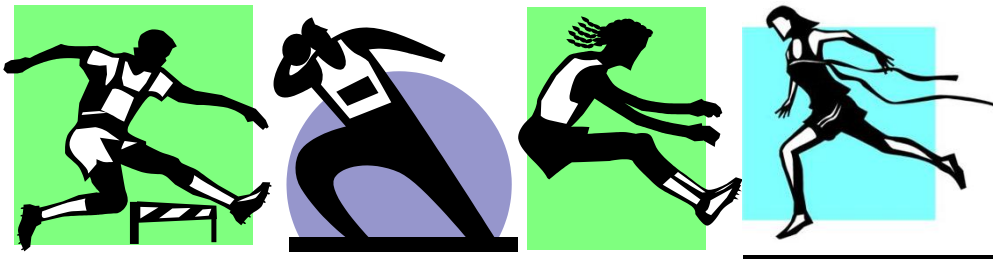




# Woy Woy Peninsula Little Athletics

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## YEAR BOOK 2011/2012



Major sponsor 2011/2012:

Ettalong Beach  
**Community Bank®** Branch



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

Website [www.woywoyplac.org](http://www.woywoyplac.org)

Email [woywoylittleathletics@gmail.com](mailto:woywoylittleathletics@gmail.com)

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

**Woy Woy Peninsula Little Athletics Centre Inc-  
Office Bearers for 2012/2013 Season**

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**Woy Woy Peninsula Little Athletics Centre Inc-  
Office Bearers for 2012/2013 Season**

**Officer for Championships and Special Events**

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**Website Maintenance**

Helen Rousell	0415 810 981	<a href="mailto:jhrousell@hotmail.com">jhrousell@hotmail.com</a>
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**Equipment Setup / Packup**

By age group roster.

## Woy Woy Peninsula Little Athletics Centre

Woy Woy Peninsula Little Athletics Centre welcomes you to the 2012/2013 season of Little Athletics. A warm welcome to all those who join us for the first time, and to those returning for another season.

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

In 2011/2012 we welcomed back our major sponsor, Ettalong Beach Community Bank Branch of Bendigo Bank. Their support assists financing our club trophies and awards. Please let them know when using their services that you attend Woy Woy Little Athletics Centre.

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

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

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

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

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

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

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

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

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

**Kylie Wildman** Kylie was a State Hurdler for Little Athletics.

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

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

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

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

## General Club Information

### Roster

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

One parent per family will be required to assist on a two (2) weekly roster. No task will be given to any parent that they are not able to fulfil with ease. Many of the duties such as timekeeping, recording, measuring, helping in the canteen or on the BBQ, starting, etc are not as difficult as many parents believe. This season we will also have instruction cards at the table for duties such as timekeeping and placement of athletes. If you need help please speak to a member of the Committee who will be only be too happy to assist you.

**All members on the roster or weekly volunteers must sign in at the public address table, this not only verifies your attendance but covers you in case of an accident.**

### Uniforms

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

- Official Woy Woy Peninsula Little A's centre uniform
- McDonalds Registration Number securely affixed to the front of the uniform top
- IGA Age Patch securely affixed to the left-hand side of your uniform either top or bottoms
- IGA Logo Badge securely affixed to the front right-hand side of the uniform top.
- Ettalong Beach Community Branch Bendigo Bank logo affixed to the right-hand side of bottom half.

All members should compete in approved club uniform. All uniforms can be ordered from the Uniform Officer on a Friday night. Orders will be placed if we do not have your size in stock. That may take 3 to 4 weeks. Children waiting for uniforms to arrive must compete with their Registration Number and Age Patch pinned on the front of their clothing. With the exception of those children waiting for uniform orders to arrive, **points will not be awarded to any children competing out of club uniform.**

### ***Age Patch***

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

## Uniforms cont....

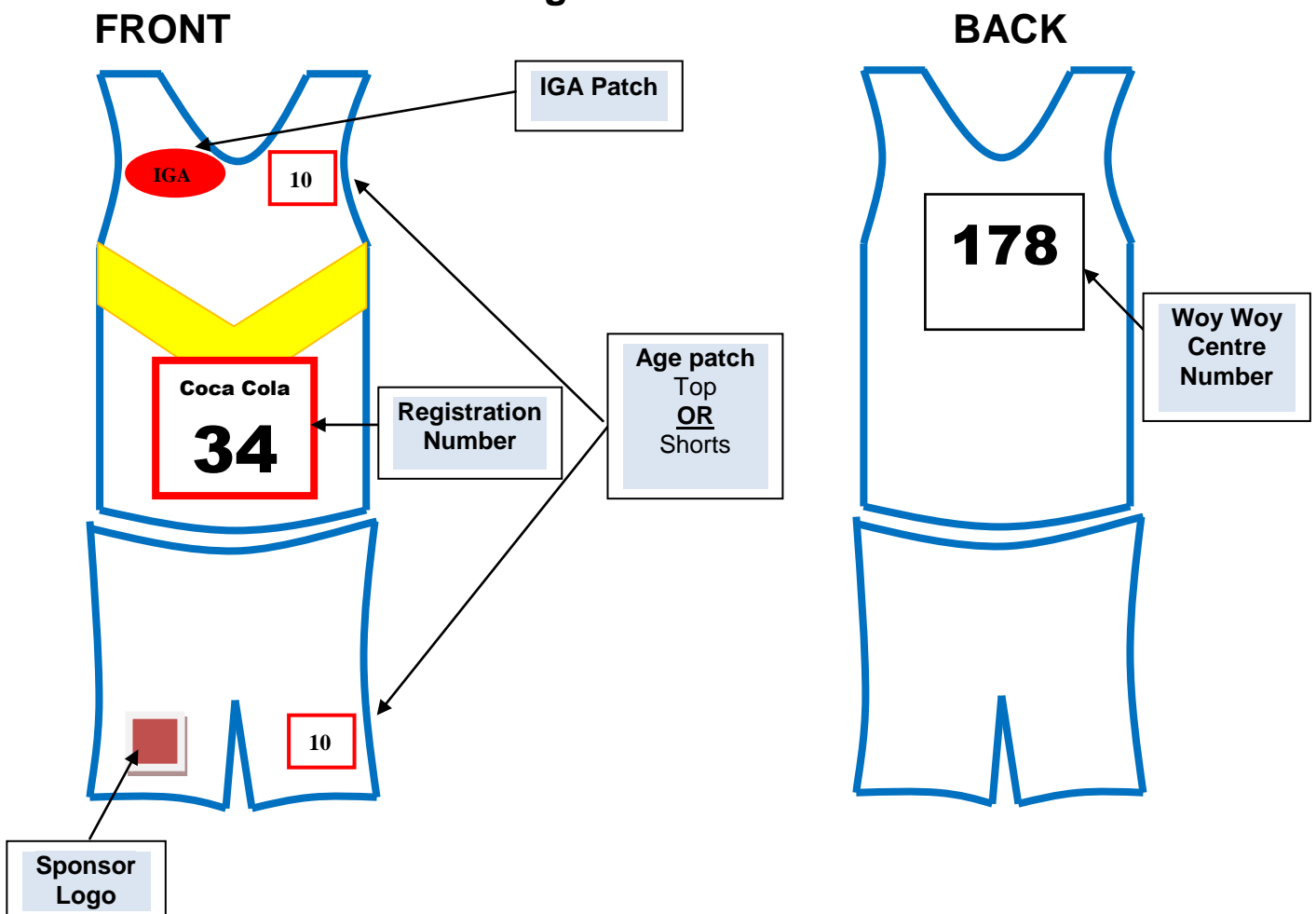
### **Registration and Centre Numbers**

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

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

### **Uniform Combinations**

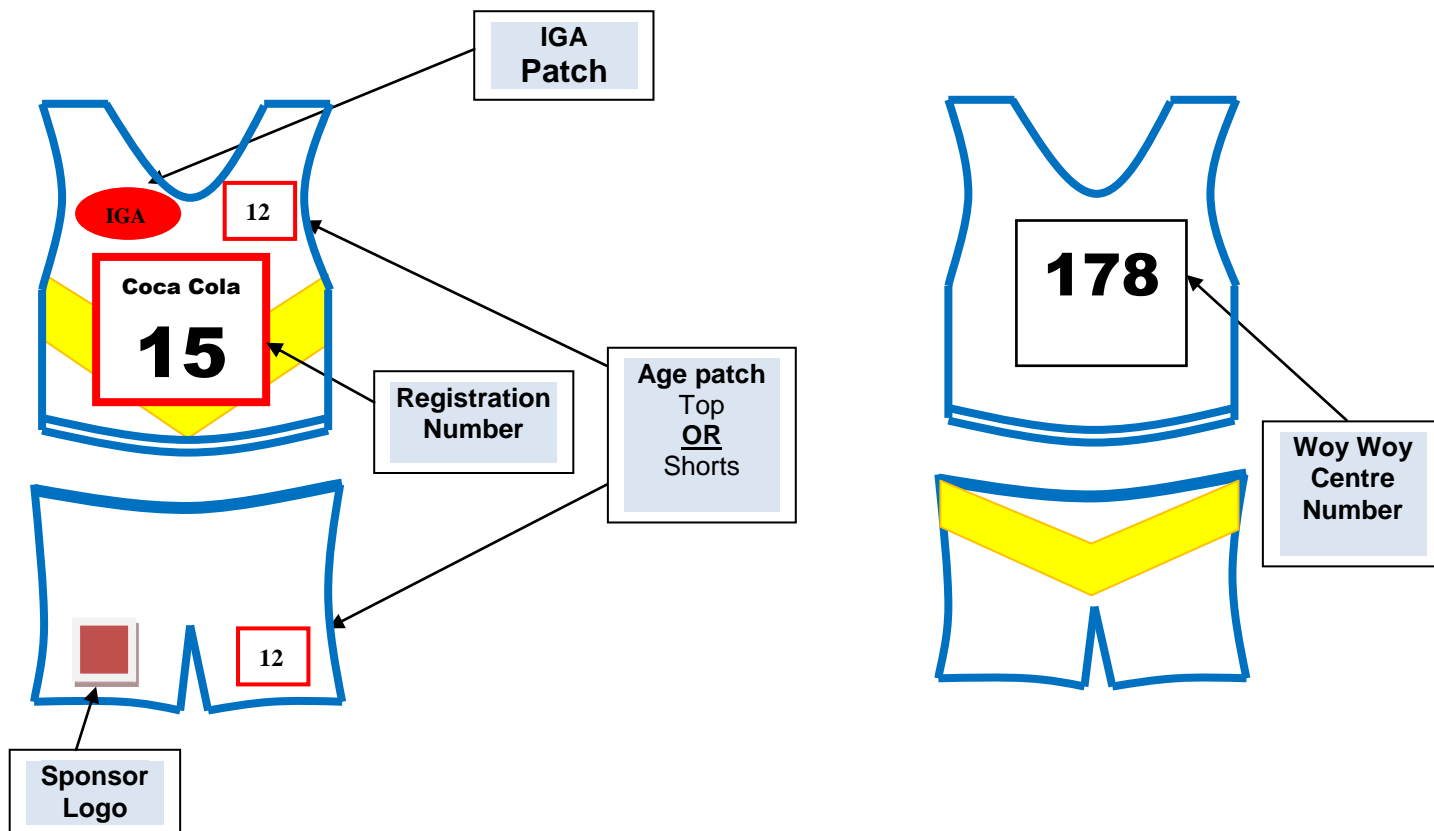
#### **BOYS Singlet and Shorts**



## GIRLS Lycra Crop Top and Shorts

**FRONT**

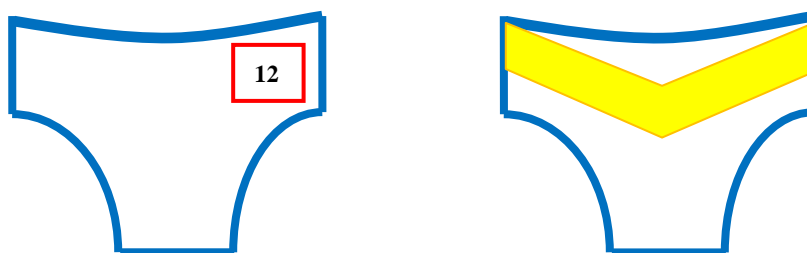
**BACK**



## Lycra Running Brief

**FRONT**

**BACK**



**Girls Combinations:**

- |                     |                                 |
|---------------------|---------------------------------|
| Singlet and Shorts  | Crop Top and Brief/Lycra Shorts |
| Crop Top and Shorts | One Piece Running Suit          |

**Please note the Girls are not allowed to wear a singlet and brief combination.**



## **Behaviour**

All competitors are expected to behave in a sportsman like manner. The use of foul or abusive language is not acceptable. Age Managers can exclude a competitor from an event or a night if behaviour is unsuitable. Continued misbehaviour or violent actions could lead to suspension and notification to the association. Parents and officials are reminded that they must set an example for the children. All families were issued a copy of the Association's Year Book on registration. There is further information in the booklet on Codes of Conduct, Behaviour, State Records, Camps, etc which can be found on our website.

## **Meetings**

Club committee meetings are currently held on the 2nd Wednesday every month at 7.30pm at Ettalong Bowling Club. Any change to this time and venue will be published on the website. If you feel there is something that needs attention, please bring it to a committee member's attention. Any complaints should be given or posted to the Secretary in writing, or via the web site email [woywoylittleathletics@gmail.com](mailto:woywoylittleathletics@gmail.com) There is a 20 day turnround, we aim to respond sooner.

## **Problems/Queries**

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

## **Coaching**

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

- Bob Walkley - Coaching Officer – Level IV coach – sprints, hurdles and middle distance for U9's upwards
- Mark Wilson –LAANSW Accredited - Basic Events - all ages and including field events and high jump.

Summer training will be held on Tuesdays and Thursdays from 5pm and 6pm onwards at McEvoy Oval. Please contact Bob Walkley on 0426 257 503 for details, or check our website for up to date information.

## **Hot Weather**

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

## **Weather Cancellations**

As McEvoy oval drains quickly after rain, the committee make a decision between 3-4pm as to whether competition will commence that evening. Please check the website or Facebook page for up to date information; [www.woywoyplac.org](http://www.woywoyplac.org) in the event of cancellation.

## Special Events

### Zone Championships

Every child from U7's up is eligible and encouraged to compete at the Central Coast Zone Little Athletics Carnival which is on the weekend of 14, 15 and 16 December 2012 at the Mingara Athletics Centre. (U7's don't compete past Zone). A maximum of 4 events can be entered except for U13 to U17's who can now compete in up to 6 events (no more than 4 in one day). Applications for entry will be handed out in early October and must be returned by **Friday 26 October 2012** as entries close early November. We are only permitted 4 athlete entries in each event. If more than 4 nominate for an event the entries will be seeded, but this is uncommon and usually depends on the size of the age group. Details and program can be found on the following web site: [www.centralcoastathletics.com](http://www.centralcoastathletics.com).

Any changes after the 26/10/12 will incur a charge that will be payable to Central Coast Zone co-ordinator. The changes cost \$20.00 per item (ie delete one event and add another would be \$40.00). Payment is to be made to the co-ordinator at the time, otherwise no changes will be made.

With the exception of the U7's, those who finish 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> or 4<sup>th</sup> qualify for the Regional Championships which will be held at Glendale in February 2013.

2011/2012 saw a record number of athletes compete at Zone. We encourage any interested athletes to compete for the experience.

### **Results from 2011/2012 Zone Championships are:**

#### **Boys:**

- ❖ **U7's** - Joshua Mcaskill Pack Start 2-36.2, Discus 8.50, Izaak Richmond-Young, Shot Put 3.65, Calan Tucker Long Jump 2.17, 50m Run 10.5, Pack Start 2-23.4
- ❖ **U8's** - Ryan Brown Pack Start 2-51.4, Discus 8.74, 200m 38.1, Bailey Holt 70m 11.3, 100m 15.7, 400m 1-37.3, 200m 34.2,
- ❖ **U9's** - Noah Jovanovich 400m 1-26.0, Shot Put 4.01, 70m 12.3, Jack Wilson Long Jump 2.54, High Jump 0.90, 60m H 14.1, 800m 3-29.8
- ❖ **U10's** - Luke Brown, 800m 3-20.3, 60mH 14.9 Steven Collins Discus 16.15, Shot Put 6.70, Zac Healey 70m 11.1, 100m 15.3, 200m 32.7, Long Jump 3.61 Jackson Quinell 70m 11.5, 100m 16.2, Discus 11.64, Lachlan Rousell 1500m 5-42.5, 800m 2-47.3, 60mH 12.3, High Jump 1.10 Dylan Willcox Discus 16.72, Thomas Wilson 1500m 5-55.2, 800m 3-02.7, High Jump 1.05
- ❖ **U11's** - Bradman Best 60mH 10.3, Triple Jump 8.40, 100m 13.6, Zac Fulton Shot Put 7.51, Richard Lopez Long Jump 3.95, 200m 29.5, 100m 14.2, 400m 1-13.8 Brandon Naprawski Long Jump 4.08, High Jump 1.20, 200m 31.1, 100m 15.5 Jack Young Shot Put 8.48 60mH 11.1, 100m 14.9, Kale Livesley 60m H 12.6, Long Jump 3.52
- ❖ **U15's** - Matthew Lachlan Roberts 1500m 4-59.1
- ❖ **U17's** - Michael Pain 100m 12.5, 400m 57.2.
- ❖ **Junior Boys Relay 4x100m** 1-03.5

## Girls:

- ❖ **U7's** - Leisel Collins – Long Jump 2.75, 50m 9.4, 70m 12.6, 100m 18.1, Ruby Best, 50m 9.6, 100m 19.3, 70m 13.1, Georgie Clune, 200m 46.6, 50m 10.7, Pack Start 2-16.9,
- ❖ **U8's** - Bethwyn Caller Pack Start 2-52.6, 60mH 13.3, 200m 38.9, Daisy Duguid Pack Start 2-51.1, 200m 41.9 Zali Fulton 70m 12.5, 60mH 12.8, 200m 37.9, 100m 17.6, Caisha Shorrocks Discus 11.46, Long Jump 3.08, 70m 12.4, 100m 17.8, Discus 11.46, Tallara Sonter Long Jump 2.40
- ❖ **U9's** - Ellen Lopez 60mH 12.7
- ❖ **U10's** - Jessica Brown Hall Long Jump 3.44, Discus 14.15, 60mH 13.3 Alina Watson 100m 15.3, 70m, 11.1, 200m 35.3 Long Jump 3.07, Emily Yannis 800m 3-05.5, 1500m 6-33, 400m 1-23.6, Discus 12.18 Kyla Tucker Discus 11.00, 1500m 6-36.1, Long Jump 2.68, 800m 3-32.7
- ❖ **U11's** - Amber Rose Leggett Long Jump 3.57, 200m 33.2, 100m 16.0
- ❖ **U14's** - Mikayla Sonter Triple Jump 8.89, Long Jump 4.49, 100m 14.0, 200m 28.3, 80mH 15.6, 200mH 31.9, Maddie Vaughan 100m 14.8, Triple Jump 8.14, Long Jump 3.99, 200m 31.9.
- ❖ **U17** - Mikahli Clune High Jump 1.30, Discus 23.62, Shot Put 7.97, Long Jump 4.25, 200m 30.6, 100m 14.2
- ❖ **Junior Girl Relay** 1-09.0

## Regional Championships

**To enter** the Regional Championships you must qualify through the Zone Carnival by placing in the first 4 in a final.

Once again in 2011/2012 our athletes performed very well at the Regional Championships held at Narrabeen Academy of Sport and should be proud of their achievements. Well done and congratulations to:

**Ryan Brown - Age: 8**

700 Metre Pack Start 2-49.10

**Jessica Brown-Hall - Age: 10**

Long Jump 3.44m

Discus (500 Gram) 16.16m

**Bethwyn Lily Caller - Age: 8**

60 Metre Hurdles (45 cm) 13.30

700 Metre Pack Start 2:52.03

**Mikahli Clune - Age: 17**

High Jump (S/H 1.30m) Fail

Long Jump 3.89

Shot Put (3.0 Kg) 7.51m

**Daisy Love Duguid - Age: 8**

700 Metre Pack Start 2:43.90

**Zali Sue-ann Fulton - Age: 8**

70 Metre Run 12.6

200 Metre Run 38.46

60 Metre Hurdles (45 cm) 13.20

**Bailey Holt - Age: 8**

70 Metre Run 11.84

100 Metre Run 16.32

200 Metre Run 36.49

**Noah Jovanovic - Age: 9**

400 Metre Run 1:24.82

Shot Put (2.0 Kg) 4.30m

**Amber Rose Leggett - Age: 11**

Long Jump 3.48m

**Richard Lopez - Age: 11**

200 Metre Run 29.50, Long Jump 4.16m

**Brandon Napruski - Age: 11**

Long Jump 4.06m

**Michael Pain - Age: 17**

100 Metre Run 12.48

400 Metre Run 56.86

**17 Jackson Anthony Quinell - Age: 10**

70 Metre Run 11.73

**Lachlan Rousell - Age: 10**

800 Metre Run 2:45.65

1500 Metre Run 5:25.90

**Caisha Skye Shorrocks - Age: 8**

Long Jump 2.98m

Discus (500 Gram) 13.20m

**Mikayla Louise Sonter - Age: 14**

200 Metre Run 29.49

80 Metre Hurdles (76 cm) 15.63

200 Metre Hurdles (76 cm) 33.80

Long Jump 3.98m

**Alina Watson - Age: 10**

70 Metre Run 11.58

100 Metre Run 15.28

**Thomas Wilson - Age: 10**

1500 Metre Run 5:54.00

**Emily Yannis - Age: 10**

800 Metre Run 2:58.43

1500 Metre Run 6:10.20

## **NSW Little Athletics State Championships – Track & Field**

In the 2011/2012 season Lachlan Rousell U10 Boys represented Woy Woy Peninsular in the 1500m State finals coming 17th with a time of 5:30. This is a wonderful achievement.

## **NSW State Cross Country Championships**

Lachlan Rousell in the U10 Boys competed in the State Little Athletics Cross Country Championships at Port Kembla Joggers Club in July 2012 and came 16th out of 50 athletes which is a very solid effort. Congratulations Lachlan.

## **Dual Athletes**

Under a recent agreement with Little Athletics NSW and NSW Athletics, U12 to U17 athletes can also register with NSW Athletics at no extra cost (there may be a small charge at some clubs). This means older athletes can also compete in the NSW Country Championships within age groupings (held at Glendale near Newcastle in January 2012), and other Athletics NSW events, for that extra challenge, and, as in some cases, along with their whole family.

## **Club Pentathlon**

The Club Pentathlon is held every year on the first week back after the Christmas break. All competitors received a sausage sandwich and a drink, and in the 2011/2012 season **every** athlete received an engraved medal with their point score.

## **Weekly Results**

Little Athletics is committed to reducing our carbon footprint. This season, the weekly results for all athletes will be available for viewing on our website. There will be no tickets printed with results. Results can be handwritten into the athletes achievement booklets or printed off the website.

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

## Awards

### Eunice Harris Memorial Award

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

### *Previous Award Winners*

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

## **Keith Wilmot Award**

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

### ***Previous Award Winners***

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

## **A.T.B. Trophy Perpetual Award**

This trophy is awarded to the highest overall point score. Points are awarded 5 for 1<sup>st</sup>, 4 for 2<sup>nd</sup>, 3 for 3<sup>rd</sup>, 2 for 4<sup>th</sup>, 1 for 5<sup>th</sup>, in each event competed in. As the age groups have a differing number of events, averaging is used to assess the points equally.

### **Age Champions**

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

### **Encouragement Awards**

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

## **Year Awards**

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

### **Ron Finlayson Encouragement Award**

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

### ***Previous Award Winners***

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

**CLUB AWARDS FOR 2011/2012 ATHLETIC SEASON**

**The Eunice Harris Memorial Award**

n/a

**Keith Wilmot Improved Personal Performance  
Award**

Girl - Zali McGann (U6)

Boy - Calan Tucker (U7)

**ATB Highest Point Score Award**

Boy - Harry Vaughan (U13)

**Ron Finlayson U/12 Encouragement Award**

Girl - Abbey Johnson



## EVENT AWARD POINTS

### 50 Event Points

Jack Dransfeld  
Zachary Straker  
Billy Pritchard  
Zac Healey  
Charlotte Rousell  
Leisel Collins  
Daisy Duguid  
Eva Miller  
Ella Wolfe

Sean Bullen  
Maximus Miller  
Israel Dedeigbo  
Dylan Wilcox  
Leilani Mitchell  
Tara Kibby  
Faith Lawley  
Lara Beer  
Taysia Latta

Riley Holt  
Alec Williamson  
Brayth Cromer  
Oliver Rimmer  
Jodie Miller  
Treasure Dedeigbo  
Haley Persiani  
Tenielle Gordon  
Amy Corda

Jesse Lowe  
Ryan Haime  
Noah Jovanovic  
Steven Collins  
Ruby Laycock  
Ebony Rayner  
Rose Rimmer  
Sarah Wilding

### 100 Event Points

Max Watson  
Sam Ashton  
Shaun Turnbull  
Keetan Burke  
Georgie Clune  
Tess Richmond-Young  
Rose Pritchard  
Anna Cooper  
Amber Richmond-Young

Tj Gordon  
Sebastian Lovell  
Jacobie Hoare-Hughes  
Richard Lopez  
Talara Makepeace  
Ellen Lopez  
Jemma Thompson  
Taylor McGovern  
Madison Latta

Lewis Pratt  
Joshua Mcaskill  
Bailey Holt  
Jordan Kenny  
Lara Beer  
Magdalena Murdock  
Madison Blogg  
Britney Thompson

Logan Radford  
Calan Tucker  
Bradman Best  
Robert Lerit  
Brooklyn Lawley  
Kate Mortimore  
Courtney Diggelmann  
Josephine McGovern

### 150 Event Points

Ryan Brown  
Mia Biddulph  
Jessica Brown-Hall  
Abbey Johnson

Joshua Wadeson  
Kloe Bible  
Courtney Diggelman  
Mae Johnson

Finn Fagerstrom  
Zoe Williamson  
Emma Crocker

Tallara Sonter  
Jessica Biddulph  
Taylor McGovern

### 200 Event Points

Lachlan Russell  
Coby Bauret-Simon  
Amara Pilson

Tyrone Green  
Finn Fagerstrom  
Kiara Kelly

Lachlan Rousell  
Jasmine Duxbury  
Mikalya Sonter

Luke Brown  
Emma Ashton

### 300 Event Points

Thomas Wilson

Harry Vaughan

Kyla Tucker

Ameila Williamson

### 400 Event Points

Shaniah Tucker

Jasmine Wolfe

### 500 Event Points

Mikahli Clune

### 600 Event Points

Michael Pain

Benjamin Rogers

### 1000 Event Points

## Age Champions

### Girls

**Under 6**      1<sup>st</sup> Charlotte Rousell  
                  2<sup>nd</sup> Leilani Mitchell  
                  3<sup>rd</sup> Jodie Miller

**Encouragement** - nil

**Under 7**      1<sup>st</sup> Leisel Collins  
                  2<sup>nd</sup> Ruby Best  
                  3<sup>rd</sup> Georgie Clune

**Encouragement** –Ebony Rayner

**Under 8**      1<sup>st</sup> Kloe Bible  
                  2<sup>nd</sup> Zali Fulton  
                  3<sup>rd</sup> Daisy Duguid

**Encouragement** – Mia Biddulph

**Under 9**      1<sup>st</sup> Emma Ashton  
                  2<sup>nd</sup> Tess Richmond-Young  
                  3<sup>rd</sup> Christina Rich

**Encouragement** – Jasmine Duxbury

**Under 10**     1<sup>st</sup> Jessica Brown-Hall  
                  2<sup>nd</sup> Emily Yannis  
                  3<sup>rd</sup> Kyla Tucke

**Encouragement** – Jessica Biddulph

**Under 11**     1<sup>st</sup> Courtney Diggleman  
                  2<sup>nd</sup> Anna Cooper  
                  3<sup>rd</sup> Phoebe Nelson

**Encouragement** – Emma Crocker

**Under 12**     1<sup>st</sup> Kiara Kelly  
                  2<sup>nd</sup> Taylor McGovern  
                  3<sup>rd</sup> Amelia Williamson

**Encouragement** – Mae Johnson

**Under 13**     1<sup>st</sup> Madison Latta  
                  2<sup>nd</sup> Josephine McGovern  
                  3<sup>rd</sup> Amber Richmond-Young

**Encouragement** – Tahlehrose Soames

**Under 14**     1<sup>st</sup> Mikayla Sonter  
                  2<sup>nd</sup> Amy Corda  
                  3<sup>rd</sup> Maddie Vaughan

**Encouragement** – Chelsea Pilson

### Boys

**Under 6**      1<sup>st</sup> Sean Bullen  
                  2<sup>nd</sup> Jesse Lowe  
                  3<sup>rd</sup> Jack Dransfeild

**Encouragement** – Riley Holt

**Under 7**      1<sup>st</sup> Lewis Pratt  
                  2<sup>nd</sup> Tj Gordon  
                  3<sup>rd</sup> Sebastian Lovell

**Encouragement** – Euan Cooper

**Under 8**      1<sup>st</sup> Ryan Brown  
                  2<sup>nd</sup> Bailey Holt  
                  3<sup>rd</sup> Shaun Turnbull

**Encouragement** – Jacobie Hoare-Hughes

**Under 9**      1<sup>st</sup> Israel Dedeigbo  
                  2<sup>nd</sup> Noah Jovanovich  
                  3<sup>rd</sup> Lachlan Russell

**Encouragement** – Jack Wilson

**Under 10**     1<sup>st</sup> Lachlan Rousell  
                  2<sup>nd</sup> Zac Healey  
                  3<sup>rd</sup> Thomas Wilson

**Encouragement** – Luke Brown

**Under 11**     1<sup>st</sup> Bradman Best  
                  2<sup>nd</sup> Kale Livesley  
                  3<sup>rd</sup> Richard Lopez

**Encouragement** – Bake Stevens-Hofer

**Under 12**     1<sup>st</sup> Benjamin Rogers  
                  2<sup>nd</sup> Finn Fagerstrom  
                  3<sup>rd</sup> William Jackson

**Encouragement** – n/a

**Under 13**     1<sup>st</sup> Harry Vaughan  
                  2<sup>nd</sup> Jayden Bauert-Simon

**Encouragement** – n/a

**Under 14**     1<sup>st</sup> n/a

**Encouragement** – n/a

## Age Champions

### Girls

**Under 15**      1<sup>st</sup> Jahmillia Puntigam

**Under 17**      1<sup>st</sup> Mikahli Clune

### Boys

**Under 15**      1<sup>st</sup> Robert Lerit

**Under 16**      1<sup>st</sup> Michael Pain

## Five year Continuous Membership Award Medals

- ❖ Joshua Wadeson
- ❖ Kyla Tucker
- ❖ Sophie Williamson
- ❖ Amelia Williamson
- ❖ Alyce Green
- ❖ Maddie Vaughan

## Ten year Continuous Membership Award Medals

- ❖ Nil

## 100% Attendance Awards

- |                      |                   |
|----------------------|-------------------|
| ❖ Luke Brown         | ❖ Mikayla Sonter  |
| ❖ Lachlan Rousell    | ❖ Mikhali Clune   |
| ❖ Charlotte Rousell  | ❖ Jack Wilson     |
| ❖ Georgie Clune      | ❖ Calan Tucker    |
| ❖ Tallara Sonter     | ❖ Jack Dransfeld  |
| ❖ Lara Beer          | ❖ Ryan Brown      |
| ❖ Emily Yannis       | ❖ Thomas Wilson   |
| ❖ Jessica Brown-Hall | ❖ Benjamin Rogers |
| ❖ Kyla Tucker        |                   |
| ❖ Courtney Diggelman |                   |

## Woy Woy Peninsula Little Athletics Centre Life Members

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

## Woy Woy Peninsula Little Athletics Club Pentathlon Results

Our Club Pentathlon was held on 6 January 2012. Congratulations to everyone that competed on the night. The following is a list of the top 3 Places in each group.

### Girls

Under 6	Points
1 <sup>st</sup> Charlotte Rousell	2542
2 <sup>nd</sup> Jodie Miller	1978

Under 7	Points
1 <sup>st</sup> Leisel Collins	2787
2 <sup>nd</sup> Ruby Best	2769
3 <sup>rd</sup> Ava Healey	2487

Under 8	Points
1 <sup>st</sup> Zali Fulton	2421
2 <sup>nd</sup> Daisy Duguid	2366
3 <sup>rd</sup> Kloe Bible	2224

Under 9	Points
1 <sup>st</sup> Kristine Rich	2674
2 <sup>nd</sup> Emma Ashton	2628
3 <sup>rd</sup> Jaz Gleeson	2524

Under 10	Points
1 <sup>st</sup> Emily Yanniss	3030
2 <sup>nd</sup> Jessica Brown-hall	3003
3 <sup>rd</sup> Alina Watson	2953

Under 11	Points
1 <sup>st</sup> Courtney Diggelmann	3190
2 <sup>nd</sup> Phoebe Nelson	3150
3 <sup>rd</sup> Maddison Blogg	2189

Under 12	Points
1 <sup>st</sup> Kiara Kelly	3102
2 <sup>nd</sup> Mae Johnson	2735
3 <sup>rd</sup> Taylor McGovern	2365

Under 13	Points
1 <sup>st</sup> Amber Richmond-Young	2039
2 <sup>nd</sup> Madison Latta	1811
3 <sup>rd</sup> Josephine McGovern	1418

Under 14	Points
1 <sup>st</sup> Mikayla Sonter	2674

Under 17*	Points
1 <sup>st</sup> Mikahli Clune	2588

### Boys

Under 6	Points
1 <sup>st</sup> Sean Bullen	2735
2 <sup>nd</sup> Riley Holt	2361
3 <sup>rd</sup> Jessie Lowe	2343

Under 7	Points
1 <sup>st</sup> Lewis Prat	3044
2 <sup>nd</sup> Sebastion Lovel	2938
3 <sup>rd</sup> Ryan Haime	2875

Under 8	Points
1 <sup>st</sup> Bailey holt	3292
2 <sup>nd</sup> Ryan Brown	2683
3 <sup>rd</sup> Shaun Turnbull	2276

Under 9	Points
1 <sup>st</sup> Noah Jovanovic	3010
2 <sup>nd</sup> Isreal Dedeigbo	2923
3 <sup>rd</sup> Cody Haime	2765

Under 10	Points
1 <sup>st</sup> Lachlan Rousell	3512
2 <sup>nd</sup> Zac Healey	3382
3 <sup>rd</sup> Luke Brown	2786

Under 11	Points
1 <sup>st</sup> Bradman Best	3575
2 <sup>nd</sup> Kale Livesley	3169
3 <sup>rd</sup> Zac Fulton	2536

Under 12	Points
1 <sup>st</sup> Benjamin Rogers	2476

Under 13	Points

Under 14	Points

Under 16*	Points
1 <sup>st</sup> Michael Pain	3147

\*U'16's used U15 point score and events for the 2011/2012 season.

## 2011/2012 Centre Results and Records

### Centre Records

Centre Records can only be set on our Friday Competition Nights at McEvoy Oval. This has always been the policy since the centre commenced athletic activities way back in 1983/1984. Records for all events for that age group will be included in the Age Managers Folder.

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

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

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

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

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

### The following Records were broken during the 2011-2012 season:

▪	Charlotte Rousell	U6 Girl	200m	41.87	6/1/12
▪	Charlotte Rousell	U6 Girl	Pack Start	1-10.55	16/12/11
▪	Michael Pain	U16 Boy	800m	2-30.15	28/10/11
▪	Mikahli Clune	U17 Girl	100m	13.92	14/10/11
▪	Mikahli Clune	U17 Girl	400m	1-24.04	16/12/11
▪	Mikahli Clune	U17 Girl	Long Jump	4.18	2/12/11
▪	Mikahli Clune	U17 Girl	High Jump	1.35	16/12/11
▪	Mikahli Clune	U17 Girl	Triple Jump	8.56	24/2/12

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

## 2011 / 2012 Centre Results

### UNDER 6 GIRLS

2011 / 2012 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
50M	Charlotte Rousell	10.14	50M	K Coombes	9.42	01/11/1990
70M	Charlotte Rousell	12.11	70M	L Dunn	12.05	01/03/1985
100M	Charlotte Rousell	20.95	100M	Kylie Coombes	18.73	01/03/1991
200m	Charlotte Rousell	41.87	200m	Charlotte Rousell	41.87	06/01/2012
300M (Pack)	Charlotte Rousell	1-10.15	300M (Pack)	Charlotte Rousell	1-10.55	16/12/2011
Long Jump	Charlotte Rousell	2.47	Long Jump	Georgia Gordon	2.85	19/12/2003
Shot Put	Leilani Mitchell	4.08	Shot Put	Amara Pilson	4.41	27/02/2009
Discus	Leilani Mitchell	7.10	Discus	Rebecca Dick	11.40	27/02/2004

### UNDER 6 BOYS

2011 / 2012 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
50M	Sean Bullen	10.10	50M	Trent Buhagiar	8.86	02/02/2007
70M	Sean Bullen	13.72	70M	Tim Bell	12.56	01/03/1992
100M	Sean Bullen	19.11	100M	S Dixon	17.91	01/03/1990
200m	Sean Bullen	43.44	200m	A Myles	39.49	01/02/1990
300M (Pack)	Sean Bullen	1-05.32	300M (Pack)	J O'Donnell	1-07.4	02/03/2001
Long Jump	Sean Bullen	2.66	Long Jump	T Buhagiar	2.96	05/03/2004
Shot Put	Sean Bullen	4.83	Shot Put	T Buhagiar & L Podnar	5.38	05/03/2004
Discus	Zachary Straker	11.38	Discus	T Buhagiar	14.54	31/10/2003

### UNDER 7 GIRLS

2011 / 2012 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
50M	Leisel Collins	9.10	50M	Kristy Knight	8.91	01/01/1994
70M	Leisel Collins	12.98	70M	A Peters	11.51	01/03/1991
100M	Anyssa Cromer	18.06	100M	A Peters	17.3	01/03/1991
200m	Leisel Collins	38.62	200m	M O'Connor	38.12	22/11/1991
500M (Pack)	Leisel Collins	2-11.29	500M (Pack)	Kylie Coombes	1-59.36	06/03/1992
Long Jump	Leisel Collins	2.74	Long Jump	Georgia Gordon	2.99	17/12/2004
Discus	Leisel Collins	13.43	Discus	Emily Diaz	14.35	14/01/2005
Shot Put	Leisel Collins	5.39	Shot Put	K Reilly	8.92	01/11/1987

### UNDER 7 BOYS

2011 / 2012 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
50M	Lewis Pratt	9.32	50M	L Cornish	8.7	24/03/2000
70M	Sebastian Lovell	13.37	70M	Tim Bell	11.37	01/03/1993
100M	Lewis Pratt	18.23	100M	J Moore	16.54	01/03/1990
200m	Lewis Pratt	41.70	200m	R Hall	35.85	01/03/1998
500M (Pack)	Lewis pratt	2-00.13	500M (Pack)	R Hall	1-44.49	01/02/1988
Long Jump	Lewis Pratt	2.91	Long Jump	T Buhagiar	3.32	28/01/2005
Shot Put	Euan Cooper	5.65	Shot Put	D Whitehead	7.3	01/02/1984
Discus	Logan Radford	12.39	Discus	T Buhagiar	16.77	11/03/2005

### UNDER 8 GIRLS

2011 / 2012 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
70M	Caisha Shorrocks	12.43	70M	A Beauchamp	11.17	01/01/1991
100M	Caisha Shorrocks	17.37	100M	L Dunn	16.22	01/03/1987
200m	Zoe Williamson	40.22	200m	Kylie Coombes	36.50	05/03/1993
400m	Bethwyn Caller	1-25.21	400m	A Murphy	1-22.33	07/02/1992
60M hurdles	Caisha Shorrocks	12.80	60M hurdles	C Hardwick	12.20	20/03/1998
Long Jump	Caisha Shorrocks	3.00	Long Jump	Jesse-Lee Nelson	3.38	06/12/2002
Shot Put	Caisha Shorrocks	4.83	Shot Put	S Hudson	6.81	01/01/1990
Discus	Caisha Shorrocks	11.87	Discus	S Hudson	16.03	01/01/1990
Pack	Daisy Duguid	2-49.03	Pack	A Murphy	2-38.40	13/03/1992

### UNDER 8 BOYS

2011 / 2012 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
70M	Bailey Holt	11.59	70M	T McDonald	11.10	07/01/2000
100M	Bailey Holt	16.61	100M	R Hall	15.78	01/03/1989
200m	Bailey Holt	36.70	200m	R Hall	33.92	01/03/1989
400m	Bailey Holt	1-29.32	400m	R Hall	1-16.66	01/12/1988
60M hurdles	Bailey Holt	12.10	60M hurdles	Luke Donahue	11.40	05/12/1997
Long Jump	Bailey Holt	3.36	Long Jump	Luke Podnar	3.69	10/03/2006
Shot Put	Bailey Holt	5.37	Shot Put	N Coffey	9.72	01/11/1987
Discus	Bailey Holt	13.44	Discus	C Currie	22.92	31/12/1993
Pack	Bailey Holt	2-49.52	Pack	R Hall	2-27.18	01/12/1988

## UNDER 9 GIRLS

2011 / 2012 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
70M	Leoni Corda	11.87	70M	K Rowbotham	10.59	01/03/2002
100M	Leoni Corda	16.41	100M	Shellie Wilkes	15.30	26/03/1999
200m	Sophie Hoyle	38.29	200m	Shellie Wilkes	32.70	26/03/1999
400m	Sophie Hoyle	1-35.83	400m	Emily Mullen	1-15.60	27/03/1998
800M	Leonie Corda	3-27.53	800M	Emily Mullen	2-52.7	27/03/1998
700M Walk			700M Walk	Samantha Tomlin	4-07.50	14/03/1997
60M hurdles	Magdalena Murdock	11.64	60M hurdles	Shellie Wilkes	11.00	26/03/1999
Long Jump	Tess Richmond-Young	3.05	Long Jump	T Miller	3.57	11/03/2005
High Jump	Christina Rich	1.03	High Jump	B Whitehead	1.15	01/12/1996
Shot Put	Jasmine Duxbury	6.75	Shot Put	E Cansdale	7.35	15/03/2002
Discus	Amara Pilson	14.14	Discus	Emily Diaz	21.49	23/02/2007

## UNDER 9 BOYS

2011 / 2012 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
70M	Israel Dedeigbo	11.76	70M	Luke Podnar	10.87	10/11/2006
100M	Israel Dedeigbo	16.50	100M	J Ross & D Whitehead	14.61	01/01/1990
200m	Israel Dedeigbo	38.56	200m	D Whitehead	31.70	01/03/1986
400m	Noah Jovanovich	1-24.35	400m	R Hall	1-12.04	01/10/1989
800M	Noah Jovanovich	3-10.77	800M	R Hall	2-41.79	01/03/1990
700M Walk			700M Walk	D Booth	3-52.52	27/02/1997
60M hurdles	Israel Dedeigbo	11.69	60M hurdles	Joshua Ross	10.09	01/11/1989
Long Jump	Brock Warner	3.40	Long Jump	Trent Buhagiar	4.10	09/03/2007
High Jump	Brock Warner	1.10	High Jump	R Hall, J Ross, D Booth	1.25	01/03/1990
Shot Put	Tyrone Green	5.60	Shot Put	J McMaster	10.23	08/11/1991
Discus	Tyrone Green	13.51	Discus	C Currie	25.74	24/02/1995



## UNDER 10 GIRLS

2011 / 2012 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
70M	Alina Watson	11.63	70M	Shellie Wilkes	10.70	17/03/2000
100M	Alina Watson	15.18	100M	J Peterson	14.56	01/02/1987
200M	Alina Watson	35.77	200M	Shellie Wilkes	31.30	17/03/2000
400M	Emily Yannis	1-22.64	400M	Amanda Morris	1-11.20	13/02/1998
800M	Emily Yannis	3-09.36	800M	K Dent	2-46.40	01/02/1990
1500M	Emily Yannis	6-21.73	1500M	Emily Mullen	5-47.80	26/02/1999
1100M Walk			1100M Walk	Samantha Tomlin	6-02.50	13/03/1998
60M Hurdles	Jessica Brown-Hall	12.89	60M Hurdles	J Peterson	10.62	01/02/1987
Long Jump	Sophie Williamson	3.39	Long Jump	Teigan Miller	4.17	10/03/2006
High Jump	Rose Pritchard	1.05	High Jump	Samantha Tomlin	1.22	07/11/1997
Shot Put	Jessica Brown-Hall	5.08	Shot Put	E Cansdale	8.22	03/01/2003
Discus	Jessica Brown-Hall	17.08	Discus	A Brady	21.35	24/03/2000

## UNDER 10 BOYS

2011 / 2012 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
70M	Zac Healey	11.01	70M	Luke Donahue	10.30	24/03/2000
100M	Zac Healey	15.65	100M	D Whitehead	13.22	01/03/1987
200M	Zac Healey	33.62	200M	R Hall	30.40	01/02/1991
400M	Lachlan Rousell	1-17.19	400M	R Hall	1-12.05	01/02/1991
800M	Lachlan Rousell	2-58.40	800M	R Hall	2-43.08	01/03/1991
1500M	Lachlan Rousell	5-43.02	1500M	M Taylor	5-29.11	01/02/1998
1100M Walk			1100M Walk	D Booth	6-14.00	27/03/1998
60M Hurdles	Lachlan Rousell	11.44	60M Hurdles	P Haime	10.31	01/10/1986
Long Jump	Zac Healey	3.78	Long Jump	Trent Buhagiar	4.28	29/02/2008
High Jump	Lachlan Rousell & Zac Healey	1.18	High Jump	D Whitehead	1.38	01/10/1986
Shot Put	Steven Collins	7.37	Shot Put	T Arnold	8.76	01/12/1985
Discus	Steven Collins	20.41	Discus	L Crutcher	32.80	01/02/1985

## UNDER 11 GIRLS

2011 / 2012 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M	Amber Leggett	14.39	100M	B Martin	14.07	01/03/1991
200M	Amber Leggett	31.82	200M	Shellie Wilkes	30.00	23/03/2001
400M	Phoebe Nelson	1-24.00	400M	Shellie Wilkes	1-06.50	23/03/2001
800M	Courtney Diggelmann	3-25.18	800M	Emily Mullen	2-44.60	19/11/1999
1500M	Courtney Diggelmann	6-51.43	1500M	A Godden	5-38.87	01/03/1991
1100M Walk			1100M Walk	Samantha Tomlin	6-07.10	30/10/1998
60M Hurdles	Courtney Diggelmann	12.46	60M Hurdles	Hayley Oliver	10.62	31/12/1993
Long Jump	Courtney Diggelmann	3.83	Long Jump	Amanda Thorpe	4.27	07/03/2003
High Jump	Courtney Diggelmann & Caitlin Fitzpatrick	1.10	High Jump	Samantha Tomlin	1.33	05/03/1999
Triple Jump	Courtney Diggelmann	7.57	Triple Jump	Amanda Thorpe	9.08	31/01/2003
Shot Put	Courtney Diggelmann	6.36	Shot Put	V Lovie	8.86	05/11/1995
Discus	Macy Watson	12.90	Discus	V Lovie	22.86	08/12/1995

## UNDER 11 BOYS

2011 / 2012 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M	Bradman Best	13.96	100M	Joshua Ross	13.41	06/03/1992
200M	Bradman Best	30.66	200M	Luke Donahue	30.00	17/11/2000
400M	Bradman Best	1-15.19	400M	P McInerney	1-08.00	01/03/1990
800M	Bradman Best	2-50.09	800M	R Hall	2-34.36	08/11/1991
1500M	Bradman Best	5-59.89	1500M	J Stratton	5-26.2	23/03/2001
1100M Walk			1100M Walk	D Booth	6-11.7	02/10/1998
60M Hurdles	Bradman Best	11.79	60M Hurdles	Luke Donahue	10.30	23/03/2001
Long Jump	Brandon Naprauwski	4.15	Long Jump	Luke Podnar	4.92	06/02/2009
High Jump	Jack Young	1.30	High Jump	D Whitehead	1.45	01/12/1987
Triple Jump	Bradman Best	7.82	Triple Jump	B Williame	9.14	28/11/2003
Shot Put	Jack Young	9.02	Shot Put	B Rogers	10.18	11/02/2011
Discus	Jack Young	19.52	Discus	D Whitehead	33.13	01/11/1987

## UNDER 12 GIRLS

2011 / 2012 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M	Kiara Kelly	14.55	100M	Cassandra Webber	13.47	12/01/2007
200M	Kiara Kelly	33.14	200M	Cassandra Webber	28.70	09/03/2007
400M	Kiara Kelly	1-14.04	400M	Cassandra Webber	1-07.64	08/12/2006
800M	Kiara Kelly	3-03.00	800M	Megan Underhill	2-32.77	01/02/1989
1500M	Mae Johnson	6-10.81	1500M	Megan Underhill	5-00.15	01/02/1989
1500M Walk			1500M Walk	Samantha Tomlin	8-43.70	24/03/2000
60M Hurdles	Kiara Kelly	13.63	60M Hurdles	Tracy Shackleton	10.20	05/03/1993
Long Jump	Kiara Kelly	3.83	Long Jump	Amanda Thorpe	5.15	05/03/2004
High Jump	Amelia Williamson	1.20	High Jump	J Peterson	1.45	01/03/1989
Triple Jump	Kiara Kelly	7.50	Triple Jump	Amanda Thorpe	10.35	05/03/2004
Shot Put	Lobelia Laycock	6.43	Shot Put	A McMaster	10.48	24/01/1997
Discus	Summer Isok	11.41	Discus	E Cansdale	23.65	11/03/2005

## UNDER 12 BOYS

2011 / 2012 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M	Finn Fagerstrom	15.68	100M	J Ross & D Whitehead	13.60	01/02/1989
200M	Finn Fagerstrom	34.09	200M	K Moore	28.86	01/03/2002
400M	Finn Fagerstrom	1-16.91	400M	R Hall	1-04.54	11/12/1992
800M	Finn Fagerstrom	2-49.41	800M	M Barron	2-31.38	01/02/1987
1500M	Finn Fagerstrom	6-01.84	1500M	R Hall	5-10.58	26/02/1993
1500M Walk			1500M Walk	R Ryan	8-56.31	15/02/2002
60M Hurdles	Finn Fagerstrom	12.78	60M Hurdles	Joshua Ross	9.43	05/03/1993
Long Jump	Finn Fagerstrom	3.90	Long Jump	B Williame	4.82	11/03/2005
High Jump	Tyson Morgan	1.20	High Jump	D Whitehead	1.51	01/02/1989
Triple Jump	Finn Smith-O'Brien	7.21	Triple Jump	B Williame	10.22	15/10/2004
Shot Put	Benjamin Rogers	6.24	Shot Put	A Lovie	10.66	01/01/1991
Discus	Benjamin Rogers	17.81	Discus	B Lovie	34.48	01/03/1989

## UNDER 13 GIRLS

2011 / 2012 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M	Shaniah Tucker	14.71	100M	Hayley Oliver	13.10	02/10/1995
200M	Jasmine Wolf	34.78	200M	Kylie Wildman	27.80	26/03/1999
400M	Tahlerose Soames	1-20.54	400M	Katherine Peksis	1-02.60	07/03/1997
800M	Josephine McGovern	2-52.66	800M	Katherine Peksis	2-27.55	01/11/1996
1500M	Amber Richmond-Young	6-56.14	1500M	Megan Underhill	4-55.34	01/11/1989
3000M			3000M	Holly Speerin	12-01.26	14/03/2003
1500M Walk			1500M Walk	K Hall	8-00.01	01/12/1988
80M H	Tahlehrose Soames	18.89	80M H	Kylie Wildman	13.50	26/03/1999
200M H			200M H	Kylie Wildman	29.90	26/03/1999
Long Jump	Tahlehrose Soames	3.53	Long Jump	Amanda Thorpe	4.95	04/03/2005
High Jump	Tahlehrose Soames	1.25	High Jump	J Peterson	1.50	01/02/1990
Triple Jump	Josephine McGovern	7.60	Triple Jump	Amanda Thorpe	10.61	12/11/2004
Shot Put	Shaniah Tucker	6.33	Shot Put	D Searston	9.36	03/02/1995
Discus	Shaniah Tucker	15.30	Discus	Elise Cansdale	31.63	10/03/2006
Javelin	Madison Latta	5.95	Javelin	Susan Sobczak	26.18	26/02/1999
60M Run	Alyce Green	11.46	60M Run	Cassandra Webber	8.16	21/12/2007

## UNDER 13 BOYS

2011 / 2012 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M	Harry Vaughan	15.10	100M	Chris Marshall	12.22	01/02/1987
200M	Harry Vaughan	30.60	200M	K Moore	27.43	04/10/2002
400M	Harry Vaughan	1-13.97	400M	Chris Marshall	1-01.66	01/12/1986
800M	Harry Vaughan	3-13.41	800M	N Tiko	2-27.04	07/03/2003
1500M	Harry Vaughan	6-07.12	1500M	Chris Marshall	4-55.94	01/12/1986
3000M			3000M	J Stratton	10-29.82	07/03/2003
1500M Walk			1500M Walk	David Mainwaring	7-55.97	28/02/2003
80M Hurdles	Harry Vaughan	18.95	80M Hurdles	Chris Wood	13.30	27/03/1998
200M H			200M H	Chris Woods	30.80	27/03/1998
Long Jump	Harry Vaughan	4.36	Long Jump	Brayden Williame	4.90	03/03/2006
High Jump	Harry Vaughan	1.25	High Jump	D Whitehead	1.60	01/12/1989
Triple Jump	Harry Vaughan	7.59	Triple Jump	Luke Donahue	10.45	06/12/2002
Shot Put	Jayden Bauret-Simon	8.53	Shot Put	A Lovie	13.03	20/03/1992
Discus	Harry Vaughan	22.03	Discus	Aaron Hamstra	35.80	13/03/1998
Javelin	Harry Vaughan	15.10	Javelin	Aaron Hamstra	32.35	06/03/1998
60M Run	Harry Vaughan	9.13	60M Run	Luke Donahue	8.10	20/02/2003

## UNDER 14 GIRLS

2011 / 2012 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M	Mikayla Sonter	14.42	100M	Hayley Oliver	13.20	08/11/1996
200M	Mikayla Sonter	29.40	200M	K Shackleton	27.60	27/02/1998
400M	Mikayla Sonter	1-11.45	400M	Katherine Peksis	1-02.50	06/02/1998
800M	Amy Corda	2-57.63	800M	Katherine Peksis	2-29.00	27/02/1998
1500M	Amy Corda	6-15.31	1500M	Megan Underhill	5-03.45	01/03/1991
3000M			3000M	Holly Speerin	12-47.50	01/11/2002
1500M Walk			1500M Walk	K Hall	8-14.82	01/01/1990
80M Hurdles	Mikayla Sonter	14.93	80M Hurdles	Kylie Wildman	13.10	03/12/1999
200M H	Amy Corda	36.47	200M H	Kylie Wildman	31.40	11/02/2000
Long Jump	Mikayla Sonter	4.11	Long Jump	Shellie Wilkes	5.10	24/10/2003
High Jump	Chelsea Pilson	1.35	High Jump	Tara Shackleton	1.62	03/03/1995
Triple Jump	Mikayla Sonter	8.66	Triple Jump	Amanda Thorpe	10.69	18/11/2005
Shot Put	Natalie Mumford	7.08	Shot Put	D Searston	9.64	20/10/1995
Discus	Natalie Mumford	20.57	Discus	C Edwards	24.77	16/02/2001
Javelin	Natalie Mumford	13.70	Javelin	Susan Sobczak	21.66	17/03/2000
60M Run	Mikayla Sonter	8.62	60M Run	Jenna Chapman	8.40	23/11/2007

## UNDER 14 BOYS

2011 / 2012 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M	n/a		100M	T Edwards	12.15	01/10/1989
200M			200M	P Steel	24.96	18/10/2002
400M			400M	C Marshall, A Hamstra	59.80	01/02/1998
800M			800M	Dylan Buhagiar	2-28.85	14/03/2008
1500M			1500M	J Stratton	4-58.66	15/03/2004
3000M			3000M	J Stratton	10-22.26	26/03/2004
1500M Walk			1500M Walk	D Mainwaring	7-28.86	28/11/2003
90M Hurdles			90M Hurdles	C Wood	13.50	30/10/1998
200M H			200M H	Aaron Hamstra	27.50	27/11/1998
Long Jump			Long Jump	D Manuelle	5.54	07/03/2003
High Jump			High Jump	D Manuelle	1.75	28/02/2003
Triple Jump			Triple Jump	Luke Donahue	11.19	30/01/2004
Shot Put			Shot Put	Aaron Hamstra	12.93	26/03/1999
Discus			Discus	Aaron Hamstra	49.26	26/03/1999
Javelin			Javelin	Aaron Hamstra	47.50	12/03/1999
60M Run			60M Run	Kevin Moore	7.83	26/09/2003

## UNDER 15 GIRLS

2011 / 2012 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M	Jahmilla Puntigam	15.23	100M	D Taylor, D Edwards, K Shackleton	13.20	01/10/1988
200M	Jahmilla Puntigam	34.98	200M	Kara Shackleton	26.60	26/03/1999
400M	Jahmilla Puntigam	1-26.99	400M	Katherine Peksis	1-08.80	27/11/1998
800M	Jahmilla Puntigam	3-39.42	800M	Katherine Peksis	2-26.70	05/03/1999
1500M			1500M	Katherine Peksis	5-34.40	13/11/1998
3000M			3000M	Katherine Peksis	11-47.90	13/11/1998
1500M Walk			1500M Walk	Sarah Walkley	8-13.80	27/02/1998
90M Hurdles	Jahmilla Puntigam	18.87	90M Hurdles	Jessica Morrell	14.50	26/03/1999
200M H			200M H	Shellie Wilkes	30.83	08/10/2004
Long Jump	Audrey Hennessey	4.06	Long Jump	Samantha Tomlin	5.08	14/03/2003
High Jump	Jahmilla Puntigam	1.00	High Jump	Tara Shackleton	1.66	05/01/1996
Triple Jump			Triple Jump	Samantha Tomlin	9.69	06/12/2002
Shot Put	Jahmilla Puntigam	6.81	Shot Put	Susan Sobczak	10.11	23/03/2001
Discus	Audrey Hennessey	16.84	Discus	Amanda Bartrim	26.60	10/03/2006
Javelin			Javelin	Susan Sobczak	28.07	23/03/2001
60M Run	Jahmilla Puntigam	9.46	60M Run	Samantha Tomlin	8.50	20/02/2003

## UNDER 15 BOYS

2011 / 2012 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M	Matthew Roberts	13.59	100M	T Edwards	11.83	01/02/1991
200M	Matthew Roberts	29.07	200M	Aaron Hamstra	25.50	24/10/1999
400M	Robert Lerit	1-06.42	400M	C Marshall	55.86	01/03/1989
800M	Matthew Roberts	2-26.62	800M	C Marshall	2-20.65	01/01/1989
1500M	Matthew Roberts	6-27.00	1500M	J Stratton	4-47.59	26/11/2004
3000M			3000M	J Stratton	10-26.37	19/11/2004
1500M Walk			1500M Walk	Cameron Bruce	8-24.58	03/03/2006
100m H	Matthew Roberts	20.05	100m H	C Wood	14.80	08/10/1999
200M H			200M H	Aaron Hamstra	28.00	29/10/1999
Long Jump	Matthew Roberts	5.20	Long Jump	Robert Cross	5.90	14/03/2008
High Jump	Robert Lerit	1.55	High Jump	D Manuelle	1.70	09/12/2003
Triple Jump	Robert Lerit	8.14	Triple Jump	Luke Donahue	11.80	18/02/2005
Shot Put	Matthew Roberts	8.81	Shot Put	Aaron Hamstra	14.62	24/03/2000
Discus	Robert Lerit	24.06	Discus	Aaron Hamstra	54.79	15/03/2000
Javelin			Javelin	Aaron Hamstra	55.91	04/02/2000
60M Run	Robert Lerit	9.03	60M Run	Robert Cross	7.87	14/03/2008

## UNDER 16 GIRLS

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

## UNDER 16 BOYS

2011 / 2012 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M	Michael Pain	12.75	100M	Robert Cross	12.71	10/10/2008
200M	Michael Pain	27.06	200M	Mathew Isok	26.95	16/11/2007
400M	Michael Pain	1-02.51	400M	Mathew Isok	1-00.99	16/11/2007
800M	Michael Pain	2-30.15	800M	Mathew Isok	2-21.39	11/01/2008
1500M			1500M	Luke Martin	11-03.88	01/01/2010
3000M			3000M	Mathew Isok	13-00.45	23/11/2007
1500M Walk			1500M Walk			
100 H			100 H	Mathew Isok	20.63	25/01/2008
200M H			200M H	Mathew Isok	30.06	19/10/2007
Long Jump	Michael Pain	5.04	Long Jump	Robert Cross	5.90	30/01/2009
High Jump	Michael Pain	1.37	High Jump	Robert Cross	1.80	30/01/2009
Triple Jump	Michael Pain	8.10	Triple Jump	Luke Martin	9.45	15/01/2010
Shot Put	Michael Pain	8.86	Shot Put	Mathew Isok	9.96	07/03/2008
Discus	Michael Pain	21.20	Discus	Luke Martin	27.10	05/02/2010
Javelin			Javelin	Robert Cross	27.40	07/11/2008
60M Run	Michael Pain	8.82	60M Run	Mathew Isok	7.97	14/03/2008

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

## UNDER 17 GIRLS

2011 / 2012 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M	Mikahli Clune	13.92	100M	Mikhali Clune	13.92	14/10/2011
200M	Mikahli Clune	31.21	200M	Emily Clune	41.86	08/10/2010
400M	Mikahli Clune	1-24.04	400M	Mikhali Clune	1-24.04	16/12/2011
800M	Mikahli Clune	3-39.00	800M			
1500M			1500M			
3000M			3000M			
1500M Walk			1500M Walk			
100 H	Mikahli Clune	24.31	100 H			
200M H			200M H			
Long Jump	Mikahli Clune	4.18	Long Jump	Mikhali Clune	4.18	02/12/2011
High Jump	Mikahli Clune	1.35	High Jump	Mikhali Clune	1.35	16/12/2011
Triple Jump	Mikahli Clune	8.56	Triple Jump	Mikhali Clune	8.56	24/02/2012
Shot Put	Mikahli Clune	8.43	Shot Put	Rochelle Martin	11.00	14/01/2011
Discus	Mikahli Clune	23.07	Discus	Rochelle Martin	27.80	21/01/2011
Javelin	Mikahli Clune	15.85	Javelin	Rochelle Martin	29.50	28/01/2011
60M Run	Mikahli Clune	9.00	60M Run			

## UNDER 17 BOYS

2011 / 2012 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M			100M	Luke Martin	14.07	07/01/2011
200M			200M	Luke Martin	33.06	08/10/2010
400M			400M	Luke Martin	1-23.37	15/10/2010
800M			800M	Luke Martin	4-05.63	28/01/2011
1500M			1500M			
3000M			3000M			
1500M Walk			1500M Walk			
110 H			110 H	Luke Martin	18.27	04/10/2010
200M H			200M H			
Long Jump			Long Jump	Luke Martin	4.80	22/10/2010
High Jump			High Jump	Luke Martin	1.45	03/12/2010
Triple Jump			Triple Jump	Luke Martin	9.54	19/11/2010
Shot Put			Shot Put	Luke Martin	11.69	14/01/2011
Discus			Discus	Luke Martin	34.14	11/02/2011
Javelin			Javelin	Luke Martin	35.18	14/01/2011
60M Run			60M Run	Luke Martin	8.78	15/10/2010



## Club Rules and Regulations

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

1. Spiked shoes can only be worn from Under 8's up, and should only be worn at the actual start of an event (track or field). Upon completion of that event PLEASE REMOVE the spiked shoes and wear joggers or other non-spiked shoes.

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

### N.B. SPIKE LENGTH ON SYNTHETIC TRACKS '-

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

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

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

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

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

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

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

## 2012/2013 Season Dates

Friday 7 September 2012	Registration day 4pm – 6pm McEvoy Oval
Friday 14 September 2012	Registration day 4pm – 6pm McEvoy Oval
Friday 21 September 2012	Registration day 4pm – 6pm McEvoy Oval
Friday 5 October 2012	First Competition Night
Friday 12 October 2012	Competition Night
Friday 19 October 2012	Competition Night
Friday 26 October 2012	Competition Night (zone entries in)
Friday 2 November 2012	Competition Night
Friday 9 November 2012	Competition Night
Friday 16 November 2012	Competition Night
Friday 23 November 2012	Competition Night
Friday 30 November 2012	Competition Night
Friday 7 December 2012	Competition Night
Friday 14 December 2012	<b>NO CLUB COMPETITION</b>
<i>Friday 14 December 2012</i>	<i>Central Coast Zone Carnival Mingara</i>
<i>Friday 15 December 2012</i>	<i>Central Coast Zone Carnival Mingara</i>
<i>Sunday 16 December 2012</i>	<i>Central Coast Zone Carnival Mingara</i>
Friday 21 December 2012	Last Competition Night for 2012
Friday 11 January 2013	Club Pentathlon
Friday 18 January 2013	Competition Night
Friday 25 January 2013	Competition Night
Friday 1 February 2013	Competition Night
Friday 8 February 2013	Competition Night
Friday 15 February 2013	Competition Night
Friday 22 February 2013	Competition Night
<i>23 Saturday February 2013</i>	<i>Regional Carnival – Hunter Sports Centre Glendale</i>
<i>24 Sunday February 2013</i>	<i>Regional Carnival- Hunter Sports Centre Glendale</i>
Friday 1 March 2013	Competition Night
Friday 8 March 2013	Final Competition Night
Friday 15 March 2013	Personal Best Night
Friday 22 March 2013	<b>No Athletics</b>
Friday 29 March 2013	End of Season Presentation & BBQ – McEvoy Oval

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