

# YEAR BOOK 2009/2010



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**IGA Ettalong**



Major sponsor 2010/2011:



Ettalong Beach  
**Community Bank®** Branch



WOY WOY PENINSULA LITTLE ATHLETICS - PO Box 481, WOY WOY NSW 2256  
[www.woywoyplac.org](http://www.woywoyplac.org)

**COMMITTEE MEMBERS 2010/2011 SEASON**

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**Positions Vacant:**

**Officer for Catering (Canteen/Barbeque)**

**Officer for Championships and Special Events**

**Centre Representative**

**Officer for Organisation of Officials**

**Officer for Publicity**

**\*\*Don't hesitate to see a committee member if you are interested in one of the above vacant positions, or helping out in any way – great for building employment skills and for your resume.**



## Woy Woy Peninsula Little Athletics Centre

Woy Woy Peninsula Little Athletic Centre welcomes you to the 2010/2011 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 at McEvoy Oval, Umina in the 1986/1987 season, its current home apart from brief relocations to Ettalong Oval during oval refurbishment.

In 2009/2010, we were most grateful to IGA at Ettalong who kindly donated \$1000 to kick-start our canteen fund and we would like to thank all the staff for their excellent service and support over the season.

In 2010/2011 we warmly welcome Ettalong Beach Community Bank Branch of Bendigo Bank as a major sponsor, 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 Athletic's 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 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 to the bottom half.

All members should compete in approved club uniform. All uniforms can be ordered from the Uniform Officer on a Friday night. The Centre does hold a stock of uniforms on hand but on occasions we need to order uniforms from our supplier, which 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.**

### *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. If an athlete consistently does not wear their numbers then no points will be allocated on the night.

### ***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.

### ***Uniform Combinations***

#### **BOYS**

Singlet and Shorts

#### **GIRLS**

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.

### **Meetings**

Club meetings are currently held on the 3rd Monday every month at 7.30pm at Ettalong Bowling Club. Any change to this time and venue will be published in the newsletter during the season or on the web site. The committee meets on a regular basis. 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 contact area [www.woywoyplac.org](http://www.woywoyplac.org).

### **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 you can ask a committee member (a parent in fluoro vest) who will do their best to help you.

### **Coaching**

Training by 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 and is joined this season by two new LAA NSW accredited coaches:

Amy L'Anson – Basic Events – U'6s, U'7s, U8's, all events in these age groups.

Mark Wilson – Basic Events - all ages and including field events and high jump.

Summer training will soon begin on Tuesdays and Thursdays from 5pm and 6pm onwards at McEvoy Oval, McEvoy Avenue, Umina. Please contact Bob Walkley on 0407 249 881 for details.

### **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 usually wait until 6.00pm to make a decision before postponing or cancelling after rain (or severe weather) unless it is forecast as prolonged and then we will advise 2GO, advise by email and update our web site [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 10, 11 and 12 December 2010 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 **29 October 2010** as entries close early November. We are only permitted 4 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)

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 Region.

### **Results from 2009/2010 Zone Championships are:**

#### **Boys:**

**U8's** – L Rousell 2. 70m 13.2, 7. 100m 18.3 (17.8h), 3. 200m 37.7, 3. 400m 1-33.3; K Sliman 8. 100m 21.6 (21.2h), 9. LJ 1.88, 4. SP 4.28; **U9's** – B Best 2. LJ 3.55, 1. 100m 14.8, 1. 70m 10.7, 1 200m 32.3; Z Fulton 6 LJ 3.05, 4. SP 5.49, 1. 60mH 12.0, 7. 70m 12.3(12.1h); **U10's** – H Braddish 3. HJ 1.10, 1. LJ 3.79, 3. 100m 14.4 (14.3h), 5. 200m 30.4; B Rogers 7. 1500m 6-33.4, h5. 200m 36.2, 8. 60mH 13.3, 1. SP 5.48; **U11's** – M Sorgese 5. TJ 7.26, 11. LJ 3.11, 5. SP 7.87, 6. Discus 16.57; H Vaughan 10 HJ 1.05, 8. 800m 3-18.9; **U12's** – J Sliman 6. 400m 1-24.1, 4. LJ 3.65, 2. HJ 1.21, 4. 100m 14.4; **U14's** – M Pain 5. 200m 29.1, 2. HJ 1.30, 4. 800m 2-42.3; **U17's** – L Martin 1. SP 7.00, 4. HJ 1.40, 2. Javelin 27.81, 5. TJ 8.81, 4. LJ 4.65, 1. Discus 20.66.

Junior Boys Relay: 4 x 100m, 4<sup>th</sup> place 1-04.5

Senior Boys Relay (combined with Wyong): 4 x 100 3<sup>rd</sup> 59.0.

#### **Girls:**

**U9's** – K Bloomfield 7. LJ 2.80, 6. SP 3.47, 2. Discus 8.23, 6. 200m 39.3; **U10's** - M Johnson 1. HJ 1.05, 4h 200m 38.2, 5. 400m 1.28.5 (1-23.8h), 5. 800m 3-26.3; K Kelly 4. 100m 15.6, 3. 33.4, h2 400m 1-19.1; **U11's** – A Richmond-Yunn 6 1500m 6-36.1, h5 400m 1-24.5, h5 60m 14.1. **U12's** – G Gordon 6. 1500m 6-19.3, 3. TJ 8.29, M Pain 6. 100m 15.0 (14.8h), 7. Discus 12.78, 5. 200m 32.4, J Ross 7. SP 5.43, 8. 200m 33.3, 8. 800m 2-59.0, M Vaughan 7. 200m 33.0, 6. SP 5.81; **U15's** – M Clune 3. SP 6.97, 4. LJ 3.85, 6. 200m 31.3, 7. 100m 14.2; **U17's** – R Martin 3. Javelin 14.45, 4. LJ 2.87, 6. Discus 17.25, 3. SP 6.25.

Junior Girls Relay: 4 x 100m 3rd 1-09.6

Senior Girls Relay: 4 x 100m 5<sup>th</sup> 1-02.0.

## **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 2009/2010 our athletes performed very well at the Regional Championships and should be proud of their achievements. Well done and congratulations to:

Lachlan Rousell, Kane Sliman, Bradman Best, Zac Fulton, Harry Braddish, Benjamin Rogers, Jye Sliman, Michael Pain, Luke Martin, Kate Bloomfield, Mae Johnson, Kiara Kelly, Georgia Gordon, Mikahli Clune and Rochelle Martin.

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

In the 2009/2010 season Bradman Best, U9 Boys, represented Woy Woy Peninsula in both the 200m and 70m state finals, coming 2<sup>nd</sup> in the 70m with a time of 10.35s. This is a wonderful achievement.

## **NSW State Cross Country Championships**

Lachlan Rousell in the U8 Boys competed in the State Little Athletics Cross Country Championships at Tuncurry in July 2010 (open to all athletes) and came 21<sup>st</sup> out of 33 athletes which is a very solid effort.

## **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 2011), 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 2009/2010 season every athlete received an engraved medal with their point score.



## 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*

<b>Season</b>	<b>Boy</b>	<b>Girl</b>
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		
2007-2008	No award winner	No award winner
2008-2009	No award winner	No award winner

### 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		Danielle Ross
2007-2008	Riley Shipton	Neve Parsons
2008-2009	Benjamin Rogers	Kayla Sutherland

### **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.

### **Event Award Points**

One point is awarded for each event an athlete competes in on Friday nights. This accumulates from season to season.

Ribbons are awarded for the following points. 50, 100, 150, 200, 300 etc.

### **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>Season</b>	<b>Boy</b>	<b>Girl</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		
2007-2008	Jacob Smith	-
2008-2009	-	Jessamy King

**CLUB AWARDS FOR 2009/2010 ATHLETIC SEASON**

***The Eunice Harris Memorial Award***

**Girl - Mikahli Clune (U15)**

***Keith Wilmot Improved Personal  
Performance Award***

**Girl – Sophie Williamson (U8)  
Boy – Kane Sliman (U8)**

***ATB Highest Point Score Award***

**Boy – Luke Martin (U16)  
Boy – Michael Pain (U14)**

***Ron Finlayson U/12 Encouragement  
Award***

**Girl – Danielle Ross (U12)**

***EVENT AWARD POINTS***

**50 Event Points**

George l'Anson-Hancock	Kane Sliman	Bradman Best	Lachlan McCarthy
Ryan Brown	Jay Robertson	Sean Crocker	Lachlan Russell
Liam McIntyre	Bradley Beever	Zoe Williamson	Tallara Sonter
Callan Haira	Kloe Bible	Emma Ashton	Jessica Biddulph
Lachlan Rousell	Emma Crocker	Lobelia Laycock	Abbey Johnson
Garren McCarthy	Kiara Kelly	Tayla Bruce	Melissa Wilding
Luke Brown	Shailee Robertson	Georgia Gordon	Mikayla Sonter
Megan Ashton	Emily Clune		

**100 Event Points**

Jack Wilson  
Thomas Wilson  
Zac Fulton  
Jasmine Duxbury  
Mae Johnson

Angus Chippindale  
Tom Vaughan  
Harry Braddish  
Amara Pilson  
Lily Reilly

Lachlan Russell  
Kane Sliman  
Jayden Bauert-Simon  
Emily Yannis  
Emily Clune

Tyrone Green  
Coby Bauert-Simon  
Jye Sliman  
Aline Watson

**150 Event Points**

Joshua Wadeson  
Amelia Williamson

Aspen Henderson  
Alyce Green

Kyla Tucker  
Maddie Vaughan

Sophie Williamson

**200 Event Points**

Isobel Lambeth

Daniel Ross

**300 Event Points**

James Bishop

Mimosa Henderson

**400 Event Points**

Benjamin Rogers

Jaclyn Ross

Mikahli Clune

**500 Event Points**

William Bishop

Michael Pain

Melinda Pain

Chelsea Pilson

**1000 Event Points**

Rochelle Martin

**1100 Event Points**

Luke Martin

## *Age Champions*

### Girls

**Under 6**      1<sup>st</sup> Zali Fulton  
                  2<sup>nd</sup> Kloe Bible  
                  3<sup>rd</sup> Zoe Williamson

**Encouragement** - Maia Darwin

**Under 7**      1<sup>st</sup> Emma Ashton  
                  2<sup>nd</sup> Amara Pilson  
                  3<sup>rd</sup> Jasmine Duxbury

**Encouragement** – Imogen Reilly

**Under 8**      1<sup>st</sup> Emily Yannis  
                  2<sup>nd</sup> Alina Watson  
                  3<sup>rd</sup> Kyla Tucker

**Encouragement** – Jessica Biddulph

**Under 9**      1<sup>st</sup> Emma Crocker  
                  2<sup>nd</sup> Macy Watson  
                  3<sup>rd</sup> Tabitha Hawes

**Under 10**    1<sup>st</sup> Mimosa Henderson  
                  2<sup>nd</sup> Kiara Kelly  
                  3<sup>rd</sup> Amelia Williamson

**Encouragement** – Lobelia Laycock

**Under 11**    1<sup>st</sup> Tayla Bruce  
                  2<sup>nd</sup> Alyce Green  
                  3<sup>rd</sup> Lily Reilly

**Encouragement** – Melissa Wilding,

**Under 12**    1<sup>st</sup> Megan Ashton  
                  2<sup>nd</sup> Georgia Gordon  
                  3<sup>rd</sup> Chelsea Pilson

**Encouragement** – Mikayla Sonter

**Under 13**

**Under 14**

**Under 15**    1<sup>st</sup> Mikahli Clune

**Under 16**    1<sup>st</sup> Emily Clune  
                  2<sup>nd</sup> Rochelle Martin

### Boys

**Under 6**      1<sup>st</sup> Ryan Brown  
                  2<sup>nd</sup> George L'Anson-Hancock  
                  3<sup>rd</sup> Jacobie Hoare-Hughes

**Encouragement** – Max Lindhardt-Ward

**Under 7**      1<sup>st</sup> Tyrone Green  
                  2<sup>nd</sup> Liam McIntyre  
                  3<sup>rd</sup> Lachlan Russell

**Encouragement** – Callan Haira

**Under 8**      1<sup>st</sup> Lachlan Rousell  
                  2<sup>nd</sup> Thomas Wilson  
                  equal 3<sup>rd</sup> Luke Brown, Joshua Wadeson

**Encouragement** – Kai Darwin

**Under 9**      1<sup>st</sup> Coby Bauert-Simon  
                  2<sup>nd</sup> Zac Fulton  
                  3<sup>rd</sup> Bradman Best

**Encouragement** – Ryan Blackett

**Under 10**    1<sup>st</sup> Benjamin Rogers  
                  2<sup>nd</sup> Harry Braddish  
                  3<sup>rd</sup> James Bishop

**Encouragement** – Jay Robertson

**Under 11**    1<sup>st</sup> Jayden Bauert-Simon  
                  2<sup>nd</sup> Lachlan Russell  
                  3<sup>rd</sup> Harry Vaughan

**Encouragement** – Sean Crocker

**Under 12**    1<sup>st</sup> Jye Sliman  
                  2<sup>nd</sup> William Bishop  
                  3<sup>rd</sup> Jayden Kirk-Ferguson

**Encouragement** – Lewis Laycock

**Under 13**    1<sup>st</sup> Matthew Witchard

**Under 14**    1<sup>st</sup> Michael Pain

**Under 15**

**Under 16**    1<sup>st</sup> Luke Martin

**Five year Continuous Membership Award Medals**

- ❖ Benjamin Rogers
- ❖ James Bishop
- ❖ Mimosa Henderson
- ❖ Danielle Witchard
- ❖ Matthew Witchard
- ❖ Mikahli Clune

**Ten year Continuous Membership Award Medals**

- ❖ Nil

**100% Attendance Awards**

- |                       |                     |
|-----------------------|---------------------|
| ❖ Rochelle Martin     | ❖ Coby Bauert-Simon |
| ❖ Luke Martin         | ❖ Emma Ashton       |
| ❖ Benjamin Rogers     | ❖ Mikahli Clune     |
| ❖ Jayden Bauert-Simon | ❖ Emily Clune       |

## Woy Woy Peninsula Little Athletics Club Pentathlon Results

Our Club Pentathlon was held on 8 January 2010. Congratulations to everyone that competed on the night. The following is a list of the top 3 Places in each group.

### Girls

<b>Under 6</b>	<b>Points</b>
1 <sup>st</sup> Zali Fulton	2129
2 <sup>nd</sup> Kloe Bible	1969
3 <sup>rd</sup> Zoe Williamson	1771

<b>Under 7</b>	<b>Points</b>
1 <sup>st</sup> Emma Ashton	2146
2 <sup>nd</sup> Blayze Keller	2104
3 <sup>rd</sup> Amara Pilson	1967

<b>Under 8</b>	<b>Points</b>
1 <sup>st</sup> Emily Yannis	2325
2 <sup>nd</sup> Alina Watson	2292
3 <sup>rd</sup> Kyla Tucker	2191

<b>Under 9</b>	<b>Points</b>
1 <sup>st</sup> Emma Crocker	1816
2 <sup>nd</sup> Tabitha Hawes	1517

<b>Under 10</b>	<b>Points</b>
1 <sup>st</sup> Kiara Kelly	3137
2 <sup>nd</sup> Mimosa Henderson	3014
3 <sup>rd</sup> Amelia Williamson	2309

<b>Under 11</b>	<b>Points</b>
1 <sup>st</sup> Amber Richmond-Yunn	2675
2 <sup>nd</sup> Alyce Green	2224

<b>Under 12</b>	<b>Points</b>
1 <sup>st</sup> Megan Ashton	3029
2 <sup>nd</sup> Chelsea Pilson	2965
3 <sup>rd</sup> Mikayla Sonter	2929

<b>Under 13</b>	<b>Points</b>

<b>Under 14</b>	<b>Points</b>

<b>Under 15</b>	<b>Points</b>
1 <sup>st</sup> Mikahli Clune	2646

<b>Under 16*</b>	<b>Points</b>
1 <sup>st</sup> Emily Clune	1839
2 <sup>nd</sup> Rochelle Martin	1283

### Boys

<b>Under 6</b>	<b>Points</b>
1 <sup>st</sup> Ryan Brown	896
2 <sup>nd</sup> George L'anson-Hancock	1618

<b>Under 7</b>	<b>Points</b>
1 <sup>st</sup> Tyrone Green	2583
2 <sup>nd</sup> Liam McIntyre	2128
3 <sup>rd</sup> Lachlan Russell	2090

<b>Under 8</b>	<b>Points</b>
1 <sup>st</sup> Lachlan Rousell	2563
2 <sup>nd</sup> Joshua Wadeson	2080
3 <sup>rd</sup> Thomas Wilson	2017

<b>Under 9</b>	<b>Points</b>
1 <sup>st</sup> Zac Fulton	2845
2 <sup>nd</sup> Coby Bauert-Simon	2799

<b>Under 10</b>	<b>Points</b>
1 <sup>st</sup> Benjamin Rogers	2994
2 <sup>nd</sup> James Bishop	2840
3 <sup>rd</sup> Lachlan McCarthy	1998

<b>Under 11</b>	<b>Points</b>
1 <sup>st</sup> Lachlan Russell	3150
2 <sup>nd</sup> Jayden Bauert-Simon	3100
3 <sup>rd</sup> Bradley Beaver	2768

<b>Under 12</b>	<b>Points</b>

<b>Under 13</b>	<b>Points</b>

<b>Under 14</b>	<b>Points</b>
1 <sup>st</sup> Michael Pain	2534

<b>Under 15</b>	<b>Points</b>

<b>Under 16*</b>	<b>Points</b>
1 <sup>st</sup> Luke Martin	2998

\*U'16's used U15 point score and events for the 2009/2010 season.

## **2009/2010 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. We are all human and 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 2009-2010 season:**

▪ Kloe Bible	U/6 Girls Pack Start	1-13.18	19/3/2010
▪ Emily Clune	U/16 Girls 100m run	17.21	20/11/2009
▪ Emily Clune	U/16 Girls 400m run	1-50.59	4/12/2009
▪ Emily Clune	U/16 Girls Long Jump	3.45	22/1/2010
▪ Emily Clune	U/16 Girls High Jump	1.10	9/10/2009
▪ Rochelle Martin	U/16 Girls Long Jump	3.48	19/3/2010
▪ Rochelle Martin	U/16 Girls Shot Put	8.60	19/3/2010
▪ Rochelle Martin	U/16 Girls Discus	26.87	19/3/2010
▪ Rochelle Martin	U/16 Girls Javelin	21.30	20/11/2009
▪ Luke Martin	U/16 Boys Triple Jump	9.45	15/01/2010
▪ Luke Martin	U/16 Boys Discus	27.10	5/2/10

\*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.



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**Centre Event Results 2009/2010Season**

**Centre Event Records**

**Under 6 Girls**

50M	Zali Fulton	10.07	K Coombes	9.42	1/11/1990
70M	Zali Fulton	13.47	L Dunn	12.05	1/3/1985
100M			Kylie Coombes	18.73	1/03/1991
200m	Zali Fulton	46.94	T Bullen	43.0	1/12/1990
300M (Pack)	Kloe Bible	1-13.18	Kloe Bible	1-13.18	19/03/2010
Long Jump	Zali Fulton	2.30	Georgia Gordon	2.85	19/12/2003
Shot Put	Zali Fulton	3.62	Amara Pilson	4.41	27/02/2009
Discus	Abbie Downs	6.91	Rebecca Dick	11.40	27/02/2004

**Under 6 Boys**

50M	Jayden Marshall	10.17	Trent Buhagiar	8.86	2/02/2007
70M	Jacobie Hoare-Hughes	15.10	Tim Bell	12.56	1/3/1992
100M		21.74	S Dixon	17.91	1/03/1990
200m	Max Lindhardt-Ward	50.02	A Myles	39.49	1/02/1990
300M (Pack)	Ryan Brown	1-23.09	J O'Donnell	1-07.4	2/03/2001
Long Jump	Jayden Marshall	2.47	T Buhagiar	2.96	5/03/2004
Shot Put	George L'Anson-Hancock	4.33	T Buhagiar & L Podnar	5.38	5/03/2004
Discus	Jayden Marshall	9.12	T Buhagiar	14.54	31/10/2003

**Under 7 Girls**

50M	Imogen Reilly	9.57	Kristy Knight	8.91	1/1/1994
70M	Alexandra Fisher	14.39	A Peters	11.51	1/3/1991
100M		22.72	A Peters	17.3	1/03/1991
200m	Magdalena Murdoch	40.54	M O'Connor	38.12	22/11/1991
500M (Pack)	Imogen Reilly	2-19.67	Kylie Coombes	1-59.36	6/03/1992
Long Jump	Amara Pilson	2.88	Georgia Gordon	2.99	17/12/2004
Discus	Amara Pilson	10.84	Emily Diaz	14.35	14/01/2005
Shot Put	Amara Pilson	5.05	K Reilly	8.92	1/11/1987

**Under 7 Boys**

50M	Tyrone Green	9.72	L Cornish	8.7	24/03/2000
70M	Tyrone Green	13.09	Tim Bell	11.37	1/3/1993
100M			J Moore	16.54	1/03/1990
200m	Tyrone Green	44.95	R Hall	35.85	1/03/1998
500M (Pack)	Lachlan Russell	1-49.91	R Hall	1-44.49	1/02/1988
Long Jump	Tyrone Green	2.75	T Buhagiar	3.32	28/01/2005
Shot Put	Tyrone Green	6.10	D Whitehead	7.3	1/02/1984
Discus	Tyrone Green	14.99	T Buhagiar	16.77	11/03/2005

**Under 8 Girls**

70M	Alina Watson	12.01	A Beauchamp	11.17	1/01/1991
100M	Emily Yannis	17.48	L Dunn	16.22	1/03/1987
200m	Alina Watson	41.41	Kylie Coombes	36.50	5/03/1993
400m	Alina Watson	1-35.10	A Murphy	1-22.33	7/02/1992

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## Centre Event Results 2009/2010Season

## Centre Event Records

60M hurdles	Alina Watson	1-35.10	C Hardwick	12.20	20/03/1998
Long Jump	Jessica Brown-Hall	3.06	Jesse-Lee Nelson	3.38	6/12/2002
Shot Put	Sophie Williamson	4.02	S Hudson	6.81	1/01/1990
Discus	Jessica Biddulph	9.20	S Hudson	16.03	1/01/1990
Pack	Emily Yannis	3-04-57	A Murphy	2-38.40	13/3/1992

### Under 8 Boys

70M	Lachlan Rousell	13.25	T McDonald	11.10	7/01/2000
100M	Lachlan Rousell	18.82	R Hall	15.78	1/03/1989
200m	Luke Brown	40.02	R Hall	33.92	1/03/1989
400m	Lachlan Rousell	1-32-28	R Hall	1-16.66	1/12/1988
60M hurdles	Lachlan Rousell	13.87	Luke Donahue	11.40	5/12/1997
Long Jump	Lachlan Rousell	2.82	Luke Podnar	3.69	10/03/2006
Shot Put	Tom Vaughan	5.10	N Coffey	9.72	1/11/1987
Discus	Joshua Wadeson	10.68	C Currie	22.92	31/12/1993
Pack	Lachlan Rousell	2-49.50	R Hall	2-27.18	1/12/1998

### Under 9 Girls

70M	Tabitha Hawes	15.50	K Rowbotham	10.59	1/03/2002
100M	Macy Watson	20.78	Shellie Wilkes	15.30	26/03/1999
200m	Kate Bloomfield	46.18	Shellie Wilkes	32.70	26/03/1999
400m	Emma Crocker	1-45.02	Emily Mullen	1-15.60	27/03/1998
800M	Emma Crocker	4-10.22	Emily Mullen	2-52.7	27/03/1998
700M Walk			Samantha Tomlin	4-07.50	14/03/1997
60M hurdles	Kate Bloomfield	15.59	Shellie Wilkes	11.00	26/03/1999
Long Jump	Macy Watson	2.96	T Miller	3.57	11/03/2005
High Jump	Macy Watson	0.90	B Whitehead	1.15	1/12/1996
Shot Put	Macy Watson	4.60	E Cansdale	7.35	15/03/2002
Discus	Macy Watson	10.17	Emily Diaz	21.49	23/02/2007

### Under 9 Boys

70M	Bradman Best	10.89	J Weeks & J Webb	10.87	13/02/1998
			Luke Podnar	10.87	10/11/2006
			J Ross & D		
100M	Bradman Best	16.18	Whitehead	14.61	1/01/1990
200m	Bradman Best	30.37*	D Whitehead	31.70	1/03/1986
400m	Bradman Best	1-25.70	R Hall	1-12.04	1/10/1989
800m	Bradman Best	3-15.61	R Hall	2-41.79	1/03/1990
700 Walk			D Booth	3-52.52	27/02/1997
60M hurdles	Bradman Best	11.98	Joshua Ross	10.09	1/11/1989
Long Jump	Bradman Best	3.35	Trent Buhagiar	4.10	9/03/2007
			R Hall, J Ross, D		
High Jump	Bradman Best	1.00	Booth	1.25	1/03/1990
Shot Put	Bradman Best	8.40	J McMaster	10.23	8/11/1991
Discus	Bradman Best	16.22	C Currie	25.74	24/2/1995

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**Under 10 Girls**

70M			Shellie Wilkes	10.70	17/03/2000
100M	Kiara Kelly	15.52	J Peterson	14.56	1/02/1987
200M	Kiara Kelly	34.97	Shellie Wilkes	31.30	17/03/2000
400M	Kiara Kelly	1-22.00	Amanda Morris	1-11.20	13/02/1998
800M	Kiara Kelly	3-00.02	K Dent	2-46.40	1/02/1990
1500M	Kiara Kelly	6-37.81	Emily Mullen	5-47.80	26/02/1999
1100M Walk			Samantha Tomlin	6-02.50	13/03/1998
60M Hurdles	Mimosa Henderson	13.06	J Peterson	10.62	1/02/1987
Long Jump	Mimosa Henderson	3.23	Teigan Miller	4.17	10/03/2006
High Jump	A.Williamson/Henderson	1.06	Samantha Tomlin	1.22	7/11/1997
Shot Put	Mimosa Henderson	5.44	E Cansdale	8.22	3/01/2003
Discus	Mimosa Henderson	12.74	A Brady	21.35	24/03/2000

**Under 10 Boys**

70M			Luke Donahue	10.30	24/03/2000
100M	Harry Braddish	15.47	D Whitehead	13.22	1/03/1987
200M	Harry Braddish	33.67	R Hall	30.40	1/02/1991
400M	Harry Braddish	1-20.01	R Hall	1-12.05	1/02/1991
800M	Bailey Massey	3-03-27	R Hall	2-43.08	1/03/1991
1500M	Harry Braddish	6-37.43	M Taylor	5-29.11	1/02/1998
1100M Walk			D Booth	6-14.00	27/03/1998
60M Hurdles	Harry Braddish	13.07	P Haime	10.31	1/10/1986
Long Jump	Harry Braddish	3.98	Trent Buhagiar	4.28	29/02/2008
High Jump	Bailey Massey	1.24	D Whitehead	1.38	1/10/1986
Shot Put	Harry Braddish	6.43	T Arnold	8.76	1/12/1985
Discus	Harry Braddish	15.80	L Crutcher	32.80	1/02/1985

**Under 11 Girls**

100M	Lily Reilly	17.47	B Martin	14.07	1/03/1991
200M	Lily Reilly	38.52	Shellie Wilkes	30.00	23/03/2001
400M	Alyce Green	1-15.58	Shellie Wilkes	1-06.50	23/03/2001
800M	A Richmond-Yunn	3-20.34	Emily Mullen	2-44.60	19/11/1999
1500M	A Richmond-Yunn	7-06.84	A Godden	5-38.87	1/03/1991
1100M Walk			Samantha Tomlin	6-07.10	30/10/1998
60M Hurdles	Lily Reilly	13.91	Hayley Oliver	10.62	31/12/1993
Long Jump	Lily Reilly	3.32	Amanda Thorpe	4.27	7/03/2003
High Jump	Lily Reilly	1.07	Samantha Tomlin	1.33	5/03/1999
Triple Jump	Lily Reilly	6.98	Amanda Thorpe	9.08	31/01/2003
Shot Put	Lily Reilly	6.54	V Lovie	8.86	5/11/1995
Discus	Melissa Wilding	12.43	V Lovie	22.86	8/12/1995

**Under 11 Boys**

70M	Lachlan Russell	11.30			
100M	Sean Crocker	15.01	Joshua Ross	13.41	6/03/1992
200M	Harry Vaughan	33.99	Luke Donahue	30.00	17/11/2000
400M	Harry Vaughan	1-22-97	P McInerney	1-08.00	1/03/1990
800M	Harry Vaughan	3-12.60	R Hall	2-34.36	8/11/1991

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**Centre Event Results 2009/2010 Season**

**Centre Event Records**

**Under 11 Boys**

1500M	Lachlan Russell	15.01	J Stratton	5-26.2	23/03/2001
1100M Walk			D Booth	6-11.7	2/10/1998
60M Hurdles	Max Sorgese	12.85	Luke Donahue	10.30	23/03/2001
Long Jump	Harry Vaughan	3.54	Luke Podnar	4.92	06/02/2009
High Jump	Bradley Beever	1.25	D Whitehead	1.45	1/12/1987
Triple Jump	Max Sorgese	7.00	B Williame	9.14	28/11/2003
Shot Put	Max Sorgese	7.86	B Cansdale	10.16	1/11/1996
Discus	Max Sorgese	17.35	D Whitehead	33.13	1/11/1987

**Under 12 Girls**

100M	Megan Ashton	15.38	Cassandra Webber	13.47	12/01/2007
200M	Chelsea Pilson	33.41	Cassandra Webber	28.70	9/03/2007
400M	Megan Ashton	1-10.22	Cassandra Webber	1-07.64	8/12/2006
800M	Megan Ashton	2-55.46	Megan Underhill	2-32.77	1/02/1989
1500M	Jaclyn Ross	6-00.06	Megan Underhill	5-00.15	1/02/1989
1500M Walk			Samantha Tomlin	8-43.70	24/03/2000
60M Hurdles	Mikayla Sonter	12.42	Tracy Shackleton	10.20	5/03/1993
Long Jump	Chelsea Pilson	4.01	Amanda Thorpe	5.15	5/03/2004
High Jump	Georgia Gordon	1.20	J Peterson	1.45	1/03/1989
Triple Jump	Georgia Gordon	8.42	Amanda Thorpe	10.35	5/03/2004
Shot Put	Chelsea Pilson	8.16	A McMaster	10.48	24/01/1997
Discus	Megan Ashton	15.75	E Cansdale	23.65	11/03/2005

**Under 12 Boys**

100M	Jye Sliman	15.43	J Ross & D Whitehead	13.60	1/02/1989
200M	Jye Sliman	30.14	K Moore	28.86	1/03/2002
400M	William Bishop	1-30.02	R Hall	1-04.54	11/12/1992
800M	Jye Sliman	3-26.94	M Barron	2-31.38	1/02/1987
1500M	Jye Sliman	7-07.73	R Hall	5-10.58	26/02/1993
1500 Walk			R Ryan	8-56.31	15/02/2002
60M Hurdles	William Bishop	13.49	Joshua Ross	9.43	5/03/1993
Long Jump	Jye Sliman	4.04	B Williame	4.82	11/03/2005
High Jump	Jye Sliman	1.25	D Whitehead	1.51	1/02/1989
Triple Jump	Jye Sliman	8.05	B Williame	10.22	15/10/2004
Shot Put	T Murphy-Robert	9.22	A Lovie	10.66	1/01/1991
Discus	J Kirk-Ferguson	13.25	B Lovie	34.48	1/03/1989
60M					

**Under 13 Girls**

100M			Hayley Oliver	13.10	2/10/1995
200M			Kylie Wildman	27.80	26/03/1999
400M			Katherine Peksis	1-02.60	7/03/1997
800M			Katherine Peksis	2-27.55	1/11/1996
1500M			Megan Underhill	4-55.34	1/11/1989
3000M			Holly Speerin	12-01.26	14/03/2003
1500M Walk			K Hall	8-00.01	1/12/1988

# WWPLA Year Book 2009-2010

## Centre Event Results 2009/2010 Season

## Centre Event Records

### Under 13 Girls

80M H	Kylie Wildman	13.50	26/03/1999
200M H	Kylie Wildman	29.90	26/03/1999
Long Jump	Amanda Thorpe	4.95	4/03/2005
High Jump	J Peterson	1.50	1/02/1990
Triple Jump	Amanda Thorpe	10.61	12/11/2004
Shot Put	D Searston	9.36	3/02/1995
Discus	Elise Cansdale	31.63	10/03/2006
Javelin	Susan Sobczak	26.18	26/02/1999
60M Run	Cassandra Webber	8.16	21/12/2007

### Under 13 Boys

100M	Chris Marshall	12.22	1/02/1987
200M	K Moore	27.43	4/10/2002
400M	Chris Marshall	1-01.66	1/12/1986
800M	N Tiko	2-27.04	7/03/2003
1500M	Chris Marshall	4-55.94	1/12/1986
3000M	J Stratton	10-29.82	7/03/2003
1500M Walk	David Mainwaring	7-55.97	28/02/2003
80M Hurdles	Chris Wood	13.30	27/3/19998
200M H	Chris Woods	30.80	27/03/1998
Long Jump	Brayden Williame	4.90	3/03/2006
High Jump	D Whitehead	1.60	1/12/1989
Triple Jump	Luke Donahue	10.45	6/12/2002
Shot Put	A Lovie	13.03	20/03/1992
Discus	Aaron Hamstra	35.80	13/03/1998
Javelin	Aaron Hamstra	32.35	6/03/1998
60M Run	Luke Donahue	8.10	20/02/2003

### Under 14 Girls

100M	Hayley Oliver	13.20	8/11/1996
200M	K Shackleton	27.60	27/02/1998
400M	Katherine Peksis	1-02.50	6/02/1998
800M	Katherine Peksis	2-29.00	27/02/1998
1500M	Megan Underhill	5-03.45	1/03/1991
3000M	Holly Speerin	12-47.50	1/11/2002
1500M Walk	K Hall	8-14.82	1/01/1990
80M Hurdles	Kylie Wildman	13.10	3/12/1999
200M H	Kylie Wildman	31.40	11/02/2000
Long Jump	Shellie Wilkes	5.10	24/10/2003
High Jump	Tara Shackleton	1.62	3/03/1995
Triple Jump	Amanda Thorpe	10.69	18/11/2005
Shot Put	D Searston	9.64	20/10/1995
Discus	C Edwards	24.77	16/02/2001
Javelin	Susan Sobczak	21.66	17/03/2000
60M Run	Jenna Chapman	8.40	23/11/2007

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**Centre Event Results 2009/2010 Season**

**Centre Event Records**

**Under 14 Boys**

100M	Michael Pain	14.86	T Edwards	12.15	1/10/1989
200M	Michael Pain	34.03	P Steel	24.96	18/10/2002
400M	Michael Pain	1-12.59	C Marshall, A Hamstra	59.80	1/02/1998
800M	Michael Pain	3-01-30	Dylan Buhagiar	2-28.85	14/03/2008
1500M	Michael Pain	6-24.77	J Stratton	4-58.66	15/03/2004
3000M			J Stratton	10-22.26	26/03/2004
1500M Walk			D Mainwaring	7-28.86	28/11/2003
90M Hurdles	Michael Pain	19.68	C Wood	13.50	30/10/1998
200M H			Aaron Hamstra	27.50	27/11/1998
Long Jump	Michael Pain	3.98	D Manuelle	5.54	7/03/2003
High Jump	Michael Pain	1.35	D Manuelle	1.75	28/02/2003
Triple Jump	Michael Pain	7.63	Luke Donahue	11.19	30/01/2004
Shot Put	Michael Pain	9.02	Aaron Hamstra	12.93	26/03/1999
Discus	Michael Pain	17.98	Aaron Hamstra	49.26	26/03/1999
Javelin	Michael Pain	19.50	Aaron Hamstra	47.50	12/03/1999
60M Run	Michael Pain	9.21	K Moore	7.83	26/09/2003

**Under 15 Girls**

100M	Mikahli Clune	15.31	D Taylor, D Edwards, K Shackleton	13.20	1/10/1988
200M	Mikahli Clune	30.50	Kara Shackleton	26.60	26/03/1999
400M	Mikahli Clune	1-29.63	Katherine Peksis	1-008.80	27/11/1998
800M	Mikahli Clune	3-21.33	Katherine Peksis	2-26.70	5/3/1999
1500M	Mikahli Clune	8-12.72	Katherine Peksis	5-34.40	13/11/1998
3000M			Katherine Peksis	11-47.90	13/11/1998
1500M Walk			Sarah Walkley	8-13.80	27/02/1998
90M Hurdles	Mikahli Clune	21.33	Jessica Morrell	14.50	26/03/1999
200M H			Shellie Wilkes	30.83	8/10/2004
Long Jump	Mikahli Clune	4.24	Samantha Tomlin	5.08	14/03/2003
High Jump	Mikahli Clune	1.30	Tara Shackleton	1.66	5/01/1996
Triple Jump	Mikahli Clune	8.00	Samantha Tomlin	9.69	6/12/2002
Shot Put	Mikahli Clune	7.96	Susan Sobczak	10.11	23/03/2001
Discus	Mikahli Clune	21.51	Amanda Bartrim	26.60	10/03/2006
Javelin	Mikahli Clune	18.38	Susan Sobczak	28.07	23/03/2001
60M Run	Mikahli Clune	9.04	Samantha Tomlin	8.50	20/02/2003

**Under 15 Boys**

100M			T Edwards	11.83	1/02/1991
200M			Aaron Hamstra	25.50	24/10/1999
400M			C Marshall	55.86	1/03/1989
800M			C Marshall	2-20.65	1/01/1989
1500M			J Stratton	4-47.59	26/11/2004
3000M			J Stratton	10-26.37	19/11/2004
1500M Walk			Cameron Bruce	8-24.58	3/03/2006
100m H			C Wood	14.80	8/10/1999
200M H			Aaron Hamstra	28.00	29/10/1999
Long Jump			Robert Cross	5.90	14/03/2008
High Jump			D Manuelle	1.70	9/12/2003
Triple Jump			Luke Donahue	11.80	18/02/2005

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**Centre Event Results 2009/2010 Season**

**Centre Event Records**

**Under 15 Boys**

Shot Put			Aaron Hamstra	14.62	24/03/2000
Discus			Aaron Hamstra	54.79	15/03/2008
Javelin			Aaron Hamstra	55.91	4/02/2000
60M Run			Robert Cross	7.87	14/03/2008

**Under 16 Girls\***

100M	Emily Clune	17.21	Emily Clune	17.21	20/11/2009
200M	Emily Clune	41.42	Elle Carr	41.25	22/02/2008
400M	Emily Clune	1-50.59	Emily Clune	1-50.59	4/12/2009
800M	Emily Clune	4-11-30	Emily Clune	4-11.30	
1500M	Emily Clune	9-50.20	Emily Clune	9-50.20	
3000M					
1500M Walk					
100 H	Emily Clune	30.35	Emily Clune	30.35	
200M H					
Long Jump	Rochelle Martin	3.48	Elle Carr	3.18	14/03/2008
High Jump	Emily Clune	1.10	Elle Carr/Emily Clune	1.10	25/01/2008
Triple Jump	Emily Clune	7.11	Emily Clune	8.00	
Shot Put	Rochelle Martin	8.60	Rochelle Martin	8.60	19/3/2010
Discus	Rochelle Martin	26.87	Rochelle Martin	26.87	19/3/2010
Javelin	Rochelle Martin	21.30	Rochelle Martin	21.30	22/02/2008
60M Run	Emily Clune	10.23	Elle Carr	9.87	11/01/2008

**Under 16 Boys\***

100M	Luke Martin	14.14	Robert Cross	12.71	10/10/2008
200M	Luke Martin	33.00	Mathew Isok	26.95	16/11/2007
400M	Luke Martin	1-18.46	Mathew Isok	1-00.99	16/11/2007
800M	Luke Martin	3-20.47	Mathew Isok	2-21.39	11/01/2008
1500M	Luke Martin	11-03.88	Luke Martin		
3000M			Mathew Isok	13-00.45	2007/2008
1500M Walk					
100 H	Luke Martin	20.82	Mathew Isok	20.63	25/01/2008
200M H			Mathew Isok	30.06	19/10/2007
Long Jump	Luke Martin	4.40	Robert Cross	5.90	31/10/2008
High Jump	Luke Martin	1.40	Robert Cross	1.80	30/01/2009
Triple Jump	Luke Martin	9.45	Mathew Isok	9.25	19/10/2007
Shot Put	Luke Martin	8.77	Mathew Isok	9.96	7/03/2008
Discus	Luke Martin	27.10	Luke Martin	27.10	5/2/2010
Javelin	Luke Martin	26.40	Robert Cross	27.40	7/11/2008
60M Run	Luke Martin	8.67	Mathew Isok	7.97	14/03/2008

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

## **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

Robert Walkley  
Mirelle Edwards  
Suzanne Shackleton  
Graham Morrell  
Joy Morrell  
Brian Wildman  
Jamie O'Donnell  
Stephen Dwyer

### **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.



## 2010/2011 Season Dates

Friday 10 September 2010	Registration day 4pm – 6pm McEvoy Oval
Friday 17 September 2010	Registration day 4pm – 6pm McEvoy Oval
Friday 1 October 10	Trial Night
Friday 8 October 2010	First Competition Night
Friday 15 October 2010	Competition Night
Friday 22 October 2010	Competition Night
Friday 29 October 2010	Competition Night (zone entries in)
Friday 5 November 2010	Competition Night
Friday 12 November 2010	Competition Night
Friday 19 November 2010	Competition Night
Friday 26 November 2010	Competition Night
<i>Saturday 27 November 2010</i>	<i>State Relay Championships</i>
Friday 3 December 2010	Competition Night
Friday 10 December 2010	<b>NO CLUB COMPETITION</b>
<i>Friday 10 December</i>	<i>Central Coast Zone Carnival Mingara</i>
<i>Saturday 11 December</i>	<i>Central Coast Zone Carnival Mingara</i>
<i>Sunday 12 December</i>	<i>Central Coast Zone Carnival Mingara</i>
Friday 17 December	Last Competition Night for 2010
Friday 7 January 2011	Competition Night – Club Pentathlon
Friday 14 January 2011	Competition Night
Friday 21 January 2011	Competition Night
Friday 28 January 2011	Competition Night
Friday 4 February 2011	Competition Night
Friday 11 February 2011	Competition Night
Friday 18 February 2011	Competition Night
<i>Saturday 19 February 2011</i>	<i>Regional Carnival – Parramatta TBC</i>
<i>Saturday 20 February 2011</i>	<i>Regional Carnival- Parramatta TBC</i>
Friday 25 February 2011	Competition Night
Friday 4 March 2011	Competition Night
<i>Saturday 5 March 2011</i>	<i>State Multi-Event – Wagga Wagga</i>
Friday 11 March 2011	Last Competition Night
Friday 18 March 2011	Personal Best Night
Friday 25 March 2011	End of Season Presentation & BBQ
<i>3/7/2011</i>	<i>State Cross Country &amp; Road Walks</i>



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