

Adamstown New Lambton Little Athletics

Season 2009 - 2010

Club Handbook



LITTLE ATHLETICS INC.

SEASON 2009-2010

Dear Athletes, Parents, Friends, Children and Relatives

Welcome to all returning athletes, new athletes and their families to another season with Adamstown/New Lambton Little Athletics Centre. The committee members wish that all associated with the club will have an enjoyable season.

Last season saw a pleasing level of involvement from our athletes in a range of carnivals away from our Friday night track events. These carnivals give athletes, regardless of ability, the chance to develop competition skills, extend themselves, race on different surfaces, seek higher representation and make new friends. This season, perhaps we can exceed the numbers involved last season, especially at Zone Championship level. During our competition nights we will be handing out information regarding them. If any athletes are interested in competing, please complete the forms and return to ensure your place.

With the very wet season experienced last season, our ground is recovering slowly and following lighting improvements, we are hoping for more enjoyable nights this season. The committee will continue to improve the facilities and equipment used at our centre, building on the improvements of recent years.

As we are one of the largest centres in our Zone, I would ask each of you to help make our centre even stronger and help build community. If you are able to assist in any way please make yourself known to the committee, as any help is greatly appreciated. We are more than willing to show you how to officiate and also to assist our children to improve. I wish you all an enjoyable season.

David Holt
President
Adamstown / New Lambton Little Athletics Centre

EXECUTIVE COMMITTEE 2009-2010

PRESIDENT	David Holt	4969 4463
VICE-PRESIDENT	David Pickard	4956 3940
SECRETARY	David Priestley All correspondence to: The Secretary Adamstown / New Lambton LAC PO Box 780, The Junction 2291	0419 655811
TREASURER	David Short	4952 7850
REGISTRAR	David Short	4952 7850
OFFICER FOR CHAMPIONSHIPS	Sharon Derwin	4956 2867
EQUIPMENT OFFICER	Brett Cullen	4943 0374
STATISTICIAN	David Priestley	0419 655811
ZONE DELEGATES (Port Hunter)	David Holt David Pickard	
COMMITTEE MEMBERS	Michael Waters Sheridan Twiss Adrian Sutherland Tom Parberry Andy Aspinall	



2009/2010 SEASON CALENDAR

OCTOBER

Sun 25 th	Wallsend Gala Day	Federal Park, Wallsend
Sat 31 st	Cessnock Twilight Carnival	Turner Park, Aberdare

NOVEMBER

Sun 1 st	Trans Tasman Trials	The Crest Athletics, Bass Hill
Sat 14 th	LAANSW Multi Event Super Clinic	Shoalhaven High, South Nowra
Sun 15 th	LAANSW Multi Event Super Clinic	Shoalhaven High, South Nowra
Sat 28 th	State Relay Championships	Sydney, Olympic Park
Sun 29 th	State Relay Championships	Sydney, Olympic Park

DECEMBER

Sat 12 th	Port Hunter Zone Championships	Raymond Terrace
Sun 13 th	Port Hunter Zone Championships	Raymond Terrace

JANUARY

Sat 16 th	Woodberry Australia Day Carnival	Fred Harvey Oval, Woodberry
Sun 17 th	Trans Tasman Challenge	Auckland, New Zealand
Sun 31 st	Southlakes Summer Carnival	Dora Creek Oval, Dora Creek

FEBRUARY

Sat 20 th	LAANSW Regional Championships	Sporting Complex, Tamworth
Sun 21 st	LAA NSW Regional Championships	Sporting Complex, Tamworth

MARCH

Sat 6 th	LAANSW State Multi Event Champs	Shoalhaven High, South Nowra
Sun 7 th	LAANSW State Multi Event Champs	Shoalhaven High, South Nowra
Fri 19 th	LAANSW State Track & Field Champs	Sydney, Olympic Park
Sat 20 th	LAANSW State Track & Field Champs	Sydney, Olympic Park
Sun 21 st	LAANSW State Track & Field Champs	Sydney, Olympic Park



REGISTRATIONS

WHO: Girls and boys from 3 years (born before 1st October) through to 16 years of any ability

WHERE: Alder Park Club House
Off Bridges Road, New Lambton

SEASON STARTS: Friday 25th September 2008

SEASONS END: Friday 12th March 2010

TIME Commence at 5:15 pm

COST	Tiny Tots	\$ 90 .00
	Under 6 years	\$ 95 .00
	Under 7 – 17 years	\$ 100 .00

Note: A \$10.00 discount per additional athlete will apply to families who register more than two athletes.

Registration Days: 29th August and 5th September 2009
9:00 am to 12:00 noon.

Little A's NSW registration system has been changed to allow for online registrations. The online registrations can be done at www.laansw.com.au and then click on the "REGISTER HERE" tab and follow the instructions. This can be for Registrations only or Registrations and Payments.

Please note that fees listed above cover all fundraising and Friday competition fees. Once fees are paid they are not refundable - this is a directive from our State Association

Prospective new athletes unsure about joining may compete for TWO (2) nights (if they have never competed or tried out before) after all registration, insurance and medical forms have been completed. If after two nights the athlete would like to continue with our centre, all fees must be paid in full before they can next compete.



FROM THE COMMITTEE...

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

We would like to encourage all the family to be involved in the activities.

Please take note of the following responsibilities and expectations...

☞ **Be aware of children's safety** – part 1 – the Public Park

The Adamstown-New Lambton Little Athletics Centre Inc. will not be responsible for any child who wanders away from the athletic competition area, e.g. in the storm water drains, streets, bowling club or playground area. Also, as this is a public park, Please be aware of '**stranger danger**'.

☞ **All children must be accompanied by an adult at the ground whilst competing.**

PARENTS/CARERS ARE NOT TO LEAVE THEIR CHILDREN UNATTENDED AT THE PARK AND THEN PICK THEM UP AT THE END OF THE NIGHT.

☞ **Children who are left on their own WILL NOT be allowed to compete.**

Be responsible for helping your child enjoy their involvement - Parent participation is a NECESSITY.

The more parents help on each competition evening the easier the events will be to run and the evening will be more enjoyable for all involved. Parents, we encourage you to volunteer to act as either a group age Marshall or assisting in recording times/places on the track events. If you are unsure of what to do, we will be more than happy to show you how.

It is **expected** and indeed **essential** that parents and/or carers become involved in helping with the running of events and serving in the canteen. Several age marshals are required for each age group to provide supervision to the athletes and assist with recording/measuring results as per the program. Unlike other sports where two teams play, with one referee, athletics is for the individual with multi events which must be timed or measured. The age marshal positions need to be filled every week as well as assistants for the timekeepers on both tracks.

If you are an age marshal, please keep good control of your group. If there are children who cause unreasonable problems...please report them to a committee member.

Sign on...

The age marshals or assistants need to 'sign on' adjacent to the canteen and obtain an identification tag which needs to be display once out on the track. Experience is not necessary to take up either role as assistance can be provided as to what is expected.

- ☞ If an age group does not have an age Marshall this group WILL NOT be allowed to start competition until an age Marshall has volunteered. We do this for the safety of your child.

Follow the program...

Long Jump pits, throw cages and shot rings all have an assigned number. This number corresponds to a number listed on the program. To ensure our competition nights run smoothly age marshals are requested to check the program and use the location the age group is programmed to use. It is also important that age marshals check the program for the location and the order for which the events are.

- ☞ We insist that the age marshals follow the run sheet, particularly the order for which their next event is, so the night can run smoothly.

Encourage your child to improve

A major focus by our centre is for each athlete to improve their performances gradually over the course of the season. Avoid placing too much pressure on them. Encourage them to do their best...what more can you ask?

Encourage your child to compete at higher levels

Apart from our Friday competition nights, various carnivals are held across our region. The carnivals will be listed on our notice board or you can contact a Committee Member for information. The carnivals will incur a cost to enter which is not refundable. Some AWD events will be offered at some carnivals.

- ☞ To compete at any carnival all athletes must wear the club colours and club number (213). Club numbers are available from the committee at no cost and are attached to the back of their singlets/tops.

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.

Parents of Tiny Tots need to work together to set up equipment, organise activities and pack up equipment on competition nights. Assistance can be provided to cover planning of activities.

Insurance

All registered athletes are covered by the LAANSW Inc. This insurance covers all athletes while competing at official events against personal injury. All officials are covered against injury whilst attending little athlete's activities, provided that they sign on the register and complete event sheets.



Be aware of children's safety – part 2

Don't endanger the safety of children competing or your own safety...Avoid injury by staying clear of areas where children are competing. Go around the track, avoiding runners in progress. Many of the sprinters are going quite fast and many older athletes need plenty of space to slow down.

☞ **Note: ALL SPECTATORS SHOULD KEEP WELL CLEAR OF EVENTS AND NOT CROSS THE TRACK AS THERE IS NO ACCIDENT OR LIABILITY INSURANCE TO COVER THEM.**

Poor Weather

Parents are to provide suitable protective clothing readily available to the children should the weather turn cold, wet or hot.

- ☞ A basket is provided to each age Marshall to carry athlete's water bottles and clothing between events.
- ☞ Cancellation due to poor weather will be broadcast on radio 2KO (FM 102.9 MHz) and 2HD (AM 1143kHz) during the 4.30 pm and 5.00 pm news.
- ☞ The club has implemented a policy to cancel a night's competition if lightning activity is present adjacent to the track at starting time.

Help the Committee and help the club...

- ☞ The committee meets on the second Tuesday of each month. We meet downstairs at The Adamstown Club (Formerly Adamstown RSL), Bruncker Road Adamstown at 7.30 pm.

All parents are welcome to attend. If you don't have a child attending you need to fill out an application for membership (at the end of the booklet). Voting rights at the Annual General Meeting are gained by paying a \$2.00 fee at the meeting. By having voting rights you can have a say in how the club operates. We are only a very small committee so we are **always in need** of more help.

- ☞ If you feel that you can help in any way, please don't hesitate to offer your services. They will be greatly appreciated.

The aim of Little Athletes is for EVERYONE to get involved and enjoy it.

POINTSCORE AND TROPHIES

Over the competition season an athlete must compete for a **minimum of 70%** of Friday nights to qualify for a trophy.

☞ Please advise the committee if your child is unable to attend due to sickness.

Personal Improvements Champion

This is for the athlete who improves and regularly attends over the season. Results will be determined by awarding each child:

1. ONE point for each Friday competition night attended
2. TWO points for each personal best
3. FIVE points for competing at Zone multi
4. FIVE points for competing at Zone Championship



Personal Bests.

The athletes are given a booklet on registration day to record results obtained throughout the season. After each competition night results slips, listed by athlete registration number, are made available adjacent to the canteen. Results slips can be pasted into the booklet to keep a record of results. The result slips will list the athlete's personal bests. Once the athlete has achieved ten (10) personal bests (not equal personal bests) a certificate will be printed and awarded to the athletes on a subsequent competition nights.

After twenty personal bests are achieved, a trophy will be awarded on presentation night.

NOTE:

1. If an athlete equals a personal best this result **WILL NOT** be included in their overall tally.
2. Previous season results may be used by the statistician to judge whether an athlete has performed genuinely at an event.

Events Champion

This is for the consistent winner and high place-getters of events and will be determined by awarding each child the following point score for placing in each event that they compete in (including all Handicap events)

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

Important Dates

NOTE 1 **Week One is Orientation Week**

NOTE 2 **Point Score starts from second week**

NOTE 3 **Records to start from second week**

NOTE 4 **Christmas Break...**

**Last competition night before Christmas is
18th December 2009**

Season resumes 6th January 2010

NOTE 5 **Season Finishes FRIDAY 12th March 2009**

NOTE 6 **The Program is subject to change at short notice**



UNIFORMS

The centre has club singlet tops available for sale at the canteen. The athletes may wear just a plain white T-shirt or singlet top with age and registration patches attached.

- ☞ If the athlete wishes to compete at carnivals away from our normal Friday Night competitions a club singlet top and club number (213) must be worn.

The athletes 2008-2009 registration number and age patch are to be attached to the front of the shirt so that the number can be clearly seen once the shirt is tucked in for competing. Previous season numbers are invalid and should be removed.

The registration number is located in the centre on the front of the shirt (with the outline still visible) and the age patch is attached to the top left front of the shirt or on the left hand side of the shorts/scungee's. The club number (213) shall be attached to the centre of the back of the shirt and clearly seen once the shirt is tucked in for competing.

The registration number must be displayed on the shirt; if athletes have forgotten their shirt or number then they must come to the canteen and obtain a visitor number for the evening.

- ☞ The committee has a policy '**NO NUMBER – NO RUN**', this way we can ensure all paper work is completed.

The club colours are bottle green, red and white. For the boys green shorts are to be worn and for the girl's green bike pants, scunge's, shorts and one or two piece suits.

SHOES MUST BE WORN AT ALL TIMES BY ATHLETES WHEN AT ALDER PARK.

Spiked sprint shoes (spikes) are not to be worn by athletes under 8 and younger.

- ☞ Spikes are only allowed in laned events (up to and including 400m) and are not to be worn in any pack start events. Spikes shall **only be put on at the starting line** and **must be taken off at the finish line**. This rule will be strictly adhered to.



ADAMSTOWN / NEW LAMBTON LITTLE ATHLETICS PROGRAM 2009-2010

Shaded events are run on the outside Track

WEEK 1 All Records must be signed by an ANLLAC committee member to be accredited

U/6B	U/6G	U/7B	U/7G	U/8B	U/8G	U/9B	U/9G	U/10B	U/10G	U/11B	U/11G	U/12	U13-17
70	70	LJ-1	LJ-2	SP-1	DISC1	DISC2	DISC2	100*	100*	100*	100*	T/JAV^	JAV
DISC1	DISC2	70	70	100*	100*	100*	100*	LJ-1	LJ-2	SP-1	SP-2	100*	100*
100*	100*	SP-2	SP-3	LJ-3	LJ-2	HJ	HJ	1500	1500	1500	1500	LJ-1	DISC1&2
SP-1	SP-2	100*	100*	70	70	800	800	DISC-2	DISC-1	TJ-1	TJ-2	1500	1500
												SP-1	LJ-2

100* - Handicap race every second full cycle.... Should be two per season.

WEEK 2

U/6B	U/6G	U/7B	U/7G	U/8B	U/8G	U/9B	U/9G	U/10/B	U/10G	U/11B	U/11/G	U/12	U13-17
SP-2	SP-1	DISC1	DISC2	70	70	70	70	800	800	LJ-1	LJ-2	200	200**
50	50	50	50	LJ-3	SP-3	SP-1	SP-2	DISC1	DISC2	200	200	TJ1	HJ 1&2
DISC1	DISC2	500	500	200	200	LJ-2	LJ-3	70	70	SP-1	SP-3	800	800
300	300	SP-1	SP-2	DISC1	DISC2	200	200	LJ-2	LJ-3	800	800	HJ	TJ-1
													SP^1

** = U13-17 Age group to be first event on outside track

WEEK 3

U/6B	U/6G	U/7B	U/7G	U/8B	U/8G	U/9B	U/9G	U/10/B	U/10G	U/11B	U/11/G	U12G	U13-17
LJ-1	LJ-3	LJ-2	SP-1	70	70	100	100	100	100	1100W	HJ	100	DISC-1&2
70	70	70	70	LJ-1	LJ-2	DISC2	SP-1	1100W	1100W	100	100	DISC1	100
DISC2	DISC1	SP-3	LJ-3	700	700	LJ-3	LJ-2	SP-1	SP-2	HJ	1100W	LJ-1	JAV
200	200	200	200	SP-2	SP-1	700W	700W	200	200	DISC1	DISC2	1500W	LJ-2
													1500W

WEEK 4

U/6B	U/6G	U/7B	U/7G	U/8B	U/8G	U/9B	U/9G	U/10/B	U/10G	U/11B	U/11/G	U/12G	U13-17
													200H^
50	50	50	50	HURD	HURD	HURD	HURD	HJ	SP-1	LJ-2	LJ-1	DISC2	400
LJ-2	LJ-1	DISC2	DISC1	50	50	70	70	HURD	HURD	HURD	HURD	HURD	SP-1&2
100	100	LJ-2	LJ-3	DISC2	LJ2	SP-2	DISC1	SP-1	HJ	400	400	400	HURD
SP-3	SP-2	100	100	400	400	400	400	400	400	DISC2	DISC1	SP-2	3000
										3000	3000	3000	

200H^ - event run from 4.50pm

COMPETITION NIGHTS RULES AND PROCEDURES

As part of our clubs efforts to ensure that our Friday night event meetings run smoothly, efficiently, without incident and ensuring the safety and well being of all our athletes, children, parents and other visitors, please adhere to the following list of rules and procedures. Adherence to the rules and procedures will allow appropriate involvement and participation by all, ensure that Friday night competition finishes at a reasonable time and provide lots of fun for everyone to enjoy.

Rules

1. All children not competing are to be accompanied by an adult.

Children who are not competing must be with an adult and must stay in the spectators' area to ensure their safety and prevent them from wandering into the shot-put, discus or any other area where a serious injury may occur. This rule will be strictly enforced.

2. If you are not signed on as an Age Marshal or an Assistant you CAN NOT follow your child around.

You must stay in the spectators' area to ensure your safety. If you wish to watch you child compete from close up sign-on as an age marshal and help out. **Note: There are only 5 age marshal positions for each age group.** Ensure that you sign-on early so you do not have to stay in the spectators' area.

3. Insufficient Age Marshals and Assistants

Each age group must have at least 3 age marshals signed on otherwise no age group can start competing. You do not have to sign-on to your own child's group, if your child's age group is full and there is a shortage in another age group and you are willing to help out please sign-on with that age group. Remember that if you are not signed on as an age marshal or an assistant you must stay within the spectators' area.

4. All children that are competing must stay with their Age Marshall(s).

Athletes must not wander away to watch their brothers, sisters or friends competing in other events. This makes the job for the age marshals difficult when they cannot find the athlete when called to compete. Age marshals please organise the athletes in the order they are listed on the event sheet, this will ensure that they ready to compete when called.

5. All drains are out of bounds.

This is self-evident. Drains are dangerous. Any child found in the drains will be disqualified for the rest of the meeting. Parents and age marshals it is your responsibility to ensure that your children adhere to this rule. Warn the athletes that they are not to go into the drains. If an athlete breaks the rule disqualify them.

6. Bad or offensive behaviour will not be tolerated.

Anyone who is continually disruptive, is abusive or torments others is not welcome at our club. These persons will be asked to leave.

Procedures

1. 4.30 p.m. Equipment set-up

Assistance would be greatly appreciated if persons arriving early helped with setting up equipment.

2. 5.00 p.m. to 5.15p.m.

Collection of result slips from previous competition nights.

3. 5.00 p.m. to 5.15 p.m. Marshal and assistants registration.

Anyone wishing to be a marshal or assistant please sign the marshal's register sheet. If you are not assisting you have to stay in the spectators' area.

4. 5.15 p.m. Assembly of athletes and communication of any news.

Assembly of all athletes into their respective age groups where club news will be communicated. Presentation of club records will take place.

5. 5.20 p.m. Athletes warm-up and further communication to parents of any news.

All athletes taken to go through their warm-up exercises. During this time further communication of any news will be made to parents.

6. 5.20 p.m. Assembly of marshals and assistants.

While athletes are warming up marshals and assistants will assemble at their particular age group. The folder provided will have all the necessary sheets for recording times, distances etc. There will also be an event slip provided; it will show the events their age group will be competing in.

7. 5.25 p.m. Athletes return from warm-up and go to events.

When athletes return from warm-up marshals and assistants will take their age group to the first event listed on the event slip.

8. 7.30 p.m. and onwards finish of competition.

The finish time of your age group will depend on the size of the age group and how smoothly the events have been progressing. When your age group has completed all their listed events, please take the age group folder with the completed data sheets to the canteen where they will be collected for processing. Any athletes with brothers, sisters or friends still competing cannot go and watch them in the competition area, they must go to the spectators' area and watch from there.

9. Packing up of equipment.

If you are completing the final event on you event list and it appears that there are no more groups to follow, please help by packing up equipment and taking it to the equipment container. Your assistance would greatly be appreciated.

If anyone has any problems or issues that need to be addressed please bring them to the attention of a committee member. They will endeavour to assist you in whatever way possible to resolve any problems or issues that you may have. If you prefer, write down your problems or issues and direct them to the Club's Secretary.

CODE OF CONDUCT FOR PARENTS

- I won't pressure my child in any way – I know that this is their game not mine
- I will not use bad language, nor will I harass athletes, Coaches, Officials or any other spectators.
- I will encourage my child to compete within the rules and respect any Officials and Coaches decisions – no matter what.
- I will teach my child to respect the efforts of their fellow competitors.
- I will remember that children learn best by example, so I will applaud good performances by both my child and other competitors.
- I will give positive comments that motivate and encourage continued effort.
- I will focus on my child's efforts and performances – not the result.
- I will thank the coaches, Officials and other volunteers who give their time to conduct the event for my child.
- I will help when asked by a Coach or Official.
- I won't criticize or ridicule my child's performance after the night's competition.
- I will not arrive at the venue intoxicated or drink alcohol at the ground.
- I will respect the Rights, dignity and worth of all people involved in the competition, regardless of their gender, ability or cultural background.

CODE OF CONDUCT FOR COMPETITORS

- I will always play by the rule and instructions of Officials, Coaches and volunteers.
- I will never argue with an Official, Coach or volunteer. If I disagree with a decision, I will inform the committee during a break or after the competition.
- I will control my temper; I understand that verbal abuses of Officials and sledging other competitors and deliberately distracting or provoking an opponent are not acceptable or permitted in any sport.
- I will be a good sport and applaud all good plays whether they are made by myself or another competitor.
- I will always treat all competitors in my sport as I like to be treated. I will not bully or take unfair advantage of another competitor.
- I will cooperate with Official's, Coaches, volunteers, and fellow competitors.
- I will display modesty in victory and graciousness in defeat.
- I will participate for my own enjoyment and benefit, not just to please parents, Coaches or Officials.
- I will respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.
- I will always respect other competitors with disabilities and help them where I can
- I will thank other Competitors, Officials, Coaches and Volunteers and the end of each competition night.
- Most off all I will have fun while competing fairly, by the rules and instructions of Officials, Coaches and Volunteers.

CLUB AWARDS 2008/2009

IMPROVEMENT CHAMPION		EVENTS CHAMPION
Under 6 Boys		
Ethan Strickland	1st	Luke O'Neill
Daniel Whelan	2nd	Luca Jones
Jeremy Robards Maclain Golby	3rd	Vili Pifeleti
Under 6 Girls		
Emma Hopkins	1st	Emma Hopkins
Grace Stevens	2nd	Sophia Bell
Sophia Bell	3rd	Kira Smith
Under 7 Boys		
Thomas Parsons	1st	Thomas Parsons
Aaron Stone	2nd	Parker Hopkins
Zeke Pinchen	3rd	Aaron Stone
Under 7 Girls		
Emily Stroud-Watts	1st	Elley Irwin
Amelia Carpenter	2nd	Jemma Cox
Megan Aspinall	3rd	Taylah Bryde
Under 8 Boys		
Harrison Sutherland	1st	Brendan Short
Aiden Watling	2nd	Harrison Sutherland
Harrison Payne	3rd	Aiden Watling
Under 8 Girls		
Hannah Cullen	1st	Hannah Cullen
Laura D'Amico	2nd	Lucie Fityus
Olivia Rodd	3rd	Laura D'Amico
Under 9 Boys		
Jarryd Sutherland	1st	Jonti Lanz
Jonti Lanz	2nd	Jarryd Sutherland
Albert Baloghne	3rd	Harrison Lyddiard
Under 9 Girls		
Sabrina Kliousis	1st	Erin Cullen
Siobhan Pickard	2nd	Sabrina Kliousis
Jenai Everett	3rd	Jenai Everett

IMPROVEMENT CHAMPION		EVENTS CHAMPION
Under 10 Boys		
Daniel Watling	1st	Luke Barron
Luke Barron	2nd	James Carathanassis Connor Wild Daniel Watling
James Carathanassis Connor Wild	3rd	
Under 10 Girls		
Angela Williams	1st	Hannah Southwell
Hannah Southwell	2nd	Sophie Cominos
Josie Tarren	3rd	Angela Williams
Under 11 Boys		
Joseph Kellam	1st	Charles Dallen
Charles Dallen	2nd	Joseph Kellam
Antonee Burke	3rd	Benjamin Davies
Under 11 Girls		
Carolina Cacic	1st	Carolina Cacic
Sarah Barron	2nd	Emma Priestley
Sonia Dodd	3rd	Sarah Barron
Under 12 Boys		
Rugby Kliousis	1st	Thomas Lyddiard
Joshua Fraser	2nd	Rugby Kliousis
Thomas Lyddiard	3rd	Mikey Cominos
Under 12 Girls		
Ruby Holt	1st	Ruby Holt
Ruby Wilson	2nd	Mia Thompson
Mia Thompson	3rd	Ruby Wilson
Under 13 Boys		
Daneil Parsons	1st	Lucas Millward
Lucas Millward	2nd	Daniel Parsons
Jayden Broderick	3rd	Jayden Broderick
Under 13 Girls		
Abbie Waters	1st	Abbie Waters
Kimberley Williams	2nd	Kimberley Williams
Ellyse Hines Ellen McBriarty	3rd	Achingol Aliir

IMPROVEMENT CHAMPION		EVENTS CHAMPION
Under 14 Boys		
Huw McCarthy	1st	Huw McCarthy
Brayden Schaefer	2nd	Alexi Cominos
Alexi Cominos	3rd	Brayden Schaefer
Under 14 Girls		
Melanie Fraser	1st	Danielle Williams
Danielle Williams	2nd	Evelyn Holt
Evelyn Holt	3rd	Melanie Fraser
Under 15 Boys		
George Ashworth	1st	George Ashworth
Jack Derwin	2nd	Joshua Limond
Joshua Limond	3rd	Jack Derwin
Under 15 Girls		
Laura Bonzo	1st	Laura Bonzo
Laura Tredinick	2nd	Laura Tredinick
Ashley Condon	3rd	Ashley Condon
Under 17 Boys		
Brandon Brown	1st	Brandon Brown
Under 17 Girls		
Alexandra Holt	1st	Alexandra Holt

CLUB ENCOURAGEMENT AWARDS 2008/2009

Girls	Laura Bonzo U/15
Boys	Joshua Limond U/15

ACHIEVEMENT AWARDS 2008-2009

Twenty Personal Bests 2008-2009		
Name	Age Group	Number P.B.'s
Thomas Parsons	U/7 Boys	33
Harrison Sutherland	U/8 Boys	29
Aiden Watling	U/8 Boys	29
Jarryd Sutherland	U/9 Boys	29
Carolina Cacic	U/11 Girls	29
Emily Stroud Watts	U/7 Girls	28
Jemma Cox	U/7 Girls	27
Jonti Lanz	U/9 Boys	27
Ruby Holt	U/12 Girls	27
Rugby Kliouisis	U/12 Boys	26
Hannah Cullen	U/8 Girls	25
Daniel Watling	U/10 Boys	25
Sarah Barron	U/11 Girls	25
Abbie Waters	U/13 Girls	25
Emma Hopkins	U/6 Girls	24
Grace Stevens	U/6 Girls	24
Aaron Stone	U/7 Boys	24
Jenai Everett	U/9 Girls	24
Ruby Wilson	U/12 Girls	24
Ethan Strickland	U/6 Boys	23
Sophia Bell	U/6 Girls	23
Harrison Payne	U/8 Boys	23
Joshua Fraser	U/12 Boys	23
Daniel Whelan	U/6 Boys	22
Laura D'Amico	U/6 Girls	22
Jackson Bell	U/8 Boys	21
Oliva Rodd	U/8 Girls	21
Sabrina Kliouisis	U/9 Girls	21
Luke Barron	U/10 Boys	21
Thomas Lyddiard	U/12 Boys	21
Alexandra Holt	U/17 Girls	21
Maclain Golby	U/6 Boys	20
Jeremy Robards	U/6 Boys	20
Parker Hopkins	U/7 Boys	20
Maddalyn Onslow	U/9 Girls	20
Siobhan Pickard	U/9 Girls	20
James Carathanaissis	U/10 Boys	20
Connor Wild	U/10 Boys	20
Sonia Dodd	U/11 Girls	20
Melanie Fraser	U/14 Girls	20
Brandon Brown	U/17 Boys	20

REPRESENTATIVES 2008-2009

ZONE REPRESENTATIVES 2008-2009		
Name	Age Group	Events
Thomas Parsons	U/7 Boys	Long Jump, 50m, 70m, 100m
Brendan Short	U/8 Boys	60m Hurdles, Long Jump, Shot Put, Discus
Harrison Sutherland	U/8 Boys	70m, Long Jump
Albert Baloghne	U/9 Boys	800m, 700m Walk, 400m, Long Jump
Jonti Lanz	U/9 Boys	200m, 100m, Long Jump, 70m
Matthew Southwell	U/9 Boys	400m, 60m Hurdles, Shot Put, 100m
Jarryd Sutherland	U/9 Boys	200m, 100m, 70m, Long Jump
Luke Barron	U/10 Boys	70m, Shot Put
Mason Boyd	U/10 Boys	High Jump, 800m, 1500m, Long Jump
Antonee Burke	U/11 Boys	200m, Long Jump, Discus, 100m
Vito Cosentino	U/11 Boys	Shot Put, Discus
Benjamin Davies	U/11 Boys	100m, Triple Jump, High Jump, Long Jump
Joshua Fraser	U/12 Boys	200m, Shot Put, 100m, Discus
Rugby Kliousis	U/12 Boys	1500m Walk, Triple Jump, 60m Hurdles, Discus
Jayden Broderick	U/13 Boys	80m Hurdles, Triple Jump, 200m Hurdles, Long Jump
Lucas Millward	U/13 Boys	1500m, Triple Jump, 800m, Javelin
Daniel Parsons	U/13 Boys	200m Hurdles, Triple Jump, 80m Hurdles, Long Jump
Brayden Schaefer	U/14 Boys	100m, Javelin, Shot Put, High Jump
Jack Derwin	U/15 Boys	Discus, Shot Put, Javelin, Triple Jump
Joshua Limond	U/15 Boys	100m, 200m, Long Jump, Shot Put
Jude Prater	U/15 Boys	Discus, Javelin, 100m Hurdles, 800m
Brandon Brown	U/17 Boys	200m
Megan Holly Aspinall	U/7 Girls	Long Jump, 500m Pack Start, 200m, Discus
Taylah Bryde	U/7 Girls	Shot Put, Discus, 70m, 50m
Hannah Cullen	U/8 Girls	700m Pack Start, 200m, Discus, Long Jump
Anna Davies	U/8 Girls	60m Hurdles, 100m, Long Jump, 70m
Erin Cullen	U/9 Girls	200m, 100m, 70m
Sabrina Kliousis	U/9 Girls	200m, Long Jump, 70m, 60m Hurdles
Siobhan Pickard	U/9 Girls	Discus, 60m Hurdles, 800m, 400m
Emily Whelan	U/9 Girls	200m, 400m, 800m, Shot Put
Laura Davies	U/10 Girls	100m, 60m Hurdles, 70m
Hannah Southwell	U/10 Girls	400m, Discus, Long Jump, 100m
Angela Williams	U/10 Girls	High Jump, 1100m Walk, Shot Put, Discus
Sarah Barron	U/11 Girls	800m, 200m
Carolina Cacic	U/11 Girls	Shot Put, Long Jump, 1100m Walk, Discus
Sonia Dodd	U/11 Girls	1500m, 60m Hurdles, Triple Jump
Sian Pickard	U/11 Girls	400m, Triple Jump, Discus, 60m Hurdles
Emma Priestley	U/11 Girls	400m, 800m, 1500m, Triple Jump
Leonie Whyman	U/11 Girls	60m Hurdles, High Jump, 100m
Madison Boyd	U/12 Girls	1500m Walk
Grace Limond	U/13 Girls	200m, Long Jump, 100m
Abbie Waters	U/13 Girls	400m, 1500m, 1500m Walk, 800m
Kimberley Williams	U/13 Girls	High Jump, 1500m Walk, 3000m, 1500m
Melanie Fraser	U/14 Girls	Discus, Javelin
Claudia Lloyd-Hensley	U/14 Girls	Triple Jump
Danielle Williams	U/14 Girls	Javelin, Discus, Triple Jump, 1500m Walk
Laura Bonzo	U/15 Girls	200m, 400m, Triple Jump, 100m
Alexandra Holt	U/17 Girls	Discus, 100m, Long Jump, 200m

ZONE REPRESENTATIVES 2008-2009		
Name	Age Group	Events
Junior Boys Relay	U/9-U/12	Jarryd Sutherland, Luke Barron, Antonee Burke, Rugby Kliousis
Senior Boys Relay	U13-U17	Jayden Broderick, Brayden Schaefer, Joshua Limond, Brandon Brown
Junior Girls Relay	U/9-U/12	Erin Cullen, Laura Davies, Leonie Whyman, Ruby Holt
Senior Girls Relay	U/13-U17	Grace Limond, Claudia Lloyd-Hensley, Laura Bonzo, Alexandra Holt

REGIONAL REPRESENTATIVES 2008-2009				
Name	Age Group	Events	Place	Result
Brendan Short	U/8 Boys	Discus Shot Put	4th 3rd	14.57m 5.96m
Jaxon Parberry	U/8 Boys	70m	8th	12.3
Harrison Sutherland	U/8 Boys	Long Jump	15th	2.70m
Albert Baloghne	U/9 Boys	400m 800m 700m Walk	5th 4th 1st	1-19.6 2-51.5 4-25.2
Jonti Lanz	U/9 Boys	100m	8th	15.8
Matthew Southwell	U/9 Boys	Shot Put	14th	4.63m
Jarryd Sutherland	U/9 Boys	70m Long Jump	8th 4th	11.4 3.56m
Luke Barron	U/10 Boys	Shot Put	14th	5.31m
Mason Boyd	U/10 Boys	800m 1500m Long Jump High Jump	16th 4th 2nd 1st - Record	2-52.5 5-37.3 4.17m 1.43m
Antonee Burke	U/11 Boys	100m 200m Long Jump Discus	3rd 3rd 6th 11th	13.9 28.9 4.33m 16.63m
Jayden Broderick	U/13 Boys	80m Hurdles 200m Hurdles Long Jump Triple Jump	2nd 1st 8th 2nd	14.2 31.2 4.48m 9.60m
Lucas Millward	U/13 Boys	800m 1500m Javelin Triple Jump	7th 5th 7th 5th	2-48.2 5-42.3 23.7m 9.04m
Daniel Parsons	U/13 Boys	200m Hurdles	4th	36.5
Brayden Schaefer	U/14 Boys	High Jump Shot Put Javelin	1st 5th 7th	1.62m 8.94m 28.17m
Jack Derwin	U/15 Boys	Shot Put Discus Javelin	2nd 1st 3rd	12.23m 38.10m 42.38m
Joshua Limond	U/15 Boys	200m Long Jump	1st 2nd	24.7 5.23m
Brandon Brown	U/17 Boys	200m	6th	24.8
Senior Boys Relay	U/13-U/17 Boys	4 * 100m	4th	49.8
Hannah Cullen	U/8 Girls	Long Jump Discus 700m Pack Start	11th 9th 3rd	2.70m 9.44m 2-49.9

REGIONAL REPRESENTATIVES 2008-2009				
Name	Age Group	Events	Place	Result
Erin Cullen	U/9 Girls	70m	1st	11.0
		100m	1st	15.6
		200m	1st	33.0
Sabrina Kliousis	U/9 Girls	70m Long Jump	8th 7th	11.9 3.13m
Siobhan Pickard	U/9 Girls	800m Discus	8th	3-27.2 13.25m
Emily Whelan	U/9 Girls	800m	13th	3-41.9
Hannah Cullen	U/8 Girls	Long Jump	11th	2.70m
		Discus	9th	9.44m
		700m Pack Start	3rd	2-49.9
Hannah Southwell	U/10 Girls	Discus	1st	25.88m
Angela Williams	U/10 Girls	Shot Put Discus	2nd 5th	6.81m 16.08m
Sarah Barron	U/11 Girls	800m	11th	3-06.5
Carolina Cacic	U/11 Girls	1100m Walk	6th	6-53.9
		Long Jump	10th	3.78m
		Shot Put	15th	5.90m
Sonia Dodd	U/11 Girls	Triple Jump	4th	8.15m
Emma Priestley	U/11 Girls	800m	8th	2-54.4
		1500m	2nd	5-36.1
Leonie Whyman	U/11 Girls	High Jump	10th	1.20m
Grace Limond	U/13 Girls	100m	5th	14.3
		200m	4th	28.7
Abbie Waters	U/13 Girls	1500m Walk	6th	9-55.1
Kimberley Williams	U/13 Girls	1500m	4th	5-41.7
		3000m	3rd	12-28.9
		1500m Walk	5th	9-20.9
		High Jump	12th	1.20m
Claudia Lloyd-Hensley	U/14 Girls	Triple Jump	9th	8.16m
Laura Bonzo	U/15 Girls	100m	1st	12.7
		200m	1st	25.9
		Triple Jump	2nd	10.72m
Alexandra Holt	U/17 Girls	200m	2nd	27.0
Junior Girls Relay	U/9 - U/12 Girls	4* 100m	8th	1-08.6
Senior Girls Relay	U/13 - U/17 Girls	4 * 100m	1st	52.0

STATE REPRESENTATIVES 2008-2009				
Name	Age Group	Events	Place	Result
Albert Baloghne	U/9 Boys	700m Walk	<u>DQ</u>	
Jarryd Sutherland	U/9 Boys	Long Jump	14th	3.62m
Mason Boyd	U/10 Boys	High Jump Long Jump	1st 12th	1.40m 3.88m
Antonee Burke	U/11 Boys	100m 200m	6th 6th	13.72 28.25
Jayden Broderick	U/13 Boys	200m Hurdles Triple Jump	6th 12th	24.41 9.66m
Jack Derwin	U/15 Boys	Shot Put Javelin	14th 4th	1168m 47.09m
Joshua Limond	U/15 Boys	200m Long Jump	<u>6th</u> 15th	<u>24.41</u> 5.07m
Erin Cullen	U/9 Girls	70m 100m 200m	4th 2 nd 6th	10.61 14.95 31.76
Hannah Southwell	U/10 Girls	Discus	5th	24.68m
Angela Williams	U/10 Girls	Shot Put	13th	6.50m
Emma Priestley	U/11 Girls	1500m	8th	5-28.07
Laura Bonzo	U/15 Girls	200m Triple Jump	2nd 4th	25.50 10.69m
Alexandra Holt	U/17 Girls	200m	<u>3rd</u>	<u>26.81</u>
Senior Girls Relay	U/13 - U/17 Girls	4 * 100m	5th	51.82

Results that are underlined are heat positions only all others are final positions

CLUB STATE MEDALISTS TO DATE

GOLD Medalists to date					
Name	Age Group	Event	Place	Result	Year
Mason Boyd	U/10 Boys	High Jump	1st	1.40m	2009
SILVER Medalists to date					
Name	Age Group	Event	Place	Result	Year
Erin Cullen	U/9 Girls	100m	2nd	14.95	2009
Laura Bonzo	U/15 Girls	200m	2nd	25.50	2009
Ethan Millward	15 Boys	400m	2nd	52.8	2006
Sophie Stanwell	15 Girls	100m	2nd	12.2	2006
Brady Wyatt	9 Boys	Shot Put	2nd	8.54	2006
Sophie Stanwell	14 Girls	Long Jump	2nd	5.39	2005
Club State BRONZE Medalists to date					
Name	Name	Name	Name	Name	Name
William Dawes	15 Boys	3000m	3rd	9-38.91	2008
Hannah Southwell	9 Girls	Shot Put	3rd	7.14m	2008

**ADAMSTOWN NEW LAMBTON LITTLE ATHLETICS INC
STATEMENT OF RECEIPTS AND PAYMENTS FOR THE YEAR
ENDING 31 MARCH 2009**

Receipts

Registrations		\$19,655.85
Uniforms		\$1,775.00
Canteen		\$1,015.00
Miscellaneous		
Championships/Carnival	\$1,000.00	
Insurance Claim	\$993.10	
LAA NSW Award	\$302.70	
Resale of Equipment	\$58.00	
Interest Received	\$36.28	
Voting Rights	\$14.00	\$2,404.08
TOTAL RECEIPTS		\$24,849.93

Payments

LAANSW Registrations		(\$4,834.50)
Canteen		(\$465.08)
Administration		(\$1,008.75)
Field / Equipment		(\$8,058.19)
Presentation and Trophies		(\$6,576.30)
Uniforms		(\$4,000.00)
Miscellaneous		
Marquee Hire`	(\$3,000.00)	
Shade Cloth For Club House	(\$730.00)	
Carnival Expenses	(\$126.00)	
Ice Packs	(\$49.50)	
Key Cutting	(\$3.95)	(\$4,309.45)
TOTAL PAYMENTS		(\$29,252.27)

Total Net Income for 12 months to 31st March 2009 **(\$4,402.34)**

BANK RECONCILIATION AS AT 31 MARCH 2009

Cash Book Balance as at 31st March 2008	\$18,976.34
Plus Receipts	\$24,849.93
Less Expenses	(\$29,252.27)
Cash Book Balance as at 31st March 2009	\$14,574.00

Balance as per Bank Statement 31st March 2009 **\$14,574.00**

CURRENT CLUB RECORDS AS AT COMPLETION OF SEASON 2008-2009

Age Group	Event	Record	Record Holder	Centre / Club	Date
U/6 Boys	50m Run	9.81	Harrison Lyddiard	ANLLAC	18/11/2005
	70m Run	13.60	Harrison Lyddiard	ANLLAC	24/02/2006
		13.60	Jonti Lanz	ANLLAC	24/02/2006
	100m Run	19.00	Ryan Mathews	ANLLAC	08/12/2000
	200m Run	42.50	Ryan Glanville	ANLLAC	07/02/2003
	300m Pack Start	1-07.0	Harrison Lyddiard	ANLLAC	03/03/2006
	Long Jump	2.61	Ryan Mathews	ANLLAC	23/02/2001
	Shot Put	5.72	Samuel Curzi	ANLLAC	17/10/2003
	Discus	13.63	Brendan Short	ANLLAC	16/02/2007
U/7 Boys	50m Run	9.00	Ryan Glanville	ANLLAC	17/10/2003
	70m Run	12.23	Justin Kinniard	ANLLAC	23/02/2007
	100m Run	17.90	Jonti Lanz	ANLLAC	12/01/2007
	200m Run	37.29	Harrison Lyddiard	ANLLAC	23/02/2007
	500m Pack Start	1-52.4	Ryan Glanville	ANLLAC	06/03/2004
	Long Jump	3.38	Phillip McLeish	ANLLAC	02/02/1994
	Shot Put	7.70	Daniel Hincks	ANLLAC	12/12/1997
	Discus	16.30	Brady Wyatt	ANLLAC	11/02/2005
U/8 Boys	50m Run	8.02	Antonee Burke	ANLLAC	07/10/2005
	70m Run	12.00	Ryan Glanville	ANLLAC	23/01/2005
		12.00	Cameron Manning	ANLLAC	02/02/2001
	100m Run	16.70	Cameron Manning	ANLLAC	08/12/2000
	200m Run	35.61	Ryan Glanville	ANLLAC	26/11/2004
	400m Run	1-23.60	Thomas Parkinson	ANLLAC	10/01/1997
	700m Pack Start	2-41.90	Antonee Burke	ANLLAC	10/03/2006
	60m Hurdles	12.30	Thomas Parkinson	ANLLAC	10/01/1997
	Long Jump	3.49	Thomas Parkinson	ANLLAC	17/01/1997
	Shot Put	7.89	Samuel Curzi	ANLLAC	10/03/2006
	Discus	20.18	Brady Wyatt	ANLLAC	14/10/2005
U/9 Boys	70m Run	11.00	Antonee Burke	ANLLAC	05/01/2007
		11.00	Ashley Smith	ANLLAC	25/01/2002
	100m Run	15.20	Thomas Parkinson	ANLLAC	24/10/1997
	200m Run	32.90	Brady Wyatt	ANLLAC	16/12/2005
	400m Run	1-17.50	Antonee Burke	ANLLAC	05/01/2007
	800m Run	3-01.50	Antonee Burke	ANLLAC	24/11/2006
	700m Walk	4-10.10	Elliot Waters	ANLLAC	03/03/2000
	60m Hurdles	11.37	Brady Wyatt	ANLLAC	18/11/2005
	Long Jump	3.89	Brady Wyatt	ANLLAC	03/03/2006
	High Jump	1.16	Brady Wyatt	ANLLAC	24/02/2006
	Shot Put	8.19	Samuel Curzi	ANLLAC	02/03/2007
	Discus	20.92	Brady Wyatt	ANLLAC	10/03/2006
	U/10 Boys	70m Run	10.70	Thomas Parkinson	ANLLAC
100m Run		15.20	Cameron Manning	ANLLAC	17/01/2003
		15.20	Nicholas Metcalfe	ANLLAC	17/11/2000
200m Run		32.26	Antonee Burke	ANLLAC	30/11/2007
400m Run		1-14.20	James Virgili	ANLLAC	22/02/2002
800m Run		2-44.90	James Virgili	ANLLAC	21/01/2002
1500m Run		5-44.90	Mason Boyd	ANLLAC	05/12/2008
1100m Walk		6-20.10	Elliot Waters	ANLLAC	19/01/2001

Age Group	Event	Record	Record Holder	Centre / Club	Date
U/10 Boys	60m Hurdles	11.40	Peter Asvestas	ANLLAC	26/01/2001
	Long Jump	4.27	Thomas Parkinson	ANLLAC	05/02/1999
	High Jump	1.33	Mason Boyd	ANLLAC	17/10/2008
	Shot Put	8.48	Jacob Swab	ANLLAC	13/03/1998
	Discus	25.45	Jayden Hill	ANLLAC	09/03/2007
U/11 Boys	100m Run	14.34	Antonee Burke	ANLLAC	14/11/2008
	200m Run	29.64	Antonee Burke	ANLLAC	30/01/2008
	400m Run	1-08.30	James Virgili	ANLLAC	22/11/2002
	800m Run	2-34.70	James Virgili	ANLLAC	13/12/2002
	1500m Run	5-12.30	James Virgili	ANLLAC	01/11/2002
	3000m Run	11-02.60	James Virgili	ANLLAC	25/10/2002
	1100m Walk	6-14.70	Elliot Waters	ANLLAC	04/01/2002
	60m Hurdles	10.80	Thomas Parkinson	ANLLAC	21/01/2000
	Long Jump	4.44	Mathew Holmes	ANLLAC	08/03/2002
	High Jump	1.33	Harry Wilson	ANLLAC	12/02/1999
	Triple Jump	8.89	Thomas Parkinson	ANLLAC	28/01/2000
	Shot Put	11.78	Steven Sefo	ANLLAC	18/12/1998
	Discus	30.50	Steven Sefo	ANLLAC	06/11/1998
	U/12 Boys	100m Run	13.90	Mansell Laidler	ANLLAC
200m Run		29.20	Ethan Millward	ANLLAC	20/12/2002
400m Run		1-08.70	Kyle Oswald	ANLLAC	06/03/1998
800m Run		2-41.40	Luke Virgili	ANLLAC	13/12/2002
1500m Run		5-37.60	Daniel Johnson	ANLLAC	01/03/1996
3000m Run		12-33.90	Kyle Oswald	ANLLAC	21/11/1997
1500m Walk		8-12.00	Elliot Waters	ANLLAC	07/02/2003
60m Hurdles		10.71	Jayden Broderick	ANLLAC	19/10/2007
Long Jump		4.46	Mansell Laidler	ANLLAC	23/02/1996
High Jump		1.38	Ethan Millward	ANLLAC	13/12/2002
Triple Jump		9.39	Harry Wilson	ANLLAC	28/01/2000
Shot Put		8.82	Aaron Eather	ANLLAC	13/02/1998
Discus		26.20	Adam Hollis	ANLLAC	15/12/1995
U/13 Boys		100m Run	13.60	Mansell Laidler	ANLLAC
	200m Run	27.60	Mansell Laidler	ANLLAC	29/11/1996
	400m Run	1-02.82	Brandon Brown	ANLLAC	10/02/2006
	800m Run	2-37.50	Brandon Brown	ANLLAC	16/12/2005
	1500m Run	5-13.30	William Dawes	ANLLAC	24/11/2006
	3000m Run	11-55.70	Elliot Waters	ANLLAC	13/02/2004
	1500m Walk	8-29.00	Elliot Waters	ANLLAC	07/11/2003
	80m Hurdles	15.20	Aaron Eather	ANLLAC	12/02/1999
		15.20	Mansell Laidler	ANLLAC	18/10/1996
	200m Hurdles	32.63	Brandon Brown	ANLLAC	10/02/2006
	Long Jump	4.69	Ethan Millward	ANLLAC	26/09/2003
	High Jump	1.45	Brayden Schaefer	ANLLAC	11/02/2008
	Triple Jump	9.90	Jayden Broderick	ANLLAC	27/02/2008
	Shot Put	10.56	Aaron Eather	ANLLAC	05/03/1999
	Discus	22.34	Daniel Perry	ANLLAC	22/10/1999
	Javelin	29.25	Jack Derwin	ANLLAC	09/03/2007
U/14 Boys	100m Run	12.76	Brandon Brown	ANLLAC	12/01/2007
	200m Run	25.42	Ethan Millward	ANLLAC	28/11/2004
	400m Run	59.10	Ethan Millward	ANLLAC	17/12/2004
	800m Run	2-32.00	Kyle Oswald	ANLLAC	08/10/1999

Age Group	Event	Record	Record Holder	Centre / Club	Date
U/14 Boys	1500m Run	5-10.20	William Dawes	ANLLAC	09/03/2007
	3000m Run	10-58.50	William Dawes	ANLLAC	02/03/2007
	1500m Walk	8-20.60	Elliot Waters	ANLLAC	29/10/2004
	90m Hurdles	14.20	Mansell Laidler	ANLLAC	13/03/1998
	200m Hurdles	31.39	Ethan Millward	ANLLAC	17/12/2004
	Long Jump	5.13	Mansell Laidler	ANLLAC	13/02/1998
	High Jump	1.60	Brayden Schaefer	ANLLAC	19/12/2008
	Triple Jump	10.44	Ryan Millward	ANLLAC	23/11/2007
	Shot Put	12.10	Simon Akers	ANLLAC	17/12/2004
	Discus	35.18	Simon Akers	ANLLAC	04/02/2005
	Javelin	35.12	Jack Derwin	ANLLAC	01/02/2008
	U/15 Boys	100m Run	12.06	Ethan Millward	ANLLAC
200m Run		24.92	Ethan Millward	ANLLAC	07/10/2005
400m Run		56.86	Ethan Millward	ANLLAC	21/10/2005
800m Run		2-24.90	Elliot Waters	ANLLAC	16/12/2005
1500m Run		4-57.70	Elliot Waters	ANLLAC	28/10/2005
3000m Run		10-50.30	Elliot Waters	ANLLAC	21/10/2005
1500m Walk		7-58.80	Elliot Waters	ANLLAC	10/03/2006
100m Hurdles		16.20	Mansell Laidler	ANLLAC	13/11/1998
200m Hurdles		29.75	Ethan Millward	ANLLAC	18/11/2005
Long Jump		5.63	Ethan Millward	ANLLAC	24/02/2006
High Jump		1.64	Mark Bennett	ANLLAC	11/10/1996
Triple Jump		11.98	Ethan Millward	ANLLAC	16/12/2005
Shot Put		12.88	Jack Derwin	ANLLAC	21/11/2008
Discus		37.52	Jack Derwin	ANLLAC	14/11/2008
Javelin		40.48	Jack Derwin	ANLLAC	05/12/2008
U/17 Boys	100m Run	12.42	Brandon Brown	ANLLAC	09/01/2009
	200m Run	25.17	Brandon Brown	ANLLAC	07/11/2008
	400m Run	58.50	Brandon Brown	ANLLAC	17/10/2008
	800m Run	2-36.20	Brandon Brown	ANLLAC	07/11/2008
	1500m Run	5-44.50	Brandon Brown	ANLLAC	23/01/2009
	1500m Walk	10-02.10	Brandon Brown	ANLLAC	16/10/2008
	100m Hurdles	17.91	Brandon Brown	ANLLAC	21/11/2008
	200m Hurdles	29.07	Brandon Brown	ANLLAC	21/11/2008
	High Jump	1.50	Brandon Brown	ANLLAC	07/11/2008
	Triple Jump	9.99	Brandon Brown	ANLLAC	30/01/2009
	Shot Put	7.10	Brandon Brown	ANLLAC	21/11/2008
	Discus	16.70	Brandon Brown	ANLLAC	31/10/2008
	Javelin	38.80	Simon Akers	ANLLAC	16/11/2007
U/6 Girls	50m Run	10.10	Ashley-Lea Condon	ANLLAC	25/02/2000
	70m Run	14.30	Ashley-Lea Condon	ANLLAC	04/02/2000
	100m Run	19.90	Ashley-Lea Condon	ANLLAC	11/02/2000
	200m Run	42.90	Ashley-Lea Condon	ANLLAC	14/01/2000
	300m Pack	1-10.70	Ashley-Lea Condon	ANLLAC	25/02/2000
	Long Jump	2.47	Ashley-Lea Condon	ANLLAC	21/01/2000
	Shot Put	4.98	Angela Williams	ANLLAC	18/02/2005
	Discus	11.62	Isabel Palmer	ANLLAC	23/02/2007
U/7 Girls	50m Run	9.01	Erin Cullen	ANLLAC	02/03/2007
	70m Run	12.74	Erin Cullen	ANLLAC	26/01/2007
	100m Run	18.51	Erin Cullen	ANLLAC	02/02/2007
	200m Run	40.79	Erin Cullen	ANLLAC	18/12/2006
	500m Pack	2-07.40	Erin Cullen	ANLLAC	19/01/2007

Age	Event	Record	Record Holder	Centre / Club	Date	
U/7 Girls	Long Jump	2.90	Erin Cullen	ANLLAC	09/02/2007	
	Shot Put	6.60	Ashley-Lea Condon	ANLLAC	16/02/2001	
	Discus	14.64	Payge-Louise	ANLLAC	06/03/2004	
U/8 Girls	50m Run	8.81	Erin Cullen	ANLLAC	14/12/2007	
	70m Run	12.07	Erin Cullen	ANLLAC	11/01/2008	
	100m Run	17.54	Erin Cullen	ANLLAC	16/11/2007	
	200m Run	36.00	Bethany Tredinnick	ANLLAC	07/02/1997	
	400m Run	1-28.70	Tahlia Farrant	ANLLAC	27/11/1998	
	700m Pack	2-49.30	Tahlia Farrant	ANLLAC	13/11/1998	
	60m Hurdles	12.80	Tahlia Farrant	ANLLAC	08/01/1999	
	Long Jump	3.07	Estelle Hughes	ANLLAC	07/03/2003	
	Shot Put	7.15	Hannah Southwell	ANLLAC	09/03/2007	
	Discus	15.44	Hannah Southwell	ANLLAC	02/03/2007	
	U/9 Girls	70m Run	11.35	Erin Cullen	ANLLAC	03/10/2008
		100m Run	16.11	Erin Cullen	ANLLAC	06/03/2008
		200m Run	34.32	Erin Cullen	ANLLAC	03/10/2008
400m Run		1-21.90	Erin Cullen	ANLLAC	16/01/2009	
800m Run		3-10.20	Tahlia Farrant	ANLLAC	26/11/1999	
700m Walk		4-28.90	Carolina Cacic	ANLLAC	26/01/2007	
60m Hurdles		12.13	Erin Cullen	ANLLAC	20/02/2009	
Long Jump		3.49	Erin Cullen	ANLLAC	06/03/2009	
High Jump		1.05	Ebony Melon	ANLLAC	23/01/2004	
		1.05	Kate O'Brien	ANLLAC	31/10/1997	
Shot Put		7.72	Hannah Southwell	ANLLAC	19/10/2007	
Discus		19.48	Hannah Southwell	ANLLAC	19/02/2008	
		19.48	Ashley-Lea Condon	ANLLAC	31/01/2003	
U/10 Girls	70m Run	10.86	Laura Bonzo	ANLLAC	19/12/2003	
	100m Run	15.81	Laura Bonzo	ANLLAC	09/01/2004	
	200m Run	32.92	Laura Bonzo	ANLLAC	09/01/2004	
	400m Run	1-17.80	Tahlia Farrant	ANLLAC	10/11/2000	
	800m Run	3-04.80	Ruby Holt	ANLLAC	16/02/2007	
	1500m Run	6-03.90	Tahlia Farrant	ANLLAC	02/02/2001	
	1100m Walk	7-01.30	Georgia Bell	ANLLAC	16/11/2001	
	60m Hurdles	12.05	Laura Bonzo	ANLLAC	14/11/2003	
	Long Jump	3.94	Laura Bonzo	ANLLAC	28/11/2003	
	High Jump	1.28	Carolina Cacic	ANLLAC	14/12/2007	
		1.28	Leonie Whyman	ANLLAC	14/12/2007	
	Shot Put	8.36	Ashley-Lea Condon	ANLLAC	13/02/2004	
	Discus	25.54	Hannah Southwell	ANLLAC	19/12/2008	
U/11 Girls	100m Run	14.88	Ashley-Lea Condon	ANLLAC	19/11/2004	
	200m Run	30.77	Ashley-Lea Condon	ANLLAC	26/11/2004	
	400m Run	1-15.60	Georgia Bell	ANLLAC	25/10/2002	
	800m Run	2-53.70	Georgia Bell	ANLLAC	13/12/2002	
	1500m Run	5-59.90	Kimberley Williams	ANLLAC	24/11/2006	
	3000m Run	12-48.20	Emma Priestley	ANLLAC	21/11/2008	
	1100m Walk	6-11.80	Georgia Bell	ANLLAC	20/12/2002	
	60m Hurdles	11.72	Ashley-Lea Condon	ANLLAC	25/02/2005	
	Long Jump	4.09	Ashley-Lea Condon	ANLLAC	25/02/2005	
	High Jump	1.27	Jessica Coles	ANLLAC	06/01/2006	
	Triple Jump	8.48	Ashley-Lea Condon	ANLLAC	04/03/2005	
	Shot Put	9.50	Ashley-Lea Condon	ANLLAC	26/11/2004	
	Discus	18.52	Ashley-Lea Condon	ANLLAC	03/12/2004	

Age Group	Event	Record	Record Holder	Centre / Club	Date
U/12 Girls	100m Run	14.34	Ashley-Lea Condon	ANLLAC	11/11/2005
	200m Run	30.53	Laura Bonzo	ANLLAC	27/01/2006
	400m Run	1-12.90	Ainsley Hughes	ANLLAC	13/02/2004
	800m Run	2-55.80	Amelia Matheson	ANLLAC	24/10/1997
	1500m Run	5-55.20	Amelia Matheson	ANLLAC	31/10/1997
	3000m Run	12-35.10	Sjana Earp	ANLLAC	02/02/2007
	1500m Walk	9-32.30	Kate Frizza	ANLLAC	10/12/1999
	60m Hurdles	11.45	Ashley-Lea Condon	ANLLAC	18/11/2005
	Long Jump	4.30	Holly Ibbotson	ANLLAC	02/03/2001
	High Jump	1.37	Sophie Stanwell	ANLLAC	31/01/2003
	Triple Jump	9.04	Ashley-Lea Condon	ANLLAC	27/01/2006
	Shot Put	10.88	Ashley-Lea Condon	ANLLAC	18/11/2005
	Discus	21.32	Rachel Higgins	ANLLAC	15/01/1999
	U/13 Girls	100m Run	14.04	Laura Bonzo	ANLLAC
200m Run		28.50	Elina Sefo	ANLLAC	11/12/1998
400m Run		1-08.44	Alexandra Holt	ANLLAC	10/02/2006
800m Run		2-49.60	Penelope Nash	ANLLAC	07/11/1997
1500m Run		5-56.00	Amelia Matheson	ANLLAC	04/12/1998
3000m Run		12-42.80	Penelope Nash	ANLLAC	21/11/1997
1500m Walk		9-37.90	Abbie Waters	ANLLAC	09/01/2009
80m Hurdles		15.95	Sophie Stanwell	ANLLAC	17/10/2003
200m Hurdles		33.60	Elina Sefo	ANLLAC	12/02/1999
Long Jump		4.33	Isabelle Farragher	ANLLAC	20/01/2006
High Jump		1.44	Sophie Stanwell	ANLLAC	30/01/2004
Triple Jump		9.07	Ashley-Lea Condon	ANLLAC	03/11/2006
Shot Put		10.06	Elina Sefo	ANLLAC	18/12/1998
Discus		27.40	Elina Sefo	ANLLAC	12/02/1999
Javelin		16.78	Sophie Stanwell	ANLLAC	26/09/2003
U/14 Girls	100m Run	13.51	Alexandra Holt	ANLLAC	27/10/2006
	200m Run	27.89	Laura Bonzo	ANLLAC	07/03/2008
	400m Run	1-06.80	Alexandra Holt	ANLLAC	20/10/2006
	800m Run	2-48.90	Alexandra Holt	ANLLAC	19/01/2007
	1500m Run	6-08.20	Erinne Kuranty	ANLLAC	08/11/1996
	3000m Run	13-11.10	Sereena King	ANLLAC	17/01/1997
	1500m Walk	9-39.80	Sereena King	ANLLAC	21/02/1997
	80m Hurdles	15.60	Laura Bonzo	ANLLAC	14/12/2007
	200m Hurdles	32.39	Laura Bonzo	ANLLAC	14/12/2007
	Long Jump	4.65	Sophie Stanwell	ANLLAC	18/02/2005
	High Jump	1.55	Sophie Stanwell	ANLLAC	26/11/2004
	Triple Jump	9.30	Laura Bonzo	ANLLAC	23/11/2008
	Shot Put	9.72	Emma Derwin	ANLLAC	13/02/2004
	Discus	21.32	Emma Derwin	ANLLAC	10/10/2003
	Javelin	19.88	Elle Stanwell	ANLLAC	01/11/2002
U/15 Girls	100m Run	12.87	Laura Bonzo	ANLLAC	06/03/2009
	200m Run	26.54	Laura Bonzo	ANLLAC	30/01/2009
	400m Run	1-04.50	Laura Bonzo	ANLLAC	17/10/2008
	800m Run	2-47.60	Penelope Nash	ANLLAC	25/02/2000
	1500m Run	5-50.30	Penelope Nash	ANLLAC	26/11/1999
	3000m Run	12-58.00	Sereena King	ANLLAC	21/11/1997
	1500m Walk	10-36.50	Kathryn King	ANLLAC	04/02/2000
	90m Hurdles	16.02	Sophie Stanwell	ANLLAC	10/02/2006
	200m Hurdles	31.33	Sophie Stanwell	ANLLAC	18/11/2005
	Long Jump	5.28	Sophie Stanwell	ANLLAC	10/03/2006

Age Group	Event	Record	Record Holder	Centre / Club	Date
U/15 Girls	High Jump	1.58	Sophie Stanwell	ANLLAC	16/12/2005
	Triple Jump	10.79	Laura Bonzo	ANLLAC	27/02/2009
	Shot Put	10.64	Emma Derwin	ANLLAC	14/01/2005
	Discus	24.24	Emma Derwin	ANLLAC	29/10/2004
	Javelin	19.56	Laura Bonzo	ANLLAC	23/01/2009
U/17 Girls	100m Run	13.10	Alexandra Holt	ANLLAC	06/02/2009
	200m Run	26.65	Alexandra Holt	ANLLAC	30/01/2009
	400m Run	1-05.70	Alexandra Holt	ANLLAC	21/11/2008
	800m Run	2-47.30	Alexandra Holt	ANLLAC	27/02/2008
	1500m Run	6-46.10	Alexandra Holt	ANLLAC	31/10/2008
	1500m Walk	11-16.70	Alexandra Holt	ANLLAC	06/02/2009
	100m Hurdles	20.28	Alexandra Holt	ANLLAC	16/01/2009
	200m Hurdles	34.26	Alexandra Holt	ANLLAC	21/11/2008
	Long Jump	4.52	Alexandra Holt	ANLLAC	06/02/2009
	High Jump	1.45	Sophie Stanwell	ANLLAC	30/11/2007
	Triple Jump	9.57	Alexandra Holt	ANLLAC	27/02/2008
	Shot Put	7.28	Sophie Stanwell	ANLLAC	07/03/2008
	Discus	21.50	Alexandra Holt	ANLLAC	07/03/2008
	Javelin	17.60	Sophie Stanwell	ANLLAC	30/11/2007

APPLICATION FOR MEMBERSHIP OF ASSOCIATION

.....Incorporated
(Little Athletics Centre)

I,
(Full name of applicant)

of
(Address)

.....hereby apply to become a
(Occupation)

member of the above named Little Athletics Centre. In the event of my admission as a member, I agree to be bound by the rules of The Centre for the time being in force.

.....
Signature of applicant

Date

I, a member of The Centre
(full name)

Nominate the applicant, who is personally known to me, for membership of The Centre

.....
Signature of proposer

Date

I, a member of The Centre
(full name)

Second the nomination of the applicant, who is personally known to me, for membership of The Centre.

.....
Signature of seconder

Date