



**Woy Woy Peninsula Little Athletics**

# YEAR BOOK 2016/2017



**Major sponsor 2016/2017:**



**ETTALONG**  
BOWLING CLUB



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

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

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## Woy Woy Peninsula Little Athletics Centre Inc- Office Bearers for 2017/2018 Season

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## Woy Woy Peninsula Little Athletics Centre

Woy Woy Peninsula Little Athletics Centre welcomes you to the 2016/2017 season of Little Athletics. A warm welcome to all those who join us for the first time, and to those returning for another season.

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

In 2016/2017 we welcome back our major sponsors, Ettalong Beach Community Bank Branch of Bendigo Bank and Ettalong Bowling Club. Their support assists financing our club trophies and awards. Please let them know when using their services that you attend Woy Woy Little Athletics Centre.

All the best for an enjoyable season ahead, keeping in mind that Little Athletics motto is **...FOR...FAMILY....FUN...and...FITNESS.**

### General Club Information

#### Volunteering your help

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

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

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

## **Weather Cancellations**

As McEvoy oval drains quickly after rain, the committee can make a decision as late as 5.30pm on a Friday as to whether competition will commence that evening. **Please check the website or Facebook** page for up to date information in the event of cancellation. Please do not try and contact committee members for an answer as we are all busy with our paid employment.

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

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

## **Behaviour**

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

## **Uniforms**

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

- Official Woy Woy Peninsula Little A's centre uniform
- McDonalds Registration Number securely affixed to the front of the uniform top
- Age patch

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

## ***Age Patch***

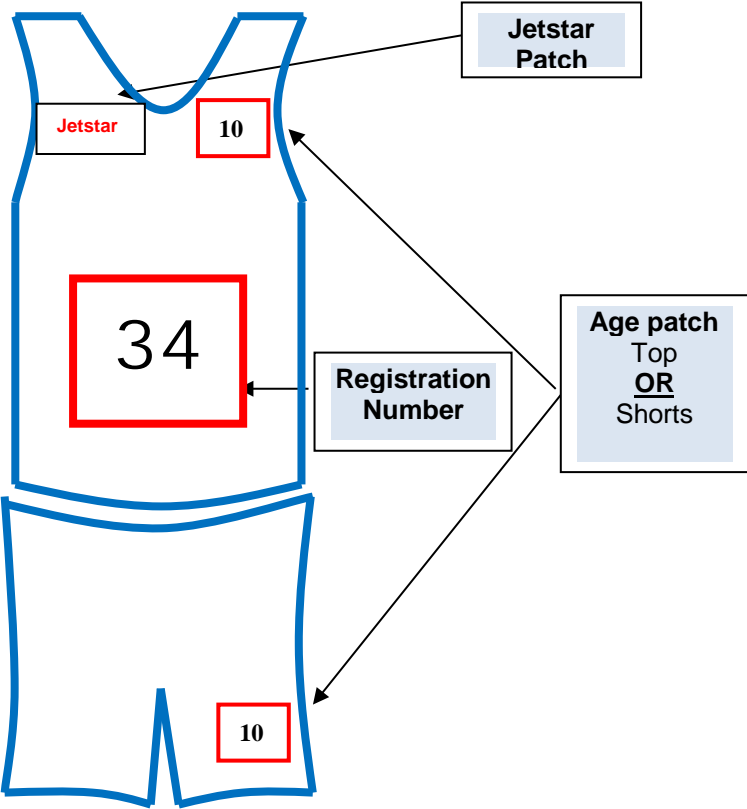
Age Patches must be worn by all competitors on the front left hand side of the uniform, either the top or bottom. If you happen to lose or misplace your age patch please see the Registrar for a replacement.

## ***Registration***

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

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

**Uniform Patch Diagram**



## **Meetings**

Club committee meetings are currently held on the first Wednesday every month at 7.00pm. The location will be advertised on our website. Any change to this time and venue will be published on the website. If you feel there is something that needs attention, please bring it to a committee member's attention. Any complaints should be given or posted to the Secretary in writing, or via email [woywoylittleathletics@gmail.com](mailto:woywoylittleathletics@gmail.com) There is a 20 day turnaround, we aim to respond sooner.

## **Problems/Queries**

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

## **Coaching**

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

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

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

## **Woy Woy Peninsula Little Athletics Centre Life Members**

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

## 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 24, 25 and 26 November 2017 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 27<sup>th</sup> October 2017**. No late entries will be accepted.

With the exception of the U7's, those who finish 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> qualify for the Regional Championships which will be held at Mingara Athletics Centre in February 2018.

2016/2017 Zone Championships had 83 athletes from Woy Woy compete with 65 of them qualifying for the Regional Championships. This is a record number for our Club!!! We encourage any interested athletes to compete for the experience.

### Regional Championships

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

Once again in 2016/2017 our athletes performed very well at the Regional Championships held at Glendale Sports Centre and should be proud of their achievements. Well done and congratulations to:

Alexis Aldous	Sophia Grey	Isaiah Dorrell	Lachlan Rousell
Hugh Argent	Alyssa Haremaker	Tyrone Dorrell	Connor Macey
Heidi Ashdown	Gabrielle Medina	Devon Oelofse	Grace Miotto
Tahnee Ball	Luke Ramirez	Marcus McCarthy	Christopher Rae
James Breakwell	Oliver Szymanski	Emilie Stevens	Bailey Sigsworth
Luke Brown	Luka Szymanski	Lucas Clarke	Leisel Collins
Ryan Brown	Abigail Grimes	Henri Dehe	Zane Smith
Daisy Duguid	Oliver Ham	Sophie Pratt	Cameron Steer
India Duguid	Bailey Holt	Jackson Quinell	Damian Storey
Fraser Blackwell	Riley Holt	Luca Quitadamo	Kyla Tucker
Jesse Blackwell	Ava Healey	Laura Reeves	Shaun Turnbull
Sallee Macey	Maddison Langman	Elizabeth Rodham	Brock Van Aalderen
Isabella Nicolussi	Morgan Charlton	Thomas Rodham	Cameron Cox
Taylah Sankey	William Connors	Charlotte Rousell	Joshua Wadeson
Lara Beer	Tom Herbert	Sean Rae	Micheila Botha
Nicholas Dufficy	Oliver Rimmer	Alex McCoombe-Lopez	Lewis Pratt
			Leith Van-Aalderen



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

In the 2016/2017 season we had a record number 21 athletes represent at the State Track and Field Championships at Sydney Olympic Stadium. We are extremely proud of the following athletes:

- Alyssa Haremaker – 400m
- Alex McCoombe Lopez – 400m
- Jessie Blackwell – 800m & 1500m
- Morgan Charlton – 1500m
- Laura Reeves – 70m
- Emilie Stevens – 1500m
- Sophie Pratt – 60m Hurdles, Long Jump & High Jump
- India Duguid – Javelin
- Oliver Ham – 1500m
- Luka Szymanski – 200m
- Ryan Brown – 200m Hurdles
- Daisy Duguid – 1500m & 3000m
- Thomas Rodham – Long Jump
- Tom Herbert – 400m, 800m, 1500m & 3000m
- Sean Rae – 1500m
- Lachlan Rousell – 3000m
- Abigail Grimes – 400m & High Jump
- Tahnee Ball – High Jump
- Luke Brown – 300m Hurdles
- Cameron Steer – 100m, 200m, Long Jump & Triple Jump
- Tallara Sonter – AWD 100m, AWD Discus

## **Dual Athletes**

Under a recent agreement with Little Athletics NSW and NSW Athletics, U12 to U17 athletes can also register with NSW Athletics at no extra cost. This means older athletes can also compete in the NSW Country Championships within age groupings (held at Glendale near Newcastle in January 2018), and other Athletics NSW events, for that extra challenge, and, as in some cases, along with their whole family. Woy Woy Athletics is now a Senior Club and therefore our athletes naturally progress from Little Athletics to Senior Athletics.

## **Club Pentathlon**

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

## **Weekly Results**

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

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

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

## Awards

### Eunice Harris Memorial Award

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

### *Previous Award Winners*

<u>Season</u>	<u>Boy</u>	<u>Girl</u>
1988-1989	Raymond Hall	Megan Underhill
1991-1992	Joshua Ross	Angela Murphy
1992-1993	Jamie McMaster	Kylie Coombes
1993-1994	Adam Lovie	Danielle Edwards
1994-1995	Sean Heath	Tracie Shackleton
1995-1996	Dean McGoldrick	Kara Shackleton
1996-1997	No award winner	Katherine Peksis
1997-1998	Chris Wood	Sarah Walkley
1998-1999	Aaron Hamstra	Jessica Morrell
1999-2000	Luke Peat	Susan Sobczsak
2000-2001	John Crocker	Corrine Edwards
2001-2002	Luke Donahue	Samantha Tomlin
2002-2003	Brayden Williame	Amanda Thorpe
2003-2004	No award winner	Elle Peters
2004-2005	No award winner	Amanda Bartrim
2005-2006	Dylan Buhagiar	Jenna Chapman
2006-2007	No award winner	No award winner
2007-2008	No award winner	No award winner
2008-2009	No award winner	No award winner
2009-2010	No award winner	Mikhali Clune
2010-2011	No award winner	Mikayla Sonter
2011-2012	No award winner	No award winner
2012-2013	Lachlan Rousell	No award winner
2013-2014	No award winner	No award winner
2014-2015	No award winner	No award winner
2015-2016	Luke Brown	Kyla Tucker
2016-2017	Cameron Steer	Tahnee Ball

### Year Awards

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

## **Keith Wilmot Award**

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

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

<b><u>Season</u></b>	<b><u>Boy</u></b>	<b><u>Girl</u></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
2012-2013	Benjamin Rogers	Emily Yannis
2013-2014	Benjamin Rogers	Alina Watson
2014-2015	Lachlan Rousell	Heather Snape
2015-2016	Luca Quitadamo	Morgan Charlton
2016-2017	Tyrone Dorrell	Talia Field

## **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 Bob Walkley Perpetual Award.

## **Encouragement Awards**

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

### **Ron Finlayson Encouragement Award**

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

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

<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
2011-2012	no award winner	Abbey Johnson
2012-2013	Rory Channon	Emma Crocker
2013-2014	Luke Brown	Isabella Holt
2014-2015	Jack Wilson	Jasmine Jones
2015-2016	Jack Johnson	Kyla Wadeson
2016-2017	Calan Tucker	Olivia Sheehan

### **Bob Walkley Highest Point Scorer Perpetual Award**

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

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

<b><u>Season</u></b>	<b><u>Name</u></b>	<b><u>Age Group</u></b>
2014-2015	Sophie Pratt	Under 8
2015-2016	Charlotte Rousell	Under 10
2016-2017	Charlotte Rousell	Under 11

**CLUB AWARDS FOR 2015/2016 ATHLETIC SEASON**

**The Eunice Harris Memorial Award**

Boy - Cameron Steer (U14)  
Girl - Tahnee Ball (U14)

**Keith Wilmot Improved Personal Performance  
Award**

Girl - Talia Field (U7)  
Boy - Tyrone Dorrell (U11)

**Bob Walkley Highest Point Scorer Award**

Charlotte Rousell (U11)

**Ron Finlayson U/12 Encouragement Award**

Girl - Olivia Sheehan  
Boy - Calan Tucker

## Age Champions

### Girls

**Under 6**      1<sup>st</sup> Annabel Griffith  
                  2<sup>nd</sup> Lily Healey  
                  3<sup>rd</sup> Ruby Willis-Beer

**Encouragement** – Mara Hatfield Favand

**Under 7**      1<sup>st</sup> Summer Bushby  
                  2<sup>nd</sup> Marli Hoyland  
                  3<sup>rd</sup> Ava Baines

**Encouragement** – Talia Field

**Under 8**      1<sup>st</sup> Taylah Sankey  
                  2<sup>nd</sup> Isabella Nicolussi  
                  3<sup>rd</sup> Elka McGann

**Encouragement** – Millie Dorman

**Under 9**      1<sup>st</sup> Alyssa Haremaker  
                  2<sup>nd</sup> Elizabeth Rodham  
                  3<sup>rd</sup> Sophia Grey

**Encouragement** – Afra Plummer

**Under 10**     1<sup>st</sup> Sophie Pratt  
                  2<sup>nd</sup> Jessie Blackwell  
                  3<sup>rd</sup> Emilie Stevens

**Encouragement** – Elizabeth Haughain

**Under 11**     1<sup>st</sup> Charlotte Rousell  
                  2<sup>nd</sup> Ziah Rose  
                  3<sup>rd</sup> Keira Ham

**Encouragement** – Tara Porter

**Under 12**     1<sup>st</sup> Alexis Aldous  
                  2<sup>nd</sup> Ava Healey  
                  3<sup>rd</sup> India Duguid

**Encouragement** – Olivia Sheehan

**Under 13**     1<sup>st</sup> Daisy Duguid  
                  2<sup>nd</sup> Amber Mangan  
                  3<sup>rd</sup> Kloe Bible

**Encouragement** – Yuki Rodden

**Under 14**     1<sup>st</sup> Tahnee Ball  
                  2<sup>nd</sup> Sophie Hoyle  
                  3<sup>rd</sup> Shannon Spencer

**Encouragement** – Gabrielle Dufficy

### Boys

**Under 6**      1<sup>st</sup> Archie Stammers  
                  2<sup>nd</sup> Ayden Barlow  
                  3<sup>rd</sup> Archer Todd

**Encouragement** – Jack Tootill

**Under 7**      1<sup>st</sup> Samuel Michie  
                  2<sup>nd</sup> Connor Ukeh  
                  3<sup>rd</sup> Patrick Crowdy

**Encouragement** – Patrick Turnbull

**Under 8**      1<sup>st</sup> Fraser Blackwel  
                  2<sup>nd</sup> James Griffith  
                  3<sup>rd</sup> Baxter Best

**Encouragement** – Kyo Yamada

**Under 9**      1<sup>st</sup> Alex McCombe-Lopez  
                  2<sup>nd</sup> Oliver Szymanski  
                  3<sup>rd</sup> Marshall Michie

**Encouragement** – Billy Hawkley

**Under 10**     1<sup>st</sup> Marshall Dodsworth  
                  2<sup>nd</sup> Dylan Carroll  
                  3<sup>rd</sup> William Connors

**Encouragement** – Devon Oelofse

**Under 11**     1<sup>st</sup> Tyrone Dorrell  
                  2<sup>nd</sup> Riley Holt  
                  3<sup>rd</sup> Henri Dehe

**Encouragement** – Christopher Rae

**Under 12**     1<sup>st</sup> Luka Szymanski  
                  2<sup>nd</sup> Lewis Pratt  
                  3<sup>rd</sup> Oliver Ham

**Encouragement** – Calan Tucker

**Under 13**     1<sup>st</sup> Ryan Brown  
                  2<sup>nd</sup> Thomas Rodham  
                  3<sup>rd</sup> Shaun Turnbull

**Encouragement** – Cameron Cox

**Under 14**     1<sup>st</sup> Cameron Steer  
                  2<sup>nd</sup> Aaron Antonio  
                  3<sup>rd</sup> Harry Grimes

**Encouragement** – Sean Rae

**Under 15**      1<sup>st</sup> Kyla Tucker  
                    2<sup>nd</sup> Micheila Botha  
                    3<sup>rd</sup> Alina Watson

**Under 15**      1<sup>st</sup> Luke Brown  
                    2<sup>nd</sup> Oliver Rimmer  
                    3<sup>rd</sup> Zac Healey

**Encouragement** – n/a

**Encouragement** – Lachlan Rousell

**Under 16**      1<sup>st</sup> Abigail Grimes  
                    2<sup>nd</sup> Jessica Johnston-Patterson

**Under 16**      n/a

**Under 17**      1<sup>st</sup> Caitlin Allan  
                    2<sup>nd</sup> Maddison Langman  
                    3<sup>rd</sup> Britney Thompson

**Under 17**      n/a

### **Five year Continuous Membership Award Medals**

- Elizabeth Haughain
- Marshall Dodsworth
- Mason Taylor
- Ellena Grey
- Liam Ramsay
- Noah Uate
- Heather Snape
- Keiran Diamond
- Isabella Dodsworth
- Thomas Rodham
- Leith Van Aalderen
- Brock Van Aalderen
- Tahnee Ball
- Caitlin Allen

### **Ten year Continuous Membership Award Medals**

- Joshua Wadeson
- Kyla Tucker

### **100% Attendance Awards**

- Elisha Field
- Edward Dehe
- Keiara Field
- Lana Corkill
- Marshall Michie
- Sophie Pratt
- Emilie Stevens
- Marshall Dodsworth
- Charlotte Rousell
- Grace Connors
- Bailey Chislett
- Henri Dehe
- Tyrone Dorrell
- Alexis Aldous
- Lewis Pratt
- Calan Tucker
- Oliver Ham
- Kloe Bible
- Tallara Sonter
- Daisy Duguid
- Kyla Wadeson
- Shaun Turnbull
- Luke Brown
- Ryan Brown
- Caitlin Allen
- Abigail Grimes
- Kelly Croucher
- Samuel Michie
- Shane Stevens



## Woy Woy Peninsula Little Athletics Club Pentathlon Results

Our Club Pentathlon was held on 13 January 2017. Congratulations to everyone that competed on the night. The following is a list of the top 3 Places in each group.

### Girls

#### **Under 6**

1 <sup>st</sup> Annabel Griffith	3407
2 <sup>nd</sup> Lily Healey	3150
3 <sup>rd</sup> Talieya McMinn	2674

#### **Under 7**

1 <sup>st</sup> Marli Hoyland	2636
2 <sup>nd</sup> Nicole Baker	2262
3 <sup>rd</sup> Isla Rose	1862

#### **Under 8**

1 <sup>st</sup> Taylah Sankey	3091
2 <sup>nd</sup> Isabella Nicolussi	2888
3 <sup>rd</sup> n/a	

#### **Under 9**

1 <sup>st</sup> Elizabeth Rodham	2759
2 <sup>nd</sup> Abigail Grimish	2470
3 <sup>rd</sup> Eva Lynch	1410

#### **Under 10**

1 <sup>st</sup> Sophie Pratt	3225
2 <sup>nd</sup> Jessie Blackwell	3197
3 <sup>rd</sup> Emilie Stevens	2865

#### **Under 11**

1 <sup>st</sup> Charlotte Rousell	3101
2 <sup>nd</sup> Ziah Rose	2595
3 <sup>rd</sup> Keira Ham	2099

#### **Under 12**

1 <sup>st</sup> Ava Healey	2404
2 <sup>nd</sup> India Duguid	2079
3 <sup>rd</sup> Torah Rose	1819

#### **Under 13**

1 <sup>st</sup> Amber Mangan	1950
2 <sup>nd</sup> Isabella Dodsworth	1898
3 <sup>rd</sup> Daisy Duguid	1890

#### **Under 14**

1 <sup>st</sup> Gabrielle Dufficy	1283
2 <sup>nd</sup> Lara Beer	604

#### **Under 15**

1 <sup>st</sup> Kyla Tucker	2278
2 <sup>nd</sup> Alina Watson	2229
3 <sup>rd</sup> Micheila Botha	1538

#### **Under 16**

1 <sup>st</sup> Abigail Grimes	1929
2 <sup>nd</sup> Jessica Johnston-Paterson	1143

### Boys

#### **Under 6**

1 <sup>st</sup> Archie Stammers	3083
2 <sup>nd</sup> Ayden Barlow	2596
3 <sup>rd</sup> Liam Ings	1762

#### **Under 7**

1 <sup>st</sup> Samuel Michie	2910
2 <sup>nd</sup> Patrick Crowdy	2791
3 <sup>rd</sup> Connor Ukeh	2699

#### **Under 8**

1 <sup>st</sup> Fraser Blackwell	3118
2 <sup>nd</sup> James Griffith	3069
3 <sup>rd</sup> Finn Van Aalderen	2676

#### **Under 9**

1 <sup>st</sup> Luke Ramirez	2678
2 <sup>nd</sup> Marshall Michie	2674
3 <sup>rd</sup> n/a	

#### **Under 10**

1 <sup>st</sup> Dylan Carroll	2541
2 <sup>nd</sup> Marshall Dodsworth	2252
3 <sup>rd</sup> William Connors	2132

#### **Under 11**

1 <sup>st</sup> Tyrone Dorrell	3274
2 <sup>nd</sup> Lucas Clarke	3101
3 <sup>rd</sup> Riley Holt	2881

#### **Under 12**

1 <sup>st</sup> Lachlan Bishell	2718
2 <sup>nd</sup> Oliver Ham	2433
3 <sup>rd</sup> Logan Radford	2260

#### **Under 13**

1 <sup>st</sup> Thomas Rodham	3212
2 <sup>nd</sup> Ryan Brown	2953
3 <sup>rd</sup> Shaun Turnbull	2096

#### **Under 14**

1 <sup>st</sup> Cameron Steer	2776
2 <sup>nd</sup> Aaron Antonio	2546
3 <sup>rd</sup> Harry Grimes	2122

#### **Under 15**

1 <sup>st</sup> Luke Brown	2263
2 <sup>nd</sup> Zac Healey	2262
3 <sup>rd</sup> Brock Van Aalderen	2006

#### **Under 17 Girls**

1 <sup>st</sup> Caitlin Allen	1666
2 <sup>nd</sup> Britney Thompson	696

## 2016/2017 Centre Results and Records

### Centre Records

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

In all running events the official timers will have the sole responsibility in the timing of the events and it will only be from this source that records will be recognised by the Committee. Please note that parents and coaches who separately time an event will do so for their own purposes. Any time from this source will not be recognised by the Committee as a centre Record. Sometimes problems do occur with the timing device etc. but this only happens on the rare occasion. The Records and Rankings Officer will present evidence to the Committee that will support the record and the record will be awarded providing all criteria are satisfied/met such as notes by the timer/age manager/recorder on the night, previous and future attempts comply with minimum requirements as outlined in the Regulation concerning Records attached to the Constitution.

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

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

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

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

### The following Records were broken during the 2016-2017 season:

▪	Laura Reeves	U10 Girl	Discus	21.38	10/03/17
▪	Jessie Blackwall	U10 Girl	1500m	5-33.20	10/03/17
▪	Charlotte Rousell	U11 Girl	Javelin	19.31	24/02/17
▪	Zane Smith	U11 Boy	Javelin	21.56	11/11/16
▪	Leisel Collins	U12 Girl	Javelin	23.38	04/11/16
▪	Daisy Duguid	U13 Girl	3000m	11:45.05	11/11/16
▪	Cameron Steer	U14 Boy	Long Jump	5.70	03/02/17
▪	Tom Herbert	U14 Boy	1500m	4-53.27	10/03/17
▪	Kyla Tucker	U15 Girl	300M Hurdles	54.34	18/11/16
▪	Luke Brown	U15 Boy	300M Hurdles	45.70	18/11/16
▪	Abigail Grimes	U16 Girl	1500m	6-03.11	07/10/16
▪	Abigail Grimes	U16 Girl	3000m	12-38.81	21/10/16
▪	Abigail Grimes	U16 Girl	High Jump	1.50	24/02/17
▪	Abigail Grimes	U16 Girl	Triple Jump	9.91	18/11/16
▪	Caitlin Allen	U17 Girl	1500m	7-41.20	07/10/16
▪	Caitlin Allen	U17 Girl	3000m	16-45.40	24/02/17
▪	Maddison Langman	U17 Girl	High Jump	1.41	02/12/16

\*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.

## 2016 / 2017 Centre Results

UNDER 6 GIRLS						
2016 / 2017 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
50M	Annabel Griffith	10.71	50M	K Coombes	9.42	01/11/1990
70M	Annabel Griffith	13.19	70M	L Dunn	12.05	01/03/1985
100M	Annabel Griffith	21.34	100M	Kylie Coombes	18.73	01/03/1991
200M	Annabel Griffith	46.26	200M	Charlotte Rousell	41.87	06/01/2012
300M (Pack)	Annabel Griffith	1-17.01	300M (Pack)	Charlotte Rousell	1-10.55	16/12/2011
Long Jump	Annabel Griffith	2.29	Long Jump	Georgia Gordon	2.85	19/12/2003
Shot Put	Lily Healey	4.27	Shot Put	Amara Pilson	4.41	27/02/2009
Discus	Lily Healey	9.06	Discus	Rebecca Dick	11.40	27/02/2004
UNDER 6 BOYS						
2016 / 2017 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
50M	Kingston Alabi	10.21	50M	Trent Buhagiar	8.86	02/02/2007
70M	Preston Bush	13.15	70M	Tim Bell	12.56	01/03/1992
100M	Kingston Alabi	20.09	100M	S Dixon	17.91	01/03/1990
200M	Kingston Alabi	43.85	200M	A Myles	39.49	01/02/1990
300M (Pack)	Archie Stammers	1-15.12	300M (Pack)	J O'Donnell	1-07.4	02/03/2001
Long Jump	Logan Dearing	2.32	Long Jump	T Buhagiar	2.96	05/03/2004
Shot Put	Archer Todd	5.16	Shot Put	T Buhagiar & L Podnar	5.38	05/03/2004
Discus	Charles Beckett	9.88	Discus	T Buhagiar	14.54	31/10/2003
UNDER 7 GIRLS						
2016 / 2017 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
50M	Bonnie Hardman	10.47	50M	Kristy Knight	8.91	01/01/1994
70M	Bonnie Hardman	13.00	70M	A Peters	11.51	01/03/1991
100M	Giordanah Walter	18.54	100M	A Peters	17.3	01/03/1991
200m	Marli Hoyland	44.60	200m	M O'Connor	38.12	22/11/1991
500M (Pack)	Marli Hoyland	2-09.86	500M (Pack)	Kylie Coombes	1-59.36	06/03/1992
Long Jump	Marli Hoyland	2.61	Long Jump	Georgia Gordon	2.99	17/12/2004
Discus	Summer Bushby	8.96	Discus	Emily Diaz	14.35	14/01/2005
Shot Put	Ava Baines	4.36	Shot Put	K Reilly	8.92	01/11/1987

### UNDER 7 BOYS

2016 / 2017 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
50M	Samuel Michie	9.72	50M	L Cornish	8.7	24/03/2000
70M	Samuel Michie	13.37	70M	Tim Bell	11.37	01/03/1993
100M	Samuel Michie	19.51	100M	J Moore	16.54	01/03/1990
200M	Samuel Michie	41.33	200M	R Hall	35.85	01/03/1998
500M (Pack)	Samuel Michie	2-05.66	500M (Pack)	R Hall	1-44.49	01/02/1988
Long Jump	Samuel Michie	2.95	Long Jump	T Buhagiar	3.32	28/01/2005
Shot Put	Samuel Michie	5.73	Shot Put	D Whitehead	7.3	01/02/1984
Discus	Samuel Michie	11.29	Discus	T Buhagiar	16.77	11/03/2005

### UNDER 8 GIRLS

2016 / 2017 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
70M	Taylah Sankey	12.56	70M	A Beauchamp	11.17	01/01/1991
100M	Isabella Nicolussi	18.43	100M	L Dunn	16.22	01/03/1987
200M	Taylah Sankey	38.61	200M	Kylie Coombes	36.50	05/03/1993
400M	Taylah Sankey	1-31.32	400M	A Murphy	1-22.33	07/02/1992
60M hurdles	Taylah Sankey	13.50	60M hurdles	C Hardwick	12.20	20/03/1998
Long Jump	Taylah Sankey	3.07	Long Jump	Leisel Collins	3.56	19/10/2012
Shot Put	Isabella Nicolussi	5.17	Shot Put	S Hudson	6.81	01/01/1990
Discus	Isabella Nicolussi	12.20	Discus	S Hudson	16.03	01/01/1990
(700M) Pack	Taylah Sankey	2-57.82	(700M) Pack	A Murphy	2-38.40	13/03/1992

### UNDER 8 BOYS

2016 / 2017 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
70M	Hugh Argent	11.16	70M	T McDonald	11.10	07/01/2000
100M	Baxter Best	16.52	100M	R Hall	15.78	01/03/1989
200M	Baxter Best	36.03	200M	R Hall	33.92	01/03/1989
400M	Fraser Blackwell	1-27.77	400M	R Hall	1-16.66	01/12/1988
60M hurdles	Fraser Blackwell	12.52	60M hurdles	Luke Donahue	11.40	05/12/1997
Long Jump	Baxter Best	3.47	Long Jump	Luke Podnar	3.69	10/03/2006
Shot Put	Baxter Best	6.54	Shot Put	N Coffey	9.72	01/11/1987
Discus	Fraser Blackwell	13.38	Discus	C Currie	22.92	31/12/1993
(700M) Pack	Baxter Best	2-47.91	(700M) Pack	R Hall	2-27.18	01/12/1988

### UNDER 9 GIRLS

2016 / 2017 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
70M	Alyssa Haremaker	11.78	70M	K Rowbotham	10.59	01/03/2002
100M	Heidi Ashdown	16.59	100M	Shellie Wilkes	15.30	26/03/1999
200M	Alyssa Haremaker	35.48	200M	Shellie Wilkes	32.70	26/03/1999
400M	Sophia Grey	1-20.59	400M	Emily Mullen	1-15.60	27/03/1998
800M	Sophia Grey	3-09.55	800M	Emily Mullen	2-52.7	27/03/1998
700M Walk	Eva Lynch	5-44.17	700M Walk	Samantha Tomlin	4-07.50	14/03/1997
60M hurdles	Elizabeth Rodham	11.84	60M hurdles	Shellie Wilkes	11.00	26/03/1999
Long Jump	Elizabeth Rodham	3.34	Long Jump	Sophie Pratt	3.71	04/12/2015
High Jump	Eva Lynch	1.00	High Jump	B Whitehead	1.15	01/12/1996
Shot Put	Abbigail Grimish	5.68	Shot Put	E Cansdale	7.35	15/03/2002
Discus	Abbigail Grimish	15.43	Discus	Emily Diaz	21.49	23/02/2007

### UNDER 9 BOYS

2016 / 2017 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
70M	Alex McCoombe-Lopez	11.82	70M	Luke Podnar	10.87	10/11/2006
100M	Alex McCoombe-Lopez	16.37	100M	J Ross & D Whitehead	14.61	01/01/1990
200M	Alex McCoombe-Lopez	34.84	200M	D Whitehead	31.70	01/03/1986
400M	Alex McCoombe-Lopez	1-17.51	400M	R Hall	1-12.04	01/10/1989
800M	Alex McCoombe-Lopez	2-56.47	800M	R Hall	2-41.79	01/03/1990
700M Walk	Luke Ramirez	5-44.02	700M Walk	D Booth	3-52.52	27/02/1997
60M hurdles	Oliver Szymanski	12.08	60M hurdles	Joshua Ross	10.09	01/11/1989
Long Jump	Oliver Szymanski	3.55	Long Jump	Trent Buhagiar	4.10	09/03/2007
High Jump	Oliver Szymanski	1.04	High Jump	R Hall, J Ross, D Booth	1.25	01/03/1990
Shot Put	Alex McCoombe-Lopez	5.40	Shot Put	J McMaster	10.23	08/11/1991
Discus	Luca Quitadamo	15.55	Discus	C Currie	25.74	24/02/1995

### UNDER 10 GIRLS

2016 / 2017 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
70M	Sophie Pratt	10.82	70M	Shellie Wilkes	10.70	17/03/2000
100M	Sophie Pratt	16.43	100M	J Peterson	14.56	01/02/1987
200M	Jessie Blackwell	32.06	200M	Shellie Wilkes	31.30	17/03/2000
400M	Jessie Blackwell	1-15.74	400M	Amanda Morris	1-11.20	13/02/1998
800M	Jessie Blackwell	2-51.43	800M	K Dent	2-46.40	01/02/1990
1500M	Jessie Blackwell	5-33.20	1500M	Jesse Blackwell	5-33.20	10/03/2017
1100M Walk			1100M Walk	Samantha Tomlin	6-02.50	13/03/1998
60M Hurdles	Sophie Pratt	12.58	60M Hurdles	J Peterson	10.62	01/02/1987
Long Jump	Sophie Pratt	3.89	Long Jump	Teigan Miller	4.17	10/03/2006
High Jump	Sophie Pratt	1.12	High Jump	Samantha Tomlin	1.22	07/11/1997
Shot Put	Laura Reeves	7.14	Shot Put	E Cansdale	8.22	03/01/2003
Discus	Laura Reeves	21.38	Discus	Laura Reeves	21.38	10/03/2017

### UNDER 10 BOYS

2016 / 2017 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
70M	Damian Storey	10.90	70M	Luke Donahue	10.30	24/03/2000
100M	William Connors	16.61	100M	D Whitehead	13.22	01/03/1987
200M	William Connors	35.22	200M	R Hall	30.40	01/02/1991
400M	Dylan Carroll	1-20.14	400M	R Hall	1-12.05	01/02/1991
800M	Dylan Carroll	3-11.88	800M	R Hall	2-43.08	01/03/1991
1500M	Dylan Carroll	6-18.00	1500M	M Taylor	5-29.11	01/02/1998
1100M Walk			1100M Walk	D Booth	6-14.00	27/03/1998
60M Hurdles	Marshall Dodsworth	11.71	60M Hurdles	P Haime	10.31	01/10/1986
Long Jump	Marshall Dodsworth	3.46	Long Jump	Trent Buhagiar	4.28	29/02/2008
High Jump	Mason Taylor	1.00	High Jump	D Whitehead	1.38	01/10/1986
Shot Put	Isaiah Dorrell	8.01	Shot Put	T Arnold	8.76	01/12/1985
Discus	Devon Oelofse	23.83	Discus	L Crutcher	32.80	01/02/1985

### UNDER 11 GIRLS

2016 / 2017 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M	Charlotte Rousell	15.79	100M	B Martin	14.07	01/03/1991
200M	Charlotte Rousell	33.75	200M	Shellie Wilkes	30.00	23/03/2001
400M	Charlotte Rousell	1:15.30	400M	Shellie Wilkes	1-06.50	23/03/2001
800M	Charlotte Rousell	2-49.12	800M	Emily Mullen	2-44.60	19/11/1999
1500M	Charlotte Rousell	5-47.16	1500M	Daisy Duguid	5-37.92	07/11/2014
1100M Walk	Charlotte Rousell	8-36.03	1100M Walk	Samantha Tomlin	6-07.10	30/10/1998
60M Hurdles	Charlotte Rousell	12.96	60M Hurdles	Hayley Oliver	10.62	31/12/1993
Long Jump	Charlotte Rousell	4.03	Long Jump	Amanda Thorpe	4.27	07/03/2003
High Jump	Charlotte Rousell	1.20	High Jump	Samantha Tomlin	1.33	05/03/1999
Triple Jump	Charlotte Rousell	7.50	Triple Jump	Amanda Thorpe	9.08	31/01/2003
Shot Put	Charlotte Rousell	6.78	Shot Put	V Lovie	8.86	05/11/1995
Discus	Charlotte Rousell	14.67	Discus	V Lovie	22.86	08/12/1995
Javelin	Charlotte Rousell	19.31	Javelin	Charlotte Rousell	19.31	24/02/2017

### UNDER 11 BOYS

2016 / 2017 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M	Tyrone Dorrell	14.87	100M	Joshua Ross	13.41	06/03/1992
200M	Tyrone Dorrell	31.62	200M	Luke Donahue	30.00	17/11/2000
400M	Tyrone Dorrell	1-07.75	400M	P McInerney	1-08.00	01/03/1990
800M	Henri Dehe	2-49.66	800M	R Hall	2-34.36	08/11/1991
1500M	Henri Dehe	5-46.76	1500M	J Stratton	5-26.2	23/03/2001
1100M Walk	Henri Dehe	7-57.93	1100M Walk	D Booth	6-11.7	02/10/1998
60M Hurdles	Bailey Sigsworth	11.42	60M Hurdles	Luke Donahue	10.30	23/03/2001
Long Jump	Tyrone Dorrell	4.33	Long Jump	Luke Podnar	4.92	06/02/2009
High Jump	Tyrone Dorrell	1.32	High Jump	D Whitehead	1.45	01/12/1987
Triple Jump	Tyrone Dorrell	8.40	Triple Jump	B Williame	9.14	28/11/2003
Shot Put	Tyrone Dorrell	10.00	Shot Put	B Rogers	10.18	11/02/2011
Discus	Tyrone Dorrell	23.28	Discus	D Whitehead	33.13	01/11/1987
Javelin	Zane Smith	21.56	Javelin	Zane Smith	21.56	11/11/2016

### UNDER 12 GIRLS

2016 / 2017 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M	Alexis Aldous	15.12	100M	Cassandra Webber	13.47	12/01/2007
200M	Heather Snape	31.43	200M	Cassandra Webber	28.70	09/03/2007
400M	Heather Snape	1-13.23	400M	Cassandra Webber	1-07.64	08/12/2006
800M	Alexis Aldous	2-49.08	800M	Megan Underhill	2-32.77	01/02/1989
1500M	Heather Snape	6-08.62	1500M	Megan Underhill	5-00.15	01/02/1989
1500M Walk	Ava Healey	11-48.12	1500M Walk	Samantha Tomlin	8-43.70	24/03/2000
60M Hurdles	Alexis Aldous	12.83	60M Hurdles	Tracy Shackleton	10.20	05/03/1993
Long Jump	Alexis Aldous	3.89	Long Jump	Amanda Thorpe	5.15	05/03/2004
High Jump	Heather Snape	1.28	High Jump	J Peterson	1.45	01/03/1989
Triple Jump	Leisel Collins	8.69	Triple Jump	Amanda Thorpe	10.35	05/03/2004
Shot Put	Alexis Aldous	7.81	Shot Put	A McMaster	10.48	24/01/1997
Javelin	Leisel Collins	23.38	Javelin	Leisel Collins	23.38	04/11/2016
Discus	Leisel Collins	17.65	Discus	E Cansdale	23.65	11/03/2005

### UNDER 12 BOYS

2016 / 2017 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M	Luka Szymanski	14.30	100M	Bradman Best	13.37	11/01/2013
200M	Luka Szymanski	29.79	200M	Bradman Best	28.05	02/11/2012
400M	Luka Szymanski	1-08.67	400M	R Hall	1-04.54	11/12/1992
800M	Oliver Ham	2-43.38	800M	M Barron	2-31.38	01/02/1987
1500M	Oliver Ham	5-25.93	1500M	R Hall	5-10.58	26/02/1993
1500M Walk	Oliver Ham	10-28.73	1500M Walk	R Ryan	8-56.31	15/02/2002
60M Hurdles	Luka Szymanski	11.73	60M Hurdles	Joshua Ross	9.43	05/03/1993
Long Jump	Luka Szymanski	4.58	Long Jump	B Williame	4.82	11/03/2005
High Jump	Luka Szymanski	1.39	High Jump	D Whitehead	1.51	01/02/1989
Triple Jump	Luka Szymanski	8.33	Triple Jump	B Williame	10.22	15/10/2004
Shot Put	Noah French	7.19	Shot Put	A Lovie	10.66	01/01/1991
Javelin	Logan Radford	17.72	Javelin	Cameron Steer	25.35	30/01/2015
Discus	Kieran Diamond	16.81	Discus	B Lovie	34.48	01/03/1989



## UNDER 13 GIRLS

2016 / 2017 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M	Amber Mangan	15.29	100M	Hayley Oliver	13.10	02/10/1995
200M	Isabella Dodsworth	32.95	200M	Kylie Wildman	27.80	26/03/1999
400M	Daisy Duguid	1-15.78	400M	Katherine Peksis	1-02.60	07/03/1997
800M	Daisy Duguid	2-46.97	800M	Katherine Peksis	2-27.55	01/11/1996
1500M	Daisy Duguid	5-42.33	1500M	Megan Underhill	4-55.34	01/11/1989
3000M	Daisy Duguid	11-45.05	3000M	Daisy Duguid	11-45.05	11/11/2016
1500M Walk			1500M Walk	K Hall	8-00.01	01/12/1988
80M H	Amber Mangan	18.83	80M H	Kylie Wildman	13.50	26/03/1999
200M H	Isabella Dodsworth	37.76	200M H	Kylie Wildman	29.90	26/03/1999
Long Jump	Amber Mangan	4.34	Long Jump	Amanda Thorpe	4.95	04/03/2005
High Jump	Amber Mangan	1.27	High Jump	Tahnee Ball	1.54	26/02/2016
Triple Jump	Daisy Duguid	7.77	Triple Jump	Amanda Thorpe	10.61	12/11/2004
Shot Put	Yuki Roden	5.46	Shot Put	D Searston	9.36	03/02/1995
Discus	Ciara Porter	14.70	Discus	Elise Cansdale	31.63	10/03/2006
Javelin	Libby Green	15.28	Javelin	Susan Sobczak	26.18	26/02/1999
60M Run	Daisy Duguid	9.23	60M Run	Cassandra Webber	8.16	21/12/2007

## UNDER 13 BOYS

2016 / 2017 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M	Thomas Rodham	13.95	100M	Chris Marshall	12.22	01/02/1987
200M	Ryan Brown	27.67	200M	Cameron Steer	26.49	27/11/2015
400M	Thomas Rodham	1-08.20	400M	Chris Marshall	1-01.66	01/12/1986
800M	Thomas Rodham	2-45.35	800M	N Tiko	2-27.04	07/03/2003
1500M	James Breakwell	5-42.55	1500M	Chris Marshall	4-55.94	01/12/1986
3000M	Ryan Brown	12-22.18	3000M	J Stratton	10-29.82	07/03/2003
1500M Walk			1500M Walk	David Mainwaring	7-55.97	28/02/2003
80M Hurdles	Thomas Rodham	15.00	80M Hurdles	Chris Wood	13.30	27/03/1998
200M H	Thomas Rodham	32.16	200M H	Cameron Steer	29.19	19/02/2016
Long Jump	Thomas Rodham	4.29	Long Jump	Cameron Steer	5.30	19/02/2016
High Jump	Thomas Rodham	1.52	High Jump	D Whitehead	1.60	01/12/1989
Triple Jump	Ryan Brown	9.12	Triple Jump	Luke Donahue	10.45	06/12/2002
Shot Put	Thomas Rodham	9.64	Shot Put	A Lovie	13.03	20/03/1992
Discus	Ryan Brown	25.36	Discus	Aaron Hamstra	35.80	13/03/1998
Javelin	Ryan Brown	29.75	Javelin	Aaron Hamstra	32.35	06/03/1998
60M Run			60M Run	Luke Donahue	8.10	20/02/2003

## UNDER 14 GIRLS

2016 / 2017 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M	Tahnee Ball	14.34	100M	Hayley Oliver	13.20	08/11/1996
200M	Tahnee Ball	29.79	200M	K Shackleton	27.60	27/02/1998
400M	Shannon Spencer	1-11.16	400M	Katherine Peksis	1-02.50	06/02/1998
800M	Shannon Spencer	3-05.33	800M	Katherine Peksis	2-29.00	27/02/1998
1500M	Tahnee Ball	6-28.96	1500M	Megan Underhill	5-03.45	01/03/1991
3000M	Shannon Spencer	14-22.91	3000M	Kyla Tucker	12-12.98	04/03/2016
1500M Walk			1500M Walk	K Hall	8-14.82	01/01/1990
80M Hurdles	Tahnee Ball	15.34	80M Hurdles	Kylie Wildman	13.10	03/12/1999
200M H	Tahnee Ball	34.91	200M H	Kylie Wildman	31.40	11/02/2000
Long Jump	Tahnee Ball	4.22	Long Jump	Shellie Wilkes	5.10	24/10/2003
High Jump	Tahnee Ball	1.55	High Jump	Tara Shackleton	1.62	03/03/1995
Triple Jump	Tahnee Ball	9.27	Triple Jump	Amanda Thorpe	10.69	18/11/2005
Shot Put	Tahnee Ball	6.95	Shot Put	D Searston	9.64	20/10/1995
Discus	Tahnee Ball	15.95	Discus	C Edwards	24.77	16/02/2001
Javelin	Tahnee Ball	18.90	Javelin	Susan Sobczak	21.66	17/03/2000
60M Run			60M Run	Jenna Chapman	8.40	23/11/2007

## UNDER 14 BOYS

2016 / 2017 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M	Cameron Steer	12.39	100M	T Edwards	12.15	01/10/1989
200M	Cameron Steer	25.41	200M	P Steel	24.96	18/10/2002
400M	Tom Herbert	1-02.67	400M	C Marshall, A Hamstra	59.80	01/02/1998
800M	Tom Herbert	2-29.00	800M	Dylan Buhagiar	2-28.85	14/03/2008
1500M	Tom Herbert	4-53.27	1500M	Tom Herbert	4-53.27	10/03/17
3000M	Tom Herbert	10-40.66	3000M	J Stratton	10-22.26	26/03/2004
1500M Walk			1500M Walk	D Mainwaring	7-28.86	28/11/2003
90M Hurdles	Cameron Steer	14.52	90M Hurdles	C Wood	13.50	30/10/1998
200M H	Cameron Steer	28.90	200M H	Aaron Hamstra	27.50	27/11/1998
Long Jump	Cameron Steer	5.70	Long Jump	Cameron Steer	5.70	03/02/2017
High Jump	Harry Grimes	1.60	High Jump	D Manuelle	1.75	28/02/2003
Triple Jump	Cameron Steer	10.89	Triple Jump	Luke Donahue	11.19	30/01/2004
Shot Put	Cameron Steer	11.46	Shot Put	Aaron Hamstra	12.93	26/03/1999
Discus	Aaron Antonio	24.67	Discus	Aaron Hamstra	49.26	26/03/1999
Javelin	Cameron Steer	29.58	Javelin	Aaron Hamstra	47.50	12/03/1999
60M Run			60M Run	Kevin Moore	7.83	26/09/2003

## UNDER 15 GIRLS

2016 / 2017 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M	Alina Watson	14.06	100M	D Taylor, D Edwards, K Shackleton	13.20	01/10/1988
200M	Micheila Botha	31.11	200M	Kara Shackleton	26.60	26/03/1999
400M	Kyla Tucker	1-12.84	400M	Katherine Peksis	1-08.80	27/11/1998
800M	Kyla Tucker	2-53.68	800M	Katherine Peksis	2-26.70	05/03/1999
1500M	Kyla Tucker	5-51.52	1500M	Katherine Peksis	5-34.40	13/11/1998
3000M	Kyla Tucker	12-41.08	3000M	Katherine Peksis	11-47.90	13/11/1998
1500M Walk	Kyla Tucker	12-24.25	1500M Walk	Sarah Walkley	8-13.80	27/02/1998
90M Hurdles	Kyla Tucker	18.27	90M Hurdles	Jessica Morrell	14.50	26/03/1999
200M H	Micheila Botha	35.17	200M H	Shellie Wilkes	30.83	08/10/2004
300M H	Kyla Tucker	54.34	300M H	Kyla Tucker	54.34	18/11/2016
Long Jump	Alina Watson	4.09	Long Jump	Samantha Tomlin	5.08	14/03/2003
High Jump	Alina Watson	1.40	High Jump	Tara Shackleton	1.66	05/01/1996
Triple Jump	Kyla Tucker	8.16	Triple Jump	Samantha Tomlin	9.69	06/12/2002
Shot Put	Alina Watson	6.92	Shot Put	Susan Sobczak	10.11	23/03/2001
Discus	Micheila Botha	18.29	Discus	Amanda Bartrim	26.60	10/03/2006
Javelin	Micheila Botha	19.40	Javelin	Susan Sobczak	28.07	23/03/2001
60M Run			60M Run	Mikayla Sonter	8.32	08/02/2013

## UNDER 15 BOYS

2016 / 2017 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M	Luke Brown / Jackson Quinell	11.93	100M	T Edwards	11.83	01/02/1991
200M	Luke Brown	25.75	200M	Aaron Hamstra	25.50	24/10/1999
400M	Luke Brown	1-01.26	400M	C Marshall	55.86	01/03/1989
800M	Lachlan Rousell	2-23.00	800M	C Marshall	2-20.65	01/01/1989
1500M	Lachlan Rousell	5-01.51	1500M	J Stratton	4-47.59	26/11/2004
3000M	Lachlan Rousell	10-50.82	3000M	J Stratton	10-26.37	19/11/2004
1500M Walk	Luke Brown	11-28.75	1500M Walk	Cameron Bruce	8-24.58	03/03/2006
100m H	Luke Brown	16.29	100m H	C Wood	14.80	08/10/1999
200M H	Luke Brown	29.74	200M H	Aaron Hamstra	28.00	29/10/1999
300M H	Luke Brown	45.70	300M H	Luke Brown	45.70	18/11/2016
Long Jump	Jackson Quinell	4.89	Long Jump	Robert Cross	5.90	14/03/2008
High Jump	Oliver Rimmer	1.53	High Jump	D Manuelle	1.70	09/12/2003
Triple Jump	Jackson Quinell	10.55	Triple Jump	Luke Donahue	11.80	18/02/2005
Shot Put	Nicholas Dufficy	10.21	Shot Put	Aaron Hamstra	14.62	24/03/2000
Discus	Nicholas Dufficy	24.35	Discus	Aaron Hamstra	54.79	15/03/2000
Javelin	Nicholas Dufficy	27.50	Javelin	Aaron Hamstra	55.91	04/02/2000
60M Run			60M Run	Robert Cross	7.87	14/03/2008

## UNDER 16 GIRLS

2016 / 2017 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M	Abigail Grimes	13.91	100M	Mikayla Sonter	13.77	17/01/2014
200M	Abigail Grimes	29.37	200M	Mikayla Sonter	28.96	14/02/2014
400M	Abigail Grimes	1-09.30	400M	Mikayla Sonter	1-05.26	07/02/2014
800M	Abigail Grimes	2-56.64	800M	Georgia Gordon	2-55.22	06/12/2013
1500M	Abigail Grimes	6-03.11	1500M	Abigail Grimes	6-03.11	07/10/2016
3000M	Abigail Grimes	12-38.81	3000M	Abigail Grimes	12-38.81	21/10/2016
1500M Walk	Abigail Grimes		1500M Walk			
100M H	Abigail Grimes	27.48	100M H	Mikayla Sonter	18.28	07/02/2014
200M H	Abigail Grimes	39.51	200M H	Mikayla Sonter	32.23	11/10/2013
Long Jump	Abigail Grimes	4.62	Long Jump	Mikayla Sonter	4.69	14/02/2014
High Jump	Abigail Grimes	1.50	High Jump	Abigail Grimes	1.50	24/02/2017
Triple Jump	Abigail Grimes	9.91	Triple Jump	Abigail Grimes	9.91	18/11/2016
Shot Put	Abigail Grimes	7.30	Shot Put	Maddison Langman	8.86	26/02/2016
Discus	Abigail Grimes	20.11	Discus	Rochelle Martin	26.87	19/03/2010
Javelin	Jessica Johnston Paterson	17.01	Javelin	Maddison Langman	28.94	18/12/2015
60M Run			60M Run	Kiara Kelly	8.50	27/11/2015

## UNDER 16 BOYS

2016 / 2017 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M	n/a		100M	Robert Cross	12.71	10/10/2008
200M			200M	Mathew Isok	26.95	16/11/2007
400M			400M	Mathew Isok	1-00.99	16/11/2007
800M			800M	Mathew Isok	2-21.39	11/01/2008
1500M			1500M	Luke Martin	11-03.88	01/01/2010
3000M			3000M	Mathew Isok	13-00.45	23/11/2007
1500M Walk			1500M Walk			
100 H			100 H	Mathew Isok	20.63	25/01/2008
200M H			200M H	Mathew Isok	30.06	19/10/2007
Long Jump			Long Jump	Robert Cross	5.90	30/01/2009
High Jump			High Jump	Robert Cross	1.80	30/01/2009
Triple Jump			Triple Jump	Luke Martin	9.45	15/01/2010
Shot Put			Shot Put	Jesse Quinell	11.17	01/11/2013
Discus			Discus	Luke Martin	27.10	05/02/2010
Javelin			Javelin	Robert Cross	27.40	07/11/2008
60M Run			60M Run	Mathew Isok	7.97	14/03/2008

### UNDER 17 GIRLS

2016 / 2017 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M	Caitlin Allen	15.84	100M	Mikayla Sonter	12.76	24/10/2014
200M	Maddison Langman	34.54	200M	Mikayla Sonter	28.19	27/02/2015
400M	Maddison Langman	1-24.80	400M	Mikayla Sonter	1-10.28	20/02/2015
800M	Caitlin Allen	3-30.50	800M	Mikayla Sonter	3-20.21	16/01/2015
1500M	Caitlin Allen	7-41.20	1500M	Caitlin Allen	7-41.20	07/10/2016
3000M	Caitlin Allen	16-45.40	3000M	Caitlin Allen	16-45.40	24/02/2017
1500M Walk	Caitlin Allen		1500M Walk			
100 H	Caitlin Allen	21.54	100 H	Mikayla Sonter	17.97	24/10/14
200M H	Caitlin Allen	39.64	200M H	Mikayla Sonter	32.51	20/02/2015
Long Jump	Caitlin Allen	3.90	Long Jump	Mikayla Sonter	4.80	27/02/2015
High Jump	Maddison Langman	1.41	High Jump	Maddison Langman	1.41	02/12/2016
Triple Jump	Caitlin Allen	8.23	Triple Jump	Mikayla Sonter	9.38	20/02/2015
Shot Put	Maddison Langman	10.14	Shot Put	Rochelle Martin	11.00	14/01/2011
Discus	Caitlin Allen	19.55	Discus	Rochelle Martin	27.80	21/01/2011
Javelin	Maddison Langman	25.45	Javelin	Rochelle Martin	29.50	28/01/2011
60M Run			60M Run	Mikayla Sonter	8.86	30/01/2015

### UNDER 17 BOYS

2016 / 2017 CENTRE EVENT RESULTS			CENTRE EVENT RECORDS			
EVENT	NAME	RESULT	EVENT	NAME	RESULT	DATE ACHIEVED
100M	n/a		100M	Michael Pain	12.69	08/02/2013
200M			200M	Michael Pain	26.62	02/11/2012
400M			400M	Michael Pain	1-05.46	09/11/2012
800M			800M	Michael Pain	2-32.01	02/11/2012
1500M			1500M	Michael Pain	5-47.42	15/02/2013
3000M			3000M			
1500M Walk			1500M Walk			
100 H			100 H	Luke Martin	18.27	04/10/2010
200M H			200M H	Michael Pain	30.25	19/10/2012
Long Jump			Long Jump	Michael Pain	5.06	08/03/2013
High Jump			High Jump	Blayden Butler	1.54	01/11/2013
Triple Jump			Triple Jump	Blayden Butler	9.94	01/11/2013
Shot Put			Shot Put	Luke Martin	11.69	14/01/2011
Discus			Discus	Luke Martin	34.14	11/02/2011
Javelin			Javelin	Luke Martin	35.18	14/01/2011
60M Run			60M Run	Michael Pain	7.96	08/02/2013

## Club Rules and Regulations

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

1. Spiked shoes can only be worn from **Under 11's** up, and should only be worn at the actual start of an event (track or field). Upon completion of that event PLEASE REMOVE the spiked shoes and wear joggers or other non-spiked shoes.

Wearers of spiked shoes should remain alert to the presence of other competitors or spectators who may be sitting or standing in their vicinity. Athletes can wear spikes for all track events and on the following field events: Long Jump, High Jump and Triple Jump.

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

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

For track events 7mm synthetic track spikes are used. For starting blocks: 10mm spikes are allowed, Field events 9mm spikes.

2. Athletes from Under 11 up are permitted to use starting blocks in the following events:- 70m, 100m, 200m, 400m, Hurdles and Relays (the first leg-runner only) (Starting blocks are of course optional equipment for athletes).
3. Shoes must be worn at all times at Mc Evoy Oval.
4. No field event implements (shot put, discus) should be handled by anyone except a competitor in the circle about to compete. While waiting for your turn, do not handle any equipment in the bucket which will be under the supervision of your team manager.

Anyone assisting with the placement of position markers for throwing events should ensure that they have their eyes on the competitor at all times until the throw is executed.

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



## 2017/2018 Season Dates

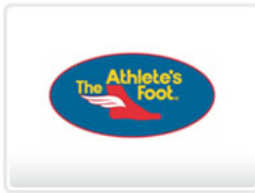
Friday 6 October 2017	1st Competition Night
Friday 13 October 2017	Competition Night
Friday 20 October 2017	Competition Night
Friday 27 October 2017	Competition Night (Zone Entries due)
Friday 3 November 2017	Competition Night
Friday 10 November 2017	Competition Night
Friday 17 November 2017	Competition Night
Friday 24 November 2017	<b>NO CLUB COMPETITION</b>
<i>Friday 24 November 2017</i>	<i>Central Coast Zone Carnival Mingara</i>
<i>Saturday 25 November 2017</i>	<i>Central Coast Zone Carnival Mingara</i>
<i>Sunday 26 November 2017</i>	<i>Central Coast Zone Carnival Mingara</i>
Friday 1 December 2017	Competition Night
Friday 8 December 2017	Competition Night
Friday 15 December 2017	Last competition Night for 2017
Friday 12 January 2018	Club Pentathlon
Friday 19 January 2018	Competition Night
Friday 26 January 2018	<b>NO CLUB COMPETITION</b>
Friday 2 February 2018	Competition Night
Friday 9 February 2018	Competition Night
Friday 16 February 2018	Competition Night
Friday 23 February 2018	<b>NO CLUB COMPETITION</b>
<i>Friday 23 February 2018</i>	<i>Regional Carnival - Mingara</i>
<i>Saturday 24 February 2018</i>	<i>Regional Carnival - Mingara</i>
<i>Sunday 25 February 2018</i>	<i>Regional Carnival - Mingara</i>
Friday 2 March 2018	Competition Night
Friday 9 March 2018	Competition Night
Friday 16 March 2018	Final Competition Night
<i>Friday 23 March 2018</i>	<i>State Championships – Homebush</i>
<i>Saturday 24 March 2018</i>	<i>State Championships - Homebush</i>
<i>Sunday 25 March 2018</i>	<i>State Championships - Homebush</i>
Date TBA	Club Presentation



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