

PARKINSON

**ADAMSTOWN NEW LAMBTON
LITTLE ATHLETICS CENTRE INC**



2000 / 2001

EXECUTIVE COMMITTEE 2000/2001

PRESIDENT:

VICE PRESIDENT: ALAN DELIZZOTTI 4957 4255

SECRETARY: PAM CLARKE 4952 6765
All correspondence to:
PO Box 311 New Lambton 2305

TREASURER: MICHAEL WATERS 4957 0307

REGISTRAR:

STATISTICIAN: CRAIG PARKINSON

EQUIPMENT OFFICER:

DELEGATES - PT HUNTER ZONE: MICHAEL WATERS

CANTEEN SUPERVISOR:

CHIEF TIMEKEEPER: ALAN DELIZZOTTI

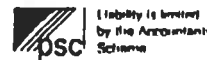
Donna Clarke

*77 Princeton
Cotman
4969 8409*

Nash Business Services Pty Limited ACN 059 106 884



Chartered Accountants



Grahame, his staff and consultants are pleased to provide continued accounting and audit support to Adamstown-New Lambton Little Athletics Inc.

Nash Business Services Pty Limited provides professional advice and assistance in a personalised and friendly manner we will talk to you in terms you can understand.

We are registered tax agents and service a wide range of clients from individual tax returns and small business through to complex business structures for manufacturers and professional practices.

Nash Business Services Pty Limited focuses on wealth creation and retirement funding through:

ACCOUNTING, TAXATION, MANAGEMENT & SUPERANNUATION SERVICES

Contact us today at:

15 Addison Rd New Lambton 2305. Telephone and Facsimile: (02) 4952 2323

REGISTRATIONS

WHO: Boys and girls from under 4 through to 15 of any age or disability

WHERE: Alder Park - behind Alder Park Bowling Club off Bridges Road New Lambton

SEASON STARTS: Friday 6 October 2000

TIME: Commence 5.15 pm

COST:

Tiny Tots	\$20.00	- 14
Under 6 years	\$25.00	- 16
Under 7 - 15 years	\$35.00	- 22

Families with 3 or subsequent children under 7-15 registration will be \$25.00 per child

Friday night fee is \$3.00

COMMITTEE NOTICE - IMPORTANT

THE ADAMSTOWN NEW LAMBTON LITTLE ATHLETICS CENTRE INC. WILL NOT BE RESPONSIBLE FOR ANY CHILDREN THAT WANDER AWAY FROM THE ATHLETIC COMPETITION AREA i.e. IN THE DRAINS, STREETS, BOWLING CLUB AND PLAY GROUND. ALSO REMEMBER STRANGER DANGER AS THIS IS A PUBLIC PARK.

WEBB'S NEW LAMBTON PHARMACY

Cnr Regent Street & Russell Road, New Lambton (opposite school)
Phone 4957 1217

PRESCRIPTIONS • MEDICINES • ADVICE

HOURS: MONDAY TO FRIDAY .. 8.30AM - 6.00PM
SATURDAY 8.30AM - 12.30PM

FREE LOCAL PICK UP & DELIVERY



COMMITTEE REPORT

Welcome to Adamstown New Lambton Little Athletics Centre Inc. We hope that you all enjoy your time with us.

We would like to encourage all the family to be involved in the activities. Parent participation is a necessity. The more parent help we have each night makes it easier to run the events and it means that we finish the night at a reasonable time. Don't be afraid to put your hand up to volunteer to do something. It doesn't matter if you don't know what to do, someone will be only too willing to show and explain things to you.

All children must be accompanied by an adult. Children are not to be left at the park and then picked up at the end of the night. Children who are left on their own will not be allowed to compete.

If your child/children are going to compete at carnivals away from our normal Friday night competition they will need a centre number (213) on the back of their club shirt. Full club uniform must be worn. These numbers are available at the canteen at no charge.

If your child/children are entering the Zone Championships or other carnivals where there are entry fees, the fees must be paid at the time of lodging of the entry application.

Please note that once fees are paid they are not refundable - this is a directive from our State Association.

If the children are unsure about joining the club, they are able to run as a visitor for one week. At the end of the night, they can register or it can be left till the following week. Either way, a registration form must be filled out for insurance purposes as well as a medical form for each child.

We hold monthly committee meetings on the second Tuesday of each month at the Adamstown RSL Club, Brunner Road, Adamstown at 7 pm. All parents are welcome to attend. Your voting rights at these meetings are gained by paying a \$2.00 fee at the canteen or at the monthly meetings. By having voting rights you can have a say at club level.

If your child is sick and has to miss some competition nights, please let someone on the committee know as this has to be taken into account when it comes for qualification of trophies.

We are only a small committee so we are in desperate need of more help. If you feel that you can help us out in this way, please don't hesitate to offer your services. They will be greatly appreciated.

The aim of little athletics is for everyone to get involved and ENJOY IT!

ADAMSTOWN NEW LAMBTON LITTLE ATHLETICS INC

**STATEMENT OF RECEIPTS AND PAYMENTS
FOR THE YEAR ENDED 31 MARCH 2000**

RECEIPTS	\$
Registrations	4653.00
Canteen	2175.55
Uniforms	957.00
Fund Raising	4282.15
Friday Fees	4130.70
Presentation Function	0.00
Interest	18.81
Donation	90.00
Miscellaneous	1085.35
TOTAL RECEIPTS	<u>17392.56</u>
PAYMENTS	
Registrations	3368.00
Canteen	1885.48
Uniforms	696.39
Fund Raising	2960.00
Administration	1606.13
Field Upkeep and Equipment	3052.64
Presentation and Trophies	2231.20
Miscellaneous	819.00
TOTAL PAYMENTS	<u>16618.84</u>
NET RECEIPTS / PAYMENTS	<u><u>773.72</u></u>

**BANK RECONCILIATION
AS AT 31 MARCH 2000**

Cashbook Balance as at 31 March 1999	\$	\$ 4964.50
add		
Receipts		17392.56
deduct		
Payments		<u>16618.84</u>
Cashbook balance as at 31 March 2000		<u><u>5738.22</u></u>
Bank Statement Balance as at 31 March 2000		6014.77
add		
Outstanding Deposits		348.80
25/02/00	218.80	
31/03/00	130.00	
deduct		
Unpresented Cheques		625.35
591	93.95	
592	338.70	
594	109.00	
595	24.85	
596	58.85	
Bank Balance as at 31 March 2000		<u><u>5738.22</u></u>

POINTSCORE AND TROPHIES

Over the competition season an athlete must compete for a minimum of 70% of Friday nights to qualify for a trophy (less rained out days). This is monitored by the payment of the Friday night fee and the amount of events competed in must be 3 out of 4 events each Friday.

If you do not meet this requirement the athlete will not qualify for a trophy.

PERSONAL IMPROVEMENTS CHAMPION

This is for the improver and regular attender and will be determined by awarding each child:

ONE point for each Friday night competition that they attend
TWO points for each personal best
FIVE points for competing at Zone Multi
FIVE points for competing at Zone Championship

EVENTS CHAMPION

This is for the consistent winner and high placegetters of events and will be determined by awarding each child the following pointscore for placing in each event that they compete in.

PLACE	POINTS
1st	8
2nd	6
3rd	4
4th	2
5th	1
6th	1
etc	1

UNIFORMS

The Centre has club shirts for sale at the canteen. The children may wear just a plain white t-shirt or singlet top - but the club shirt must be worn if the child competes at another carnival away from our normal Friday night competition.

The child's registration number is to be attached to the front of the shirt so that the number can be seen clearly when the shirt is tucked in when actually competing. Last year's registration number is invalid. The age patch is to be attached on the top left front of the shirt. The 213 centre number is attached to the middle of the back of the shirt, to be seen clearly when shirt is tucked in when competing. When competing at outside carnivals, a 213 centre number must be attached to the back of the shirt.

The club's colours are bottle green, red and white. For the boys - green shorts and for the girls - green bike pants, scungees, shorts, netball skirt, one and two piece suits.

SHOES MUST BE WORN AT ALL TIMES. SPIKES ARE NOT TO BE WORN BY ATHLETES UNDER 8 AND YOUNGER. SPIKES ARE ONLY TO BE PUT ON AT THE STARTING LINE AND TAKEN OFF AT THE FINISH LINE. THIS RULE WILL BE STRICTLY ADHERED TO.

Spikes are only allowed in laned events (up to 400m) and not worn in any pack start event. Parents are to provide suitable protective clothing readily available to the children should the weather turn cold, wet or hot.

GENERAL RULE

It is expected and indeed essential that parents become involved in the helping with events and serving in the canteen. Unlike other sports where two teams play, with one referee, athletics is for the individual with multi-events which must be timed or measured. These positions will need to be filled each week. Your child is the one who benefits most from your help and without it the events cannot take place. Experience is not necessary - help will be given. If age groups do not have an age marshall, that group will not compete until someone has volunteered - also if we do not have parents at the event, the event will be cancelled. We do this for the safety of your child. We can finish early if we have enough help.

INSURANCE

All registered athletes are covered by the LAANSW Inc. This insurance covers all athletes while competing at officially organised events against personal accident. All officials are covered against injury whilst attending little athletics activities, provided that they sign their events sheet and books. All spectators should keep well clear of events, as there is no accident or liability to cover them.

TINY TOTS

Tiny tots are offered play training activities. It has proved an important nursery in developing future little athletes. This group requires more parent help and equipment per child to work effectively.

LA'S TEN COMMANDMENTS

- 1. Little athletics is a family sport, to be enjoyed by each family member in their own way. Don't spoil it by getting too intense.**
- 2. There is only one winner for each event. If your child isn't that winner and it matters a lot to you - go home!!! Little athletics is not for you.**
- 3. Be on your guard about projecting your own aspirations onto your own child. If you want to win the event - go do it yourself and join a senior club.**
- 4. Never hurl abuse from sidelines; people don't respect you for it. By all means cheer your child on, but do so with good temper and friendly enthusiasm.**
- 5. There is no circumstance in little athletics that warrants a child being humiliated. If they were able to win or were trying their best on the day, then it would have happened. Punishment and verbal abuse brings resentment in these circumstances. Resentment leads to deterioration in relationships. This in turn is bad for the whole family. A child will go to the "ends of the earth" for parents who play fair and respect their child.**
- 6. Be on watch for signs for stress, reluctance to compete, worsening performances, anger, resentment, change in personality, or anything unusual. Be ready and willing to listen. If you do, your child will tell you the problem; unless they think it is something that you don't want to hear.**
- 7. PLEASE approach the President, executive members or coaches if you see a problem occurring. All of them have children of their own and they will be only too willing to help you and your child.**
- 8. Athletics will not be the only thing in your child's sporting life. There is the age of discovery and development. If things are going badly, it may be time for a rethink. Ask your child if they are having any particular problems in athletics. If you can correct the problem - their enjoyment increases.**
- 9. "THE HIGHER YOU CLIMB, THE FURTHER YOU FALL."**
- 10. If you see something of which you disapprove - bring it to the notice of the executive. Don't grumble in the background or try and set it right yourself. You will find that the executive are there to help and will listen to any reasonable idea or request.**

With thanks to Balmain LAC



PHONE: 49 523 888



- LIVE ENTERTAINMENT**
- DANCE CLASSES**
- POKER MACHINE PROMOTIONS**
- CLUB BINGO**
- RAFFLES**
- LARGE CARPARK AT REAR**
- SYNTHETIC BOWLING GREEN**



VALLEY VIEW RESTAURANT
Ph: 49 528 821

CLUB AWARDS 1999/2000

EVENTS CHAMPION

UNDER 6 BOYS

Ryan Millward 1ST
Jack Derwin 2ND
Shawn Donnan 3RD

UNDER 6 GIRLS

Ashley-Lea Condon 1ST
Laura Tredinnick 2ND
Bianca Manning 3RD

UNDER 7 BOYS

James Caldwell 1ST
Liam Donnan 2ND
Martin Gaul 3RD
Cameron Manning 3RD

UNDER 7 GIRLS

Kirsty Richards 1ST
Kimberley Barnett 2ND
Madeline Barlow 3RD

UNDER 8 BOYS

Ben Gannon 1ST
Marcus Delizzotti 2ND
Niall Ashleigh 3RD

UNDER 8 GIRLS

Johanna Meyer 1ST
Breanna Walker 2ND
Zoe Flick 3RD

UNDER 9 BOYS

Nicholas Metcalfe 1ST
Peter Asvestas 2ND
Elliot Waters 3RD

UNDER 9 GIRLS

Tahlia Farrant 1ST
Adelaide Parker 2ND
Amber Aspinall 3RD

UNDER 10 BOYS

Harry Rigney 1ST
Anthony Drew 2ND
Liam Ashleigh 3RD

UNDER 10 GIRLS

Gabrielle Miller 1ST
Amy Fullerton 2ND
Emma Derwin 3RD

IMPROVEMENT CHAMPION

Andrew Asvestas
Shawn Donnan
Alexander Metcalfe

Ashley-Lea Condon
Bianca Manning
Lauren Ridgeway

Martin Gaul
Cameron Manning
Mitchell McClelland

Kimberley Barnett
Daniela Miller
Kirsty Richards

Ben Gannon
Sam Metcalfe
Marcus Delizzotti

Johanna Meyer
Genevieve de Souza
Georgia Mason

Peter Asvestas
Elliot Waters
Nicholas Metcalfe

Kody-Ann Condon
Adelaide Parker
Amber Aspinall

Harry Rigney
Sam Gannon
Anthony Drew

Amy Fullerton
Elizabeth de Souza
Emma Derwin

CLUB AWARDS 1999/2000

EVENTS CHAMPION

UNDER 11 BOYS

Tomas Parkinson 1ST
Lachlan Brissett 2ND
Tayne Farrant 3RD

UNDER 11 GIRLS

Holly Ibbotson 1ST
Bethany Tredinnick 2ND
Melanie Aspinall 3RD

UNDER 12 BOYS

Harry Wilson 1ST
Nicholas Gaul 2ND
Thomas Nash 3RD

UNDER 12 GIRLS

Jessica Metcalfe 1ST
Kate Frizza 2ND
Alison Clarke 3RD

UNDER 13 BOYS

Luke Derwin 1ST
Zachary Herron 2ND

UNDER 13 GIRLS

Rachel Aspinall 1ST
Sarah Miller 2ND

UNDER 14 BOYS

Steven Parkinson 1ST
Luke Metcalfe 2ND
Aaron Eather 3RD

UNDER 14 GIRLS

Amelia Matheson 1ST
Bianca Kafer 2ND

UNDER 15 GIRLS

Penelope Nash 1ST
Natasha Irwin 2ND
Kathryn King 3RD

CLUB ENCOURAGEMENT AWARD

Alison Clarke
Sam Rigney

IMPROVEMENT CHAMPION

Tomas Parkinson
Lachlan Brissett
Tayne Farrant

Holly Ibbotson
Melanie Aspinall
Bethany Tredinnick

Emanuel Asvestas
Thomas Nash
Harry Wilson

Kate Frizza
Jessica Metcalfe
Alison Clarke

Luke Derwin
Zachary Herron

Rachel Aspinall
Sarah Miller

Luke Metcalfe
Steven Parkinson
Sam Rigney

Amelia Matheson
Bianca Kafer

Penelope Nash
Natasha Irwin

Age Group: U/6 Boys

Code	Event Name	Record	Holder Details	Date
1	50 Metre Run	10.1	Nicholas Metcalfe	15/11/96
2	70 Metre Run	14.1	Nicholas Starr	01/01/95
3	100 Metre Run	21.1	Tomas Parkinson	01/12/94
4	200 Metre Run	44.6	Nicholas Starr	01/02/95
17	Long Jump	2.57	Tomas Parkinson	01/02/95
20	Shot Put	5.55	Daniel Casiard	01/02/94
21	Discus	11.62	James Hopson	01/02/95
26	Pack Start (300m)	1-16.2	Ryan Millward	28/01/00

Age Group: U/6 Girls

Code	Event Name	Record	Holder Details	Date
1	50 Metre Run	10.1	Ashley-Lea Condon	25/02/00
2	70 Metre Run	14.3	Ashley-Lea Condon	04/02/00
3	100 Metre Run	19.9	Ashley-Lea Condon	11/02/00
4	200 Metre Run	42.9	Ashley-Lea Condon	14/01/00
17	Long Jump	2.47	Ashley-Lea Condon	01/03/00
20	Shot Put	3.94	Bethany Tredinnick	01/03/95
21	Discus	9.84	Ashley-Lea Condon	11/02/00
23	Pack Start (300m)	1-10.7	Ashley-Lea Condon	25/02/00

Age Group: U/7 Boys

Code	Event Name	Record	Holder Details	Date
1	50 Metre Run	9.4	Adam Meads	25/0/96
2	70 Metre Run	12.7	Tomas Parkinson	01/03/96
3	100 Metre Run	18.4	Tomas Parkinson	01/03/96
4	200 Metre Run	41.2	Nicholas Metcalfe	02/02/94
17	Long Jump	3.38	Phillip McLeish	02/02/94
20	Shot Put	7.70	Daniel Hincks	12/12/97
21	Discus	15.16	Dean Wiggins	13/03/98
23	Pack Start (500m)	1-58.2	Nicholas Metcalfe	17/11/97

Age Group: U/7 Girls

Code	Event Name	Record	Holder Details	Date
1	50 Metre Run	9.6	Bethany Tredinnick	26/01/96
2	70 Metre Run	13.7	Bethany Tredinnick	01/03/96
3	100 Metre Run	19.9	Bethany Tredinnick	09/02/96
4	200 Metre Run	42.7	Bethany Tredinnick	27/10/95
17	Long Jump	2.60	Lauren Dick	23/02/96
20	Shot Put	5.17	Emma St. Claire	21/02/97
21	Discus	10.08	Bethany Tredinnick	13/10/95
23	Pack Start (500m)	2-10.3	Ricki-Lee Bray	06/03/98

Age Group: U/8 Boys

Code	Event Name	Record	Holder Details	Date
1	50 Metre Run	8.7	Tomas Parkinson	25/10/96
2	70 Metre Run	12.4	Shaun Wickens	07/03/97
3	100 Metre Run	16.9	Tomas Parkinson	18/10/96
4	200 Metre Run	36.0	Shaun Wickens	21/02/97
5	400 Metre Run	1-23.6	Nicholas Metcalfe	12/03/99
12	60 Metre Hurdles	12.3	Shaun Wickens	07/02/97
17	Long Jump	3.49	Tomas Parkinson	20/12/96
20	Shot Put	7.47	Tomas Parkinson	10/01/97
21	Discus	14.82	Jourdon Fox	17/01/97
24	Pack Start (700m)	2-45.4	Nicholas Metcalfe	13/03/98
			Nicholas Metcalfe	05/02/99
			Nicholas Metcalfe	13/11/98

Age Group: U/8 Girls

Code	Event Name	Record	Holder Details	Date
1	50 Metre Run	9.3	Tahlia Farrant	11/12/98
2	70 Metre Run	12.7	Tahlia Farrant	11/12/98
3	100 Metre Run	18.2	Lauren Carroll	01/03/94
4	200 Metre Run	36.0	Bethany Tredinnick	07/02/97
5	400 Metre Run	1-28.7	Tahlia Farrant	27/11/98
12	60 Metre Hurdles	12.8	Tahlia Farrant	08/01/99
17	Long Jump	3.04	Kate Montgomery	01/12/94

Age Group: U/8 Girls		Record	Holder Details	Date
Code	Event Name			
20	Shot Put	6.76	Tahlia Farrant	22/01/99
21	Discus	11.26	Bethany Tredinnick	28/02/97
24	Pack Start (700m)	2-49.3	Tahlia Farrant	13/11/98

Age Group: U/9 Boys		Record	Holder Details	Date
Code	Event Name			
2	70 Metre Run	11.3	Nicholas Metcalfe	25/02/00
3	100 Metre Run	15.2	Tomas Parkinson	24/10/97
4	200 Metre Run	34.1	Nicholas Metcalfe	25/02/00
5	400 Metre Run	1-20.5	Tomas Parkinson	06/03/98
6	800 Metre Run	3-02.6	Hamish Brissett	26/11/99
12	60 Metre Hurdles	11.4	Peter Asvestas	21/01/00
17	Long Jump	3.87	Tomas Parkinson	09/01/98
18	High Jump	1.13	Ryan Brooks	01/02/94
20	Shot Put	7.61	Chad Newell	13/03/98
21	Discus	19.80	Mathew Casserty	08/01/99
25	700 Metre Walk	4-10.1	Elliot Waters	03/03/00

Age Group: U/9 Girls		Record	Holder Details	Date
Code	Event Name			
2	70 Metre Run	12.4	Jessica Metcalfe	18/10/96
3	100 Metre Run	16.3	Sophie Cowan	08/11/96
4	200 Metre Run	36.6	Jessica Metcalfe	07/02/97
5	400 Metre Run	1-28.4	Jessica Metcalfe	07/03/97
6	800 Metre Run	3-10.2	Tahlia Farrant	26/11/99
12	60 Metre Hurdles	12.4	Bethany Tredinnick	24/10/97
17	Long Jump	3.32	Sophie Cowan	17/01/97
18	High Jump	1.05	Jessica Metcalfe	28/02/97
20	Shot Put	5.83	Kate O'Brien	31/10/97
21	Discus	14.50	Alison Clarke	06/12/96
25	700 Metre Walk	4-37.3	Bethany Tredinnick	16/01/98
			Tahlia Farrant	03/03/00

Age Group: U/10 Boys		Record	Holder Details	Date
Code	Event Name			
2	70 Metre Run	10.7	Tomas Parkinson	11/12/98
3	100 Metre Run	15.4	Shaun Wickens	23/10/98
4	200 Metre Run	32.5	Shaun Wickens	11/12/98
5	400 Metre Run	1-16.2	Daniel Johnson	10/11/93
6	800 Metre Run	3-00.8	Daniel Johnson	01/11/93
7	1500 Metre Run	5-53.6	Tayne Farrant	04/12/98
10	1100 Metre Walk	6-43.3	Harry Rigney	04/02/00
12	60 Metre Hurdles	11.5	Tomas Parkinson	13/11/98
17	Long Jump	4.27	Tomas Parkinson	05/02/99
18	High Jump	1.20	Kurt Evans	01/12/94
20	Shot Put	8.49	Jacob Swab	13/03/98
21	Discus	22.60	Brady Perry	08/01/99

Age Group: U/10 Girls		Record	Holder Details	Date
Code	Event Name			
2	70 Metre Run	11.2	Sophie Cowan	27/02/98
3	100 Metre Run	16.2	Jessica Metcalfe	06/02/98
4	200 Metre Run	34.6	Jessica Metcalfe	13/02/98
5	400 Metre Run	1-21.7	Gabrielle Miller	14/01/00
6	800 Metre Run	3-13.1	Amanda Mayfield-Smith	11/12/98
7	1500 Metre Run	6-23.2	Andrea Kuranty	12/03/99
10	1100 Metre Run	7-39.2	Elise Jennings	03/11/95
12	60 Metre Hurdles	12.2	Sophie Cowan	24/10/97
17	Long Jump	3.65	Jessica Metcalfe	19/12/97
18	High Jump	1.20	Louise McNicoll	01/12/94
20	Shot Put	8.17	Alison Clarke	06/03/98
21	Discus	18.00	Alison Clarke	12/12/97

Age Group: U/11 Boys

Code	Event Name	Record	Holder Details	Date
3	100 Metre Run	14.8	Mansell Laidler	01/12/94
4	200 Metre Run	31.1	Mansell Laidler	01/02/95
5	400 Metre Run	1-13.2	Lachlan Brissett	19/11/99
6	800 Metre Run	2-49.0	Lachlan Brissett	08/10/99
7	1500 Metre Run	5-36.6	Benjamin Percy	31/10/97
8	3000 Metre Run	12-09.9	Lachlan Brissett	12/11/99
10	1100 Metre Walk	7-20.2	Lachlan Brissett	10/12/99
12	60 Metre Hurdles	10.8	Tomas Parkinson	21/01/00
17	Long Jump	4.32	Tomas Parkinson	07/01/00
18	High Jump	1.33	Harry Wilson	12/02/99
19	Triple Jump	8.89	Tomas Parkinson	28/01/00
20	Shot Put	11.78	Steven Sefo	18/12/98
21	Discus	30.50	Steven Sefo	06/11/98
27	Turbo Javelin	28.30	Harry Wilson	05/02/99

Age Group: U/11 Girls

Code	Event Name	Record	Holder Details	Date
3	100 Metre Run	15.8	Natasha Irwin	09/02/96
4	200 Metre Run	33.5	Amelia Matheson	15/11/96
5	400 Metre Run	1-18.8	Amelia Matheson	01/11/96
6	800 Metre Run	2-58.5	Amelia Matheson	20/12/96
7	1500 Metre Run	6-09.6	Amelia Matheson	08/11/96
8	3000 Metre Run	13-21.1	Amelia Matheson	25/10/96
10	1100 Metre Walk	7-03.4	Amelia Matheson	18/10/96
12	60 Metre Hurdles	11.8	Karen Bendeich	01/11/93
17	Long Jump	3.90	Emma Wibberley	01/02/94
18	High Jump	1.20	Amelia Matheson	10/01/97
19	Triple Jump	6.84	Imogen Coppa	29/11/96
20	Shot Put	7.88	Amelia Matheson	07/02/97
21	Discus	16.68	Holly Ibbotson	28/01/00
27	Turbo Javelin	10.57	Alison Clarke	12/02/99
			Jessica Metcalfe	06/11/98
			Alison Clarke	11/12/98

Age Group: U/12 Boys

Code	Event Name	Record	Holder Details	Date
3	100 Metre Run	13.9	Mansell Laidler	03/11/95
4	200 Metre Run	29.8	Harry Wilson	25/02/00
5	400 Metre Run	1-08.7	Kyle Oswald	08/03/98
6	800 Metre Run	2-47.6	Kyle Oswald	07/11/97
7	1500 Metre Run	5-37.6	Daniel Johnson	01/03/96
8	3000 Metre Run	12-33.9	Kyle Oswald	21/11/97
11	1500 Metre Walk	9-52.0	Thomas Nash	03/03/00
12	60 Metre Hurdles	10.9	Mansell Laidler	01/03/96
17	Long Jump	4.76	Mansell Laidler	23/02/96
18	High Jump	1.36	Harry Wilson	21/01/00
19	Triple Jump	9.39	Harry Wilson	28/01/00
20	Shot Put	8.83	Aaron Eather	13/02/98
21	Discus	26.20	Adam Hollis	15/12/95
27	Turbo Javelin	14.09	Taniel Perry	11/12/98

Age Group: U/12 Girls

Code	Event Name	Record	Holder Details	Date
3	100 Metre Run	14.3	Jodie Kerr	01/02/94
4	200 Metre Run	30.9	Jodie Kerr	01/11/93
5	400 Metre Run	1-15.3	Penelope Nash	06/12/96
6	800 Metre Run	2-55.8	Amelia Matheson	24/10/97
7	1500 Metre Run	5-55.2	Amelia Matheson	31/10/97
8	3000 Metre Run	13-27.2	Penelope Nash	29/11/96
11	1500 Metre Walk	9-32.3	Kate Frizza	10/12/99
12	60 Metre Hurdles	12.0	Natasha Irwin	21/02/97
17	Long Jump	4.24	Rachel Higgins	22/01/99
18	High Jump	1.30	Rachel Higgins	15/01/99
19	Triple Jump	7.44	Amelia Matheson	09/01/98
20	Shot Put	9.32	Rachel Higgins	05/03/99
21	Discus	21.32	Rachel Higgins	15/01/99

Age Group: U/12 Girls		Record	Holder Details	Date
Code	Event Name			
27	Turbo Javelin	15.29	Rachel Higgins	06/11/98

Age Group: U/13 Boys		Record	Holder Details	Date
Code	Event Name			
3	100 Metre Run	13.8	Mansell Laidler	08/11/96
4	200 Metre Run	27.6	Mansell Laidler	29/11/96
5	400 Metre Run	1-07.4	Mansell Laidler	01/11/96
6	800 Metre Run	2-39.1	Kyle Oswald	08/11/98
7	1500 Metre Run	6-21.5	Luke Derwin	26/11/99
8	3000 Metre Run	12-09.4	Luke Derwin	12/11/99
11	1500 Metre Walk	10-05.0	Luke Metcalfe	12/02/99
13	80 Metre Hurdles	15.2	Mansell Laidler	18/10/96
			Aaron Eather	12/02/99
16	200 Metre Hurdles	33.9	Aaron Eather	08/01/99
17	Long Jump	4.60	Mitchell Newell	29/11/96
18	High Jump	1.35	Mansell Laidler	18/10/96
19	Triple Jump	8.53	Steven Parkinson	11/12/98
20	Shot Put	10.56	Aaron Eather	05/03/99
21	Discus	22.34	Taniel Perry	22/10/99
22	Javelin	16.69	Zachary Herron	04/02/00
27	Turbo Javelin	18.24	Steven Parkinson	22/01/99

Age Group: U/13 Girls		Record	Holder Details	Date
Code	Event Name			
3	100 Metre Run	14.5	Elina Sefo	12/03/99
4	200 Metre Run	28.5	Elina Sefo	11/12/98
5	400 Metre Run	1-11.8	Jodie Kerr	01/11/94
6	800 Metre Run	2-49.6	Penelope Nash	07/11/97
7	1500 Metre Run	5-56.0	Amelia Matheson	04/12/98
8	3000 Metre Run	12-42.8	Penelope Nash	21/11/97
11	1500 Metre Walk	10-15.8	Erinne Kuranty	10/11/95
13	80 Metre Hurdles	16.0	Natasha Irwin	20/02/98
16	200 Metre Hurdles	33.6	Elina Sefo	12/02/99
17	Long Jump	4.09	Kathryn King	31/10/97
			Natasha Irwin	23/01/98
18	High Jump	1.35	Elina Sefo	16/01/99
19	Triple Jump	7.94	Elina Sefo	11/12/98
20	Shot Put	10.07	Elina Sefo	18/12/98
21	Discus	27.40	Elina Sefo	12/02/99
22	Javelin	12.41	Rachel Aspinall	11/02/00
27	Turbo Javelin	16.22	Elina Sefo	31/10/98

Age Group: U/14 Boys		Record	Holder Details	Date
Code	Event Name			
3	100 Metre Run	12.9	Mansell Laidler	06/02/98
			Aaron Eather	22/10/99
4	200 Metre Run	27.4	Mansell Laidler	07/11/97
5	400 Metre Run	1-05.2	Mansell Laidler	08/03/98
6	800 Metre Run	2-32.0	Kyle Oswald	08/10/99
7	1500 Metre Run	5-28.0	Kyle Oswald	28/11/99
8	3000 Metre Run	14-14.0	Tony Gilmour	25/10/96
11	1500 Metre Walk	8-54.0	Luke Metcalfe	10/12/99
14	90 Metre Hurdles	14.2	Mansell Laidler	13/03/98
16	200 Metre Hurdles	33.5	Mansell Laidler	17/10/97
17	Long Jump	5.13	Mansell Laidler	13/02/98
18	High Jump	1.47	Mark Bennett	02/02/96
19	Triple Jump	9.99	Mansell Laidler	13/03/98
20	Shot Put	10.39	Aaron Eather	29/10/99
21	Discus	32.24	Aaron Eather	26/11/99
22	Javelin	26.76	Aaron Eather	11/02/00
27	Turbo Javelin	24.61	Ryan Ure	30/10/98

Age Group: U/14 Girls		Record	Holder Details	Date
Code	Event Name			
3	100 Metre Run	14.0	Natasha Irwin	23/10/98
4	200 Metre Run	29.3	Natasha Irwin	11/12/98
5	400 Metre Run	1-10.2	Natalie Smith	08/12/96
6	800 Metre Run	2-50.3	Erinne Kuranty	07/02/97

Age Group: U/14 Girls

Code	Event Name	Record	Holder Details	Date
7	1500 Metre Run	6-08.2	Erinne Kuranty	08/11/96
8	3000 Metre Run	13-11.1	Sereena King	17/01/97
11	1500 Metre Walk	9-39.8	Sereena King	21/02/97
13	80 Metre Hurdles	16.0	Natasha Irwin	08/01/99
16	200 Metre Hurdles	34.7	Priscilla Afful	13/11/98
			Natasha Irwin	08/01/99
17	Long Jump	4.50	Priscilla Afful	22/01/99
18	High Jump	1.30	Karen Bendeich	01/11/96
			Jennifer Gilmour	07/02/97
			Priscilla Afful	05/02/99
19	Triple Jump	8.81	Priscilla Afful	05/02/99
20	Shot Put	8.33	Priscilla Afful	05/02/99
21	Discus	19.80	Tyne Wibberley	15/12/95
22	Javelin	16.11	Amelia Matheson	10/12/99
27	Turbo Javelin	13.60	Kathryn King	30/10/98

Age Group: U/15 Boys

Code	Event Name	Record	Holder Details	Date
3	100 Metre Run	12.3	Eric Galiatsatos	01/12/94
4	200 Metre Run	25.8	Eric Galiatsatos	01/12/94
5	400 Metre Run	1-01.8	Eric Galiatsatos	01/11/94
6	800 Metre Run	2-49.6	Mark Bennett	20/12/96
7	1500 Metre Run	5-49.2	Mark Bennett	04/10/96
8	3000 Metre Run	12-28.4	Mark Bennett	25/10/96
11	1500 Metre Walk	8-37.7	Mark Bennett	21/02/97
15	100 Metre Hurdles	16.2	Mansell Laidler	13/11/98
16	200 Metre Hurdles	31.4	Mansell Laidler	08/01/99
17	Long Jump	4.97	Mansell Laidler	08/01/99
18	High Jump	1.64	Mark Bennett	11/10/96
19	Triple Jump	9.13	Mark Bennett	18/10/96
20	Shot Put	9.51	Mansell Laidler	15/01/99
21	Discus	26.06	Ryan Ure	03/12/99
27	Turbo Javelin	16.21	Mansell Laidler	04/12/98

Age Group: U15 Girls

Code	Event Name	Record	Holder Details	Date
3	100 Metre Run	13.8	Natalie Smith	12/12/97
4	200 Metre Run	29.4	Natalie Smith	19/12/97
5	400 Metre Run	1-07.2	Natalie Smith	06/03/98
6	800 Metre Run	2-47.6	Penelope Nash	25/02/00
7	1500 Metre Run	5-50.3	Penelope Nash	26/11/99
8	3000 Metre Run	12-58.0	Sereena King	21/11/97
11	1500 Metre Walk	10-36.5	Kathryn King	04/02/00
14	90 Metre Hurdles	17.9	Karen Bendeich	24/10/97
16	200 Metre Hurdles	35.8	Natasha Irwin	21/01/00
17	Long Jump	4.66	Natalie Smith	19/12/97
18	High Jump	1.35	Karen Bendeich	24/01/97
19	Triple Jump	8.73	Kira Wiggins	13/03/98
20	Shot Put	8.30	Tyne Wibberley	18/10/96
21	Discus	22.38	Tyne Wibberley	07/02/97
22	Javelin	12.97	Kathryn King	21/01/00
27	Turbo Javelin	15.00	Kaye Eather	30/10/98

Parkinson

**ADAMSTOWN NEW LAMBTON
LITTLE ATHLETICS CENTRE INC
FRIDAY NIGHT PROGRAM**

		U/6	U/7	U/8	U/9	U/10	U/11	U/12	13/14/15
WEEK	A	70	100	SP	HJ	1500	DISC	1500	JAV
		SR	LJ	100	100	DISC	1500	SP	100
		100	70	LJ	SP	100	HJ	100	LJ
		DISC	SP	70	800	LJ	100	LJ	1500
									DISC
WEEK	B	SP	50	50	LJ	800	SP	800	HJ
		50	DISC	LJ	70	SP	800	SP	800
		300	500	200	DISC	70	LJ	HJ	SP
		TOW	SR	DISC	200	LJ	200	200	200
						200	TJ	TJ	TJ
WEEK	C	LJ	SP	HURD	HURD	DISC	HJ	1500W	1500W
		70	70	SP	LJ	1100W	1100W	DISC	LJ
		SP	LJ	700	700W	HURD	HURD	HURD	HURD
		200	200	LJ	SP	HJ	DISC	LJ	DISC
									200H
WEEK	D	H/CAP	H/CAP	DISC	LJ	SP	400	400	HJ
		LJ	OR	H/CAP	400	H/CAP	SP	DISC	400
		50	50	LJ	DISC	LJ	H/CAP	H/CAP	SP
		OR	DISC	400	H/CAP	400	LJ	HJ	H/CAP
							3000	3000	3000

- NOTE 1 RECORDS TO START FROM THIRD WEEK**
- NOTE 2 POINT SCORE FROM 2ND WEEK**
- NOTE 3 AFTER 3RD COMPETITION NIGHT AN ATHLETE MUST WEAR CORRECT REGO No**
- NOTE 4 CHRISTMAS BREAK 15/12/2000 RESUME 5/1/2001**
- NOTE 5 SEASON FINISHES 9/3/2001**
- NOTE 6 PROGRAM SUBJECT TO CHANGE AT SHORT NOTICE**