</u>
2014-2015	Sophie Pratt	Under 8
2015-2016	Charlotte Rousell	Under 10

CLUB AWARDS FOR 2015/2016 ATHLETIC SEASON

The Eunice Harris Memorial Award

Boy - Luke Brown (U14)

Girl - Kyla Tucker (U14)

Keith Wilmot Improved Personal Performance Award

Girl - Morgan Charlton (U9)

Boy - Luca Quitadamo (U8)

Bob Walkley Highest Point Scorer Award

Charlotte Rousell (U10)

Ron Finlayson U/12 Encouragement Award

Girl - Kyla Wadeson

Boy - Jack Johnson

Age Champions

Girls

Under 6 1st Marli Hoyland
 2nd Emily Behrnes
 3rd Emily Lush

Encouragement – Leila Travers

Under 7 1st Elka McGann
 2nd Sallee Macey
 3rd Isabella Nicolussi

Encouragement – Rylee Brown-Hall

Under 8 1st Elizabeth Rodham
 2nd Alyssa Haremaker
 3rd Sophia Grey

Encouragement – Heidi Ashdown

Under 9 1st Sophie Pratt
 2nd Laura Reeves
 3rd Ruby Wilson

Encouragement – Elizabeth Haughain

Under 10 1st Charlotte Rousell
 2nd Zali McGann
 3rd Leilani Mitchell

Encouragement – Jodie Miller

Under 11 1st Alexis Aldous
 2nd Heather Snape
 3rd India Duguid

Encouragement – Sarah Johnston-Paterson

Under 12 1st Kloe Bible
 2nd Daisy Duguid
 3rd Isabella Dodsworth

Encouragement – Kyla Wadeson

Under 13 1st Iona Snape
 2nd Tahnee Ball
 3rd Shannon Spencer

Encouragement – Rachel Russell

Under 14 1st Kyla Tucker
 2nd Samantha Smith
 3rd Micheila Botha

Encouragement – Ellanor Charlton

Boys

Under 6 1st Jacob Oxenham
 2nd Joshua Taylor
 3rd Rory Wallace

Encouragement – Jake Douglas

Under 7 1st Hugh Argent
 2nd Brayden Ramsey
 3rd Edward Dehe

Encouragement – Rei Dunne

Under 8 1st Alex McCoombe-Lopez
 2nd Kadin Mitchell
 3rd Luca Quitadamo

Encouragement – Adam Cooper

Under 9 1st Jake Argent
 2nd Damian Storey
 3rd Zach Behrnes

Encouragement – Ryan Haremaker

Under 10 1st Lucas Clarke
 2nd Riley Holt
 3rd Jed Hoyland

Encouragement – Liam Ramsey

Under 11 1st Lewis Pratt
 2nd Oliver Ham
 3rd Oscar McCoombe-Lopez

Encouragement – Lachlan Bishell

Under 12 1st Thomas Rodham
 2nd Ryan Brown
 3rd Bailey Holt

Encouragement – Jack Johnson

Under 13 1st Cameron Steer
 2nd Harry Grimes
 3rd Lachlan Spencer

Encouragement – Jack Wilson

Under 14 1st Luke Brown
 2nd Lachlan Rousell
 3rd Zac Healey

Encouragement – Brock Van Aalderen

Under 15 1st Abigail Grimes
 2nd Jessica Johnston-Paterson
 3rd Courtney Diggelmann

Under 15 n/a

Encouragement – Laura Cooper

Under 16 1st Caitlin Allan
 2nd Maddison Langman
 3rd Kiara Kelly

Under 17 n/a

Encouragement – Britney Thompson

Five year Continuous Membership Award Medals

- | | |
|---------------------|-------------------|
| ❖ Zali McGann | ❖ Daisy Duguid |
| ❖ Jodie Miller | ❖ India Duguid |
| ❖ Leilani Mitchell | ❖ Jackson Quinell |
| ❖ Charlotte Rousell | ❖ Shannon Spencer |
| ❖ Ava Healey | ❖ Amber Leggett |
| ❖ Zac Healey | ❖ Riley Holt |
| ❖ Leisel Collins | |

Ten year Continuous Membership Award Medals

- ❖ No Award Recipients

100% Attendance Awards

- | | |
|-----------------------------|---------------------------|
| ❖ Caitlin Allen | ❖ Kyla Wadeson |
| ❖ Courtney Diggelmann | ❖ Tallara Sonter |
| ❖ Jessica Johnston Paterson | ❖ Kloe Bible |
| ❖ Abigail Grimes | ❖ Sarah Johnston Paterson |
| ❖ Harry Grimes | ❖ Charlotte Rousell |
| ❖ Shaun Turnbull | ❖ Elizabeth Haughain |
| ❖ Bailey Holt | ❖ Ruby Wilson |
| ❖ Ryan Brown | ❖ Laura Reeves |
| ❖ Oliver Ham | ❖ Sophie Pratt |
| ❖ Lewis Pratt | ❖ Abigail Grimish |
| ❖ Riley Holt | ❖ Heidi Ashdown |
| ❖ Ryan Haremaker | ❖ Alyssa Haremaker |
| ❖ Damian Storey | ❖ Bridgit Broome |
| ❖ Adam Cooper | ❖ Leila Travers |
| ❖ Kadin Mitchell | ❖ Joshua Wadeson |
| ❖ Rei Dunne | ❖ Lachlan Rousell |
| ❖ Edward Dehe | ❖ Luke Brown |
| ❖ Jake Douglas | ❖ Jack Wilson |
| ❖ Daniel Cooper | ❖ Alexis Aldous |
| ❖ Rory Wallace | |

Woy Woy Peninsula Little Athletics Club Pentathlon Results

Our Club Pentathlon was held on 15 January 2016. 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 Emily Lush	2617
2 nd Marli Hoyland	2597
3 rd Emily Behrnes	2476

Under 7	Points
1 st Isabella Nicolussi	3266
2 nd Elka McGann	3126
3 rd Sallee Macey	2903

Under 8	Points
1 st Elizabeth Rodham	3166
2 nd Sophia Grey	2961
3 rd Alyssa Haremaker	2839

Under 9	Points
1 st Sophie Pratt	3167
2 nd Laura Reeves	2481
3 rd Elizabeth Haughain	1998

Under 10	Points
1 st Charlotte Rousell	2624
2 nd Zali McGann	2042
3 rd Ellena Grey	1728

Under 11	Points
1 st Ava Healey	2364
2 nd India Duguid	2157
3 rd Eva Spinks	1543

Under 12	Points
1 st Daisy Duguid	1721
2 nd Kloe Bible	1564
3 rd Isabella Dodsworth	1365

Under 13	Points
1 st Tahnee Ball	2650
2 nd Shannon Spencer	2032

Under 14	Points
1 st Kyla Tucker	2075
2 nd Samantha Smith	1630
3 rd Isabella Holt	1176

Under 15	Points
1 st Abigail Grimes	2500
2 nd Jessica Johnston Patterson	1456
3 rd Courtney Diggelmann	1409

Under 16	Points
1 st Kiara Kelly	2047
2 nd Caitlin Allan	1489

Boys

Under 6	Points
1 st Jackson Barnes	2402
2 nd Jacob Oxenham	2398
3 rd Joshua Taylor	2151

Under 7	Points
1 st Brayden Ramsey	2933
2 nd Finn Van Alderen	2619
3 rd Edward Dehe	2409

Under 8	Points
1 st Alex McCoombe-Lopez	3011
2 nd Luca Quitadamo	2808
3 rd Kadin Mitchell	2569

Under 9	Points
1 st Zack Behrnes	2195
2 nd Damian Storey	2105
3 rd Ryan Haremaker	2044

Under 10	Points
1 st Lucas Clarke	2770
2 nd Jed Hoyland	2641
3 rd Riley Holt	2598

Under 11	Points
1 st Oscar McCoombe-Lopez	2828
2 nd Lewis Pratt	2813
3 rd Calan Tucker	2668

Under 12	Points
1 st Thomas Rodham	2436
2 nd Bailey Holt	1971
3 rd Leith Van Alderen	1839

Under 13	Points
1 st Cameron Steer	3056
2 nd Harry Grimes	2274
3 rd Lachlan Spencer	2151

Under 14	Points
1 st Lachlan Rousell	2372
2 nd Zac Healey	2259
3 rd Luke Brown	2147

2015/2016 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. The Records and Rankings Officer will present evidence to the Committee that will support the record and the record will be awarded providing all criteria are satisfied/met such as notes by the timer/age manager/recorder on the night, previous and future attempts comply with minimum requirements as outlined in the Regulation concerning Records attached to the Constitution.

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 on the night.

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 an Award issued to the Athlete on Presentation Day in recognition of their achievement.

The following Records were broken during the 2015-2016 season:

▪	Kiara Kelly	U16 Girl	60m	8.50	27/11/15
▪	Maddison Langman	U16 Girl	Shot Put	8.86	26/02/16
▪	Maddison Langman	U16 Girl	Javelin	28.94	18/12/15
▪	Maddison Langman	U16 Girl	High Jump	1.45	05/02/16
▪	Kyla Tucker	U14 Girl	3000m	12:12.98	04/03/16
▪	Tahnee Ball	U13 Girl	High Jump	1.54	26/02/16
▪	Cameron Steer	U13 Boy	200m Hurdles	29.19	19/02/16
▪	Cameron Steer	U13 Boy	200m	27.14	27/11/15
▪	Cameron Steer	U13 Boy	Long Jump	5.30	19/02/16
▪	Sophie Pratt	U9 Girl	Long Jump	3.71	04/12/15

*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.

2015 / 2016 Centre Results

UNDER 6 GIRLS

2015 / 2016 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
50M	Marli Hoyland	10.61	50M	K Coombes	9.42	01/11/1990
70M	Marli Hoyland	15.64	70M	L Dunn	12.05	01/03/1985
100M	Marli Hoyland	21.95	100M	Kylie Coombes	18.73	01/03/1991
200M	Marli Hoyland	47.94	200M	Charlotte Rousell	41.87	06/01/2012
300M (Pack)	Marli Hoyland	1-18.53	300M (Pack)	Charlotte Rousell	1-10.55	16/12/2011
Long Jump	Emily Lush	2.01	Long Jump	Georgia Gordon	2.85	19/12/2003
Shot Put	Marli Hoyland	3.22	Shot Put	Amara Pilson	4.41	27/02/2009
Discus	Emily Behrnes	8.26	Discus	Rebecca Dick	11.40	27/02/2004

UNDER 6 BOYS

2015 / 2016 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
50M	Will Constable	10.11	50M	Trent Buhagiar	8.86	02/02/2007
70M	Will Constable	15.35	70M	Tim Bell	12.56	01/03/1992
100M	Will Constable	21.83	100M	S Dixon	17.91	01/03/1990
200M	Jacob Oxenham	49.12	200M	A Myles	39.49	01/02/1990
300M (Pack)	Jackson Barnes	1-18.57	300M (Pack)	J O'Donnell	1-07.4	02/03/2001
Long Jump	Will Constable	2.29	Long Jump	T Buhagiar	2.96	05/03/2004
Shot Put	Will Constable	4.19	Shot Put	T Buhagiar & L Podnar	5.38	05/03/2004
Discus	Will Constable	8.30	Discus	T Buhagiar	14.54	31/10/2003

UNDER 7 GIRLS

2015 / 2016 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
50M	Elka McGann	9.08	50M	Kristy Knight	8.91	01/01/1994
70M	Sallee Macey	13.53	70M	A Peters	11.51	01/03/1991
100M	Elka McGann / Eva Scott	18.88	100M	A Peters	17.3	01/03/1991
200m	Sallee Macey	42.92	200m	M O'Connor	38.12	22/11/1991
500M (Pack)	Isabella Nicolussi	2-16.08	500M (Pack)	Kylie Coombes	1-59.36	06/03/1992
Long Jump	Isabella Nicolussi	2.79	Long Jump	Georgia Gordon	2.99	17/12/2004
Discus	Isabella Nicolussi	11.06	Discus	Emily Diaz	14.35	14/01/2005
Shot Put	Elka McGann	5.68	Shot Put	K Reilly	8.92	01/11/1987

UNDER 7 BOYS

2015 / 2016 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
50M	Brayden Ramsey	8.98	50M	L Cornish	8.7	24/03/2000
70M	Brayden Ramsey	11.51	70M	Tim Bell	11.37	01/03/1993
100M	Hugh Argent	17.37	100M	J Moore	16.54	01/03/1990
200M	Hugh Argent	38.98	200M	R Hall	35.85	01/03/1998
500M (Pack)	Hugh Argent	2-01.57	500M (Pack)	R Hall	1-44.49	01/02/1988
Long Jump	Hugh Argent	3.04	Long Jump	T Buhagiar	3.32	28/01/2005
Shot Put	Hugh Argent	6.16	Shot Put	D Whitehead	7.3	01/02/1984
Discus	Hugh Argent	14.21	Discus	T Buhagiar	16.77	11/03/2005

UNDER 8 GIRLS

2015 / 2016 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
70M	Elizabeth Rodham	12.37	70M	A Beauchamp	11.17	01/01/1991
100M	Elizabeth Rodham	17.39	100M	L Dunn	16.22	01/03/1987
200M	Elizabeth Rodham	37.15	200M	Kylie Coombes	36.50	05/03/1993
400M	Elizabeth Rodham	1-23.94	400M	A Murphy	1-22.33	07/02/1992
60M hurdles	Elizabeth Rodham	12.31	60M hurdles	C Hardwick	12.20	20/03/1998
Long Jump	Elizabeth Rodham	3.03	Long Jump	Leisel Collins	3.56	19/10/2012
Shot Put	Abigail Grimmish	4.95	Shot Put	S Hudson	6.81	01/01/1990
Discus	Abigail Grimmish	10.82	Discus	S Hudson	16.03	01/01/1990
(700M) Pack	Elizabeth Rodham	2-51.46	(700M) Pack	A Murphy	2-38.40	13/03/1992

UNDER 8 BOYS

2015 / 2016 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
70M	Noah Constable	12.18	70M	T McDonald	11.10	07/01/2000
100M	Raj Sharma	17.31	100M	R Hall	15.78	01/03/1989
200M	Alex McCoombe-Lopez	36.25	200M	R Hall	33.92	01/03/1989
400M	Raj Sharma	1-25.50	400M	R Hall	1-16.66	01/12/1988
60M hurdles	Luca Quitadamo	12.59	60M hurdles	Luke Donahue	11.40	05/12/1997
Long Jump	Oliver Szymanski	3.26	Long Jump	Luke Podnar	3.69	10/03/2006
Shot Put	Kadin Mitchell	5.61	Shot Put	N Coffey	9.72	01/11/1987
Discus	Kadin Mitchell	13.38	Discus	C Currie	22.92	31/12/1993
(700M) Pack	Raj Sharma	2-45.48	(700M) Pack	R Hall	2-27.18	01/12/1988

UNDER 9 GIRLS

2015 / 2016 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
70M	Sophie Pratt	11.07	70M	K Rowbotham	10.59	01/03/2002
100M	Sophie Pratt	15.95	100M	Shellie Wilkes	15.30	26/03/1999
200M	Sophie Pratt	36.86	200M	Shellie Wilkes	32.70	26/03/1999
400M	Sophie Pratt	1-30.16	400M	Emily Mullen	1-15.60	27/03/1998
800M	Sophie Pratt	3-24.56	800M	Emily Mullen	2-52.7	27/03/1998
700M Walk			700M Walk	Samantha Tomlin	4-07.50	14/03/1997
60M hurdles	Sophie Pratt	12.43	60M hurdles	Shellie Wilkes	11.00	26/03/1999
Long Jump	Sophie Pratt	3.71	Long Jump	Sophie Pratt	3.71	04/12/2015
High Jump	Sophie Pratt	1.10	High Jump	B Whitehead	1.15	01/12/1996
Shot Put	Sophie Pratt	6.53	Shot Put	E Cansdale	7.35	15/03/2002
Discus	Sophie Pratt	19.15	Discus	Emily Diaz	21.49	23/02/2007

UNDER 9 BOYS

2015 / 2016 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
70M	Damian Storey	11.49	70M	Luke Podnar	10.87	10/11/2006
100M	Jake Argent	16.18	100M	J Ross & D Whitehead	14.61	01/01/1990
200M	Zack Behrnes	36.29	200M	D Whitehead	31.70	01/03/1986
400M	Liam Joliffe	1-26.77	400M	R Hall	1-12.04	01/10/1989
800M	Liam Joliffe	3-00.14	800M	R Hall	2-41.79	01/03/1990
700M Walk			700M Walk	D Booth	3-52.52	27/02/1997
60M hurdles	Marshall Dodsworth	12.16	60M hurdles	Joshua Ross	10.09	01/11/1989
Long Jump	Jake Argent	3.19	Long Jump	Trent Buhagiar	4.10	09/03/2007
High Jump	Damian Storey	1.00	High Jump	R Hall, J Ross, D Booth	1.25	01/03/1990
Shot Put	Bill Scott	5.91	Shot Put	J McMaster	10.23	08/11/1991
Discus	Liam Joliffe	15.17	Discus	C Currie	25.74	24/02/1995

UNDER 10 GIRLS

2015 / 2016 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
70M	Charlotte Rousell	11.67	70M	Shellie Wilkes	10.70	17/03/2000
100M	Charlotte Rousell	16.85	100M	J Peterson	14.56	01/02/1987
200M	Charlotte Rousell	34.22	200M	Shellie Wilkes	31.30	17/03/2000
400M	Charlotte Rousell	1-23.85	400M	Amanda Morris	1-11.20	13/02/1998
800M	Charlotte Rousell	3-04.31	800M	K Dent	2-46.40	01/02/1990
1500M	Charlotte Rousell	6-00.01	1500M	Emily Mullen	5-47.80	26/02/1999
1100M Walk			1100M Walk	Samantha Tomlin	6-02.50	13/03/1998
60M Hurdles	Charlotte Rousell	14.01	60M Hurdles	J Peterson	10.62	01/02/1987
Long Jump	Charlotte Rousell	3.50	Long Jump	Teigan Miller	4.17	10/03/2006
High Jump	Charlotte Rousell	1.20	High Jump	Samantha Tomlin	1.22	07/11/1997
Shot Put	Charlotte Rousell	6.97	Shot Put	E Cansdale	8.22	03/01/2003
Discus	Charlotte Rousell	16.78	Discus	A Brady	21.35	24/03/2000

UNDER 10 BOYS

2015 / 2016 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
70M	Ethan Barry	11.36	70M	Luke Donahue	10.30	24/03/2000
100M	Christopher Rae	15.58	100M	D Whitehead	13.22	01/03/1987
200M	Riley Holt	33.50	200M	R Hall	30.40	01/02/1991
400M	Henri Dehe	1-19.08	400M	R Hall	1-12.05	01/02/1991
800M	Henre Dehe	2-53.99	800M	R Hall	2-43.08	01/03/1991
1500M	Henri Dehe	5-50.63	1500M	M Taylor	5-29.11	01/02/1998
1100M Walk			1100M Walk	D Booth	6-14.00	27/03/1998
60M Hurdles	Jed Hoyland	12.52	60M Hurdles	P Haime	10.31	01/10/1986
Long Jump	Ethan Barry	3.73	Long Jump	Trent Buhagiar	4.28	29/02/2008
High Jump	Lucas Clarke	1.20	High Jump	D Whitehead	1.38	01/10/1986
Shot Put	Lucas Clarke	6.81	Shot Put	T Arnold	8.76	01/12/1985
Discus	Cooper Ausburn	17.56	Discus	L Crutcher	32.80	01/02/1985

UNDER 11 GIRLS

2015 / 2016 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M	Alexis Aldous	15.20	100M	B Martin	14.07	01/03/1991
200M	Heather Snape	32.80	200M	Shellie Wilkes	30.00	23/03/2001
400M	Heather Snape	1:12.95	400M	Shellie Wilkes	1-06.50	23/03/2001
800M	Heather Snape	2-51.37	800M	Emily Mullen	2-44.60	19/11/1999
1500M	Heather Snape	5-57.38	1500M	Daisy Duguid	5-37.92	07/11/2014
1100M Walk			1100M Walk	Samantha Tomlin	6-07.10	30/10/1998
60M Hurdles	Alexis Aldous	11.90	60M Hurdles	Hayley Oliver	10.62	31/12/1993
Long Jump	Alexis Aldous	3.79	Long Jump	Amanda Thorpe	4.27	07/03/2003
High Jump	Heather Snape	1.20	High Jump	Samantha Tomlin	1.33	05/03/1999
Triple Jump	Leisel Collins	8.09	Triple Jump	Amanda Thorpe	9.08	31/01/2003
Shot Put	Alexis Aldous	7.34	Shot Put	V Lovie	8.86	05/11/1995
Discus	Leisel Collins	16.76	Discus	V Lovie	22.86	08/12/1995

UNDER 11 BOYS

2015 / 2016 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M	Oscar McCoombe-Lopez	15.07	100M	Joshua Ross	13.41	06/03/1992
200M	Oscar McCoombe-Lopez	31.46	200M	Luke Donahue	30.00	17/11/2000
400M	Oliver Ham	1-14.72	400M	P McInerney	1-08.00	01/03/1990
800M	Oliver Ham	2-50.81	800M	R Hall	2-34.36	08/11/1991
1500M	Oliver Ham	5-36.24	1500M	J Stratton	5-26.2	23/03/2001
1100M Walk			1100M Walk	D Booth	6-11.7	02/10/1998
60M Hurdles	Lachlan Bishell	10.46	60M Hurdles	Luke Donahue	10.30	23/03/2001
Long Jump	Lewis Pratt	4.20	Long Jump	Luke Podnar	4.92	06/02/2009
High Jump	Lewis Pratt	1.30	High Jump	D Whitehead	1.45	01/12/1987
Triple Jump	Lewis Pratt	8.09	Triple Jump	B Williame	9.14	28/11/2003
Shot Put	Luka Szymanski	7.41	Shot Put	B Rogers	10.18	11/02/2011
Discus	Oscar McCoombe-Lopez	16.42	Discus	D Whitehead	33.13	01/11/1987

UNDER 12 GIRLS

2015 / 2016 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M	Isabella Dodsworth	15.24	100M	Cassandra Webber	13.47	12/01/2007
200M	Abbey Taylor	33.26	200M	Cassandra Webber	28.70	09/03/2007
400M	Kloe Bible	1-17.95	400M	Cassandra Webber	1-07.64	08/12/2006
800M	Daisy Duguid	2-54.84	800M	Megan Underhill	2-32.77	01/02/1989
1500M	Daisy Duguid	5-48.11	1500M	Megan Underhill	5-00.15	01/02/1989
1500M Walk			1500M Walk	Samantha Tomlin	8-43.70	24/03/2000
60M Hurdles	Isabella Dodsworth	14.08	60M Hurdles	Tracy Shackleton	10.20	05/03/1993
Long Jump	Abbey Taylor	3.24	Long Jump	Amanda Thorpe	5.15	05/03/2004
High Jump	Isabella Dodsworth	1.15	High Jump	J Peterson	1.45	01/03/1989
Triple Jump	Kloe Bible	7.23	Triple Jump	Amanda Thorpe	10.35	05/03/2004
Shot Put	Kloe Bible	5.64	Shot Put	A McMaster	10.48	24/01/1997
Javelin	Kloe Bible	10.60	Javelin	Kala Bennett	16.62	30/01/2015
Discus	Kloe Bible	11.93	Discus	E Cansdale	23.65	11/03/2005

UNDER 12 BOYS

2015 / 2016 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M	Thomas Rodham	14.48	100M	Bradman Best	13.37	11/01/2013
200M	Thomas Rodham	30.22	200M	Bradman Best	28.05	02/11/2012
400M	Jamie Bickel	1-09.82	400M	R Hall	1-04.54	11/12/1992
800M	Jamie Bickel	2-46.96	800M	M Barron	2-31.38	01/02/1987
1500M	Jamie Bickel	5-58.79	1500M	R Hall	5-10.58	26/02/1993
1500M Walk			1500M Walk	R Ryan	8-56.31	15/02/2002
60M Hurdles	Thomas Rodham	11.49	60M Hurdles	Joshua Ross	9.43	05/03/1993
Long Jump	Thomas Rodham	4.25	Long Jump	B Williame	4.82	11/03/2005
High Jump	Thomas Rodham	1.42	High Jump	D Whitehead	1.51	01/02/1989
Triple Jump	Leith VanAalderen	8.53	Triple Jump	B Williame	10.22	15/10/2004
Shot Put	Ryan Brown	8.25	Shot Put	A Lovie	10.66	01/01/1991
Javelin	Ryan Brown	23.24	Javelin	Cameron Steer	25.35	30/01/2015
Discus	Ryan Brown	22.75	Discus	B Lovie	34.48	01/03/1989

UNDER 13 GIRLS

2015 / 2016 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M	Tahnee Ball	15.00	100M	Hayley Oliver	13.10	02/10/1995
200M	Iona Snape	30.98	200M	Kylie Wildman	27.80	26/03/1999
400M	Iona Snape	1-11.47	400M	Katherine Peksis	1-02.60	07/03/1997
800M	Iona Snape	2-45.43	800M	Katherine Peksis	2-27.55	01/11/1996
1500M	Iona Snape	6-01.50	1500M	Megan Underhill	4-55.34	01/11/1989
3000M	Iona Snape	13-52.88	3000M	Holly Speerin	12-01.26	14/03/2003
1500M Walk			1500M Walk	K Hall	8-00.01	01/12/1988
80M H	Tahnee Ball	15.80	80M H	Kylie Wildman	13.50	26/03/1999
200M H	Tahnee Ball	33.66	200M H	Kylie Wildman	29.90	26/03/1999
Long Jump	Iona Snape	4.00	Long Jump	Amanda Thorpe	4.95	04/03/2005
High Jump	Tahnee Ball	1.54	High Jump	Tahnee Ball	1.54	26/02/2016
Triple Jump	Iona Snape	8.59	Triple Jump	Amanda Thorpe	10.61	12/11/2004
Shot Put	Lara Beer	6.66	Shot Put	D Searston	9.36	03/02/1995
Discus	Iona Snape	18.46	Discus	Elise Cansdale	31.63	10/03/2006
Javelin	Iona Snape	22.85	Javelin	Susan Sobczak	26.18	26/02/1999
60M Run	Tahnee Ball	9.23	60M Run	Cassandra Webber	8.16	21/12/2007

UNDER 13 BOYS

2015 / 2016 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M	Cameron Steer	12.90	100M	Chris Marshall	12.22	01/02/1987
200M	Cameron Steer	26.49	200M	Cameron Steer	26.49	27/11/2015
400M	Cameron Steer	1-10.05	400M	Chris Marshall	1-01.66	01/12/1986
800M	Cameron Steer	2-49.62	800M	N Tiko	2-27.04	07/03/2003
1500M	Harry Grimes	5-47.87	1500M	Chris Marshall	4-55.94	01/12/1986
3000M	Tom Herbert	12-19.28	3000M	J Stratton	10-29.82	07/03/2003
1500M Walk			1500M Walk	David Mainwaring	7-55.97	28/02/2003
80M Hurdles	Cameron Steer	13.74	80M Hurdles	Chris Wood	13.30	27/03/1998
200M H	Cameron Steer	29.19	200M H	Cameron Steer	29.19	19/02/2016
Long Jump	Cameron Steer	5.30	Long Jump	Cameron Steer	5.30	19/02/2016
High Jump	Cameron Steer	1.48	High Jump	D Whitehead	1.60	01/12/1989
Triple Jump	Cameron Steer	10.25	Triple Jump	Luke Donahue	10.45	06/12/2002
Shot Put	Cameron Steer	8.97	Shot Put	A Lovie	13.03	20/03/1992
Discus	Cameron Steer	20.23	Discus	Aaron Hamstra	35.80	13/03/1998
Javelin	Cameron Steer	26.31	Javelin	Aaron Hamstra	32.35	06/03/1998
60M Run	Cameron Steer	8.34	60M Run	Luke Donahue	8.10	20/02/2003

UNDER 14 GIRLS

2015 / 2016 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M	Kyla Tucker	14.42	100M	Hayley Oliver	13.20	08/11/1996
200M	Kyla Tucker	32.28	200M	K Shackleton	27.60	27/02/1998
400M	Kyla Tucker	1-15.68	400M	Katherine Peksis	1-02.50	06/02/1998
800M	Kyla Tucker	2-54.27	800M	Katherine Peksis	2-29.00	27/02/1998
1500M	Kyla Tucker	5-45.10	1500M	Megan Underhill	5-03.45	01/03/1991
3000M	Kyla Tucker	12-12.98	3000M	Kyla Tucker	12-12.98	04/03/2016
1500M Walk			1500M Walk	K Hall	8-14.82	01/01/1990
80M Hurdles	Kyla Tucker	18.06	80M Hurdles	Kylie Wildman	13.10	03/12/1999
200M H	Kyla Tucker	34.91	200M H	Kylie Wildman	31.40	11/02/2000
Long Jump	Jessica Brown-Hall	4.33	Long Jump	Shellie Wilkes	5.10	24/10/2003
High Jump	Samantha Smith	1.30	High Jump	Tara Shackleton	1.62	03/03/1995
Triple Jump	Jessica Brown-Hall	8.46	Triple Jump	Amanda Thorpe	10.69	18/11/2005
Shot Put	Samantha Smith	7.14	Shot Put	D Searston	9.64	20/10/1995
Discus	Jessica Brown-Hall	17.99	Discus	C Edwards	24.77	16/02/2001
Javelin	Micheila Botha	18.74	Javelin	Susan Sobczak	21.66	17/03/2000
60M Run	Jessica Brown-Hall	9.45	60M Run	Jenna Chapman	8.40	23/11/2007

UNDER 14 BOYS

2015 / 2016 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M	Luke Brown	13.03	100M	T Edwards	12.15	01/10/1989
200M	Luke Brown	26.80	200M	P Steel	24.96	18/10/2002
400M	Luke Brown	1-05.44	400M	C Marshall, A Hamstra	59.80	01/02/1998
800M	Lachlan Rousell	2-35.38	800M	Dylan Buhagiar	2-28.85	14/03/2008
1500M	Lachlan Rousell	5-07.88	1500M	J Stratton	4-58.66	15/03/2004
3000M	Lachlan Rousell	10-47.67	3000M	J Stratton	10-22.26	26/03/2004
1500M Walk			1500M Walk	D Mainwaring	7-28.86	28/11/2003
90M Hurdles	Luke Brown	13.95	90M Hurdles	C Wood	13.50	30/10/1998
200M H	Luke Brown	30.68	200M H	Aaron Hamstra	27.50	27/11/1998
Long Jump	Jackson Quinell	4.61	Long Jump	D Manuelle	5.54	07/03/2003
High Jump	Cameron Mills	1.45	High Jump	D Manuelle	1.75	28/02/2003
Triple Jump	Luke Brown	10.20	Triple Jump	Luke Donahue	11.19	30/01/2004
Shot Put	Zac Healey / Cameron Mills	9.21	Shot Put	Aaron Hamstra	12.93	26/03/1999
Discus	Cameron Mills	19.89	Discus	Aaron Hamstra	49.26	26/03/1999
Javelin	Brock VanAalderen	21.25	Javelin	Aaron Hamstra	47.50	12/03/1999
60M Run	Jackson Quinell	8.68	60M Run	Kevin Moore	7.83	26/09/2003

UNDER 15 GIRLS

2015 / 2016 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M	Abigail Grimes	14.12	100M	D Taylor, D Edwards, K Shackleton	13.20	01/10/1988
200M	Abigail Grimes	28.34	200M	Kara Shackleton	26.60	26/03/1999
400M	Abigail Grimes	1-09.46	400M	Katherine Peksis	1-08.80	27/11/1998
800M	Abigail Grimes	2-53.73	800M	Katherine Peksis	2-26.70	05/03/1999
1500M	Abigail Grimes	5-53.67	1500M	Katherine Peksis	5-34.40	13/11/1998
3000M	Abigail Grimes	12-59.64	3000M	Katherine Peksis	11-47.90	13/11/1998
1500M Walk			1500M Walk	Sarah Walkley	8-13.80	27/02/1998
90M Hurdles	Laura Cooper	17.60	90M Hurdles	Jessica Morrell	14.50	26/03/1999
200M H	Laura Cooper	34.46	200M H	Shellie Wilkes	30.83	08/10/2004
Long Jump	Abigail Grimes	4.28	Long Jump	Samantha Tomlin	5.08	14/03/2003
High Jump	Abigail Grimes	1.48	High Jump	Tara Shackleton	1.66	05/01/1996
Triple Jump	Abigail Grimes	9.55	Triple Jump	Samantha Tomlin	9.69	06/12/2002
Shot Put	Abigail Grimes	6.37	Shot Put	Susan Sobczak	10.11	23/03/2001
Discus	Abigail Grimes	18.04	Discus	Amanda Bartrim	26.60	10/03/2006
Javelin	Jessica Johnston-Paterson	18.87	Javelin	Susan Sobczak	28.07	23/03/2001
60M Run	Abigail Grimes	8.67	60M Run	Mikayla Sonter	8.32	08/02/2013

UNDER 15 BOYS

2015 / 2016 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

2015 / 2016 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M	Kiara Kelly	14.13	100M	Mikayla Sonter	13.77	17/01/2014
200M	Kiara Kelly	29.39	200M	Mikayla Sonter	28.96	14/02/2014
400M	Kiara Kelly	1-12.52	400M	Mikayla Sonter	1-05.26	07/02/2014
800M	Kiara Kelly	3-25.75	800M	Georgia Gordon	2-55.22	06/12/2013
1500M			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	Kiara Kelly	20.51	100M H	Mikayla Sonter	18.28	07/02/2014
200M H	Kiara Kelly	36.82	200M H	Mikayla Sonter	32.23	11/10/2013
Long Jump	Maddison Langman	4.10	Long Jump	Mikayla Sonter	4.69	14/02/2014
High Jump	Maddison Langman	1.45	High Jump	Maddison Langman	1.45	05/02/2016
Triple Jump	Kiara Kelly	8.68	Triple Jump	Georgia Gordon	9.47	15/11/2013
Shot Put	Maddison Langman	8.86	Shot Put	Maddison Langman	8.86	26/02/2016
Discus	Caitlin Allan	19.74	Discus	Rochelle Martin	26.87	19/03/2010
Javelin	Maddison Langman	28.94	Javelin	Maddison Langman	28.94	18/12/2015
60M Run	Kiara Kelly	8.50	60M Run	Kiara Kelly	8.50	27/11/2015

UNDER 16 BOYS

2015 / 2016 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M	Samson Hall	16.25	100M	Robert Cross	12.71	10/10/2008
200M			200M	Mathew Isok	26.95	16/11/2007
400M	Samson Hall	1-14.92	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	Samson Hall	39.68	200M H	Mathew Isok	30.06	19/10/2007
Long Jump			Long Jump	Robert Cross	5.90	30/01/2009
High Jump	Samson Hall	1.10	High Jump	Robert Cross	1.80	30/01/2009
Triple Jump	Samson Hall	8.10	Triple Jump	Luke Martin	9.45	15/01/2010
Shot Put			Shot Put	Jesse Quinell	11.17	01/11/2013
Discus	Samson Hall	14.81	Discus	Luke Martin	27.10	05/02/2010
Javelin	Samson Hall	9.87	Javelin	Robert Cross	27.40	07/11/2008
60M Run			60M Run	Mathew Isok	7.97	14/03/2008

UNDER 17 GIRLS

2015 / 2016 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M	n/a		100M	Mikayla Sonter	12.76	24/10/2014
200M			200M	Mikayla Sonter	28.19	27/02/2015
400M			400M	Mikayla Sonter	1-10.28	20/02/2015
800M			800M	Mikayla Sonter	3-20.21	16/01/2015
1500M			1500M			
3000M			3000M			
1500M Walk			1500M Walk			
100 H			100 H	Mikayla Sonter	17.97	24/10/14
200M H			200M H	Mikayla Sonter	32.51	20/02/2015
Long Jump			Long Jump	Mikayla Sonter	4.80	27/02/2015
High Jump			High Jump	Mikhali Clune	1.35	16/12/2011
Triple Jump			Triple Jump	Mikayla Sonter	9.38	20/02/2015
Shot Put			Shot Put	Rochelle Martin	11.00	14/01/2011
Discus			Discus	Rochelle Martin	27.80	21/01/2011
Javelin			Javelin	Rochelle Martin	29.50	28/01/2011
60M Run			60M Run	Mikayla Sonter	8.86	30/01/2015

UNDER 17 BOYS

2015 / 2016 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M	n/a		100M	Michael Pain	12.69	08/02/2013
200M			200M	Michael Pain	26.62	02/11/2012
400M			400M	Michael Pain	1-05.46	09/11/2012
800M			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			100 H	Luke Martin	18.27	04/10/2010
200M H			200M H	Michael Pain	30.25	19/10/2012
Long Jump			Long Jump	Michael Pain	5.06	08/03/2013
High Jump			High Jump	Blayden Butler	1.54	01/11/2013
Triple Jump			Triple Jump	Blayden Butler	9.94	01/11/2013
Shot Put			Shot Put	Luke Martin	11.69	14/01/2011
Discus			Discus	Luke Martin	34.14	11/02/2011
Javelin			Javelin	Luke Martin	35.18	14/01/2011
60M Run			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 11'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 can wear spikes for all track events and on the following field events: 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.

2. Athletes from Under 11 up are permitted to use starting blocks in the following events:- 70m, 100m, 200m, 400m, Hurdles and Relays (the first leg-runner only) (Starting blocks are of course optional equipment for athletes).
3. Shoes must be worn at all times at Mc Evoy 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.

5. Athletes in the Under 9 and Under 10 age group must use the Scissor Kick technique for high jump and not the Fosbury Flop.
6. Nobody should pass in front of a competitor who is about to execute a throw in the discus, shot put or javelin event.
7. Please obey any instructions given by an official or team manager.



2016/2017 Season Dates

Friday 7 October 2016	1st Competition Night
Friday 14 October 2016	Competition Night
Friday 21 October 2016	Competition Night
Friday 28 October 2016	Competition Night
Friday 4 November 2016	Competition Night (zone entries in)
Friday 11 November 2016	Competition Night
Friday 18 November 2016	Competition Night
Friday 25 November 2016	Competition Night
Friday 2 December 2016	Competition Night
Friday 9 December 2016	NO CLUB COMPETITION
<i>Friday 9 December 2016</i>	<i>Central Coast Zone Carnival Mingara</i>
<i>Saturday 10 December 2016</i>	<i>Central Coast Zone Carnival Mingara</i>
<i>Sunday 11 December 2016</i>	<i>Central Coast Zone Carnival Mingara</i>
Friday 16 December 2016	Last competition Night for 2016
Friday 13 January 2017	Club Pentathlon
Friday 20 January 2017	Competition Night
Friday 27 January 2017	Competition Night
Friday 3 February 2017	Competition Night
Friday 10 February 2017	NO CLUB COMPETITION
<i>Saturday 11 February 2017</i>	<i>Regional Carnival - Glendale Athletics Centre</i>
<i>Sunday 12 February 2017</i>	<i>Regional Carnival - Glendale Athletics Centre</i>
Friday 17 February 2017	Competition Night
Friday 24 February 2017	Competition Night
Friday 3 March 2017	Competition Night
Friday 10 March 2017	Competition Night
Date TBA	Club Presentation – Ettalong Bowling Club



Little Athletics NSW Major Sponsor



Little Athletics NSW Supporting Sponsors



Woy Woy Club Sponsors 2015-2016



Ettalong Beach
Community Bank® Branch

