

Kurrajong / Bilpin Little Athletics Annual Report 2012 / 2013 season



Kurrajong / Bilpin Little Athletics Centre Inc

Thirty-second Annual Report

2012/2013 Season

Committee Members

Chairperson	David Donnelly
Secretary	Meegan Keller
Treasurer	Karen Blanch
Registrar	Kelly Hall
Coach	Marilyn Pearson
Championships Officer	Rebecca Ellyard
Centre Manager	Vacant
Officer of Officials	Vacant
Age Manager Co-ordinator	Vacant
Grounds Co-ordinator	Laurie Fairweather
Equipment Officer	Darron Blanch
Records Officer	Susan Ferrier
Computer Operator	Susan Ferrier
Uniform Co-ordinator	Kellie Black
Canteen Co-ordinator	Lynette Winser
Publicity Officer	Christy Hardy
Public Officer	David Donnelly

End of year Reports - Chairman

The past season has been relatively good weather wise and we managed to get in a lot more Friday nights than last year. The success of our athletes at all the carnivals throughout the season and on Friday nights has been amazing. I think more club records were broken this season than any I can remember. Well done to all our overachieving athletes.

Our committee members put an awful amount of time into making our club what it is today. Many of these people are seen hard at work; however there are a number of them who do the “unseen” work. This is work such as line marking the oval, fixing broken equipment, ordering food for the canteen, entering the results from each week into the computer, and attending other meetings and much more.

I don't normally single any parents out to say thanks as many of you do help out, however tonight I wanted to make special mention on one parent who has really helped out throughout the season by staying back each Friday night to help clean the toilets, BBQ, etc as well as spending many hours on the BBQ. He was always willing to help with everything and I thank you Adam Henson.

Our Club Captains this year have been outstanding. Alicia and Carly have spent so much time cheering on our athletes at the various carnivals and encouraging them to achieve the best. Well done girls.

It is interesting to note with our clubs records, the oldest standing record (still offered) is from March 1984 which is the U12 Boys 1500m Walk. Another old record from Feb 1987 is the U14 boys 1500m Walk that is still held by Josh Peters.

During the past season we had 16 athletes take out new records. Those athletes are:

Carly Winser, Lianna Davidson, Cooper Blanch, Caleb Fairweather, Brooke Keller, Alexandra Williams, Toby Camilleri, Renee Hardy, Caitlyn Ferrier, Harrison McClifty, Georgia Portelli, Jaylen Bilibja, Sophie Balmforth, Jessica Keller and Jarrod Davidson and Emily Brown.

At this years Zone Carnival we had 72 Entries, which was held at Springwood in December last year. Of those 72 kids, we had 67 old enough to qualify to Region and of those, we had 65 actually qualify through to Region.

As you know, this years Region was held some 300 odd Km out west in sunny Dubbo. I am happy to say that we had everyone turn up. That may have something to do with the fantastic weekend that Meegan Keller organised with the accommodation, food and general party atmosphere. It was a long way to go but I think everyone had a great weekend. Oh yes, the carnival was pretty good as well....

At Region, we received 102 individual medals and 3 relay medals. This made us the most successful Little Athletics Club in the Region.

Of the 58 athletes old enough to progress to State from Region, 38 qualified to do so. I think that makes us one of the most successful clubs in the state based on percentages.

This year we had 37 athletes attend State which was a huge number considering only the top 2 athletes from Region qualified. This year 5 KBLAC athletes received State medals with many PBs also achieved by many of our athletes.

The next 12 months will be very busy for our club. We are hosting the State Cross Country and Road Walks again in 2013 at Scheyville National Park in July. Next seasons Zone carnival will be held again at McMahons Park on the 14th and 15th December. Being a home carnival should make it a lot of fun for everyone. The next Region will be at Lithgow which is a lot closer for everyone than the Dubbo trip.

I am very excited for the next season however we do need to ensure all committee positions are filled.

David Donnelly

Secretaries Report

This is my second year in the role of secretary and I would like to start by thanking the rest of the committee for their support and assistance throughout the year. I would especially like to thank David Donnelly our club President who contributes so much of his time to ensure the smooth running and improvement of our club.

KBLAC has had a successful season and under the new zone restructure we competed in our first Regional Carnival at Dubbo. The club had great success and an enjoyable weekend was had by all. Congratulations to all the kids that competed at championship level, our club achieved some amazing results with many athletes achieving PB's in their events.

We have seen pleasing results during our Friday night competition with many centre records broken throughout the season and personal best's that we have the pleasure of seeing on a weekly basis.

I would like to thank all the parent helpers throughout the season, whether you help out in the canteen on a Friday night or assist at championship events, your help is much appreciated - many hands make light work!!

Finally, I would like to take this opportunity to encourage any interested parents to join the committee. It is a rewarding experience and a great opportunity to meet new friends!!

May I wish everyone a safe and happy off season and look forward to seeing you all again at the commencement of the 2013/2014 season.

Treasurers Report

Reporting will become more streamlined next season now that we have MYOB on our new club laptop.

Whilst we didn't make a profit this year we were able to help our coach and athletes travel and compete on the world stage which we as a club are very proud to have been able to do. The canteen has been able to add the slushie machine to our equipment and still made a profit this year.

We haven't earned any interest on our bank accounts this year and would recommend we put \$10,000-\$20,000 into a term deposit for 3-4 months at a time.

Due to a couple of double-ups in the accounts the auditor has recommended only the treasurer sets up payments so that the receipts can be better managed.

Karen Blanch

Coach's Report

This has certainly been another very successful season for athletes from our Club. Our athletes competed at all Championship levels with great distinction. Their enthusiasm whilst competing and when supporting their friends was quite inspiring.

Training has been a challenge throughout the season with the large number of athletes who have attended competing in so many different events. They have all worked consistently and enthusiastically to improve their performances. It's always wonderful for me to see their hard work well rewarded with great results and numerous personal bests. They are all great ambassadors for our club and I'm very proud of them all.

Many many thanks to Laurie Fairweather who has been there once again all season assisting me with coaching. Your support is invaluable and I just couldn't manage without you!!

Congratulations to all of our State Athletes particularly our medallists Brooke Keller, Tully Murphy, Caleb Fairweather, Tabitha Porley and Lauren Russell.

Many of our senior athletes (former KB athletes) have also enjoyed another extremely successful season. Sara Klein was our 11th athlete to represent Australia on the world stage. Sara competed in Barcelona last July at the World

Junior Championships in Barcelona finishing an excellent 14th. Along the way she competed at an elite junior meet in Germany where she won the 400m hurdles in convincing manner setting a new meet record.

Ian Dewhurst is the club's latest success story gaining selection in the 400m hurdles for the World University Games to be held in Russia in July. During the season Ian ran one of the fastest 400m hurdles times by an Australian for the last 6 years. He also broke a 26 year Sydney University record. We wish Ian every success in Russia!

Special congratulations to all our major prize winners, particularly Brooke, Tully, Caleb, Lauren, Tabitha and Carly Winner.

Sincere thanks once again to my husband Gerry for his constant support and encouragement throughout the season.

Marilyn Pearson
Centre Coach

Registrar's Report

251 Athletes registered with Kurrajong Bilpin Little Athletics Centre this season, one up on the number as last season. Congratulations to all athletes for their outstanding efforts. Thank you to the wonderful Committee for running this outstanding club. Thank you Marilyn for being a wonderful coach we are very lucky to have you. Thank you to our age managers and parent volunteers for their help in making KBLAC a great club to be a part of.

Best wishes for next season
Kelly Hall
Registrations 2012/2013

Age Group	Boys	Girls	Total
Tiny Tots	11	10	21
Under 6	12	6	18
Under 7	16	14	30
Under 8	11	12	23
Under 9	13	11	24
Under 10	17	13	30
Under 11	8	16	24
Under 12	16	9	25
Under 13	12	18	30
Under 14	8	3	11
Under 15	2	3	5
Under 17	4	6	10
Total	130	121	251

Total Registrations for the 2012/13 Season: 251

Age Manager Co-ordinator's Report

Another great season of athletics with some great dedicated age managers. This year saw the return of mostly existing age managers which contributed towards the smooth running of this season. The sharing of this role by 3 dedicated under 6 parents in their first year meant that these children learnt quickly the routine of their Friday nights. The under 13's were lacking an age manager for the majority of their season which was covered by Stephen Blunden as age

manager of the 14's. This is the second year that these 2 age groups have had to be combined and I would strongly recommend that the 13/14's again be combined next year. A huge thankyou to all the fantastic age managers and their regular parent helpers and let's keep encouraging all parents to help in some way.

Karen Blanch

Canteen Co-Ordinator's Report

I would like to start by thanking everyone for their help this season in the canteen. We had a busy year with not too many nights cancelled due to rain. The roster system works well and when parents are asked to help, they generally do so willingly which is great. We purchased a new slushy machine at the start of the season which I believe is a great investment for the club. The BBQ ran well and it was great to have people staying back at the end of the night to help clean up.

Nest season should be a busy one with hosting of zone and I am very excited.

Lynette Winser

Computer Operator's Report

The 2012-13 season has been another successful one for KBLAC, and it's been a pleasure to serve on the committee once again. It's been great to watch the achievements of our athletes throughout the season, from those striving for PB's on Friday nights, our Under 7's cleaning up at their first-ever Zone carnival, our Under 9's earning their first State jackets, through to our State medal-winners for their achievements at the highest level.

It was great to see nearly all of our Zone representatives qualify to make it through to Regional, and even more impressive to see them all make the trip to Dubbo to represent the club. Despite the distance and cost involved, it was a thoroughly enjoyable weekend to be a part of, and both the performances and the camaraderie made us all proud to be part of such a great club.

Thank you to all my fellow committee members who have been a pleasure to work with. A big thank you must go to David Donnelly for his tireless efforts in running the club. He is always there to solve any problems that may arise, and offer advice or assistance when required and I'm sure we'd all be lost without him. A huge thanks to Maz for all the time and effort she devotes to preparing our little athletes to achieve the brilliant results they have this season.

I've thoroughly enjoyed doing the computer entry position which, although time consuming, is much easier the second time around. It's been great to have the opportunity to also be involved in the organisation of State Relay teams, to represent our club at Zone meetings and as Team Manager at carnivals, and to organise trophies and slideshows for our presentation night when we get to recognise our athletes for their achievements.

Next season sees the introduction of our new computer system which will be much more user-friendly, not only from the computer operator's perspective, but for athletes and parents alike. It will be great for the athletes to have access to all their results much quicker via online access, and no longer have to wait a week for printed results slips.

We have a busy year ahead with our club hosting both the State Cross Country and Road Walks event in July, and the Zone Carnival in December. Hopefully we'll have some more new faces join the team so that we have a full committee going in to these events. I have no doubt that our wonderful athletes and families at KBLAC will once again do us proud and ensure both events are a huge success. Looking forward to another great season in 2013-14.

Susan Ferrier

Records Report

See end of Annual Report

Officer for Officials Report

Another successful season has come to a close and Kurrajong/Bilpin Little Athletics Club has been fortunate enough this season that we missed only a few Friday night events due to rain and severe hot weather. The parental help at the zone, Regional and State carnivals has been exemplary. I have been quite fortunate in my role to have a hard working bunch of parental helpers and grand parents to assist at the different carnivals as well as our Friday night competition. I would like to pass on my gratitude to fellow committee members for their help in running such a great and successful club. The camaraderie amongst parents and athletes at Dubbo typifies what this club is all about. A special mention this season for David Donnelly and Meegan Keller for their part in making the Regional carnival for all concerned a memorable experience. A special big thank you to Supercoach Marilyn Pearson and her assistant Laurie Fairweather for their efforts in coaching our athletes.

Darron Blanch

Publicity Report

Another season has come and gone very quickly and what a fantastic season it was. This season has seen some amazing results from our athletes, from personal best's on Friday nights to some amazing performances at Championship events. All our athletes should be very proud of themselves. A special thank you to our wonderful club coach, Marilyn. Words cannot explain how treasured you are by the kids.

This season, the layout of the newsletters has changed, as I have tried to make it more about the kids whilst keeping it informative for the parents. I have thoroughly enjoyed publicizing our athlete's achievements and have included new records, gala day results, club multi championship results as well as Marilyn's reports. I have also put several photos in the newsletter which is easier than uploading them to the website, and the kids seem to love it. We have also introduced a Facebook page; a closed group to protect all the kids, which I think is a fantastic form of communication. I have endeavoured to keep the website as up to date as possible, and found it especially useful for extra information relating to Championship events, accommodation at Dubbo, and anything which was too much for the Facebook page.

I wish all our athletes the very best of luck next season.

Christy Hardy

Ground Officials Report

Maintaining & marking of the grounds started in August 2012 and carried on through till the end of the season. 4 lanes were set out & marked on the 1-4-13 to accommodate our winter /pre-season training.

The main circular track was marked to the usual 300m inside lane with 2 x 50m straights and 2 x 180° bends of various radiuses. This track included 8 racing lanes. The circular track was marked with the standard 200m & 400m starts as well as various 200m hurdle and pack start marks.

The sprint track was marked to the standard 100m length with the addition of 6 lanes to make 14. The extra lanes allowed us to continue running races while the hurdle heights were being adjusted therefore speeding up the night. In addition there were line marks for the 50m, 70m, 100m & various sprint hurdle distances.

The 2 Javelin fields were marked along with the 4 Shot pit & 2 Discus fields.

The 5 jumping pits were maintained throughout the season. The main triple jump pit had its lines repainted, the remaining 4 long jump pits will hopefully have the lines re-marked prior to the start of the 13-14 season.

Groundsman

Laurie Fairweather

Uniform Co-ordinators Report

I prepared for the season by placing a large uniform order with our great supplier based in Queensland.

Registration this year revealed many more athletes requiring new uniforms than the previous year which resulted in a sell out of a few items. It then took a few weeks for our supplier to fill our next order. All athletes had their full uniforms in time for representing KBLAC.

Once uniform sales quietened down I enjoyed helping with timekeeping on the finish line on Friday nights.

Our trip to Dubbo for Regional was the highlight of the season, thank you to everyone who went for contributing to the fun. Thank you Meegan for your great work organising us all for the weekend.

After Regional it was time to organise state gear for the athletes who qualified. Though extremely busy I enjoy connecting with the athletes who have attained this high goal.

I completed the season by doing a stock take of uniforms and state gear and packing it all away. I'm now ready to place the pre-order for next season.

Thank you Marilyn and Laurie for your great energy and valuable coaching and training of the kids. Thank you to Dave and all the KBLAC committee, age managers and parent helpers for your time and effort running the club.

Its a joy to be part of this club and committee and I love seeing the kids competing in great spirit in their uniform.

Kel Black

Championship Report

See pages below

Equipment Officers Report

KBLAC has had another great season for the 2012/2013 season with great results for our athletes at all levels of competition. Our younger athletes are performing at great levels which paves the way for a successful future for this great club. To all helpers that assist in helping setup and put away the equipment on Friday nights a big, big thank you especially Laurie Fairweather for his efforts throughout the season not only with the equipment but also with the linemarking. Thank you to the fellow committee members for all their hard work throughout the season which enables our children to prosper in their athletic endeavours. All equipment at this present time is in sound condition however I suggest that the high jump covers be replaced in the future and we purchase several more stopwatches. A big thankyou to our canteen and BBQ helpers for your assistance throughout the year it is greatly appreciated.

Darron Blanch

Kurrajong Bilpin Little Athletics

Championship Results for 2012-2013 Season

(I have separated the Kurrajong Training Squad who may not be Kurrajong Bilpin Little Athletes)

State Cross Country and Road Walks Championships, West Dapto, 1st July, 2012.

3 individual medals (Hayden Sly, Renee Hardy, Shay Southern) and Team Bronze medal to U8G (B. Keller, G. Portelli, Z. Fairweather)

Cross Country:

Frederick Peters U7B 800m 7th

Cameron Ferrier U8B 800m 20th

Brooke Keller U8G 800m 7th, Bronze medal Teams

Georgia Portelli U8G 800m 18th, Bronze Teams

Zoe Fairweather U8G 800m 25th, Bronze Teams

Archie Peters U9B 1500m 20th

Caleb Fairweather U10B 1500m 23rd, 6th Teams

Lachlan Camilleri U10B 1500m 38th, 6th Teams

Jack Stokes U10B 1500m 39th, 6th Teams

Caitlyn Ferrier U10G 1500m 26th

Sarah Black U10G 1500m 38th

Julia Black U11G 2km 16th

Hayden Sly U15B 3km 2ND

Jemma Wotton U15G 3km 4th

Tabitha Porley U17G 4km 10th

*Daniel Keene U17B 4km 2ND - KTS member

Road Walks:

Renee Hardy U9G 1200m W 2ND

Caitlyn Ferrier U10G 1500m W Comp

Shay Southern U17G 3km 2ND

Doonside Gala Day, Saturday 20th October, 2012

It was a scorching hot day for the annual Doonside Gala Day on Saturday 20th October. The kids kept themselves amused between events by spraying each other (and Laurie!) with their water spray bottles, which had to be refilled many times over. The 800m and pack start events were run in the heat of the day, with our kids doing well despite the conditions. By the time the 200m and 400m events had rolled around, the wind had whipped up and we were all sent scurrying to our cars in search of jumpers to keep us warm! Nevertheless we finished the day with some more strong results. The 17 KBLAC athletes in attendance all did themselves and the club proud with their excellent performances on the day, which resulted in a massive 44-medal haul for the club. It was great to see so many KBLAC kids out there competing - well done to all involved!

Julia Black (U12G): 1st in 1500m, 2nd in 200m, 3rd in 100m, 2nd in Long Jump.

Sarah Bradford (U10G): 2nd in 100m, 3rd in 200m, 4th in 60m Hurdles, 1st in Long Jump.

Lachlan Camilleri (U11B): 1st in 100m, 3rd in 400m, 3rd in High Jump, 2nd in Shotput.

Toby Camilleri (U7B): 3rd in 70m, 3rd in 200m, 3rd in 500m Pack Start, 2nd in Long Jump.

Katelin Ellyard (U13G): 2nd in 800m, 4th in 1500m Walk, 3rd in 400m, 5th in 100m.

Tahnee Ellyard (U7G): 7th in 200m, 4th in Shotput, 6th in Long Jump.

Caleb Fairweather (U11B): 2nd in 800m, 2nd in 100m, 2nd in 400m, 2nd in High Jump.

Caitlyn Ferrier (U11G): 1st in 800m, 1st in 400m, 3rd in 100m

Cameron Ferrier (U9B): 2nd in 800m, 2nd in 400m, 4th in 100m, 3rd in High Jump.

Mackenzie Hall (U8B): 1st in 100m, 2nd in 60m Hurdles, 1st in Discus, 5th in Long Jump.

Teagan Hall (U6G): 3rd in 100m, 3rd in Discus.

Riley Howarth (U10B): 1st in 200m, 4th in 100m, 1st in Discus, 2nd in Long Jump.

Jessica Keller (U12G): 3rd in 60m Hurdles, 6th in 100m, 3rd in Long Jump.

Brooke Keller (U9G): 1st in 100m, 1st in High Jump, 1st in Shotput.

Harry McClifty (U14B): 1st in 100m, 2nd in 90m Hurdles, 4th in Long Jump.

Zach McClifty (U13B): 3rd in 100m, 7th in High Jump.

Georgia Messina (U10G): 2nd in 1500m, 4th in 100m, 5th in Long Jump.

Liverpool Gala Day, Sunday 28th October 2012.

A group of 13 KBLAC athletes made their way to Liverpool for their annual Gala Day which always provides some tough competition for our athletes. While everyone's times seemed to be a little slower across all clubs and age groups, it didn't stop our athletes putting in some excellent performances and coming away with 21 medals on the day. Congratulations also to Sophie Balmforth and Toby Camilleri who both managed to win the trophy event for their age groups (High Jump and Long Jump respectively), and took home a trophy each to add to the medal haul.

Sophie Balmforth (U11G): 1st in High Jump, 2nd in 60m Hurdles, 3rd in 100m, 3rd in Long Jump.

Amy Balmforth (U10G): 1st in Long Jump, 3rd in 100m, 6th in 200m, 7th in Discus.

Oliver Balmforth (Tiny Tots): Participation medal

Lachlan Camilleri (U11B): 1st in 100m, 3rd in U12 400m, 3rd in High Jump, 5th in U12 200m.

Toby Camilleri (U7B): 1st in Long Jump, 2nd in 70m, 5th in 100, 5th in 200m.

Katelin Ellyard (U13G): Long Jump, 3rd in U14 400m, 6th in 100m, 6th in U14 80m Hurdles.

Bree Ellyard (U11G): 5th in Long Jump, 8th in 100m. (Injured)

Tahnee Ellyard (U7G): 100m, 200m, 4th in Shotput.

Caleb Fairweather (U11B): 1st in 60m Hurdles, 2nd in 100m, 2nd in 800m, 7th in High Jump.

Caitlyn Ferrier (U11G): 1st in U12 Triple Jump, 2nd in U12 200m, 4th in Long Jump, 5th in 100m.

Cameron Ferrier (U9B): 100m, 60m Hurdles, 2nd in 800m, 5th in High Jump.

Mackenzie Hall (U8B): 3rd in 200m, =4th in 100m, 6th in Long Jump, 8th in Discus.

Teagan Hall (U6G): 70m, 100m, 3rd in Long Jump.

Little Athletics Trans Tasman Trials, Sunday 4th November

Lake Myimbarr Community Park at Lake Illawarra was the venue for this year's Little Athletics Trans Tasman Trials, held on Saturday 4th November. Athletes from all over the State gathered to attempt to gain selection in the team who will take on New Zealand in January 2013.

Kurrajong-Bilpin Little Athletics Club was represented by three Under 11 athletes in Caitlyn Ferrier, Sophie Balmforth, and Lachlan Camilleri, who ventured south to try their luck against the rest of the State. Athletes had to compete in a minimum of 2 track and 2 field events, or could opt to do 3 track/2 field or 2 track/3 field events.

After a cold, windy and overcast day on Saturday, Sunday turned out to be a perfect day to compete, with the sun shining all day and a beautiful sea breeze helping to keep the competitors cool. Conditions must have been ideal for our three KBLAC representatives, with both Sophie and Caitlyn jumping PB's in their Long Jump event, and Lachlan throwing a PB in the Discus.

All three performed outstandingly throughout the day to achieve some excellent results, and then faced an anxious wait to find out if they had been selected, with the team announced on Monday 12th November. After a long week of waiting, the good news came through on Monday morning that all three KBLAC athletes had been selected in the team of 30 boys and 30 girls from the Under 11 age group. These athletes will now go on to represent NSW against the visiting Auckland team in the Trans Tasman Challenge to be held at Campbelltown in January 2013. We wish all three the very best of luck, and congratulate them on their outstanding performances.

Caitlyn Ferrier: 5th in 100m (14.74), 1st in 200m (29.80), 2nd in 400m (1-10.80), 10th in Long Jump (3.85m PB), 19th in Discus (10.12).

Sophie Balmforth: 10th in 100m (15.04), 13th in 200m (31.23), 4th in Long Jump (4.01m PB), 9th in Discus (16.17), =4th in High Jump (1.19m).

Lachlan Camilleri: 4th in 100m (14.22), 4th in 200m (29.94), 8th in 400m (1-11.25), 5th in Discus (23.74m PB), =10th in High Jump (1.20m).

Warren Mossman Nepean Gala Day, Sunday 11th November 2012.



Despite the rain that many predicted, we were blessed with another fine sunny day for the Nepean Gala Day. KBLAC were once again out in force, with 14 athletes competing on the day, from Tiny Tots through to Under 12's. As always our athletes performed outstandingly to achieve some excellent results, and numerous PB's were achieved along the way.

We came home with a very impressive 19 medals. Sophie Balmforth also took out the trophy event (Long Jump) for the U11's with a massive PB of 4.25m to gain a trophy to accompany her medals. The Tiny Tots all received a trophy for their participation, as well as a huge stash of ribbons between them. Notable PB's achieved on the day included Julia Black (100m), Caitlyn Ferrier (100m, 200m) and Sarah Bradford (100m) who held off a strong field to achieve an inspirational win.

It was a very long day for our little athletes, with the day commencing at 9am and not wrapping up until around 6pm! Despite their tired bodies, a great day was had by all our competitors and it was great to see all of our kids out there cheering each other on. Congratulations to all who participated and did our club proud once again.

Sophie Balmforth (U11G): 2nd in 60m Hurdles (10.51), 1st in Long Jump (4.25m), 2nd in Discus (17.10m).

Amy Balmforth (U10G): U11's Long Jump, 6th in 100m (16.90), 3rd in High Jump (1.00m), 7th in Discus (14.63m).

Oliver Balmforth (Tiny Tots)

Julia Black (U12G): 5th in 100m (14.87), 1st in 400m (1-11.83), 3rd in 1500m (5-50.68), 9th in Discus.

Sarah Bradford (U10G): U11's Long Jump, U11's 200m (35.42), 1st in 100m (15.10), 7th in High Jump (0.95).

Lachlan Camilleri (U11B): 3rd in U12's 100m (14.37), 1st in 200m (29.74), 1st in U12's 400m (1-15.09), 2nd in Shotput (8.01).

Toby Camilleri (U7B): 2nd in 70m (12.65), 2nd in 200m (39.85), 4th in 500m PS (2-11.20), 3rd in Long Jump (2.40).

Jemma Camilleri (Tiny Tots)

Luke Charlesworth (U10B): 6th in 100m (16.20), 4th in 400m (1-22.00), 2nd in 1100m Walk (7-58.25), 3rd in Discus (16.62).

Justin Charlesworth (U6B): 6th in 70m (15.68), 5th in 200m (48.31), 6th in Long Jump (1.81m), 8th in Shotput (2.41).

Saxon Charlesworth (Tiny Tots)

Caitlyn Ferrier (U11G): 2nd in U12's 100m (14.44), 1st in 200m (29.02), 6th in 60m Hurdles (12.35), 5th in Long Jump (3.81).

Cameron Ferrier (U9B): 4th in 60m Hurdles (12.91), 5th in 200m (35.57), 4th in 800m (3-10.19), 5th in Long Jump (3.07m)

Renee Hardy (U10G): U11's Shotput (5.69), 8th in 100m heat (17.86), 1st in 1100m Walk (6-22.55), 6th in Discus (14.99).

Werrington Gala Day, Sunday 18th November

Sophie Balmforth (U11 Girls): 1st in Long Jump (4.35m), 3rd in 100m, 4th in 200m, 60m Hurdles.

Amy Balmforth (U10 Girls): Long Jump (3.67m PB), 100m (PB), Discus (15.99 PB).

Lachlan Camilleri (U11 Boys): 2nd in 100m, 2nd in 200m, 2nd in 400m, 4th in U12's Discus.

Toby Camilleri (U11 Boys): 2nd in 100m, 2nd in Discus.

Michael James (U10 Boys): Long Jump (3.66 PB), 1500m (6.05 PB), 400m.

Georgia Portelli (U9 Girls): 1st in Shotput (5.68m New Record), 5th in U10's Discus (17.60m, PB), 7th in Long Jump (3.14m), 10th in 60m Hurdles (12.68).

NSW Little Athletics State Relays, 24th-25th November, 2012



The last weekend in November saw the Kurrajong Bilpin Little Athletes once again venture to Sydney Olympic Park Athletic Centre at Homebush to compete in the State Relays. Each age group was represented by a Mixed team of 2 boys and 2 girls in a 4 x 100m relay. The Junior teams (U8-U11) competed on Saturday and what a successful day it was.

Our youngest competitors kicked off the day with the Under 8 team winning their heat to go through to the final, where they ran a great race to finish 3rd in 1-10.77 and take home the bronze medal. Not to be outdone, the Under 9's followed to take 2nd in their heat, and then came home in a great time of 1-03.23 to finish 2nd in the final and collect a silver medal for their efforts. The Under 10's was a very hotly contested age group, with the KBLAC team finishing 3rd in their heat to qualify for the final. Here they took over a second off their heat time to stay in the medal positions and finish 3rd in 58.80, with all of the top 3 teams breaking the existing State Relays record! A great effort by the Under 10's for a very hard-earned bronze medal. The Under 11's were the last of our teams to compete for the day and they certainly didn't disappoint. They won their heat to progress to the final, where they finished a very close second in 57.32 to take out the silver medal.

Sunday saw the Seniors (U12-U17) competing, with KBLAC entering teams in the U12, U13 and U15 categories. While both ran great races, unfortunately the U12 and U13 teams were both disqualified for changing too early. The Under 15's team helped to end the day on a high note however, when they finished 2nd in their final in 52.21 to take the silver medal. This was an even greater accomplishment considering that 3 of the athletes were competing up an age group.

While the disqualifications were disappointing and a hard lesson learned, it was very encouraging that all other KBLAC teams finished on the podium and took home a medal for all their hard work that went into preparing for the event. It was also great to see the KBLAC cheer squad out in force once again supporting all their fellow athletes. Well done to all the athletes and families involved.

- U8: Mackenzie Hall, Mali Graham, Frederick Peters, Kate Leach
- U9: Kyle Henson, Brooke Keller, Cameron Ferrier, Georgia Roser
- U10: Riley Howarth, Sarah Bradford, Billy Taranto, Jaylen Bilbija
- U11: Lachlan Camilleri, Sophie Balmforth, Caleb Fairweather, Bree Ellyard
- U12: Lochlan Brian, Julia Black, Liam Northcote, Jessica Keller
- U13: Jordan Monteleone, Natalie Chapman, Zach McClifty, Katelin Ellyard
- U15: Cain Lovering, Tahlia Blanch, Harry McClifty, Annalise Brouwer

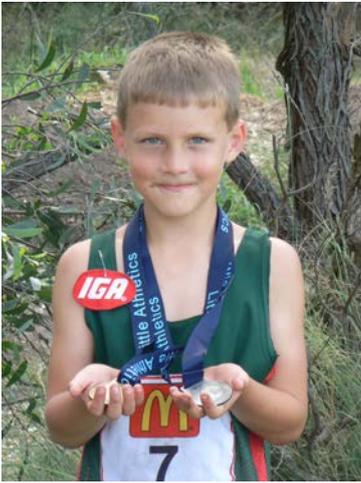
Western Ranges Zone Carnival, 8th to 9th December 2012.

Despite the scorching heat of Saturday and Sunday morning, followed by the wind, rain and storms of Sunday afternoon, our Kurrajong-Bilpin Little Athletes put in some sensational performances in what was a very successful Zone Carnival for the club. 72 athletes represented the club across the 2-day carnival, and of the 67 who are old enough to progress on to the Regional level of competition, 65 were successful in doing so.

While there were too many outstanding performances to list individually, a few noteworthy athletes must be given a special mention. Brooke Keller (U9 Girls) not only won all 4 of her events, but also broke the Zone record in both the Long Jump and the High Jump, where she jumped a massive PB of 1.25m! Riley Howarth (U10 Boys) ran a sensational 400m race to set a new Zone record of 1-07.27. While the U7's may not be old enough to progress on to Regional, it certainly didn't make them any less competitive. Aiden Miller and Cooper Blanch both surpassed the Zone record in the 50m race, with Aiden taking the win and the new record of 8.81, while Toby Camilleri threw a huge PB in the Discus to set a new Zone record of 18.52m. Our five U7's representatives took home 13 medals between them which was a brilliant result.

As always, our relay teams did a fantastic job, with the Junior Boys, Junior Girls and Senior Girls all winning their events and taking home the coveted engraved batons which were awarded to the Zone champion teams. With no U15 or U17 boys competing at the carnival, our Senior Boys team was made up of an U13 and three U14 runners, which put them at a distinct disadvantage against the other senior teams. Undeterred, the boys ran a great race and finished a valiant 3rd. Our Junior Girls team also broke the Zone record in a time of 59.52.

Our female jumpers dominated the carnival, with KBLAC athletes winning every girls Triple Jump event on offer, as well as 7 out of the 10 Girls Long Jump events, while in the High Jump we won 6 out of the 8 Girls events and placed 2nd in the remaining 2. All in all it was a great weekend with some excellent performances by all of our athletes, who should all be very proud of their efforts. It was great to see the team spirit on display across the weekend as our athletes all cheered each other on, and I'm sure we're all looking forward to doing it all again when we travel to Dubbo in February to take on the rest of the Region.



KBLAC Zone Carnival – Springwood – 8/9 December 2012.

U7 Girls:

Heidi Simpson: 2nd in 50m (9.80), 2nd in 100m (19.43), 1st in Long Jump (2.64m).

U8 Girls:

Kate Leach: 3rd in 100m (18.31), 2nd in 200m (38.76), 3rd in 400m (1-29.90), 1st in 60m Hurdles (12.75).

U9 Girls:

Zoe Fairweather: 3rd in 800m (3-34.82), 3rd in 700m Walk (5-24.79).

Brooke Keller: 1st in 100m (15.55), 1st in 60m Hurdles (11.22), 1st in High Jump (1.25m, New Zone Record), 1st in Long Jump (3.92m, New Zone Record).

Georgia Portelli: 5th in 60m Hurdles (12.83), 3rd in Long Jump (3.20m), 1st in Shotput (5.98m), 1st in Discus (14.55m).

Ivory Radford: 5th in 100m (17.42), 4th in 60m Hurdles (12.68), 3rd in High Jump (0.90m), 1st in 700m Walk (5-11.80).

U10 Girls:

Amy Balmforth: 3rd in 70m (11.86), 7th in 100m (17.10), 8th in Long Jump (3.39m), 3rd in Discus (16.93m).

Jaylen Bilbija: 2nd in 100m (15.70), 1st in 60m Hurdles (11.85), 2nd in Long Jump (3.90m).

Sarah Bradford: 1st in 100m (15.49), 1st in 200m (33.28), 1st in High Jump (1.08m), 4th in Long Jump (3.67m).

Jessica Brown: 3rd in 1500m (6-28.28).

Lianna Davidson: 6th in 60m Hurdles (13.40), 3rd in High Jump (1.06m), 5th in Shot Put (5.37m), 1st in Discus (22.61m).

Renee Hardy: 5th in 70m (12.29), 3rd in Shot Put (5.62m), 2nd in Discus (16.98m), 1st in 1100m Walk (6-20.22).

Shelby Marks: 7th in 100m heat (18.37), 6th in 60m Hurdles heat (15.15), 15th in Long Jump (2.51m).

Emily-Jane McClifty: 16th in Long Jump (1.97m), 7th in Shot Put (5.22m), 11th in Discus (10.10m), 4th in 1100m Walk (9-33.44).

Georgia Messina: 3rd in 400m (1-21.91), 4th in 800m (3-05.82), 4th in 1500m (6-50.94), 2nd in 1100m Walk (7-11.28).

U11 Girls:

Sophie Balmforth: 1st in 100m (14.89), 3rd in 200m (32.98), 1st in 60m Hurdles (11.13), 1st in Long Jump (4.35m).

Sarah Black: 6th in 800m (3-45.04), 6th in 60m Hurdles heat (16.68), 5th in Shot Put (5.01m), 6th in Discus (10.20m).

Bree Ellyard: 2nd in 60m Hurdles (11.66), =2nd in Long Jump (3.87m).

Caitlyn Ferrier: 2nd in 100m (15.16), 1st in 200m (31.79), 1st in 400m (1-12.27), 1st in Triple Jump (8.69m).

Olivia James: 6th in 400m (1-29.24), 5th in 800m (3-25.33), 2nd in High Jump (1.15m).

Emily Marks: 4th in 100m heat (17.37), 5th in 400m (1-26.85), 3rd in High Jump (1.05m), 6th in Triple Jump (7.52m).

Amara Radford: 5th in 200m heat (40.20), High Jump (competed), 3rd in Shot Put (5.41m), 5th in Discus (11.79m).

U12 Girls:

Julia Black: 3rd in 200m (31.57), 1st in 400m (1-09.34), 3rd in 800m (2-50.10), 2nd in Long Jump (4.26m).

Sarah Chapman: 6th in 800m (2-52.81), 4th in 60m Hurdles heat (13.77), 4th in High Jump (1.15m), 1st in Shot Put (8.48m).

Jessica Keller: 2nd in High Jump (1.34m), 1st in Long Jump (4.51m), 1st in Triple Jump (8.86m), 2nd in Javelin (14.87).

U13 Girls:

Alicia Blanch: 7th in 100m heat (18.35), 8th in Long Jump (2.50m), 10th in Triple Jump (6.28m), 6th in Shot Put (3.65m), 6th in Discus (9.33m), 7th in Javelin (7.90m).

Natalie Chapman: 2nd in 100m (14.40), 1st in 200m (29.19), 1st in 400m (1-08.29), 2nd in 80m Hurdles (15.38), 1st in High Jump (1.37m).

Katelin Ellyard: 3rd in 400m (1-09.66), 4th in 800m (2-48.07), 1st in 200m Hurdles (33.26), 1st in Triple Jump (9.23m), 2nd in 1500m Walk (9-42.10).

Brooke Ferguson: 3rd in 3000m (14-20.25), 4th in High Jump (1.27m), 2nd in Discus (18.77m), 1st in 1500m Walk (8-28.36).

Beth Leach: 7th in 100m (15.87), 8th in 800m (3-06.53), 7th in Long Jump (3.68m).

U14 Girls:

Tahlia Blanch: 3rd in 100m (15.22), 2nd in 200m (31.13), 2nd in 3000m (13-59.80), 2nd in 200m Hurdles (34.70), 4th in Long Jump (4.15m), 2nd in Triple Jump (9.46m).

Annalise Brouwer: 2nd in 100m (14.87), 3rd in 800m (3-21.18), 6th in Long Jump (3.86m).

Alexandra Williams: 1st in High Jump (1.40m), 1st in Long Jump (4.50m), 1st in Triple Jump (9.62m), 3rd in Javelin (21.14m).

U15 Girls:

Bianca Messina: 1st in 100m (14.27), 1st in 200m (29.64), 1st in 400m (1-09.08), 1st in 800m (3-01.35), 5th in Long Jump (4.18m).

Candice Porley: 2nd in 3000m (17-10.20), 1st in 1500m Walk (10-11.44).

Lauren Russell: 1st in High Jump (1.60m), 1st in Long Jump (5.05m), 1st in Triple Jump (10.44m).

U17 Girls:

Alicia Blackett: 1st in 100m (13.00), 2nd in 200m (28.83), 1st in 200m Hurdles (31.57), 1st in Long Jump (4.85m).

Tabitha Porley: 3rd in 3000m (15-46.59), 2nd in 1500m Walk (8-05.97).

Demi Southern: 6th in 100m (14.93), 2nd in 400m (1-13.39), 1st in Triple Jump (9.86m).

Carly Winser: 3rd in 1500m (5-36.43), 4th in 3000m (15-59.31), 1st in High Jump (1.40m), 2nd in Triple Jump (9.30m), 1st in Javelin (23.89m).

Girls U 9-12 4x100 Metre Relay (Jnr)

1st in 59.52 (New Zone Record): Sarah Bradford (U10), Julia Black (U12), Brooke Keller (U9), Sophie Balmforth (U11).

Girls U 13-17 4x100 Metre Relay (Snr)

1st in 54.49: Annalise Brouwer (U14), Alicia Blackett (U17), Natalie Chapman (U13), Lauren Russell (U15).

U7 Boys:

Cooper Blanch: 2nd in 50m (8.99, surpassed existing Zone record), 1st in 70m (12.16), 1st in 100m (17.89), 2nd in Long Jump (2.92m).

Toby Camilleri: 6th in 50m (9.78), 2nd in 70m (12.52), 3rd in 200m (38.51), 1st in Discus (18.52, New Zone Record).

Liam Henson: 4th in 70m (13.01), 6th in 100m (19.22), 5th in Long Jump (2.60m).

Aiden Miller: 1st in 50m (8.81, New Zone Record), 4th in 200m (38.57), 3rd in Long Jump (2.84m), 3rd in Shot Put (5.18m).

U8 Boys:

Mackenzie Hall: 2nd in 100m (17.00), 3rd in 60m Hurdles (12.47), 3rd in Long Jump (3.13), 1st in Shot Put (5.67).

Aiden Hardy: 6th in 60m Hurdles heat (18.21), 6th in Shot Put (3.84m), 7th in Discus (9.27m).

Callam Kerr: 3rd in 200m (40.15), 6th in 60m Hurdles (13.92), 4th in Long Jump (2.96), 4th in Discus (10.88m).

Fred Peters: 2nd in 400m (1-27.14), 2nd in 60m Hurdles (12.08), 1st in 700m PS (2-40.37), 1st in Discus (18.55m).

U9 Boys:

Cody Brian: 6th in 100m heat (17.59), 2nd in 60m Hurdles (12.20), 1st in High Jump (1.08m), 2nd in Discus (16.32m).

Jarrold Davidson: 5th in 100m (16.87), 7th in High Jump (0.85m), 3rd in Shot Put (5.74m), 1st in Discus (16.85m).

Cameron Ferrier: 4th in 100m (16.52), 2nd in 200m (34.35), 1st in 400m (1-17.17), 2nd in 800m (2-58.28).

Kyle Henson: 2nd in 70m (11.30), 3rd in 100m (16.34), 3rd in 200m (35.90), 1st in Long Jump (3.50m).

Joel Miller: 4th in 70m (11.77), 6th in 100m (16.96), 7th in 60m Hurdles (14.89), 2nd in Long Jump (3.47m).

U10 Boys:

Spencer Blanch: 6th in 100m (15.72), 5th in 400m (1-22.50), 5th in High Jump (1.10m), 2nd in Long Jump (4.02m).

Luke Brian: 5th in 200m (34.62), 3rd in 60m Hurdles (11.98), 8th in High Jump (1.05m), 2nd in Shot Put (6.90m).

Riley Howarth: 3rd in 200m (31.91), 1st in 400m (1-07.27, New Zone Record), 1st in High Jump (1.23m), 1st in Discus (24.53m).

Michael James: 3rd in 400m (1-17.62), 2nd in 800m (2-50.08), 3rd in 1500m (5-54.90), 3rd in High Jump (1.17m).

Archie Peters: 4th in 800m (2-59.34), 4th in 1500m (5-59.27), 6th in 60m Hurdles (12.64), 4th in Discus (16.19m).

Billy Taranto: 4th in 70m (10.73), 3rd in 100m (14.91), 6th in 800m (3-03.26), 1st in Shot Put (7.73m).

U11 Boys:

Lachlan Camilleri: 1st in 100m (14.38), 1st in 200m (30.02), 3rd in 400m (1-10.95), 1st in Discus (22.83m).

Jayden Donnelly: 5th in Shot Put (4.79m), 1st in 1100m Walk (8-46.28).

Caleb Fairweather: 2nd in 200m (30.87), 1st in 400m (1-07.25), 1st in 60m Hurdles (10.63).

Lachlan Miller: 2nd in Shot Put (6.65m), 5th in Discus (14.25m).

U12 Boys:

Lochlan Brian: 3rd in 200m (29.81), 1st in 400m (1-08.71), 1st in High Jump (1.48m), 2nd in Triple Jump (9.57m).

Tully Murphy: 2nd in 100m (14.11), 1st in 60m Hurdles (10.36), 1st in Long Jump (4.73m), 1st in Triple Jump (9.93m).

Liam Northcote: 4th in 100m (14.51), 5th in 200m (30.45), 3rd in 800m (2-56.93), 5th in Long Jump (4.27m).

U13 Boys:

Jordan Monteleone: 3rd in 100m (13.92), 3rd in 200m heat (28.94), 3rd in 80m Hurdles (16.53), 2nd in Discus (21.23).

Gabe Radford: 4th in 400m (1-11.74), 2nd in 800m (2-40.91), 1st in 1500m (5-31.35), 3rd in 200m Hurdles (33.12), 5th in Triple Jump (8.98m), 3rd in Javelin (16.25).

U14 Boys:

Jonathan Blunden: 1st in 400m (1-02.00), 1st in 800m (2-25.61), 1st in 200m Hurdles (35.42), 2nd in Triple Jump (10.06m).

Shayne Campbell: 4th in 800m (2-36.52), 3rd in 1500m (5-27.80), 3rd in 3000m (11-56.46), 2nd in Discus (26.41m), 2nd in Javelin (40.55m).

Jye Hardy: 3rd in 90m Hurdles (19.37), 3rd in 200m Hurdles (38.59), 4th in High Jump (1.39m), 1st in Long Jump (5.01m), 3rd in Triple Jump (9.99m).

Harrison McClifty: 1st in 100m (12.98), 1st in 200m (27.99), 1st in 90m Hurdles (16.01), 4th in Long Jump (4.65m), 2nd in Shot Put (10.31, surpassed existing Zone record), 3rd in Discus (25.53m).

Boys U 9-12 4x100 Metre Relay (Jnr)

1st in 58.55: Kyle Henson (U9), Lachlan Camilleri (U11), Riley Howarth (U10), Tully Murphy (U12).

Boys U 13-17 4x100 Metre Relay (Snr)

3rd in 52.40: Jonathan Blunden (U14), Jordan Monteleone (U13), Shayne Campbell (U14), Harrison McClifty (U14).

Trans Tasman Challenge, 13th January 2013



Local Kurrajong Bilpin athletes Sophie Balmforth, Lachlan Camilleri and Caitlyn Ferrier recently competed in the Trans Tasman Challenge, an annual Little Athletics competition in which Under 11 and Under 12 athletes selected to represent NSW, compete against a team of athletes from New Zealand. After heatwave conditions in the lead-up, the athletes were glad of the much cooler weather that greeted them at Campbelltown Stadium. Athletes had an early morning start with a 7am team photo, followed by the opening ceremony and athlete march-past. After the Haka was performed by the NZ boys, the competition got underway.

Lachlan started off in the Discus where he threw 20.40m to finish in 9th place, while Sophie competed in the High Jump where she cleared 1.15m to come in at 13th place in a tight competition. Caitlyn's first event was the 400m heats where she finished 2nd in her heat in a PB of 1-09.45 to qualify 5th fastest for the final. Lachlan also competed in the 400m, where he finished 6th in his heat in 1-10.86. While just missing out on the final, Lachlan finished a very respectable 10th overall.

Sophie's next event was the Discus, where she threw a PB of 18.88m to finish in 9th place. This was a great result and a huge improvement for Sophie who had come 9th in Discus with 16.17m at the Trans Tasman Trials, and improved to 5th in the NSW team on the Challenge Day.

Shortly afterwards were the 100m heats where all 3 Kurrajong athletes were competing. Lachlan finished 3rd in his heat in 14.55 to finish in 10th position overall and just miss out on qualifying for the final, as did Caitlyn who finished 12th overall in 15.08. Sophie ran a fantastic race to come 2nd in her heat in 14.79, and qualify 6th fastest for the final. The final saw her run a 15.17 and finish in 8th place and earn a point towards the NSW tally as a Trans Tasman finalist.

The day soon turned from pleasantly cool to rainy and cold, and there were several torrential downpours ensuring the athletes got soaked as they competed and moved between events. Caitlyn returned to the track for her 400m final where she improved her PB once again, finishing in 3rd place in 1-07.92 and taking out the bronze medal. She backed up again soon after to compete in the 200m heats, where she ran a 30.34 to win her heat and qualify 3rd fastest for the final. Lachlan ran a great race to finish 2nd in his 200m heat in 29.61, and also qualify 3rd fastest for the final. The 200m finals saw Lachlan finish in 5th place in 29.87, while Caitlyn ran a 30.34 to finish in 3rd place and earn her second bronze medal for the day.

By the time Sophie and Caitlyn moved to their Long Jump event, the athletes were hit with another downpour and were forced to huddle together under the tents to try and escape the wind and rain. The long jump run-up was very heavy from the rain and the sand square had all but washed away, making jumping conditions very difficult. Caitlyn was unlucky to hurt her ankle while competing and finish 20th out of 31 athletes with a below-par jump of 3.32m. While the conditions prevented anyone from jumping even close to their PB's, Sophie performed brilliantly to still manage a jump of 3.93m which saw her finish in 2nd place and take out the silver medal.

With individual events all completed, it was time for the relays. First up were the 4x100m relays, in which Lachlan competed in the NSW U11 Boys A Team. The boys ran a fantastic race and never looked threatened on their way to a 56.83 finish, which saw them take home a well-deserved gold medal.

Next up Sophie was a member of the NSW U11's Mixed Field Relay B Team, in which each athlete had to perform 1 Long Jump, 1 Shot Put, and 1 Discus throw. There were no warm-up/practice throws or jumps, and only 1 attempt

permitted at each event. Despite the pressure, Sophie was her usual consistent and reliable self, and performed very impressively in all three events, but unfortunately the B team finished in 4th place and missed out on a medal.

The last events of the day were the 4x400m relays, in which Caitlyn was part of the NSW U11 Girls A team. After considering withdrawing from the team due to her ankle, thankfully Caitlyn soldiered on to help her team finish in a respectable 2nd place behind the NSW B team. After an error in the running of the event saw all of the teams having to re-run the race, Caitlyn's ankle had loosened up allowing her to perform a much better run and easily win her first leg of the race. While a win was still not to be due to a dropped baton in the 2nd leg, Caitlyn's A team once again came in 2nd to take home a hard-earned silver medal.

The day concluded after 7pm with the presentation of the coveted Trans Tasman Cup to NSW, who had a comprehensive win over the visiting New Zealand team with a score of 999 points to 401. While it was a very long and exhausting day for the athletes and the weather was miserable at times, the great team atmosphere and camaraderie amongst the athletes made it thoroughly enjoyable, and it was great to see all 3 Kurrajong athletes medalling on the day. The athletes made new friends, caught up with old friends and supported each others efforts, and it was great to see the sportsmanship on display on the day. All three KBLAC athletes represented themselves, their club and the NSW team impeccably, both in their performances and their behaviour, and all should be very proud of their efforts.

Blacktown Australia Day Gala Day, Sunday 20th January 2013



The weather gods were on our side with a relatively cool and overcast January day for the annual Blacktown Australia Day Carnival. Despite a few of our athletes being unable to compete on the day due to illness and injury, we still had a group of 11 athletes representing KBLAC. As always they did us proud with a 21-medal haul from our 10 athletes, and of course a participation medal for little Jemma in the Tiny Tots. There were many impressive performances on the day from all of our athletes, but a special mention must go to Sarah Bradford and Brooke Keller, who both jumped well and ran some sensational times to medal in all 4 of their events. Well done to all who represented KBLAC on the day and congratulations on your outstanding performances.

Sarah Bradford (U10G): 3rd in 200m (31.8), 3rd in Long

Jump (3.63m), 2nd in 100m (15.3), 3rd in 60m Hurdles (12.0).

Lachlan Camilleri (U11B): 3rd in 400m (1-10.5), 4th in Shot Put (7.91m), 5th in High Jump (1.17m), 2nd in 100m (14.5).

Toby Camilleri (U7B): 70m, Long Jump, 3rd in Discus, 3rd in 100m.

Jemma Camilleri: Participated in Tiny Tots activities.

Caleb Fairweather (U11B): 2nd in 400m (1-09.4), 2nd in 60m Hurdles (10.5).

Zoe Fairweather (U9G): 3rd in 700m Walk (5-19.5).

Caitlyn Ferrier (U11G): 2nd in 400m (1-10.4), 2nd in 100m (15.00), 5th in 60m Hurdles (11.9).

Cameron Ferrier (U9B): 4th in 400m (1-18.3), 3rd in 100m (16.8), 5th in 60m Hurdles (12.8).

Jessica Keller (U12G): 2nd in Long Jump (4.04m), 2nd in 100m (15.4), 1st in Javelin (13.83).

Brooke Keller (U9G): 3rd in 400m, 1st in High Jump (1.12m), 1st in 100m (15.7), 1st in 60m Hurdles (10.8).

Georgia Portelli (U9G): 4th in High Jump (1.00m), 5th in Discus (15.06m), 8th in 100m (18.4), 7th in 60m Hurdles (12.9).

South West Met Zone Multi, 2nd February, 2013

Three KBLAC athletes competed in the South West Metropolitan Zone Multi Carnival on 2nd February. Conditions were very cold, but thankfully the rain held off for most of the carnival. Renee Hardy placed 2nd in both her Discus and Shot Put events, but unfortunately missed out on a medal for over all placing. Lachlan Camilleri ran an amazing 800m race to take the win and also placed 2nd overall to take home the silver medal. Toby Camilleri walked away with a PB in shot put, and placed 3rd overall taking home a bronze medal. Well Done Renee, Lachlan and Toby.

Regional Little Athletics Championships, 16th /17th February 2013.



Kurrajong Bilpin athletes travelled to Dubbo to compete in the Regional Little Athletics Championships, in what was their first year as part of the new Western Ranges Region. Despite the extra travel involved, the club was very well represented at the carnival with 62 athletes in attendance. The hot weather in Dubbo didn't prevent the KBLAC athletes of all ages from performing at their best. Standout performers for the weekend were sisters Brooke and Jessica Keller who both took home 4 Gold Medals each from their 4 events contested. They were closely followed by Caitlyn Ferrier and Tully Murphy who came away with 3 Gold Medals and 1 Silver Medal each, to also progress to State level for each of their 4 events.

Other athletes to take home 4 medals included Sarah Bradford, Katelin Ellyard, Riley Howarth and Shayne Campbell, while Natalie Chapman and Harry McClifty both scored a 5-medal haul. Sophie Balmforth, Lachlan Camilleri, Alexandra Williams and Lochlan Brian all brought home 2 Golds and 1 Silver Medal, while Lauren Russell, Jonathan Blunden and Georgia Portelli earned 2 Gold Medals each.

In their first year competing at Regionals, the Under 8 athletes performed admirably with 2 Bronze Medals awarded to Kate Leach, a Silver and Bronze to Mackenzie Hall, and a Gold Medal to Fred Peters. Several of our Under 9 athletes took advantage of their first chance to progress on to the State Championships with Georgia Portelli (Shotput & Discus), Ivory Radford (700m Walk) and Brooke Keller (100m, 60m Hurdles, Long Jump, High Jump) qualifying amongst the girls, while for the boys, Cody Brian (High Jump), Cameron Ferrier (800m) and Kyle Henson (70m) also progressed.

KBLAC's three relay teams all came away with medals, with the Senior Girls taking the Silver Medal, the Junior Girls being narrowly pipped in a photo finish to also gain the Silver Medal, while the Junior Boys managed a valiant 3rd place after recovering from a dropped baton while leading the race. Kurrajong Bilpin earned a staggering 102 individual medals across the weekend in addition to the 3 relay medals, to finish well ahead of their competitors as the best performing club at the carnival. Of the 58 Kurrajong Bilpin athletes who were old enough to progress on to State level of competition, 38 qualified to do so in what was a very successful weekend for the club. No doubt they will all do their club proud once again when they take on the rest of the State at Sydney Olympic Park at Homebush on 22nd-24th March.



KBLAC Regional Results 2012 / 2013

U8 Girls:

Kate Leach: 8th in 100m (17.95), 4th in 200m (37.24), 3rd in 400m (1-29.50), 3rd in 60m Hurdles (12.55).

U9 Girls:

Zoe Fairweather: 10th in 800m (3-49.84), 6th in 700m Walk (5-29.36).

Brooke Keller: 1st in 100m (15.89), 1st in 60m Hurdles (10.12), 1st in High Jump (1.26m), 1st in Long Jump (4.07m).

Georgia Portelli: 6th in 60m Hurdles (12.02), 4th in Long Jump (3.23m), 1st in Shotput (6.21m), 1st in Discus (16.82m).

Ivory Radford: 100m (DNS), 7th in 60m Hurdles heat (12.81), 7th in High Jump (0.85m), 1st in 700m Walk (4-45.88).

U10 Girls:

Amy Balmforth: 7th in 70m heat (12.57), 8th in 100m heat (16.85), 6th in Long Jump (3.48m), 5th in Discus (18.15m).

Jaylen Bilbija: 6th in 100m (15.70), 1st in 60m Hurdles (11.99), 5th in Long Jump (3.48m).

Sarah Bradford: 2nd in 100m (14.95), 3rd in 200m (32.45), 3rd in High Jump (1.03m), 3rd in Long Jump (3.72m).

Jessica Brown: 6th in 1500m (6-25.81).

Lianna Davidson: 5th in 60m Hurdles heat (13.93), 2nd in High Jump (1.06m), 7th in Shot Put (5.04m), 2nd in Discus (20.06m).

Renee Hardy: 70m (DNS), 4th in Shot Put (6.02m), 3rd in Discus (18.89m), 1st in 1100m Walk (6-35.78).

Emily-Jane McClifty: 8th in Shot Put (4.76m), 1100m Walk (DQ).

U11 Girls:

Sophie Balmforth: 2nd in 100m (14.66), 5th in 200m (32.32), 1st in 60m Hurdles (10.40), 1st in Long Jump (4.22m).

Sarah Black: 8th in 800m (3-50.94), 6th in Shot Put (5.38m), 12th in Discus (10.35m).

Bree Ellyard: 4th in 60m Hurdles (11.18), 4th in Long Jump (3.81m).

Caitlyn Ferrier: 1st in 100m (14.43), 1st in 200m (29.80), 1st in 400m (1-10.47), 2nd in Triple Jump (8.72m).

Olivia James: 5th in 400m heat (1-30.85), 6th in 800m (3-35.93), 2nd in High Jump (1.10m).

Emily Marks: 8th in 400m (1-32.13), 3rd in High Jump (1.10m), 6th in Triple Jump (7.60m).

Amara Radford: Shot Put (DNS), 10th in Discus (11.49m).

U12 Girls:

Julia Black: 3rd in 200m (32.01), 1st in 400m (1-13.14), 5th in 800m (3-02.41), 2nd in Long Jump (4.13m).

Sarah Chapman: 7th in 800m (3-08.69), 3rd in High Jump (1.20m), 1st in Shot Put (8.77m).

Jessica Keller: 1st in High Jump (1.41m), 1st in Long Jump (4.51m), 1st in Triple Jump (9.19m), 1st in Javelin (19.11).

U13 Girls:

Alicia Blanch: 12th in Javelin (7.29m).

Natalie Chapman: 3rd in 100m (14.07), 2nd in 200m (29.81), 1st in 400m (1-08.90), 3rd in 80m Hurdles (14.53), 1st in High Jump (1.53m).

Katelin Ellyard: 2nd in 400m (1-09.81), 7th in 800m (3-02.72), 3rd in 200m Hurdles (32.59), 3rd in Triple Jump (9.24m), 2nd in 1500m Walk (9-28.28).

Brooke Ferguson: 4th in 3000m (13-19.08), 8th in High Jump (1.20m), 6th in Discus (19.82m), 1st in 1500m Walk (8-38.56).

Beth Leach: 8th in 800m (3-05.97), 13th in Long Jump (3.26m).

U14 Girls:

Tahlia Blanch: 100m (DNS), 6th in 200m (30.77), 3rd in 3000m (14-29.13), 5th in 200m Hurdles (34.60), 11th in Long Jump (3.61m), 6th in Triple Jump (9.13m).

Annalise Brouwer: 7th in 100m (14.44), 800m (DNS), 12th in Long Jump (3.23m).

Alexandra Williams: 2nd in High Jump (1.40m), 1st in Long Jump (4.53m), 1st in Triple Jump (9.90m), 6th in Javelin (17.97m).

U15 Girls:

Candice Porley: 4th in 3000m (16-03.36), 1st in 1500m Walk (9-18.57).

Lauren Russell: 1st in High Jump (1.50m), 1st in Long Jump (4.57m), Triple Jump (DNS).

U17 Girls:

Alicia Blackett: 4th in 100m (13.22), 4th in 200m (28.48), 1st in 200m Hurdles (31.61), 5th in Long Jump (4.18m).

Tabitha Porley: 3000m (DNS), 2nd in 1500m Walk (7-29.97).

Demi Southern: 100m (DNS), 400m (DNS), 4th in Triple Jump (9.45m).

Carly Winser: 1500m (DNS), 3000m (DNS), 2nd in High Jump (1.35m), 3rd in Triple Jump (9.52m), 5th in Javelin (22.26m).

Girls U 9-12 4x100 Metre Relay (Jnr)

2nd in 1-00.94: Sarah Bradford (U10), Julia Black (U12), Brooke Keller (U9), Sophie Balmforth (U11).

Girls U 13-17 4x100 Metre Relay (Snr)

2nd in 54.99: Annalise Brouwer (U14), Alicia Blackett (U17), Natalie Chapman (U13), Lauren Russell (U15).

U8 Boys:

Mackenzie Hall: 5th in 100m (16.56), 3rd in 60m Hurdles (11.81), 14th in Long Jump (2.75), 2nd in Shot Put (5.59).

Callam Kerr: 6th in 200m (37.84), 6th in 60m Hurdles (13.32), 8th in Long Jump (3.02), 7th in Discus (13.02m).

Fred Peters: 7th in 400m (1-28.16), 4th in 60m Hurdles (11.63), 5th in 700m PS (2-43.75), 1st in Discus (18.43m).

U9 Boys:

Cody Brian: 5th in 60m Hurdles (11.68), 2nd in High Jump (1.06m), 3rd in Discus (20.21m).

Jarrold Davidson: 6th in 100m heat (16.28), 3rd in Shot Put (5.80m), 6th in Discus (17.84m).

Cameron Ferrier: 8th in 100m (15.88), 5th in 200m (34.12), 4th in 400m (1-17.88), 2nd in 800m (2-56.92).

Kyle Henson: 1st in 70m (11.01), 3rd in 100m (15.70), 4th in 200m (33.07), 5th in Long Jump (3.58m).

Joel Miller: 8th in 70m (12.08), 6th in 100m heat (16.29), 6th in 60m Hurdles (11.75), 8th in Long Jump (3.42m).

U10 Boys:

Spencer Blanch: 6th in 400m (1-17.18), 1st in High Jump (1.24m), 7th in Long Jump (3.67m).

Luke Brian: 8th in 200m (34.49), 4th in 60m Hurdles (11.64), 10th in High Jump (1.05m), 5th in Shot Put (7.33m).

Riley Howarth: 2nd in 200m (30.63), 1st in 400m (1-08.50), 2nd in High Jump (1.21m), 2nd in Discus (23.56m).

Michael James: 8th in 400m (1-19.47), 6th in 800m (2-59.43), 8th in 1500m (6-06.59), 12rd in High Jump (1.00m).

Archie Peters: 11th in 800m (3-04.37), 9th in 1500m (6-12.58), 6th in 60m Hurdles heat (12.25), 13th in Discus (11.58m).

Billy Taranto: 5th in 70m (10.64), 2nd in 100m (14.39), 12th in 800m (3-06.76), 1st in Shot Put (8.09m).

U11 Boys:

Lachlan Camilleri: 1st in 100m (13.91), 1st in 200m (29.74), 5th in 400m (1-12.81), 2nd in Discus (23.62m).

Jayden Donnelly: 3rd in 1100m Walk (8-32.47).

Caleb Fairweather: 3rd in 200m (30.12), 2nd in 400m (1-09.51), 1st in 60m Hurdles (9.75).

Lachlan Miller: 4th in Shot Put (7.97m), 5th in Discus (ND).

U12 Boys:

Lochlan Brian: 4th in 200m (30.10), 1st in 400m (1-07.75), 1st in High Jump (1.52m), 2nd in Triple Jump (9.29m).

Tully Murphy: 2nd in 100m (13.61), 1st in 60m Hurdles (10.22), 1st in Long Jump (4.53m), 1st in Triple Jump (10.01m).

Liam Northcote: 6th in 100m heat (14.95), 5th in 200m (30.82), 2nd in 800m (2-47.99), 6th in Long Jump (4.07m).

U13 Boys:

Gabe Radford: 400m (DNS), 3rd in 800m (2-40.95), 2nd in 1500m (5-23.43), 200m Hurdles (DNS), Triple Jump (DNS), 7th in Javelin (17.81).

U14 Boys:

Jonathan Blunden: 1st in 400m (1-01.47), 800m (DNS), 1st in 200m Hurdles (29.68), Triple Jump (DNS).

Shayne Campbell: 2nd in 800m (2-56.12), 3rd in 1500m (5-46.65), 3000m (DNS), 3rd in Discus (29.02m), 2nd in Javelin (36.93m).

Jye Hardy: 90m Hurdles (DNS), 2nd in 200m Hurdles (36.19), 5th in High Jump (1.35m), 5th in Long Jump (4.60m), 4th in Triple Jump (9.98m).

Harrison McClify: 2nd in 100m (12.73), 2nd in 200m (27.13), 2nd in 90m Hurdles (14.89), 3rd in Long Jump (4.82m), 2nd in Shot Put (10.95), 5th in Discus (24.81m).

Boys U 9-12 4x100 Metre Relay (Jnr)

3rd in 1-01.50: Kyle Henson (U9), Lachlan Camilleri (U11), Riley Howarth (U10), Tully Murphy (U12).

KBLAC State Championship - 22nd to 24th March 2013

U9 Girls:

Brooke Keller: 4th in 100m (14.85), 2nd in 60m Hurdles (10.36, heat 10.11), 1st in High Jump (1.29m), 1st in Long Jump (4.04m).

Georgia Portelli: 7th in Shotput (6.36m), 5th in Discus (21.99m).

Ivory Radford: 10th in 700m Walk (4-07.64).

U10 Girls:

Jaylen Bilbija: 4th in 60m Hurdles heat (11.33).

Sarah Bradford: 4th in 100m heat (15.14).

Lianna Davidson: 14th in High Jump (1.15m), 19th in Discus (19.96m).

Renee Hardy: 7th in 1100m Walk (6-03.26).

U11 Girls:

Sophie Balmforth: 8th in 100m heat (14.66), 7th in 60m Hurdles (10.33, heat 10.22), 4th in Long Jump (4.48m).

Olivia James: 21st in High Jump (1.10m).

U12 Girls:

Julia Black: 8th in 400m heat (1-08.90), 20th in Long Jump (3.96m).

Sarah Chapman: 21st in Shot Put (8.33m).

Jessica Keller: 15th in High Jump (1.35m), 13th in Long Jump (4.36m), 7th in Triple Jump (9.48m), 8th in Javelin (22.13).

U13 Girls:

Natalie Chapman: 8th in 200m heat (28.77), 5th in 400m heat (1-05.90), 4th in High Jump (1.50m).

Katelin Ellyard: 7th in 400m heat (1-07.74), 6th in 200m Hurdles heat (32.48), 14th in 1500m Walk (9-23.74).

Brooke Ferguson: 8th in 1500m Walk (8-43.77).

U14 Girls:

Alexandra Williams: 15th in High Jump (1.45m), 12th in Long Jump (4.58m), 15th in Triple Jump (9.71m).

U15 Girls:

Candice Porley: 9th in 1500m Walk (9-24.03).

Lauren Russell: 3rd in High Jump (1.62m), 10th in Long Jump (4.83m).

U17 Girls:

Alicia Blackett: 6th in 100m heat (13.47), 5th in 200m Hurdles heat (31.61).

Tabitha Porley: 2nd in 1500m Walk (6-59.30).

Carly Winser: 6th in High Jump (1.50m).

U9 Boys:

Cody Brian: 15th in High Jump (1.10m).

Cameron Ferrier: 12th in 800m heat (2-56.05).

Kyle Henson: 6th in 70m heat (10.76).

U10 Boys:

Spencer Blanch: 4th in High Jump (1.32m).

Riley Howarth: 8th in 200m heat (30.22), 4th in 400m (1-05.26), 11th in High Jump (1.20m).

Billy Taranto: 4th in 100m heat (14.30), 17th in Shot Put (7.77m).

U11 Boys:

Lachlan Camilleri: 7th in 100m heat (14.11), 4th in 200m heat (28.35), 22nd in Discus (19.08m).

Caleb Fairweather: 4th in 400m heat (1-07.68), 3rd in 60m Hurdles (9.97).

U12 Boys:

Lochlan Brian: 7th in 400m heat (1-08.87), 12th in High Jump (1.45m), 15th in Triple Jump (9.47m).

Tully Murphy: 5th in 100m heat (13.86), 2nd in 60m Hurdles (9.75), 10th in Long Jump (4.60m), 2nd in Triple Jump (10.90m).

Liam Northcote: 12th in 800m heat (2-55.10).

U13 Boys:

Gabe Radford: 17th in 1500m (5-07.73)

U14 Boys:

Jonathan Blunden: 6th in 400m heat (59.20), 4th in 200m Hurdles heat (28.79).

Shayne Campbell: 11th in 800m (2-36.58), 6th in Javelin (43.04m).

Harrison McClifty: 5th in 100m heat (12.53), 7th in 200m heat (26.79), 5th in 90m Hurdles heat (15.60), 22nd in Shot Put (10.74).

Sydney Track Classic – March 2013

Caleb Fairweather with Michelle Jenneke



Sally Pearson with Paige Nash



Kurrajong Training Squad Results

(Separate from Little Athletics)

* NSW State Road Walks Individual and Teams Championships, Jamisontown, May 20 2012.

A great result for Kirsty Klein in a very close race placing 2nd in a very fast time of 51m50s in the Open Womens 10km event.

Both first and second recorded the same time.

* NSW Cross Country Relay Championships, Miranda Park, 2nd June, 2012.

Individual results:

Caitlyn Ferrier U12G 4 x 2km 6th 8.22

Carly Winser U16G 4 x 3km 6th 14.09

Daniel Keene U18B 4 x 3km 6th 10.45

Tom McCoy U18B 4 x 3km 6th 10.55

Hayden Sly U18B 4 x 3km 4th 10.57

Shay Southern U20G 4 x 3km 5th 14.01

Georgia Dawson U20G 4 x 3km 5th 14.13

Jemma Wotton U20G 4 x 3km 5th 14.54

Joel Smith Open M 4 x 4km 18th 14.26

* Australian Federation Carnival (LBG), 10th June, 2012.

Most outstanding was Kirsty Klein competing for the very first time over the very challenging 10 mile (16km) course in a very fast time of 1hr27m21s. Kirsty also had to contend with thick ice covering some of the course as the race was held early in the morning. Talented young junior Renee Hardy also did well placing 9th in the U10 1km in a great time of 6m22s

Individual results:

Kirsty Klein Open Womens 10 miles (16km) 6th 1:27.21, 1ST Teams, 2nd U20

Renee Hardy U10G 1km 9th 6.22, 4th Teams.

* NSW Cross Country Championships, Nowra, 23rd June, 2012.

Individual results:

Joel Smith U20M 5km Joel Smith 9th 31.19

* NSW Short Walks Championships, Penrith June 24th, 2012.

Individual results:

Renee Hardy U12G 1km 4th 5.45 (PB)

*** NSW Road Relay Championships, Ourimbah, 7th July 2012.**

Caitlyn Ferrier U12G 2km 8.57

Carly Winser U18G 2km 8.42 Team Bronze medal, U16G 2km 4th Teams 8.54

Hayden Sly U20M 4km Silver medal team 13.35

Daniel Keene U20M 4km Silver medal team 13.36

Joel Smith U20M 4km Silver medal team 13.59

*** World Junior Championships, Barcelona, 10-15th July 2012.**

A great debut on the world stage for National Junior 400m hurdles champion Sara Klein. Competing first in Karlsruhe, Germany, at a regional U23 meet Sara cruised to an easy victory in the hurdles setting a new meet record.

Sara then headed to Barcelona for the World Junior Championships where she opened her campaign with a comfortable 2nd place in her heat to easily qualify for the semi-final. Unfortunately, although Sara ran just outside her PB, she was unable to progress to the final finishing a very creditable 14th in the world standings. This is a super result for her first major international competition and she has gained valuable experience along the way.

*** NSW Short Course Cross Country Championships, Rydalmere, 14th July 2012.**

Individual results:

Hayden Sly U16B 2.5km 4th 8.22, Silver medal Teams

Joel Smith U20M 5km Joel Smith 10th 18.08

Caitlyn Ferrier U12G 1.5km 13th 6:08.74

*** NSW All Schools Cross Country Championships, Eastern Creek, 20th July 2012.**

Individual results:

Caitlyn Ferrier 10G 2km 18th 8.40

Sianna Steele 12G 3km 8th 12.57

Katelin Ellyard 12G 3km 69th 15.16.1

Jemma Wotton 15G 4km 47th 15.49 (28th CHS)

Hayden Sly 15B 4km 7th 12.13.3 (5th CHS)

Daniel Keene 16B 6km 23rd 21.03.3 (12th CHS)

Shay Southern 17G 4km 50th 16.39.8 (30th CHS)

Kirsty Klein 18G 6km 29th 27.34.7 (10th CHS)

*** NSW Long Walks Championships, Penrith, 29th July 2012.**

Individual results:

Renee Hardy U12G 2km 4th 13.30

Kirsty Klein U20G 15km 1ST 1.23.53

*** Australian Cross Country Championships, Adelaide, 25th August, 2012.**

Individual results:

Hayden Sly U16B 4km 34th

Joel Smith U20B 8km 46th

*** Australian Road Walking Championships and Federation Carnival, Adelaide, 26th August, 2012.**

Individual results:

Kirsty Klein U20G 10km W 2ND 52.16

Shannon Jennings U20G 10km W 3RD 54.09

Renee Hardy U10G 1km W 2ND 5.16 (PB Australian Federation), u12G 2km W 16th 14.11

*** CHS Championships, SOPAC, 6-8 September, 2012.**

Individual results:

Brooke Ferguson 14G 1500m W 7th 8.21.42

Hayden Sly 15B 800m Final 3RD 2.09.10, 1500m Final 4th 4.23.76 (PB)

Jemma Wotton 15G 800m Final 9th 2.37.30 (PB heat 2.34.6), 1500m Final 15th 5.29.79(PB)

Daniel Keene 16B 800m Final 1ST 2.00.07, 1500m Final 1ST 4.13.13

Sara Klein 17+G 400m H 1ST 62.94, 100m H Final 2ND 14.30, 400m F 2ND 56.82

Kirsty Klein 17+G 3000m W 1ST 14.47.29

Jack Bangel 17+B 110m H Final 3RD 15.05, 400m H Final 6th (fell)

Tom McCoy 17+B 800m Final 6th 2.00.6, 1500m Final 5th 4.14.12 (PB)

*** CCC Championships, SOPAC, 14 September, 2012.**

Individual results:

Lauren Russell 15G High J 2ND 1.59m (PB)

Kristie Blair 16G 400m Final 3RD 63.4

David Snowdon 17+B High J 1ST 2.00m

*** CIS Championships, SOPAC, 19 September, 2012.**

Individual results:

Hayden Perry U14B High J 1ST 1.64m, Javelin 1ST 44.13m, Triple J 2ND 10.82

Sianna Steele U13G 1500m Final 5th 5.26.0

*** Pierre de Coubertin Award, September, 2012.**

This year a record number of 4 athletes from the Squad were the proud recipients of the prestigious Pierre de Coubertin Award. They are David Snowdon, Jack Bangel, Sara and Kirsty Klein. 2012 was the 20th anniversary of awarding the award. It is an award granted by AOC, throughout all states and territories of Australia. Recipients must be in year 11 or 12 to get the award.

The award is named after Baron Pierre de Coubertin - the founder of the modern Olympics. He believed international sports competitions between athletes from different countries would promote a more peaceful world. In addition he believed, the Olympic ideals motivate and encourage all young people to strive for their personal best.

Over the preceding years we have had many athletes win the award but never more than 1 per year. To have 3 athletes judged worthy is exceptional.

*** NSW All Schools Championships, SOPAC, 11-14 October, 2012.**

Another very successful NSW All Schools Championship meet over the weekend with 9 individual medals, 4 of them Gold, and a Championship record.

Sara Klein was once again one of the star athletes of the championships with an easy win in the 19 girls 400m hurdles followed by Gold the next day in the 400m sprint in a very fast 56.52s. Sara streaked away from the opposition with 100m to go winning the event by 1.2s.

Not to be outdone her twin sister Kirsty also had an excellent race with a Gold medal in the 5000m walk breaking the existing long standing record set 10 years ago by former Squad member and World Junior rep Laura Johnson. Training partner Shay Southern also had a great race finishing with a well deserved Silver medal in the 17 girls 5000m walk.

Jack Bangel was also amongst the medals with an easy win in the 17 boys 110m hurdles. A super comp for upcoming junior high jumper Lauren Russell with a very impressive 4cm PB in the 15 girls high jump enough to give her the Bronze medal in a very tight competition for 2nd, 3rd and 4th places.

Tom McCoy put in a gutsy effort in the 17 boys 2000m steeplechase to finish with a Bronze medal and a PB despite a heavy fall in the last lap. A very determined race by Kristie Blair in the 16 girls 400m hurdles was well rewarded with a Bronze medal. Hayden Perry was the Squad's final medallist with a Silver medal in the 13 boys javelin.

Great effort also by talented distance athlete Daniel Keene who just missed a medal in the 800m in a very fast race and backed up the following day with a personal best time in the 1500m to again just miss a medal.

Individual results:

Sianna Steele 12G 1500m 6th 5.27.99

Brooke Ferguson 13G 3000m W 8th 17.54.91

Katelin Ellyard 13G 3000m W 14th 21.17.20, Triple J 17th 8.12m

Hayden Perry 13B Javelin 2ND 43.22m, High J 5th 1.65m, Discus 14th 30.79m,

Shot P 16th 10.78m

Luke Zurrini 13B 400m Final 8th 62.16s

Jonathan Blunden 13B 200m heat 7th 27.93s, Javelin 19th 21.57m, 800m 20th 2.33.05

Aaron Keene 13B Javelin 17th 26.39m, Discus 21st 25.56m

Kelsey Brook 14G 200m heat 7th 30.53s

Lauren Russell 15G High J 3RD 1.63m (PB)

Carly Winser 15G Triple J 10th 8.85m, High J 11th 1.40m, Javelin 14th 21.82m

Jemma Wotton 15G 1500m Final 14th 5.42.76

Katy Robinson 15G Triple J 12th 8.74m

Alicia Blackett 15G Long J 15th 4.27m, 100m heat 6th 13.74s,
200m heat 8th 27.93s

Hayden Sly 15B 1500m Final 10th 4.22.86 (PB), 800m heat 7th 2.09.92

Kristie Blair 16G 400m H Final 3RD 1.11.88, 400m Final 8th 63.42 (heat 62.9s)

Daniel Keene 16B 800m Final 4th 1.59.00, 1500m Final 4th 4.09.44 (PB)

Shay Southern 17G 5000m W 2ND 27.25.54

Tabitha Porley 17G 5000m W 4th 30.00.96

Tom McCoy 17B 2000m S/chase 3RD 6.43.18 (PB), 1500m Final 4th 4.19.04

Sara Klein 19G 400m H Final 1ST 62.04, 400m 1ST 56.52s

Kirsty Klein 19G 5000m W 1ST 24.52.18 (Meet Record)

Jack Bangel 19B 110m H 1ST 16.09s

*** NSW Relay Championships, SOPAC, 17-18 November, 2012.**

Some exciting results at the NSW State Relay Championships held at Homebush over the weekend. 8 team medals were won by squad members with several athletes posting personal best performances over the 2 days.

The open women's walk team cruised to a comfortable win for the second consecutive year with all 4 girls posting fast individual times. A great performance also by the U20 girls 400m relay team also taking Gold with World Junior rep Sara Klein leading the way.

Standout performances also by the U18 boys 800m relay team and our U14 girls walk team with the 'baby' of the squad 9 years old Renee Hardy putting in a gallant effort against girls up to 4 years her senior. Great jumping also by Sara Klein and Lauren Clarke helping their team to a Bronze. The U14 boys had a very busy weekend and finally won a well-deserved medal in the discus.

Super individual runs also by Kristie Blair (400m), Kelsey Brooke (200m), Jemma Wotton (400m), Jess Tibbett (400m), Alicia Blackett (100m) and Hayden Sly (800m). A special mention also for a very determined 10 year old Caleb Fairweather who also competed well out of his age group in most of the U14 teams.

Team results:

Open W 4 x 1500m Walk Gold medal Kirsty Klein, Shannon Jennings, Shay Southern,

Tabitha Porley

U20G 4 x 400m Gold medal Sara Klein, Kristie Blair

U18B 4 x 800m Silver medal Daniel Keene, Tom McCoy, Hayden Sly

U14G 4 x 1500m Walk Silver medal Brooke Ferguson, Renee Hardy, Katelin Ellyard,

Sianna Steele

U14B Discus Silver medal Shayne Campbell, Hayden Perry, Aaron Keene

Open W Long J Bronze medal Lauren Clark, Sara Klein

Open M High J Bronze medal Cameron Jones

U18G 4 x 200m Bronze medal Kelsey Brook

U14G 4 x 1500m 4th Jess Tibbett, Sianna Steele, Katelin Ellyard

U18M Javelin 4th Tom McCoy

U16G 4 x 800m 5th Jemma Wotton

U14B Shot P 5th Luke Zurrini, Aaron Keene, Hayden Perry,
Shayne Campbell

U14B Long J 5th Hayden Perry, Aaron Keene, Shayne Campbell,
Caleb Fairweather

U18B 4 x 1500m run 5th Daniel Keene, Tom McCoy

U18G Discus 5th Carly Winser

U16G 4 x 400m 6th Jemma Wotton, Jess Tibbett

Open W 4 x 100m 7th Alicia Blackett, Becky Goodwin

Open W 4 x 200m 7th Becky Goodwin, Lauren Clarke

U18B Long J 7th Tom McCoy

U14B 4 x 100m 9th Aaron Keene, Luke Zurrini, Caleb Fairweather

U16B 4 x 200m 11th Caleb Fairweather, Shayne Campbell, Hayden Perry

U16G 4 x 100m 14th Kelsey Brook, Jemma Wotton

Australia PSSA Championships, Adelaide, 23rd-27th November, 2012

KBLAC athletes Caitlyn Ferrier (U11 Girls) and Tully Murphy (U12 Boys) recently competed at the School Sport Australia National Athletics Championships in Adelaide from 23rd-27th November, after qualifying in the top 3 of their chosen events at the School PSSA State Championships in October.

Athletes arrived in Adelaide on the Friday where they gathered for an afternoon team meeting and a first chance to look around at the venue. Saturday morning saw all athletes in their full dress uniform parade on to the track with their State teams for the Opening Ceremony, after which events soon got underway.

Caitlyn competed in the 10 Years Girls 200m, where she finished 2nd in her heat to qualify for the final. Despite the 35 degree temperatures, she ran another great race in the final to finish in 5th place. She received a finalists ribbon for finishing in the top 8 in the country.

Sunday saw Tully competing in the 11 Years Boys Long Jump, where hot conditions once again made it hard work for the competitors. Tully put in a great jump of 4.79m which not only put him into the top 8 for the finals, but saw him finish in 5th position overall, and receive a finalists ribbon for his efforts.

Monday saw the last of the individual events at the carnival, as well as some hotly-contested relays which pitted State against State. Caitlyn was lucky enough to be selected for the NSW 10 Years Girls 800m Sprint Medley Relay team, where the 4 runners ran legs of 200m, 200m, 100m and 300m. The atmosphere was electric as each State cheered on their team, and there was much excitement in the NSW camp when the girls brought home the gold medal! The athletes all received a much-needed break from competition for the afternoon, when the teams all travelled to Adelaide Zoo for their excursion.

Tuesday was the “fun day” of the meet, where there were no more medals up for grabs, but all athletes got to compete in at least one relay team in either a track or field event. Caitlyn competed in the NSW B team for the Mixed 4 x 200m Relay, who ran exceptionally to come in 2nd behind the NSW A team and take home a 2nd place pennant for their efforts. Tully competed in the 11 Years Boys Long Jump Relay where the NSW team finished 2nd and also received a pennant. He was also part of the NSW B Team for the 11 Years Boys 8 x 100m Relay which finished in 5th place overall.

It was a very hot and very hectic 5 days in Adelaide, but provided a valuable experience for both Caitlyn and Tully who produced some great performances in representing NSW, as well as being fine ambassadors for their schools, club, and the Hawkesbury area.

Caitlyn Ferrier 10G 200m Final 5th, 800m Sprint Medley Relay 1ST, Mixed 4 x 200m Relay 2ND
Tully Murphy 11B Long J 5th 4.79m, Long J Relay 2ND, 8 x 100m Relay 5th.

*** NSW Junior Championships, SOPAC, 8-10 February, 2013.**

There were 7 individual medals, 3 of them Gold.

Most successful athletes were Sara Klein and Jack Bangel with easy wins in their 400m hurdle finals and Kirsty Klein with Gold in the 5000m walk in very hot and humid conditions.

Outstanding also was Hayden Perry winning a Silver medal in the Javelin and then backing up later for a PB and Bronze in the U16 High jump. Hayden was competing up an age group and will be competing in the U15's at the Australian Junior Championships in Perth in March.

Sianna Steele also put in a gutsy effort in her U14 1500m final scoring her very first individual State medal, a Silver, with another PB. This also resulted in her booking her ticket for her very first Australian Championships in March.

Our other medallist was Shay Southern adding to her growing medal collection with Bronze in the U20 5000m walk. She will also be joining our other U20 athletes, Jack Bangel and Sara and Kirsty Klein in Perth.

A special mention also for Tabitha Porley who placed an excellent 4th in the U20 5000m walk in the difficult conditions encountered by the heat and also the paint spray from the ‘Colours’ Fun Run being held beside the stadium at the time.

Daniel Keene ran an excellent time in his 400m heat to make the final where he placed 7th. Lauren Russell had a great competition placing 7th in the U16 High Jump and 3rd in the U17s which was enough to also gain a place in the NSW Team for her first Nationals.

Jess Tibbett also ran a determined race in her U16 1500m with another PB.

Individual results:

Sianna Steele U14G 1500m Final 2ND 5.02.22 (PB)

Jess Tibbett U16G 1500m Final 16th 5.17.97 (10th U15s)

Hayden Perry U16B Javelin 2ND 48.80m, High J 3RD 1.74m (1st U15-PB)

Lauren Russell U18G High J 7th 1.55m (3rd U17s)

Kristie Blair U18G 400m H Final 6th 72.65

Daniel Keene U18B 800m Final 7th 2.03.66 (heat 1.58.98)

Hayden Sly U18B 3000m 9th 9.44.89 (5th U17s)

Tom McCoy U20B 3000m S/chase DNF

Kirsty Klein U20G 5000m W 1ST 24.44.37

Sara Klein U20G 400m H Final 1ST 60.40

Shay Southern U20G 5000m W 3RD 27.29.64

Tabitha Porley U20G 5000m W 4th 29.11.30

Jack Bangel U20B 400m H Final 1ST 54.30

*** Briggs Track Classic & Australian/Oceania Road Walking C'ships, Hobart, 23-24 February, 2013.**

400m hurdlers Sara Klein, Ian Dewhurst and Jack Bangel were invited to compete in the Hobart (Briggs) Track Classic on the Saturday with excellent results in very cool and windy conditions. Sara took out the Open Womens event in a time of 61.47s defeating Chloe Jamieson from the AIS in the process.

Ian finished 2nd over the line but was the first Australian athlete in the Open Mens in a very fast time of 51.03s, just .03s off a World University qualifier! He had a very competitive race with New Zealand athlete Michael Cochrane. Cochrane came off the 8th hurdle just in front then edged away with his trade mark fast finish. Ian will racing Cochrane again next weekend where he has been given a start in the Sydney Track Classic. Jack Bangel finished a very creditable 7th.

An extremely early start for our racewalkers on the Sunday who were invited to compete in the Australian and Oceania Road Walking Championships. In quite favourable conditions for distance walking all 3 girls raced brilliantly in the U20 10,000m event recording some phenomenal personal best times in the process. Kirsty Klein was 2nd in a very fast time of 49m57s. This was a significant break through for Kirsty cracking the 50 min barrier for the very first time and moving her right up the rankings in her event. Shay Southern and Tabitha Porley also had incredible races placing 4th and 5th with both girls slashing 5 minutes off their previous PB's. Shay's time was 53m53s and Tabitha's 55m43s. Both girls have now achieved their very first National rankings in this event.

*** NSW Open & U23 Championships, SOPAC, 1-3 March, 2013.**

3 medals and 2 personal best times from the 4 athletes who competed.

Sara Klein Open W 400m H Final 1ST 60.75

Jo Dawson Open W 400m Final 7th and 2ND U23s 65.85

Cameron Jones Open M 400m H Final 7th and 2ND U23s 57.53 (PB)

Daniel Keene Open M 1500m 18th 4.05.73 (PB)

Australian Junior Championships, Perth, 12-17 March, 2013

Excellent results in Perth with 4 medal winning efforts and numerous personal bests.

Our talented race walkers lead the way with all 3 recording significant personal bests over the grueling 10km distance in the U20 girls event. Kirsty Klein added another Silver medal to her ever growing collection with a very fast time of 49m32.41s. Training partners Tabitha Porley and Shay Southern finished 5th and 6th respectively within 9 seconds of each other both recording sub 55s on the track for the very first time.

Sara Klein had another outstanding comp with an easy Gold medal win in the U20 400m Hurdles final and anchoring the NSW team to a Gold medal win in the 4 x 400m relay.

Jack Bangel is also enjoying similar success making the finals and placing 6th in the U20 boys 110m Hurdle final and then backing up the next day to snatch a well-earned Silver on the line in a very close race in his 400m Hurdle final.

Hayden Perry was very unlucky to finish just outside the medals in both his high jump where he recorded a 2cm PB, and javelin events.

A very creditable performance by our youngest athlete Sianna Steele in her very first Australian Championships with 8th place in the U14 1500m final in a fast time of 5.03.66.

Individual results:

Sara Klein U20G 400m H Final 1ST 59.47s, 4 x 400m Relays 1ST

Kirsty Klein U20G 10km W 2ND 49.32.41 (PB)

Tabitha Porley U20G 10km W 5th 54.34.21 (PB)

Shay Southern U20G 10km W 6th 54.43.07 (PB)

Jack Bangel U20B 400m H Final 2ND 54.88s (heat 54.86),

110m H Final 6th 14.99s

Lauren Russell U17G High J 10th 1.50m

Hayden Perry U15B High J 4th 1.75m (PB), Javelin 4th 45.59m

Sianna Steele U14G 1500m Final 8th 5.03.66

*** Perth Track Classic, 16th March, 2013**

A very exciting race for Ian Dewhurst who smashed his PB by almost a second to record one of the fastest times in the 400m hurdles by an Australian athlete for the last 6 years. This remarkable performance was a World University Games and Commonwealth Games qualifier and ranks Ian on the Australian All Time Lists for this event at 22. He also maintains his current Australian ranking for this season as number 1.

During the race in Perth and the previous week in Sydney Ian defeated World Championship semi-finalists Brendan Cole and Tristan Thomas and Belgium Olympic semi-finalist Michael Bultheel.

Training partner Sara Klein also recorded another very fast time to place 4th in her hurdles event after a very busy schedule of races over preceding days at the Australian Junior Championships where she came away with 2 Gold medals.

Individual results:

Ian Dewhurst Open M 400m H 2ND 50.31s (PB and World University Games qualifier +

Commonwealth Games qualifier)

Sara Klein Open W 400m H 4th 59.68s

Jack Bangel Open M 400m H Comp.

*** Qantas Melbourne World Challenge, 6th April, 2013**

Ian Dewhurst 400m H 3RD 50.05s (PB)

Sara Klein 400m H 3RD 59.67s

*** Australian Open Championships, SOPAC, 11-14 April, 2013.**

Excellent results at the National Open Championships. Ian Dewhurst had a wonderful race in the 400m hurdles final and almost caused an upset win when he found himself slightly ahead going over the last hurdle.

A final desperate surge by Olympian Tristan Thomas saw him sneak over the line for the Gold with Ian having to settle for the Silver but with another significant personal best time of 49.93s to his credit.

Sara Klein also had another super race with an excellent Bronze medal performance in her 400m hurdles final.

Race walker Kirsty Klein was also in fine form in the 5000m event placing 4th in a fast time of 24m05s.

Training partner Shay Southern also performed well placing 8th in a season's best time. Tabitha Porley unfortunately had to withdraw from the race at the halfway mark after falling ill.

Individual results:

Ian Dewhurst Open M 400m H Final 2ND 49.93s (PB)

Jack Bangel Open M 400m H heat 4th 53.76s (PB)

Cam Jones Open M 400m H heat 7th 58.85s

Sara Klein Open W 400m H Final 3RD 59.89s

Kirsty Klein Open W 5000m W 4th 24.05.07

Shay Southern Open W 5000m W 8th 27.12.15 (SB)

Jo Dawson Open W 400m H heat 8th 65.04s

Tabitha Porley Open W 5000m W dnf

TINY TOTS and Helpers – Presentation 8th March 2013



Helpers include: Sara and Kirsty Klein, Carly Winser, Demi Southern, Tahlia Blanch and Kaitlyn Ellyard.

This year we decided to hold the Tiny Tots presentation on 8th March 2013 at McMahons Park rather than on our usual presentation night. We held theirs on the second last night of competition (in March). We had a presentation of the medals to the tots at the BBQ area at the back of the hall and we organised a jumping castle, free sausage sandwich and free slushy for all the tots.

It was a great success and all parents and kids were very happy with the change.

Annual Award Presentation

Held at Richmond Club on Saturday 13th April 2013

(Pictures courtesy of Picstar Photography)

Age Championships and Encouragement Awards

		<u>Girls</u>	<u>Boys</u>
U6	1st	Teagan Hall	Noah Seddon
	2nd	Georgia Haines	Justin Charlesworth
	3rd	Georgia Crozier	Kye Lilly
	Encouragement	Alexis Hart	Harry Podesta
	Age Manager		Darren
U7	1st	Ivy Reid	Toby Camilleri
	2nd	Heidi Simpson	Cooper Blanch
	3rd	Laney Linder	Aiden Miller
	Encouragement	Paige Nash	Liam Henson and Eli Musker
	Age Manager		Rebecca Ellyard
U8	1st	Mali Graham	Mackenzie Hall
	2nd	Kate Leach	Callam Kerr
	3rd	Jazmyn Pearson	Frederick Peters
	Encouragement	Maddison Garton	Bradley Mantovani
	Age Manager		Josh Peters
U9	1st	Brooke Keller	Kyle Henson
	2nd	Georgia Portelli	Jarrold Davidson
	3rd	Ivory Radford	Cameron Ferrier
	Encouragement	Ebony Swirski	Joel Miller
	Age Manager		Jo Portelli

U10	1st	Sarah Bradford	Riley Howarth
	2nd	Lianna Davidson	Billy Taranto
	3rd	Jaylen Bilbija	Michael James
	Encouragement	Emily-Jane McClifty	Douglas Collins
	Age Manager		Christy Hardy
U11	1st	Caitlyn Ferrier	Lachlan Camilleri
	2nd	Sophie Balmforth	Caleb Fairweather
	3rd	Emily Marks	Hayden Pronk
	Encouragement	Hannah Madanowski	Tristan Clark
	Age Manager		Laurie Fairweather
U12	1st	Julia Black	Lochlan Brian
	2nd	Jessica Keller	Tully Murphy
	3rd	Sarah Chapman	Dally Barham
	Encouragement	Emily Brown	David Smith-Cameron
	Age Manager		Suzie Murphy
U13	1st	Katelin Ellyard	Gabe Radford
	2nd	Natalie Chapman	Jordan Monteleone
	3rd	Mackenzie Baldwin	Zachary McClifty
	Encouragement	Alicia Blanch	-
	Age Manager		Stephen Blunden
U14	1st	Tahlia Blanch	Jonathan Blunden
	2nd	Alexandra Williams	Harrison McClifty
	3rd	Annalise Brouwer	Luke Zaurrini
	Encouragement	-	Shayne Campbell
	Age Manager		Stephen Blunden

U15	1st	-	Cain Lovering
	2nd	-	-
	3rd	-	-
	Encouragement	-	-
	Age Manager		David Donnelly
U16	1st	Carly Winser	-
	2nd	Rachael Lovering	-
	3rd	Demi Southern	-
	Encouragement	-	
	Age Manager		David Donnelly
U17	1st	-	-
	2nd	-	-
	3rd	-	-
	Encouragement	-	-
	Age Manager		David Donnelly

Junior Development Awards

(Must have an elementary degree of competence and consistent signs of improvement in individual events).

	BOYS	GIRLS
Walks:	Jayden Donnelly	N/A
Sprints:	Cooper Blanch	Sarah Bradford
Distance:	Cameron Ferrier Michael James	Jessica Brown
Jumps:	Kyle Henson	Heidi Simpson
Hurdles:	Luke Brian	Jaylen Bilbija
Throws:	Frederick Peters Toby Camilleri	Lianna Davidson

Coach's Awards (Must display a high degree of competence and consistent signs of improvement).

	BOYS	GIRLS
Sprints:	Billy Taranto	Caitlyn Ferrier
Distance:	Gabe Radford	Brooke Ferguson
Hurdles:	Jonathan Blunden	Katelin Ellyard
Walks:	NA	Renee Hardy
Long Jump:	NA	Sophie Balmforth
High Jump:	Spencer Blanch	Natalie Chapman
Triple Jump	Lochlan Brian	Jessica Keller
Throws:	Shayne Campbell	Georgia Portelli

Most Improved Juniors

Boys:

* Riley Howarth U10: - great results all season. Qualified for State in 3 events. Gutsy performance in 400m final and was very unlucky not to medal. Also achieved Club record in 400m this season. Consistent PB's in 200m and 400m. 200m improved from 31.91 to 30.22 at State. 400m from 67.27 to 65.26 at State.

Girls:

- Ivory Radford - massive improvement in walk times throughout season from 5.11 at Zone to a very fast 4.07 at her very first State where Ivory placed an excellent 10th.

Most Improved Seniors [12-17s]:

Boys: - Harrison McClifty - successful in 2 representative carnivals in his very first year of Little A's - State Relays and State : made his first State in 4 events. Significant improvement in 100m and 200m and Long J.

Girls: - Alexandra Williams - Made State in all her jumps - a magnificent achievement - with PB in HJ after huge improvement shown during season.

Most Outstanding Relay Team

Under 11's 4 x 100m LAA State Relay Team: (Bree Ellyard, Lachlan Camilleri, Sophie Balmforth, Caleb Fairweather.

Won their heat just 0.3 outside State Record and backed up for a Silver medal finishing just 0.07s outside record in what was a very close race.



U15 McDonalds Trophy for Outstanding

This year's recipient is Lauren Russell.

Lauren qualified for State in High J where she won a Bronze medal, and Long J where she placed a very creditable 10th.

Lauren also won a Bronze medal at the NSW All Schools in High J and in the process qualified for very first Australian Championships.

Lauren is another athlete who has worked hard all season to achieve these results.

U17 Trophy for Outstanding Effort:



This year's recipient is Tabitha Porley

Tabitha qualified for State in the 1500m walk where she won Silver in a very fast time of 6.59. She is the very first female racewalker from our Club to break 7 mins for this event (Kirsty Klein came very close 2 years ago with 7.01).

Tabitha was also selected to represent NSW at an Elite Race Walking meet in Hobart in December where she placed 6th in the U20 10km event smashing her PB by a whopping 5 mins. She was also selected for the Australian Junior Championships in Perth last month where she placed 5th with another PB in the 10km.

Tabitha has been an outstanding ambassador for our Centre with many State medals and we wish her every success in the future.

Alicia James Memorial Award:

(This award embodies the true spirit of Little Athletics by regular attendance, enthusiastic attitude, accepting win or defeat gracefully, respectful of other athlete and officials, assists & encourages younger athletes)



This year's winner has been a very enthusiastic Tiny Tots's manager this season. Having been in the club since tiny tots herself, she takes a genuine interest in the younger athletes and spends time encouraging them. This was very evident at State where she went from main track to warm up track regularly to support younger athletes. She is always friendly and smiling and shows great sportsmanship in victory or defeat. She is a great ambassador for our Club and great role model for younger athletes and is a very worthy winner of this very special award.

This year's winner is Carly Winser.



Junior Athlete of the Year



This athlete Qualified for State in 2 events and won a Bronze medal in the U11 60m hurdles in a nailbiting finish and also placed a very creditable 4th in his 400m heat .

He has also set new Club records in both the 400m and hurdles this season.

He has attended training all season and worked extremely hard for these results.

The Junior athlete of the year for 2013 is Caleb Fairweather

SENIOR ATHLETE OF THE YEAR



This athlete qualified for State in all 4 of his events, an outstanding achievement, and won 2 individual medals: Silver in Triple Jump with a huge PB and Silver in another nailbiting hurdles final. He also placed a very creditable 10th in Long J and was 5th in his 100m heat.

He is another athlete who has trained hard all season to achieve these outstanding results.

This year's senior athlete of the year is Tully Murphy.

SPORTSPERSON OF THE YEAR

(Most successful 'all round' achiever at Championship level exhibiting a high degree of competence in all fields of athletics)



This athlete qualified for State in all 4 of her events - an outstanding achievement for such a very young athlete.

She also managed to win 3 State medals out of her 4 events - Gold Long J, Gold High J, Silver hurdles and finished just outside the medals for an excellent 4th in her 100m Final. She has also broken 5 Club U9 records this season!

She is another athlete who has attended training during the season and worked hard to improve

The 2013 Sportsperson of the year is Brooke Keller.

Club Captains for 2012 – 2013

Our club captains (Carly Winser and Alicia Blackett) speaking at presentation night.





Roll of Honour

JUNIOR ATHLETE OF THE YEAR

1997/1998 Olivia Wallace
Jarrod Aarons-Tobin
1998/1999 Olivia Wallace
1999/2000 Zach Plummer
Rachel Shorten
2000/2001 Amy Nelson
2001/2002 Julia King
2002/2003 Jacob Roberts
2003/2004 Natalie Otten
Riley Staraj
2004/2005 Jack Wilson
2005/2006 Mitchell Norbis
2006/2007 Brodie Vassallo
2007/2008 Brendan McCoy
2008/2009 Brodie Vassallo
2009/2010 Caleb Fairweather
2010/2011 Tully Murphy
Brooke Keller
2011/2012 Caitlyn Ferrier
Brooke Keller
2012/2013 Caleb Fairweather

ATHLETE OF THE YEAR

1987/1988 Josh Peters
1988/1989 Lisa Ellis
1989/1990 Donna Jones
1990/1991 Donna Jones
1991/1992 Donna Jones
1991/1992 Yasmin Carter
1992/1993 Donna Jones
1993/1994 Alex Stewart
1994/1995 David Byrne
1995/1996 David Byrne
1996/1997 Melissa Smith
1997/1998 Samantha Gleeson
1998/1999 Samantha Gleeson
1999/2000 Amy Sadler
2000/2001 Jarret Van Den Akker
2001/2002 Emily Johnson
2002/2003 Emily Johnson
2003/2004 Emma Walsh
2004/2005 Ben Handcock
2005/2006 Shane Nicholls
2006/2007 Shane Nicholls
2007/2008 Shane Nicholls

2008/2009 David Snowdon
2009/2010 David Snowdon and Tavleen Singh
2010/2011 David Snowdon
2011/2012 Katrina Blackett
2012/2013 Tully Murphy

SPORTSPERSON OF THE YEAR

1982/1983 Darren Mison
1983/1984 Darren Mison
1984/1985 Annette Outtrim
1985/1986 Lochsley Thomas
1986/1987 Lochsley Thomas
1987/1988 Josh Peters
1988/1989 Chris Pearson
1989/1990 Rebecca Dennis
1990/1991 Bettina Brown
1991/1992 Duane James
1992/1993 Dannielle Jakes
1993/1994 Briohny Cook
1994/1995 Catherine Kreuger
1995/1996 Alex Stewart
1996/1997 Briohny Cook
1997/1998 Leonie Burford
1997/1998 Stewart Close
1998/1999 Melissa Smith
1998/1999 Amy Sadler
1999/2000 Samantha Gleeson
2000/2001 Melissa Smith
2001/2002 Amy Sadler
2002/2003 Dean Wood
2002/2003 Amy Sadler
2003/2004 Matthew Otten
2004/2005 Shane Nicholls
2005/2006 Jack Wilson
2006/2007 Jack Wilson
2007/2008 David Snowdon
2008/2009 Jack Bangel
2009/2010 Jack Bangel
2010/2011 Sara Klein
2011/2012 Tully Murphy
2012/2013 Brooke Keller

UNDER 15'S MCDONALDS TROPHY

1999/2000 Stacy Birch
2000/2001 Sarah Mozdierz
2001/2002 David Brown
2002/2003 Emily Johnson

2003/2004 Emma Walsh
2004/2005 Ben Handcock
2005/2006 Matthew Otten
2006/2007 Amy Nelson
2007/2008 Hayley Rampling
2008/2009 Jack Bangel
2009/2010 David Snowdon
2010/2011 Tabitha Porley
2011/2012 Not awarded
2012/2013 Lauren Russell

U17's PEARSON TROPHY FOR OUTSTANDING EFFORT

2008/2009 Amy Nelson
2009/2010 Jack Bangel
2010/2011 David Snowdon
2011/2012 Katrina Blackett
2012/2013 Tabitha Porley

ALECIA JAMES CLUBMAN MEMORIAL AWARD

1998/1999 Amy Westerweller
1999/2000 Krista King
2000/2001 Emma Walsh
2001/2002 Melissa Smith
2002/2003 Beau Plummer
2003/2004 Ian Dewhurst
2004/2005 Amelia White
2005/2006 Tamara Mossfield
2006/2007 Jordan Mossfield
2007/2008 Jemma Wotton
2008/2009 Cameron Jones
2009/2010 Chelsea Mifsud
2010/2011 Tom McCoy
2011/2012 Lauren Russell
2012/2013 Carly Winser

LIFE MEMBERS

1998/1999 Marilyn Pearson
2002/2003 Julie Smith
2005/2006 Leanne Bazley
2006/2007 Craig Wallace
2007/2008 George Plummer
2007/2008 Belinda Plummer

KBLAC Club Records as at April 2013

U/6 Boys	50M Run	9.42	Bayley Lowe	28 March 2008
	70M Run	12.06	David Lester	1 February 1985
	100M Run	18.22	Benjamin Donhardt	23 November 1990
	Long Jump	3.02	Adam Parbery	1 November 1985
	Shot Put	4.95	Sean Russell	25 January 2008
	Discus	11.20	Riley Staraj	22 November 2002
	Turbo Javelin	10.74	Frederick Peters	11 February 2011
	200 pack start	42.19	Benjamin Donhardt	30 November 1990
U/7 Boys	50M Run	8.56	Cooper Blanch	9 November 2012
	70M Run	11.40	Marc McGrath	1 February 1985
	100M Run	16.78	Richard Goldsworthy	5 October 1984
	200M Run	36.26	Adrian Moran	25 February 1995
	Long Jump	3.20	Scott Westerweller	13 March 1992
	Shot Put	6.58	Sean Russell	14 November 2008
	Discus	20.17	Toby Camilleri	22 February 2013
	Turbo Javelin	14.39	Tate Plummer	22 March 2002
U/8 Boys	70M Run	11.05	William Beange	19 October 1990
	100M Run	16.08	Benjamin Donhardt	11 December 1992
	200M Run	33.52	Riley Staraj	11 March 2005
	400M Run	1-17.79	Riley Staraj	4 February 2005
	60M Hurdles	11.22	Mitchell Norbis	11 February 2005
	Long Jump	3.85	Christopher Ingold	6 March 1998
	Shot Put	7.49	Ryan Martin	5 March 1999
	Discus	21.82	Ryan Martin	15 January 1999
	Turbo Javelin	18.02	Mitchell Norbis	11 February 2005
	400M WALK	2-06.15	Evan Cross	28 February 1992
	700M RUN	2-30.37	Stewart Close	26 November 1993
U/9 Boys	70M Run	10.64	Brodie Vassallo	23 March 2007
		10.64	Riley Howarth	24 February 2012
	100M Run	15.16	Brodie Vassallo	22 September 2006
	200M Run	32.02	Lachlan Camilleri	4 March 2011
	400M Run	1-13.23	Stewart Close	24 March 1995
	800M Run	2-45.88	Stewart Close	3 February 1995
	700M Walk	4-20.02	Thomas Lang	10 March 2000
	60M Hurdles	10.47	Scot Westerweller	25 March 1994
	Long Jump	4.08	Brodie Vassallo	2 March 2007
		4.08	Daniel Ambrose	26 January 1990
	High Jump	1.28	Mitchell Norbis	24 February 2006
	Shot Put	7.41	Tate Plummer	30 January 2004
	Discus	26.64	Dale Wellington	24 March 1995
	Turbo Javelin	22.48	Jarrod Davidson	8 March 2013
U/10 Boys	70M Run	10.29	Jacob Roberts	28 January 2005

	100M Run	14.40	Nathan Rennie	15 March 1991
	200M Run	30.11	Daniel Ambrose	8 March 1991
	400M Run	1-09.05	Jack Wilson	3 March 2006
	800M Run	2-43.54	Stewart Close	8 December 1995
	1500M Run	5-29.04	Gavin Jeffries	25 November 1994
	1100M Walk	6-36.80	Marc Zurrini	26 February 2010
	60M Hurdles	10.53	Gavin Jeffries	18 November 1994
	Long Jump	4.42	Daniel Ambrose	15 March 1991
	High Jump	1.43	Dean Wood	14 November 1997
	Shot Put	8.46	David Dennis	23 February 1996
	Discus	29.00	Dale Wellington	16 February 1996
	Turbo Javelin	24.80	Tate Plummer	4 February 2005
U/11 Boys	100M Run	13.60	Brodie Vassallo	19 September 2008
	200M Run	28.34	Nathan Rennie	13 March 1992
	400M Run	1-07.80	Caleb Fairweather	30 November 2012
	800M Run	2-34.56	Stewart Close	6 December 1996
	1500M Run	5-25.26	Phillip Jones	19 January 1990
	1100M Walk	6-01.53	Beau Plummer	30 October 1998
			Brendan McCoy	27 February 2009
	60M Hurdles	9.9	Caleb Fairweather	8 March 2013
	Long Jump	4.79	Brodie Vassallo	21 November 2008
	High Jump	1.53	David Snowdon	10 February 2006
	Triple Jump	10.31	Shane Nicholls	11 February 2005
	Shot Put	11.63	Tom Dawson	14 January 2000
	Discus	29.61	Nicholas Suman	25 March 2011
Turbo Javelin	27.93	Thomas Lang	14 December 2002	
U/12 Boys	100M Run	13.29	Josh Andrews	25 February 2005
	200M Run	27.66	Josh Andrew	11 March 2005
	400M Run	1-06.02	Luke Zurrini	29 October 2010
	800M Run	2-29.14	Stewart Close	23 January 1998
	1500M Run	5-10.43	Stewart Close	30 January 1998
	1500M Walk	7-26.72	Darren Mison	9 March 1984
	60M Hurdles	9.47	Shane Nicholls	10 March 2006
	Long Jump	5.14	Brodie Vassallo	12 March 2010
	High Jump	1.58	Shane Nicholls	3 February 2006
	Triple Jump	11.09	Shane Nicholls	24 February 2006
	Shot Put	10.29	Timothy Turner	7 November 2008
	Discus	36.20	Shane Nicholls	10 February 2006
	Javelin (400gm)	24.01	Nicholas Suman	21 October 2011
	U/13 Boys	100M Run	12.66	Shane Nicholls
200M Run		26.87	Shane Nicholls	27 October 2006
400M Run		1-02.41	Hayden Sly	4 December 2009
800M Run		2-26.23	Hayden Sly	30 October 2009
1500M Run		4-56.62	Hayden Sly	26 February 2010
3000M Run		10-55.90	Hayden Sly	6 November 2009
1500M Walk		7-59.42	Nicky Cocerell	9 September 2005
80M Hurdles		12.79	Shane Nicholls	23 February 2007
200M Hurdles		27.95	Shane Nicholls	29 September 2006

	Long Jump	5.31	Daniel Ambrose	18 March 1994
	High Jump	1.75	Shane Nicholls	2 March 2007
	Triple Jump	12.21	Shane Nicholls	13 October 2006
	Shot Put	13.30	Timothy Turner	27 January 2010
	Discus	31.20	Shane Nicholls	13 October 2006
	Javelin (600gm)	38.26	Shane Nicholls	17 November 2006
U/14 Boys	100M Run	12.28	Francois Brun	30 October 1998
	200M Run	25.17	Francois Brun	23 October 1998
	400M Run	57.62	Francois Brun	16 October 1998
	800M Run	2-16.46	Hayden Sly	15 October 2010
	1500M Run	4-39.76	Hayden Sly	28 January 2011
	3000M Run	10-09.09	Hayden Sly	21 January 2011
	1500M Walk	7-27.25	Josh Peters	20 February 1987
	90M Hurdles	13.61	Robert Mann	28 November 1997
	200M Hurdles	27.94	Shane Nicholls	22 February 2008
	Long Jump	5.78	Alex Stewart	18 November 1994
	High Jump	1.85	David Snowdon	30 January 2009
	Triple Jump	12.21	Alex Stewart	11 November 1994
	Shot Put (3kg)	11.19	Harrison McClifty	8 March 2013
	Discus	45.56	Jarrett Van Den Akker	25 January 2002
	Javelin (600gm)	48.55	Shane Nicholls	14 September 2007
U/15 Boys	100M Run	11.73	Jacob Roberts	27 November 2009
	200M Run	24.24	Daryn Rolinson	3 November 1989
	400M Run	55.43	William Mizzi	23 November 1990
	800M Run	2-08.11	David Byrne	3 November 1995
	1500M Run	4-27.09	David Byrne	27 October 1995
	3000M Run	9-32.40	David Byrne	9 February 1996
	1500M Walk	7-02.52	Thomas Geyterman	14 January 2000
	100M Hurdles	14.08	Jack Bangel	31 October 2008
	200M Hurdles	26.81	Jack Bangel	7 November 2008
	Long Jump	6.01	Alex Stewart	1 March 1996
	High Jump	1.85	Dean Wood	13 December 2002
	Triple Jump	12.92	Ben Handcock	12 November 2004
	Shot Put	12.01	Jarrett Van Den Akker	25 October 2002
	Discus	44.45	Jarrett Van Den Akker	1 November 2002
	Javelin (700gm)	27.9	Martin Janson	12 November 2010
U/16 Boys	100M Run	11.73	Jacob Roberts	12 November 2010
	200M Run	24.07	Jacob Roberts	24 September 2010
	400M Run	57.11	Chris Pearson	1 December 1989
	800M Run	2-14.84	Chris Pearson	3 November 1989
	1500M Run	4-50.46	Thomas McCoy	25 March 2011
	3000M Run	9-30.46	David Byrne	29 September 1996
	1500M Walk	6-56.67	Michael Pearson	18 March 1994
	100M Hurdles (0.76m)	14.37	Gerard Smits	14 October 1994
	200M Hurdles (0.76m)	26.45	Ryan Mitchell	23 October 1992
	Long Jump	5.96	Jack Bangel	25 September 2009
	High Jump	1.96	Dean Wood	30 January 2004
	Triple Jump	12.63	Cameron Jones	16 January 2009

	Shot Put (5kg)	9.27	Jackson Chesser	28 January 2011
	Discus (1.5kg)	27.43	Thomas McCoy	4 March 2011
	Javelin (700gm)	27.9	Martin Jansen	12 November 2010
	300M HURDLES	42.17	Jack Bangel	23 October 2009
	Mens Discus (1.5kg)	22.67	Jackson Chesser	24 September 2010
U/17 Boys	100M Run	11.77	Daniel Alvarez	18 November 2011
	200M Run	23.69	Ian Dewhurst	5 October 2007
	400M Run	51.95	David Byrne	6 March 1998
	800M Run	2-07.06	Chris Pearson	22 February 1991
	1500M Run	4-14.09	David Byrne	20 October 1997
	3000M Run	9-01.85	David Byrne	26 October 1997
	1500M Walk	7-29.14	Adom Toms	6 March 2009
	100M Hurdles (0.76m)	14.12	Michael Loudon	31 October 2008
	200M Hurdles (0.76m)	26.45	Ryan Mitchell	23 October 1992
	Long Jump	6.26	Dewhurst Ian	30 November 2007
	High Jump	2.00	Dean Wood	25 February 2005
	Triple Jump	13.95	Dean Wood	12 November 2004
	Shot Put	11.55	Madison Evans	19 September 2008
	Discus	40.89	Luke James	5 October 2001
	Javelin (700gm)	39.72	Ian Dewhurst	23 November 2007
	300M HURDLES	40.15	Ian Dewhurst	28 September 2007
U/6 Girls	50M Run	9.05	Brooke Keller	27 January 2010
		9.05	Brooke Keller	26 February 2010
	70M Run	12.44	Daena James	1 February 1985
	100M Run	17.77	Brooke Keller	26 February 2010
	Long Jump	3.08	Brooke Keller	12 March 2010
	Shot Put	4.66	Eliza Smith	6 March 1987
		4.66	Brooke Keller	9 October 2009
	Discus	8.64	Renee' Hardy	27 February 2009
	Turbo Javelin	7.54	Brooke Keller	26 February 2010
	200 pack start	38.07	Brooke Keller	12 February 2010
U/7 Girls	50M Run	8.54	Brooke Keller	25 March 2011
	70M Run	11.55	Emily Racki	11 November 2005
	100M Run	17.06	Brooke Keller	25 March 2011
	200M Run	36.08	Brooke Keller	4 March 2011
	Long Jump	3.48	Brooke Keller	26 November 2010
	Shot Put	6.31	Brooke Keller	11 March 2011
	Discus	14.23	Brooke Keller	25 February 2011
	Turbo Javelin	13.07	Georgia Portelli	18 February 2011
	500M RUN	1-49.46	Catherine Krueger	19 March 1993
U/8 Girls	70M Run	11.35	Brooke Keller	24 February 2012
	100M Run	15.96	Brooke Keller	15 March 2012
	200M Run	34.15	Brooke Keller	4 November 2011
	400M Run	1-19.65	Catherine Krueger	11 March 1994
	60M Hurdles	11.55	Brooke Keller	4 November 2011
	Long Jump	3.69	Brooke Keller	11 November 2011
	Shot Put	6.27	Georgia Portelli	16 March 2012

	Discus	16.91	Georgia Portelli	24 February 2012
	Turbo Javelin	17.04	Georgia Portelli	20 January 2012
	700M RUN	2-34.05	Catherine Krueger	18 March 1994
U/9 Girls	70M Run	10.83	Brooke Keller	30 November 2012
	100M Run	15.22	Donna Jones	31 October 1986
	200M Run	32.25	Brooke Keller	8 March 2013
	400M Run	1-15.07	Catherine Krueger	10 March 1995
	800M Run	2-55.17	Catherine Krueger	24 February 1995
	700M Walk	3-57.04	Rachel Shorten	10 March 2000
	60M Hurdles	10.62	Brooke Keller	8 March 2013
	Long Jump	4.01	Brooke Keller	30 November 2012
		4.01	Brooke Keller	22 February 2013
	High Jump	1.25	Brooke Keller	15 March 2013
	Shot Put	6.67	Sally Cain	13 February 1998
	Discus	20.08	Catherine Krueger	10 February 1995
	Turbo Javelin	19.59	Georgia Portelli	8 March 2013
U/10 Girls	70M Run	10.07	Stacey Williams	25 February 2005
	100M Run	14.11	Donna Jones	26 February 1998
	200M Run	31.06	Stacey Williams	11 March 2005
	400M Run	1-12.50	Samantha Gleeson	6 March 1998
	800M Run	2-47.22	Samantha Gleeson	13 February 1998
	1500M Run	5-37.01	Samantha Gleeson	6 March 1998
	1100M Walk	5-49.12	Renee Hardy	22 February 2013
	60M Hurdles	10.72	Jaylen Bilbija	8 March 2013
	Long Jump	4.30	Donna Jones	26 February 1988
	High Jump	1.29	Rebecca Dennis	5 April 1987
	Shot Put	8.08	Sally Cain	30 October 1998
	Discus	25.31	Lianna Davidson	15 March 2013
	Turbo Javelin	18.43	Lianna Davidson	2 November 2012
U/11 Girls	100M Run	14.13	Amy Sadler	5 March 1999
	200M Run	29.19	Amy Sadler	12 March 1999
	400M Run	1-09.47	Caitlyn Ferrier	22 February 2013
	800M Run	2-41.29	Samantha Gleeson	20 November 1998
	1500M Run	5-32.94	Samantha Gleeson	27 November 1998
	1100M Walk	5-51.36	Tabitha Porley	2 March 2007
	60M Hurdles	10.41	Sophie Balmforth	8 March 2013
	Long Jump	4.64	Amy Sadler	29 January 1999
	High Jump	1.37	Yasmin Carter	29 November 1991
	Triple Jump	9.47	Melissa Smith	13 March 1998
	Shot Put	8.40	Rebecca Taylor	16 February 1996
	Discus (750gm)	21.36	Rebecca Taylor	23 February 1996
	Turbo Javelin	23.13	Amy Sadler	12 February 1999
U/12 Girls	100M Run	13.65	Amy Sadler	3 December 1999
	200M Run	28.16	Amy Sadler	29 October 1999
	400M Run	1-06.02	Amy Sadler	28 January 2000
	800M Run	2-37.00	Samantha Gleeson	11 February 2000
	1500M Run	5-18.09	Samantha Gleeson	3 December 1999

	1500M Walk	7-55.82	Shay Southern	10 November 2006
	60M Hurdles	10.38	Briohny Cook	11 March 1994
	Long Jump	4.77	Melissa Smith	13 November 1998
	High Jump	1.53	Yasmin Carter	27 November 1992
	Triple Jump	10.12	Amy Sadler	10 March 2000
	Shot Put	9.82	Emily-Jane Ens	10 March 1989
	Discus (750gm)	25.48	Amy Sadler	4 February 2000
	Javelin (400gm)	17.84	Emily Brown	15 March 2013
U/13 Girls	100M Run	13.46	Donna Jones	1 February 1991
	200M Run	27.71	Donna Jones	8 February 1991
	400M Run	1-04.00	Bettina Brown	10 March 1989
	800M Run	2-29.41	Bettina Brown	3 March 1989
	1500M Run	5-07.36	Bettina Brown	17 February 1989
	3000M Run	11-34.10	Emma Walsh	22 February 2002
	1500M Walk	7-50.53	Shay Southern	29 February 2008
	80M Hurdles	13.53	Julia King	24 February 2006
	200M Hurdles	31.31	Melissa Smith	11 October 1999
	Long Jump	4.79	Melissa Smith	4 February 2000
	High Jump	1.55	Amy Nelson	4 March 2005
	Triple Jump	10.30	Melissa Smith	26 November 1999
	Shot Put	9.31	Katrina Blackett	22 February 2008
	Discus (750gm)	23.38	Rebecca Taylor	30 January 1998
	Javelin (400gm)	24.92	Olivia Wallace	31 January 2003
U/14 Girls	100M Run	12.93	Tavleen Singh	23 January 2009
	200M Run	26.78	Donna Jones	13 March 1992
	400M Run	1-00.83	Amy Sadler	1 March 2002
	800M Run	2-24.25	Emily Johnson	25 January 2002
	1500M Run	5-09.40	Bettina Brown	9 March 1990
	3000M Run	10-50.14	Emily Johnson	22 February 2002
	1500M Walk	7-34.46	Shay Southern	6 February 2009
	80M Hurdles	13.57	Yasmin Carter	2 December 1994
	200M Hurdles	30.30	Donna Jones	21 February 1992
	Long Jump	5.22	Amy Sadler	1 March 2002
	High Jump	1.61	Amy Nelson	11 March 2006
	Triple Jump	10.88	Amy Sadler	8 March 2002
	Shot Put	9.59	Katrina Blackett	17 October 2008
	Discus (1kg)	27.59	Julie Smith	13 February 1987
	Javelin (400gm)	17.3	Alexandra Williams	30 November 2012
U/15 Girls	100M Run	12.53	Amy Sadler	7 November 2002
	200M Run	26.55	Donna Jones	8 January 1993
	400M Run	59.26	Amy Sadler	22 November 2002
	800M Run	2-25.11	Bettina Brown	8 March 1991
	1500M Run	5-23.00	Bettina Brown	23 November 1990
	3000M Run	11-16.99	Emma Walsh	10 October 2003
	1500M Walk	7-27.48	Shay Southern	30 October 2009
	90M Hurdles	13.97	Donna Jones	8 January 1993
	200M Hurdles	29.40	Donna Jones	6 November 1992
	Long Jump	5.20	Amy Sadler	7 March 2003

	High Jump	1.58	Julie Smith	26 March 1993
	Triple Jump	11.31	Amy Nelson	17 November 2006
	Shot Put (3kg)	10.95	Katrina Blackett	26 February 2010
	Discus (1kg)	29.57	Amy Sadler	7 February 2003
	Javelin (500gm)	22.35	Carly Winser	16 March 2012
U/16 Girls	100M Run	12.90	Sara Klein	23 October 2009
	200M Run	27.06	Sara Klein	11 September 2009
	400M Run	1-02.49	Sara Klein	27 January 2010
	800M Run	2-31.76	Georgia Dawson	15 January 2010
	1500M Run	5-21.28	Bettina Brown	20 March 1992
	3000M Run	11-39.77	Bettina Brown	28 February 1992
	1500M Walk	7-33.85	Kirsty Klein	11 September 2009
	90M Hurdles	14.89	Sara Klein	27 November 2009
	100M Hurdles (0.76M)	16.84	Briohny Cook	28 November 1997
	200M Hurdles (0.76m)	31.68	Bettina Brown	4 October 1991
	Long Jump	5.19	Briohny Cook	20 March 1998
	High Jump	1.57	Sara Klein	18 September 2009
	Triple Jump	11.20	Amy Nelson	14 September 2007
	Shot Put (3kg)	7.92	Carly Winser	28 September 2012
	Discus (1kg)	28.00	Katrina Blackett	24 September 2010
	Javelin (500gm)	23.73	Carly Winser	15 March 2013
	300M HURDLES	47.95	Sara Klein	23 October 2009
U/17 Girls	100M Run	12.92	Karina Bangel	31 October 2008
	200M Run	26.36	Karina Bangel	10 October 2008
	400M Run	1-01.99	Sara Klein	28 January 2011
	800M Run	2-32.88	Jo Dawson	3 October 2008
	1500M Run	5-51.61	Shay Southern	28 October 2011
	3000M Run	12-30.41	Kirsty Klein	12 November 2010
	1500M Walk	7-01.89	Kirsty Klein	4 March 2011
	100M Hurdles (0.76m)	16.14	Jo Dawson	31 October 2008
	200M Hurdles (0.76m)	31.68	Bettina Brown	4 October 1991
	Long Jump	5.04	Sara Klein	25 March 2011
	High Jump	1.56	Kirsty Klein	21 January 2011
	Triple Jump	11.08	Amy Nelson	14 November 2008
	Shot Put (3kg)	11.29	Katrina Blackett	30 September 2011
	Discus (1kg)	28.06	Jackie Smith	14 October 1994
	Javelin (500gm)	38.19	Katrina Blackett	21 October 2011
	300M HURDLES	44.92	Sara Klein	28 January 2011
SENIOR MENS	100M Run	11.65	Gary Burchett	9 November 1990
	200M Run	23.00	Ian Dewhurst	24 October 2008
	400M Run	51.94	Ian Dewhurst	19 September 2008
	800M Run	2-00.52	David Byrne	2 October 1998
	1500M Run	4-14.09	David Byrne	3 October 1997
	3000M Run	8-53.18	David Byrne	24 September 1999
	1500M Walk	6-31.38	Michael Pearson	23 October 1998
	100M Hurdles (1.067m)	15.75	Chris Pearson	18 February 1994
	100M Hurdles (0.91m)	14.12	Michael Loudon	31 October 2008
	300m Hurdles (0.91m)	43.84	Chris Pearson	11 March 1994

Long Jump	6.65	Ian Dewhurst	17 October 2008
High Jump	2.00	Dean Wood	25 February 2005
Triple Jump	13.95	Dean Wood	12 November 2004
Shot Put - 5kg	11.55	Madison Evans	19 September 2008
Discus - 1.5kg	34.88	Beau Plummer	14 September 2007
Javelin (700g)	39.72	Ian Dewhurst	23 November 2007

SENIOR WOMEN

100M Run	13.08	Danielle Jakes	10 November 1995
200M Run	27.58	Danielle Jakes	23 November 1995
400M Run	1-04.85	Bettina Brown	4 October 1991
800M Run	2-33.63	Bettina Brown	28 February 1992
1500M Run	5-21.28	Bettina Brown	20 March 1992
3000M Run	11-39.77	Bettina Brown	28 February 1992
1500M Walk	7-43.92	Melissa Shorten	12 March 1999
100M Hurdles (0.84m)	15.66	Briohny Cook	3 March 2000
Long Jump	5.19	Julie A Smith snr	4 February 1994
	5.19	Briohny Cook	20 March 1998
High Jump	1.60	Yasmin Carter	20 November 1998
Triple Jump	11.17	Lauren Clarke	16 November 2007
Shot Put	8.47	Julie Smith	28 January 1994
Discus (1kg)	28.06	Jackie Smith	14 October 1992
Javelin (600gm)	26.26	Julie Smith	3 December 1999
300M HURDLES	49.63	Jo Dawson	25 September 2009

KBLAC Records No Longer Offered

U/6 Boys

400M Run	1-47.10	James Munro	4 October 1985	No Longer Offered
200M Walk	1-19.96	L O'Brien	1 March 2002	No Longer Offered
400M WALK	2-39.64	Ben Ambrose	9 March 1990	No Longer Offered

U/7 Boys

400M Run	1-27.89	Scott Mison	15 March 1983	No Longer Offered
800M Run	3-08.50	Scott Mison	18 February 1983	No Longer Offered
60M Hurdles	13.74	Scott Mison	25 September 1992	No Longer Offered
200M Walk	1-03.27	Tate Plummer	28 September 2001	No Longer Offered
400M WALK	2-22.87	Benjamin Ambrose	22 February 1991	No Longer Offered
500M RUN	1-45.91	Matthew Norbis	23 September 2005	No Longer Offered

U/8 Boys

800M Run	2-39.68	B. Ambrose	11 October 1991	No Longer Offered
1500M Run	6-04.90	Scott Mison	3 February 1984	No Longer Offered
1000M run	4-11.15	Thomas Venables	23 February 1996	No Longer Offered

U/9 Boys

1500M Run	5-54.20	Chris Pearson	11 March 1983	No Longer Offered
1000M run	3-34.31	Stewart Close	3 February 1995	No Longer Offered
800 m walk	4-10.83	Evan Cross	5 March 1993	No Longer Offered

U/10 Boys	1000M run	3-34.54	Stewart Close	2 February 1996	No Longer Offered
	800 m walk	3-59.19	Evan Cross	29 October 1993	No Longer Offered
U/11 Boys	1500M Walk	7-57.61	Evan Cross	2 December 1994	No Longer Offered
	1000M run	3-32.64	Stewart Close	11 October 1996	No Longer Offered
U/12 Boys	Turbo Javelin	32.66	Thomas Lang	28 February 2003	No Longer Offered
	1000M run	3-24.48	Stewart Close	16 January 1998	No Longer Offered
U/13 Boys	60M Hurdles	11.22	James Kirkman	28 October 1983	No Longer Offered
	90M Hurdles	14.69	Nathan Lewis	13 March 1992	No Longer Offered
	Turbo Javelin	24.70	Michael Mann	13 March 1999	No Longer Offered
U/14 Boys	Shot Put (4kg)	11.37	Jarrett Van Den Akker	22 February 2002	No Longer Offered
U/15 Boys	90M Hurdles	13.13	Ryan Mitchell	13 March 1992	No Longer Offered
	Javelin (600gm)	47.08	Dean Wood	28 March 2003	No Longer Offered
U/16 Boys	Shot Put (4kg)	12.74	Jack Bangel	25 September 2009	No Longer Offered
	Discus (1kg)	40.94	Dean Wood	7 November 2003	No Longer Offered
	Javelin (600gm)	46.65	Dean Wood	28 November 2003	No Longer Offered
U/17 Boys	Javelin (600gm)	40.44	Luke James	28 September 2001	No Longer Offered
U/6 Girls	400M Run	1-46.98	Deana James	4 October 1985	No Longer Offered
	200M Walk	1-25.50	Kiralee Cattle	28 September 2001	No Longer Offered
	400M WALK	2-38.55	Catherine Krueger	13 March 1992	No Longer Offered
U/7 Girls	400M Run	1-34.12	Sarah Harvey	15 March 1985	No Longer Offered
	800M Run	3-40.00	Sarah Harvey	1 March 1985	No Longer Offered
	60M Hurdles	14.27	Karen Tanning	18 February 1983	No Longer Offered
	200M Walk	1-14.03	Sophie Forge	5 March 1999	No Longer Offered
	400M WALK	2-03.81	Catherine Krueger	26 February 1993	No Longer Offered
	500M RUN	1-49.46	Catherine Krueger	19 March 1993	
U/8 Girls	800M Run	3-22.94	Daena James	28 November 1986	No Longer Offered
	1500M Run	7-01.95	Sarah Harvey	11 October 1985	No Longer Offered
	1000M run	4-04.66	Samantha Gleeson	23 February 1996	No Longer Offered

	400M WALK	2-00.82	Catherine Krueger	12 November 1993	No Longer Offered
U/9 Girls	1500M Run	6-10.36	Annette Outtrim	22 February 1985	No Longer Offered
	1000M run	3-57.14	Samantha Gleeson	29 November 1996	No Longer Offered
	800 m walk	4-23.81	Annette Outtrim	15 March 1985	No Longer Offered
U/10 Girls	1000M run	3-31.67	Samantha Gleeson	13 March 1998	No Longer Offered
	800 m walk	4-16.98	Stacey Birch	24 March 1995	No Longer Offered
U/11 Girls	1500M Walk	8-36.58	Briohny Cook	5 February 1993	No Longer Offered
	1000M run	3-31.16	Samantha Gleeson	13 November 1998	No Longer Offered
U/12 Girls	1000M run	3-24.81	Samantha Gleeson	14 January 2000	No Longer Offered
	Turbo Javelin	24.73	Amy Sadler	11 February 2000	No Longer Offered
U/13 Girls	60M Hurdles	12.41	Dee-Ann Greene	7 February 1989	No Longer Offered
	90M Hurdles	14.83	Donna Jones	8 February 1991	No Longer Offered
	Turbo Javelin	17.29	Leanne Smith	29 October 1999	No Longer Offered
U/14 Girls	90M Hurdles	14.20	Donna Jones	13 March 1992	No Longer Offered
	Javelin (600gm)	31.72	Amy Sadler	28 September 2001	No Longer Offered
U/15 Girls	Javelin (600gm)	38.52	Amy Sadler	7 March 2003	No Longer Offered
U/16 Girls	Shot Put (4kg)	9.78	Katrina Blackett	29 October 2010	No Longer Offered
	Javelin (600gm)	36.96	Katrina Blackett	1 October 2010	No Longer Offered
U/17 Girls	Shot Put (4kg)	8.60	Jo Dawson	27 February 2009	No Longer Offered
	Javelin (600gm)	27.70	Sara Klein	21 January 2011	No Longer Offered
SENIOR MENS					
	90m Hurdles (0.76m)	13.63	Gary Burchett	16 November 1990	No Longer Offered
	200M Hurdles (0.84m)	26.73	Chris Pearson	29 January 1993	(U18's) No Longer Offered
	200M Hurdles (0.76m)	26.45	Ryan Mitchell	23 October 1992	No Longer Offered
	Shot Put - 4kg	14.11	Beau Plummer	3 March 2006	No Longer Offered
	Discus - 1kg	42.91	Beau Plummer	7 October 2005	No Longer Offered
	Javelin (600g)	46.65	Dean Wood	28 November 2003	No Longer Offered
SENIOR WOMEN					
	80m Hurdles	10.80	Janine Gascoigne	4 October 1985	No Longer Offered

90m Hurdles	15.14	Julie A Smith snr	4 February 1994	No Longer Offered
200M Hurdles (0.76m)	31.68	Bettina Brown	4 October 1991	No Longer Offered

LAANSW/ANSW ACCREDITED OFFICIALS

M. Pearson Athletics Australia & ANSW Walks. (1992/4)

LAA Level A Walks

LAA Level B Timekeeping, Place Judging, Jumps, Walks. (1992)

LAA Level C Throws, Starter & Marksman. (1991)

J. Smith LAA Level C Place Judging, Timekeeping, Jumps, Throws. (1991)

B. Plummer LAA Level C Walks (1999) , Timekeeping (2001)

LAA Level D Place Judging, Starter (1999) , Jumps (2001).

D. Donnelly ANSW Walks (2009)

LAA Level C Walks (2010)

LAA Level C Long Jump, Triple Jump (2012)

LAA Level D Javelin, Shot Put, Discus, High Jump (2012)

R. Scott ANSW Walks (2009)

LAA Level C Timekeeping (2009)

LAA Level D Place Judging (2009)

K. McCoy LAA Level C Timekeeping (2009)

LAA Level D Place Judging (2009)

C Hardy LAA Level D Walks, Shot Put, Discus (2013)

L. Fairweather LAA Level D Long/Triple, Discus, High Jump (2013)

D. Fairweather LAA Level D Starter (2013)

S. Ferrier LAA Level D Shot Put, Discus, Place Judge, Timekeeper, High Jump (2013)

T. Davidson LAA Level D Long/Triple, Discus, Shot Put, High Jump, Javelin, Walks, Timekeeper, Place Judge (2013)