

Adamstown New Lambton Little Athletics

Season 2010 - 2011

Club Handbook



ADAMSTOWN NEW LAMBTON LITTLE ATHLETICS CENTRE INCORPORATED

SEASON 2010-2011

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. As always, the committee wish that all associated with the club will have an enjoyable season.

Please be aware that, apart from our usual Friday night competition, there are a range of other opportunities to compete. These include gala days, championships and multi event days. These carnivals give athletes, regardless of ability, the chance to develop greater competition skills, extend themselves, race in different conditions, seek higher representation and make new friends. Perhaps more athletes can be encouraged to participate in these events this season, especially at Zone Championship level. With our centre hosting the Zone Multi early in the season, this will provide a perfect opportunity for all...for Tots through to U17. During our competition nights we will be handing out information regarding these events. If any athletes are interested in competing, please complete the forms and return to ensure your place.

With continued use of our zero turn mower, improved ground facilities and favourable weather, we are hoping for more enjoyable nights this season. The committee will continue to improve the equipment used at our centre, building on the improvements of recent years.

Please make use of the coaching offered by the club on week nights and encourage athletes to improve. Parents – Any of you who help young athletes, to perform better than the children do on their own, are acting as coaches. I would ask each of you to help our young athletes to be better sportspeople, in attitude and performance.

Make use of our Club website, to be found at www.anllac.org.au. We will be adding detail to this site as the season progresses.

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 do useful tasks – to set out equipment, mark the track, officiate and also to assist our children to improve. I wish you all an enjoyable season.

Yours truly,

David Holt
President - Adamstown / New Lambton Little Athletics

EXECUTIVE COMMITTEE 2010-2011

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 Lorraine O'Connor	0419 655811
ZONE DELEGATES (Port Hunter)	David Holt David Pickard	
COMMITTEE MEMBERS	Michael Waters Sheridan Twiss Adrian Sutherland Tom Parbery Andy Aspinall	



2010-2011 SEASON CALENDAR

SEPTEMBER

Sat 25th Raymond Terrace Pentathlon Vi Barnett Field, Raymond Terrace

OCTOBER

Sun 24th Port Hunter Zone Multi-Event Alder Park, New Lambton

Sun 31st Wallsend Gala Day Federal Park, Wallsend

NOVEMBER

Sat 27th State Relay Championships Sydney, Olympic Park

Sun 28th State Relay Championships Sydney, Olympic Park

DECEMBER

Sat 11th Port Hunter Zone Championships Vi Barnett Field, Raymond Terrace

Sun 12th Port Hunter Zone Championships Vi Barnett Field, Raymond Terrace

JANUARY

Sun 16th Trans Tasman Challenge Blacktown Olympic Park, Blacktown

Sat 22nd Athletics NSW Country Champs Hunter Sports Centre, Glendale

Sun 23rd Athletics NSW Country Champs Hunter Sports Centre, Glendale

Sat 29th Hunter Track Classic Hunter Sports Centre, Glendale

FEBRUARY

Sat 19th LAANSW Region 4 Championships Hunter Sports Centre, Glendale

Sun 20th LAANSW Region 4 Championships Hunter Sports Centre, Glendale

MARCH

Sat 5th LAANSW State Multi-Event Jubilee Park, Wagga Wagga

Sun 6th LAANSW State Multi-Event Jubilee Park, Wagga Wagga

Fri 18th LAANSW State Championships Sydney, Olympic Park

Sat 19th LAANSW State Championships Sydney, Olympic Park

Sun 20th LAANSW State Championships Sydney, Olympic Park

APRIL

Fri 30th Aust. Little Athletics Champs Sydney, Olympic Park

JULY

Sun 3rd State Cross Country & Road Walks TBA



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 24th September 2010

SEASONS END: Friday 11th March 2011

TIME Commence at 5:15 pm

COST	Tiny Tots	\$ 95.00
	Under 6 years	\$ 100.00
	Under 7 - 17 years	\$ 105.00

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

Registration Days:	Saturday 28 th August 2010	9:00 am to 12:00 noon
All at Alder Park	Saturday 4 th September 2010	9:00 am to 12:00 noon
New Lambton	Friday 17 th September	5:00 pm to 7:00 pm

Little A's NSW registration system accommodates 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 for 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 in 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 uniform and club number (213). Club numbers are available from the committee at no cost and are attached to the back of the child's singlet/top.

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 notified via the Club's Wet Weather Line. The number for this service is 1901 190 001. Please note call cost \$0.50c fixed, higher from mobile phones.

The club has implemented a policy to cancel a night's competition if lightning activity is present adjacent to the track at starting time or at any time during events.

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), Brunner 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 obtained during Friday night competition.
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

Athletes must be in attendance at Adamstown New Lambton Little Athletic Centre competition at Alder Park to receive Events Championship points. Results obtained by athletes competing in other competitions will not be considered.

Important Dates

NOTE 1 **Orientation occurs on Friday 17th September from 5:00 pm to 7:00 pm for those who want to become familiar with any aspect of the club, parent duties, age marshalling etc**

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

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

NOTE 4 **Christmas Break...**

Last competition night before Christmas is 17th December 2010

Season resumes 7th January 2011

NOTE 5 **Season Finishes FRIDAY 11th March 2011**

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 2010-2011 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/scunge'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. An IGA sponsor patch must be affixed to the top front right of the shirt or singlet.

The registration number must be displayed on the shirt. Any athletes who have forgotten their shirt or number must report 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 are acceptable.

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 2010-2011

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/12B	U/12G	U13-17
70	70	70	LJ-2	SP-1	LJ-3	HJ	DISC2	100*	100*	100*	100*	#JAV	LJ-1	#JAV
DISC1	DISC2	LJ-3	70	100*	100*	100*	100*	LJ-1	LJ-2	SP-1	SP-2	100*	100*	100*
100*	100*	SP-2	SP-3	LJ-3	DISC1	DISC2	HJ	1500	1500	1500	1500	SP-1	#JAV	LJ-1&2
SP-1	SP-2	100*	100*	70	70	800	800	DISC2	DISC1	TJ-1	TJ-2	1500	1500	1500
												LJ-1	SP-1	DISC1&2

- U12 & U13 Javelin events may be combined 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/10B	U/10G	U/11B	U/11G	U/12B	U/12G	U13-17
SP-2	SP-1	DISC1	DISC2	70	70	70	70	800	800	LJ-1	LJ-2	200	HJ	200**
50	50	50	50	LJ-3	SP-3	SP-1	SP-2	DISC1	DISC2	200	200	TJ-1	200	HJ 1&2
DISC1	DISC2	500	500	200	200	LJ-2	LJ-1	70	70	SP-1	SP-2	800	TJ-1	800
300	300	SP-1	SP-2	DISC1	DISC2	200	200	LJ-2	LJ-3	800	800	HJ	800	TJ-1
														SP-1&2

** - 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/10B	U/10G	U/11B	U/11G	U/12B	U/12G	U13-17
LJ-1	LJ-3	LJ-2	SP-1	70	70	100	100	100	100	#1100W	HJ	DISC1	100	DISC2
70	70	70	70	LJ-1	LJ-2	DISC2	SP-1	#1100W	#1100W	100	100	100	DISC1	100
DISC2	DISC1	SP-3	LJ-3	700	700	LJ-3	LJ-2	SP-1	SP-2	HJ	#1100W	#1500W	LJ-1	JAV
200	200	200	200	SP-2	SP-1	700W	700W	200	200	DISC1	DISC2	LJ-1	#1500W	LJ-2
														#1500W

- Optional 1500m Run instead of Walk held concurrently with Walk. Athlete's choice required before commencement of event

WEEK 4

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/12B	U/12G	U13-17
														200H^
50	50	50	50	HURD	HURD	HURD	HURD	HJ	SP-1	LJ-2	LJ-1	DISC1	DISC2	400
SP-3	SP-2	DISC2	DISC1	50	50	70	70	HURD	HURD	HURD	HURD	HURD	HURD	SP-1
100	100	LJ-2	LJ-3	DISC2	LJ-1	SP-2	DISC1	SP-1	HJ	400	400	400	400	HURD
LJ-2	LJ-1	100	100	400	400	400	400	400	400	DISC2	DISC1	SP-1	SP-2	3000
										3000	3000	3000	3000	

200H^ - event run from 4.50pm

CLUB MULTIEVENT (FRIDAY 11th MARCH 2011)

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/12B	U/12G	U13-17
LJ-3	300	500	500	DISC1	100	HJ	100	SP-3	SP-2	HJ	SP-1	100	DISC2	LJ-1&2
300	SP-1	LJ-3	DISC1	700	DISC2	100	800	LJ-1	100	800	100	SP-2	LJ-2	JAV
SP-3	100	DISC-2	LJ-3	100	LJ-2	800	HJ	100	800	SP-1	HJ	LJ-1	100	100
100	LJ-3	100	100	LJ-1	700	SP-1	SP-3	800	LJ-2	100	800	800	800	800

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 MULTI-EVENT

Our last night of the season this year is set down for 11th March. On this night we will be conducting our Club Multi-Event night. This form of event entails points being allocated to athletes based on their results, rather than their placing. IE the faster your run, the further you throw, the longer or higher you jump the more points you receive. The system provides motivation for each athlete to compete to the best of their ability rather than concentrate on winning or placing.

Ribbons are awarded on the night for placegetters in individual events and certificates awarded at our club presentation for those who finish in the top three in overall points for the night in each age group.

The point scoring tables are published on the Little Athletics NSW web site. Generally Multi-Event competitions are run over the course of a full day with many resources on hand. Due to a limitation on both time and resources our Club Multi-Event does not follow a full standard Multi-Event program. Instead four events have been selected for each age group that provide the opportunity for a sprint, distance, throw and jump event for each athlete. Where LAANSW scoring tables are not available for events run on the night for any particular age group the appropriate tables from the next highest available age group are used.

On this night normal point scores for Best In Age performance (Events Champion) will not apply, nor will Improvement Points (Personal Bests). This means that these point scores for the season will effectively end after competition of activities on 4th March.

PHOTOGRAPHY POLICY

Adamstown New Lambton Little Athletics Centre may use photos and recorded material to promote Little Athletics and the club. Most past athletes and parents would likely agree that there is great social benefit in doing so and the children, officials, parents and carers that are subjects within such photography receive great pleasure in having their efforts and participation recorded as mementos.

We have in place a Photography Policy that provides a set of rules and guidelines governing photography, video and audio recording at club events to help ensure the protection of all involved. This policy is available from our web site.

One particular point of note is that during the process of registering their children parents/carers may nominate not to allow photography of their children at ANLLAC events. In such cases each associated child will be issued with a lime green wristband by ANLLAC that will form part of the child's uniform to be worn at ANLLAC events. The onus of responsibility for wearing and displaying such identification rests with the parents/carer. **All photographers must be aware that any athlete identified with a lime green wristband is exempt from any photography and must not be photographed under any circumstances.**

PRESIDENT'S AWARD FOR OUTSTANDING ACHIEVEMENT 2009/2010

Laura Bonzo U/17 Girls

CLUB ENCOURAGEMENT AWARDS 2009/2010

Girls Melanie Fraser U/15
Boys Lucas Millward U/14

CLUB AWARDS 2009/2010

Age Group	Improvement Champion	Place	Events Champion
U/6 Boys	Jacob Irwin	1st	Jacob Irwin
	Cameron Short	2nd	Harrison Peters
	James Ackerman	3rd	Cameron Short
U/7 Boys	Luke O'Neill	1st	Kellan Barry
	Flynn Lanz	2nd	Luke O'Neill
	Daniel Whelan	3rd	Flynn Lanz
U/8 Boys	Aaron Stone	1st	Parker Hopkins
	Parker Hopkins	2nd	Aaron Stone
	Jonathon Oswald	3rd	Lachlan Norgard
U/9 Boys	Harrison Sutherland	1st	Jaxon Parbery
	Darby Lanz	2nd	Harrison Sutherland
	Angus Pinkerton	3rd	Brendan Short
U/10 Boys	Jarryd Sutherland	1st	Jonti Lanz
	Jonti Lanz	2nd	Jarryd Sutherland
	Mason Barry	3rd	Mason Barry
U/11 Boys	Thomas Vandenberg	1st	Lewis Debeljak
	Nicholas Morgan	2nd	Thomas Vandenberg
	Lewis Debeljak	3rd	Daniel Watling
U/13 Boys	Joshua Fraser	1st	Rugby Kliousis
	Rugby Kliousis	2nd	Mikey Cominos
	Mikey Cominos	3rd	Joshua Fraser
U/14 Boys	Declan Spencer	1st	Declan Spencer
	Duncan Burns	2nd	Duncan Burns
	Lucas Millward	3rd	Lucas Millward
U/15 Boys	Alexi Cominos	1st	Alexi Cominos

Age Group	Improvement Champion	Place	Events Champion
U/17 Boys	Jack Derwin	1st	Jack Derwin
	George Ashworth	2nd	George Ashworth
	Joshua Limond	3rd	Joshua Limond
U/6 Girls	Georgia Olds	1st	Jessica Norgard
	Ravelle Eaton	2nd	Georgia Olds
	Kylie Crossley	3rd	Ravelle Eaton
U/7 Girls	Elwen Parbery	1st	Emma Hopkins
	Emma Hopkins	2nd	Elwen Parbery
	Kira Smith	3rd	Lillian Smith
U/8 Girls	Megan Aspinall	1st	Megan Aspinall
	Taylah Bryde	2nd	Taylah Bryde
	Elley Irwin	3rd	Elley Irwin
U/9 Girls	Alicia Whelan	1st	Hannah Cullen
	Hannah Cullen	2nd	Nicole Crossley
	Lilly Doyle	3rd	Eboni Smith
U/10 Girls	Sabrina Kliousis	1st	Erin Cullen
	Molly O'Neill	2nd	Jenai Everett
	Caitlin Spencer	3rd	Chloe Doyle
U/11 Girls	Madeleine Camire	1st	Rebekah Stuart
	Caitlin Noncic	2nd	Madeleine Camire
	Rebekah Stuart	3rd	Angela Williams
U/12 Girls	Emma Priestley	1st	Emma Priestley
	Carolina Cacic	2nd	Carolina Cacic
	Hannah Jefferson	3rd	Leonie Whyman
U/13 Girls	Ruby Holt	1st	Ruby Holt
	Kathleen Ryan	2nd	Mia Thomson
	Mia Thomson	3rd	Taylor Constantine
U/14 Girls	Kimberley Williams	1st	Kimberley Williams
	Abbie Waters	2nd	Abbie Waters
	Taliah Darcy-Shaw	3rd	Taliah Darcy-Shaw
U/15 Girls	Danielle Williams	1st	Melanie Fraser
	Melanie Fraser	2nd	Evelyn Holt
	Evelyn Holt	3rd	Claudia Lloyd Hensley
U/17 Girls	Alexandra Holt	1st	Alexandra Holt
	Laura Tredinnick	2nd	Laura Tredinnick
	Laura Bonzo	3rd	Laura Bonzo

CLUB MULTI-EVENT 2009-2010

Age Group	Name	Place	Points
U/6 Boys	Harrison Peters	1st	2,266
	Jacob Irwin	2nd	2,260
	Corbin Debeljak	3rd	1,954
U/7 Boys	Kellan Barry	1st	2,743
	Zachery Leyden	2nd	1,997
	Nathan Parry	3rd	1,976
U/8 Boys	Parker Hopkins	1st	2,538
	Thomas Parsons	2nd	2,414
	Lachlan Norgard	3rd	2,272
U/9 Boys	Jaxon Parbery	1st	2,618
	Akech Aliir	2nd	2,344
	Harrison Sutherland	3rd	2,282
U/10 Boys	Jonti Lanz	1st	2,724
	Jarryd Sutherland	2nd	2,584
	Mason Barry	3rd	2,394
U/11 Boys	Thomas Vandenberg	1st	2,755
	Connor Wild	2nd	2,283
	Luke Barron	3rd	2,240
U/13 Boys	Joshua Fraser	1st	902
	Sean Fox	2nd	743
U/14 Boys	Declan Spencer	1st	2,383
	Duncan Burns	2nd	2,333
	Lucas Millward	3rd	1,946
U/17 Boys	Jack Derwin	1st	1,506
	Joshua Limond	2nd	339
U/6 Girls	Jessica Norgard	1st	2,861
	Emma Lynch	2nd	2,151
	Ravelle Eaton	3rd	1,873
U/7 Girls	Emma Hopkins	1st	2,571
	Elwen Parbery	2nd	1,992
	Sophia Bell	3rd	1,720
U/8 Girls	Megan Aspinall	1st	2,270
	Taylah Bryde	2nd	1,916
	Amelia Carpenter	3rd	1,893
U/9 Girls	Hannah Cullen	1st	2,409
	Lucie Fityus	2nd	2,268
	Nicole Crossley	3rd	1,969
U/10 Girls	Erin Cullen	1st	2,624
	Jenai Everett	2nd	2,246
	Caitlin Spencer	3rd	2,168
	Chloe Doyle	3rd	2,168
U/11 Girls	Madeleine Camire	1st	2,161
	Rebekah Stuart	2nd	1,835
	Angela Williams	3rd	1,411
U/12 Girls	Emma Priestley	1st	2,328
	Carolina Cacic	2nd	2,147
	Sonia Dodd	3rd	2,097
U/13 Girls	Taylor Constantine	1st	1,935
	Ruby Holt	2nd	1,870
	Mia Thomson	3rd	1,402
U/14 Girls	Taliah Darcy-Shaw	1st	2,104
	Sarafina Manyang	2nd	2,027
	Kimberley Williams	3rd	1,981
U/15 Girls	Claudia Lloyd Hensley	1st	1,412
	Evelyn Holt	2nd	1,204
	Melanie Fraser	3rd	1,051
U/17 Girls	Alexandra Holt	1st	2,338
	Laura Tredinnick	2nd	1,374

ACHIEVEMENT AWARDS 2009-2010

Name	Age Group	Number P.B.'s
Joshua Fraser	U/13 Boys	30
Declan Spencer	U/14 Boys	29
Jacob Irwin	U/6 Boys	28
Angus Pinkerton	U/9 Boys	28
Harrison Sutherland	U/9 Boys	28
Emma Priestley	U/12 Girls	27
Darby Lanz	U/9 Boys	26
Rugby Kliousis	U/13 Boys	26
Megan Aspinall	U/8 Girls	26
Carolina Cacic	U/12 Girls	25
Ruby Holt	U/13 Girls	25
Danielle Williams	U/15 Girls	25
Luke O'Neill	U/7 Boys	24
Aaron Stone	U/8 Boys	24
Jarryd Sutherland	U/10 Boys	24
Kimberley Williams	U/14 Girls	24
Daniel Whelan	U/7 Boys	23
Jonathon Oswald	U/8 Boys	23
Jonti Lanz	U/10 Boys	23
Molly O'Neill	U/10 Girls	23
Flynn Lanz	U/7 Boys	22
Jaxon Parbery	U/9 Boys	22
Nicholas Morgan	U/11 Boys	22
Elwen Parbery	U/7 Girls	22
Caitlin Spencer	U/10 Girls	22
Cameron Short	U/6 Boys	21
Duncan Burns	U/14 Boys	21
Lucas Millward	U/14 Boys	21
Sabrina Kliousis	U/10 Girls	21
Hannah Jefferson	U/12 Girls	21
Kathleen Ryan	U/13 Girls	21
James Ackerman	U/6 Boys	20
Jack Morrow	U/7 Boys	20
Thomas Parsons	U/8 Boys	20
Brendan Short	U/9 Boys	20
Mackenzie Twiss	U/10 Boys	20
Cameron Boyd	U/10 Boys	20
Mikey Cominos	U/13 Boys	20
Georgia Olds	U/6 Girls	20
Nicole Crossley	U/9 Girls	20
Clare Hughes	U/9 Girls	20
Alicia Whelan	U/9 Girls	20
Piper Kline	U/9 Girls	20
Taylor Constantine	U/13 Girls	20

REPRESENTATIVES 2009-2010

Zone Representatives 2009-2010						
Age Group	Name	Event	Heat Place	Heat Result	Final Place	Final Result
U/7 Boys	Daniel Whelan	50M Run			5th	10.90
		70M Run			4th	14.80
		Long Jump			3rd	2.21
		Shot Put			4th	4.10
	Flynn Lanz	Long Jump			2nd	2.27
		Shot Put			6th	3.37
	Kellan Barry	100M Run			1st	17.00
		200M Run			1st	37.50
		70M Run			1st	12.70
		Discus			1st	15.25
	Luke O'Neill	200M Run			3rd	43.90
		70M Run			3rd	14.30
		Discus			6th	8.40
		Shot Put			5th	3.87
U/8 Boys	Hugh Dallen	60M Hurdles	4th	14.60	8th	14.40
		70M Run			5th	13.00
		Pack Start			2nd	2-59.30
	Parker Hopkins	60M Hurdles	1st	12.90	3rd	12.80
		Discus			2nd	14.20
		Long Jump			1st	3.13
		Shot Put			1st	6.32
	Thomas Parsons	100M Run	2nd	17.50	2nd	17.50
		70M Run			1st	12.20
		Discus			4th	10.27
		Long Jump			2nd	2.96
U/9 Boys	Brendan Short	Discus			1st	18.04
		High Jump			5th	0.95
		Shot Put			3rd	6.38
	Darby Lanz	400M Run	6th	1-32.30		
		800M Run	4th	3-43.00		
	Harrison Sutherland	60M Hurdles	1st	12.60	4th	12.10
		70M Run	4th	12.20	7th	12.60
		Long Jump			5th	3.36
		Shot Put			4th	5.70
	Jaxon Parbery	200M Run			3rd	35.10
		60M Hurdles	2nd	11.10	2nd	11.30
		70M Run	2nd	11.50	4th	11.60
		Long Jump			4th	3.41
	Kye Jefferson	100M Run			7th	17.00
		200M Run			6th	36.40
		70M Run	3rd	12.10	6th	12.10
		Long Jump			9th	3.05
U/10 Boys	Cameron Boyd	100M Run			7th	16.20
		1500M Run			5th	6-30.10
		200M Run			3rd	34.90
		Shot Put			4th	6.53
	Jarryd Sutherland	100M Run			3rd	15.00
		70M Run			3rd	11.00
		High Jump			1st	1.22
	Jonti Lanz	Long Jump			1st	3.97
		100M Run			2nd	14.90
		200M Run			1st	32.60
		70M Run			2nd	10.70
		Discus			5th	17.81

Zone Representatives 2009-2010							
Age Group	Name	Event	Heat Place	Heat Result	Final Place	Final Result	
U/10 Boys	Mason Barry	100M Run			6th	15.80	
		200M Run			2nd	34.30	
		70M Run			4th	11.50	
U/11 Boys	Daniel Watling	Discus			1st	20.51	
		Shot Put			6th	6.91	
		100M Run	2nd	15.10	2nd	14.50	
	Thomas Vandenberg	1500M Run			4th	6-09.10	
		200M Run			2nd	31.70	
		800M Run			2nd	2-55.20	
	Tim Bailey-Coles	200M Run			4th	32.20	
		Discus			5th	15.49	
		High Jump			4th	1.15	
U/13 Boys	Joshua Fraser	Long Jump			3rd	3.88	
		Discus			13th	10.97	
		Javelin			7th	8.60	
	Mikey Cominos	Long Jump			9th	2.57	
		Shot Put			3rd	6.73	
		100M Run			4th	14.60	
	Rugby Kliousis	200M Hurdles			2nd	32.70	
		Discus			11th	13.49	
		800M Run			3rd	2-58.70	
Long Jump				7th	3.51		
Sean Fox		200M Hurdles			3rd	33.30	
Discus				9th	15.00		
Triple Jump				4th	9.72		
U/14 Boys		Declan Spencer	100M Run			2nd	13.10
			1500M Run			1st	5-00.10
	800M Run				1st	2-25.10	
	Duncan Burns	Discus			1st	26.27	
		100M Run			1st	12.60	
		1500M Run			4th	5-32.60	
	Lucas Millward	200M Hurdles			3rd	33.30	
		400M Run			3rd	1-21.10	
		1500M Run			5th	5-37.00	
	Ryan Vincent	200M Hurdles			2nd	32.60	
		Javelin			2nd	26.84	
		Triple Jump			2nd	9.96	
		400M Run			2nd	1-11.50	
		90M Hurdles			2nd	18.40	
		Triple Jump			4th	9.38	
Simon Camire	1500M Run			2nd	5-05.60		
	3000M Run			1st	12-02.00		
	800M Run			4th	2-38.20		
U/15 Boys	Alexi Cominos	100M Run			3rd	13.00	
		200M Hurdles			1st	29.90	
		Long Jump			4th	4.48	
U/17 Boys	Jack Derwin	Discus			3rd	30.77	
		Javelin			3rd	44.90	
		Shot Put			2nd	10.81	
Junior Boys	Jaxon Parbery	4 x 100 Relay			1st	59.30	
	Jonti Lanz						
	Tom Vandenburg						
	Ben Davies						
Senior Boys	Mikey Cominos	4 x 100 Relay			2nd	52.80	
	Declan Spencer						
	Alexi Cominos						

Zone Representatives 2009-2010							
Age Group	Name	Event	Heat Place	Heat Result	Final Place	Final Result	
	Jack Derwin						
U/7 Girls	Elwen Parbery	100M Run	3rd	20.20	5th	20.90	
		50M Run	2nd	10.70	6th	10.30	
		Long Jump			2nd	2.45	
	Emma Hopkins	50M Run	1st	9.60	1st	9.50	
		Discus			1st	10.94	
		Pack Start			1st	2-04.00	
		Shot Put			1st	4.10	
	Kira Smith	100M Run	3rd	21.40	6th	21.40	
		50M Run	3rd	11.00	7th	10.50	
U/8 Girls	Megan Aspinall	100M Run			2nd	18.50	
		400M Run			2nd	1-33.60	
		60M Hurdles			3rd	13.30	
		Long Jump			5th	2.71	
	Taylah Bryde	70M Run			3rd	13.60	
		Discus			2nd	10.80	
		Long Jump			6th	2.66	
		Shot Put			2nd	5.37	
U/9 Girls	Alicia Whelan	700M Walk	DQ				
		Discus			7th	9.45	
		Long Jump			11th	2.19	
	Annabelle Cummins	Shot Put				5th	3.98
		100M Run				7th	19.00
		400M Run				4th	1-43.5
		60M Hurdles	6th	12.70	8th	12.90	
		High Jump			4th	0.80	
	Hannah Cullen	400M Run				2nd	1-26.90
		800M Run				3rd	3-17.40
		Discus				5th	10.89
Lilly Doyle	Long Jump				3rd	3.03	
	60M Hurdles				5th	15.90	
	700M Walk				1st	7-53.80	
Sarah Vandenberg	Long Jump				8th	2.54	
	100M Run				8th	22.10	
	400M Run				5th	1-45.50	
	60M Hurdles				4th	14.70	
	High Jump				3rd	0.80	
U/10 Girls	Caitlin Spencer	1500M Run			1st	6-47.10	
		800M Run			2nd	3-29.40	
		Chloe Doyle	Discus			4th	14.04
			Shot Put			7th	4.70
			100M Run	2nd	15.10	3rd	15.4
	Emily Whelan	1100M Walk				1st	8-16.6
		70M Run				2nd	11.20
		Long Jump				2nd	3.60
		High Jump				4th	1.00
		Long Jump				8th	3.02
Shot Put					8th	4.57	
Shot Put							
Erin Cullen	100M Run	1st	14.90	1st	14.80		
	200M Run				1st	32.80	
	70M Run				1st	10.70	
	Long Jump				1st	3.89	
Jenai Everett	70M Run				4th	11.70	
	Discus				2nd	14.54	
	Long Jump				11th	2.95	
	Shot Put				4th	5.02	

Zone Representatives 2009-2010							
Age Group	Name	Event	Heat Place	Heat Result	Final Place	Final Result	
U/10 Girls	Molly O'Neill	100M Run			7th	19.60	
		200M Run			7th	47.70	
	Sabrina Kliousis	400M Run			2nd	1-31.50	
		70M Run			5th	12.00	
	Siobhan Pickard	Discus			3rd	14.38	
		Shot Put			3rd	5.14	
		1500M Run			2nd	7-17.90	
		400M Run			3rd	1-33.90	
		800M Run			3rd	3-41.90	
		Discus			6th	13.23	
U/11 Girls	Angela Williams	Discus			2nd	17.44	
		Long Jump			10th	2.63	
		Shot Put			1st	7.59	
	Madeleine Camire	1500M Run			1st	5-58.00	
		400M Run			3rd	1-19.40	
		800M Run			1st	2-55.60	
	Sophie Cominos	Long Jump			4th	3.37	
		100M Run			6th	17.10	
		60M Hurdles			5th	13.80	
		Shot Put			5th	6.35	
U/12 Girls	Carolina Cacic	1500M Walk			2nd	10-52.80	
		Discus			3rd	19.72	
		Long Jump			4th	3.96	
	Emma Priestley	Triple Jump			4th	8.48	
		1500M Run			1st	5-32.10	
		400M Run			4th	1-14.00	
	Hannah Jefferson	800M Run			3rd	2-45.40	
		Discus			6th	15.90	
		100M Run	4th	15.80	8th	15.50	
		200M Run			6th	33.00	
		400M Run			6th	1-21.10	
		Long Jump			11th	3.16	
	Leonie Whyman	100M Run	3rd	14.60	6th	14.70	
		200M Run			5th	31.50	
		60M Hurdles			2nd	12.40	
	Sian Pickard	High Jump			2nd	1.30	
		1500M Run			6th	7-14.80	
		60M Hurdles			7th	13.50	
Discus		5th	15.95				
Triple Jump				7th	7.29		
60M Hurdles				3rd	12.40		
Sonia Dodd	Long Jump			5th	3.95		
	Triple Jump			3rd	8.57		
	U/13 Girls	Mia Thomson	100M Run			1st	15.00
			200M Run			1st	29.90
Discus					5th	14.80	
Ruby Holt	1500M Run			4th	6-41.90		
	800M Run			4th	2-55.00		
U/14 Girls	Abbie Waters	1500M Run			4th	6-35.40	
		1500M Walk			1st	9-18.20	
		400M Run			3rd	1-18.80	
		800M Run			2nd	3-05.10	
U/14 Girls	Eliza Collison	1500M Run			3rd	6-18.80	
		400M Run			2nd	1-11.80	
	Grace Limond	100M Run			1st	13.60	
		Long Jump			4th	3.86	

Zone Representatives 2009-2010						
Age Group	Name	Event	Heat Place	Heat Result	Final Place	Final Result
	Kimberley Williams	1500M Run			2nd	6-11.90
		3000M Run			1st	15-00.60
		High Jump			1st	1.25
		Javelin			1st	16.05
	Rosemary Dallen	200M Hurdles			2nd	34.00
		80M Hurdles			1st	15.70
		Long Jump			3rd	4.17
		Triple Jump			2nd	9.19
U/15 Girls	Danielle Williams	1500M Walk			3rd	11-40.90
		Javelin			3rd	12.49
		Shot Put			6th	5.66
	Gabriel Asimus	200M Run			1st	28.60
		800M Run			1st	2-43.40
		Shot Put			4th	7.65
	Melanie Fraser	100M Run			2nd	16.10
		Javelin			4th	8.41
		Shot Put			5th	6.02
U/17 Girls	Alexandra Holt	100M Run			2nd	12.60
		200M Run			3rd	26.60
		400M Run			2nd	1-08.90
		Discus			3rd	19.90
		Long Jump			4th	4.45
	Laura Bonzo	100M Run			1st	12.40
		200M Run			1st	25.80
		Long Jump			2nd	4.80
	Laura Tredinnick	100M Hurdles			1st	19.00
		200M Hurdles			1st	33.50
Junior Girls	Hannah Cullen	4 x 100 Relay			1st	1-02.70
	Erin Cullen					
	Leonie Whyman					
	Laura Davies					
Senior Girls	Mia Thompson	4 x 100 Relay			1st	53.40
	Laura Bonzo					
	Gabby Asimus					
	Grace Limond					

Region Representatives 2009-2010						
Age Group	Name	Event	Heat Place	Heat Result	Final Place	Final Result
U/8 Boys	Hugh Dallen	Pack Start			10th	2-52.60
	Parker Hopkins	60M Hurdles	2nd	12.30	5th	12.30
		Discus			2nd	18.50
		Long Jump			13th	2.90
		Shot Put			2nd	5.72
	Thomas Parsons	100M Run			6th	17.7
		70M Run	3rd	12.10	7th	12.00
		Discus			17th	11.57
		Long Jump			8th	3.13
	U/9 Boys	Brendan Short	Discus			3rd
		Shot Put			2nd	20.60
Jaxon Parbery		200M Run	1st	10.70	1st	10.60
		60M Hurdles			6th	34.10
U/10 Boys	Cameron Boyd	200M Run			6th	34.10
		Shot Put			8th	7.33
	Jarryd Sutherland	100M Run	2nd	14.60	6th	14.90
		70M Run	3rd	10.50	6th	10.50
		High Jump			3rd	1.23
		Long Jump			2nd	4.08
	Jonti Lanz	100M Run	3rd	14.20	3rd	14.30
		200M Run	2nd	30.80	4th	30.60
		70M Run	3rd	10.40	4th	10.50
	Mason Barry	200M Run			6th	33.90
	70M Run	5th	11.40	8th	11.30	
	Discus			13th	16.77	
U/11 Boys	Thomas Vandenberg	100M Run			6th	15.50
		1500M Run			11th	5-54.60
		200M Run	3rd	30.50	8th	32.30
		800M Run			5th	2-43.70
U/13 Boys	Mikey Cominos	100M Run			6th	14.50
		200M Hurdles	2nd	33.40	4th	33.40
U/14 Boys	Declan Spencer	100M Run			5th	13.60
		1500M Run			2nd	4-59.30
		800M Run			1st	2-20.10
		Discus			3rd	30.60
	Duncan Burns	100M Run	1st	12.60	3rd	12.70
		200M Hurdles			2nd	30.00
		400M Run	6th	1-05.30		
	Lucas Millward	200M Hurdles			6th	32.70
		Javelin			5th	26.73
		Triple Jump			3rd	10.56
Simon Camire	1500M Run			4th	5-18.00	
	3000M Run			1st	11-29.20	
	800M Run			6th	2-35.50	
U/17 Boys	Jack Derwin	Discus			6th	35.56
		Javelin		FOULS		
		Shot Put			7th	11.57
Junior Boys	Jaxon Parbery	4 x 100 Relay			2nd	58.20
	Jonti Lanz					
	Tom Vandenburg					
	Ben Davies					
U/8 Girls	Megan Aspinall	100M Run	4th	18.20	8th	18.60
		60M Hurdles			5th	14.00
	Taylah Bryde	70M Run			6th	13.00
		Discus			2nd	13.62

Region Representatives 2009-2010						
Age Group	Name	Event	Heat Place	Heat Result	Final Place	Final Result
		Shot Put			4th	4.53
U/9 Girls	Hannah Cullen	400M Run	4th	1-24.80	7th	1-25.40
		800M Run			6th	3-15.10
		Long Jump			16th	2.88
	Lilly Doyle	700M Walk			7th	5-37.50
	Sarah Vandenberg	High Jump			11th	0.85
U/10 Girls	Caitlin Spencer	1500M Run			7th	6-55.90
		800M Run			8th	3-10.90
	Chloe Doyle	100M Run	4th	15.80	4th	15.20
		70M Run	1st	11.00	2nd	10.60
		Long Jump			11th	3.67
	Erin Cullen	100M Run	2nd	14.90	3rd	15.00
		70M Run	1st	10.60	1st	10.60
		Long Jump			3rd	3.89
U/10 Girls	Jenai Everett	Discus			11th	15.16
	Siobhan Pickard	1500M Run			10th	7-11.00
		400M Run			8th	1-35.30
		800M Run			14th	3-28.30
U/11 Girls	Angela Williams	Discus			4th	19.48
		Shot Put			5th	7.11
	Madeleine Camire	1500M Run			5th	5-59.60
		400M Run	5th	1-17.80	7th	1-18.50
		800M Run			2nd	2-48.90
U/12 Girls	Carolina Cacic	1500M Walk			6th	9-40.70
		Discus			8th	20.36
	Emma Priestley	1500M Run			1st	5-25.30
		800M Run			4th	2-42.90
	Leonie Whyman	High Jump			5th	1.30
	Sonia Dodd	60M Hurdles	6th	12.00	9th	12.30
		Triple Jump			7th	8.57
U/13 Girls	Mia Thomson	100M Run			7th	14.40
		200M Run			5th	31.30
U/14 Girls	Abbie Waters	1500M Walk			5th	9-52.30
		400M Run	5th	1-12.90	5th	1-14.00
		800M Run			7th	2-57.50
	Eliza Collison	1500M Run			4th	5-54.60
		400M Run	1st	1-06.10	3rd	1-06.40
	Grace Limond	100M Run	4th	13.80	5th	13.60
	Kimberley Williams	1500M Run			5th	6-05.30
		3000M Run			4th	13-24.50
		High Jump		FOULS		
		Javelin			9th	16.90
	Rosemary Dallen	80M Hurdles	2nd	16.20	5th	15.80
		Long Jump			7th	4.33
		Triple Jump			8th	8.81
U/15 Girls	Danielle Williams	1500M Walk			5th	10-58.90
		Javelin			12th	12.81
	Gabriel Asimus	200M Run	1st	27.90	2nd	27.60
		800M Run			3rd	2-39.0
U/17 Girls	Alexandra Holt	100M Run	2nd	12.70	3rd	12.40
		200M Run	4th	27.10	6th	27.20
		Discus	7th	20.09		
	Laura Bonzo	100M Run	1st	12.40	2nd	12.30
		200M Run	1st	25.90	2nd	25.50
	Laura Tredinnick	100M Hurdles			3rd	18.90

Region Representatives 2009-2010						
Age Group	Name	Event	Heat Place	Heat Result	Final Place	Final Result
		200M Hurdles			5th	31.70
Junior Girls	Hannah Cullen	4 x 100 Relay			6th	1-05.50
	Erin Cullen					
	Leonie Whyman					
	Laura Davies					
Senior Girls	Mia Thompson	4 x 100 Relay			1st	52.70
	Laura Bonzo					
	Gabby Asimus					
	Grace Limond					

State Representatives 2009-2010						
Age Group	Name	Event	Heat Place	Heat Result	Final Place	Final Result
U/9 Boys	Brendan Short	Discus			12th	17.65
		Shot Put			13th	5.80
	Jaxon Parbery	60M Hurdles	7th	11.00		
U/10 Boys	Jarryd Sutherland	High Jump			11th	1.20
		Long Jump			9th	4.04
	Jonti Lanz	100M Run	4th	14.46	7th	14.22
U/14 Boys	Declan Spencer	1500M Run			7th	4:46.73
		800M Run			10th	2:19.05
		Discus			14th	27.59
	Lucas Millward	Triple Jump			13th	9.98
	Simon Camire	3000M Run			7th	10:56.62
Junior Boys	Ben Davies	4 x 100 Relay			7th	56.69
	Jaxon Parbery					
	Jonti Lanz					
	Tom Vandenberg					
U/10 Girls	Chloe Doyle	70M Run	7th	10.68		
	Erin Cullen	100M Run	3rd	14.48	7th	14.51
		70M Run	4th	10.54	4th	10.30
		Long Jump			10th	3.79
U/11 Girls	Madeleine Camire	800M Run			13th	2:45.17
U/12 Girls	Emma Priestley	1500M Run			7th	5:24.14
U/14 Girls	Eliza Collison	400M Run	7th	1:03.03		
U/15 Girls	Gabriel Asimus	200M Run	4th	27.05		
		800M Run			7th	2:31.15
U/17 Girls	Alexandra Holt	100M Run	1st	12.85	3rd	12.83
	Laura Bonzo	100M Run	2nd	12.30	2nd	12.43
		200M Run	1st	25.49	2nd	25.20
	Laura Tredinnick	100M Hurdles	8th	17.78		
Senior Girls	Gabriel Asimus	4 x 100 Relay			6th	51.98
	Laura Bonzo					
	Mia Thomson					
	Rosemary Dallen					

CLUB STATE MEDALISTS TO DATE

GOLD Medalists to date					
Name	Age Group	Event	Place	Result	Year
Mason Boyd	U/10 Boys	High Jump	1st	1.40	2009
SILVER Medalists to date					
Name	Age Group	Event	Place	Result	Year
Laura Bonzo	U/17 Girls	100m	2nd	12.43	2010
Laura Bonzo	U/17 Girls	200m	2nd	25.20	2010
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	52.80	2006
Sophie Stanwell	15 Girls	100m	2nd	12.20	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	Age Group	Event	Place	Result	Year
Alexandra Holt	U/17 Girls	100M Run	3rd	12.83	2010
William Dawes	15 Boys	3000m	3rd	9-38.91	2008
Hannah Southwell	9 Girls	Shot Put	3rd	7.14	2008

ADAMSTOWN NEW LAMBTON LITTLE ATHLETICS INC

STATEMENT OF RECEIPTS AND PAYMENTS FOR THE YEAR ENDING 31st MARCH 2010

Receipts

Registrations		\$23,123.30
Canteen		\$2,001.79
Uniforms		\$2,185.00
Miscellaneous		
Barbeque	\$400.00	
Rebank Float	\$400.00	
Other	\$330.00	
AGM Fees	\$16.00	
Interest	\$1.45	
		\$1,147.45
Total Receipts		\$28,457.54

Payments

LAANSW Registrations		\$8,305.00
Canteen		\$1,237.73
Administration		\$1,503.61
Field & Equipment		\$7,606.10
Trophies & Presentation		\$9,364.73
Uniforms		\$0.00
Miscellaneous		
Marquee Hire	\$2,410.00	
Locks	\$543.00	
BBQ Supplies	\$419.16	
Barbeque	\$348.00	
Committee Dinner	\$321.20	
Electricity	\$270.76	
Carnival Entries	\$116.00	
Clubhouse Shelving	\$114.34	
Advertising	\$75.00	
Ice	\$54.50	
P Fraser Gift	\$60.00	
Zone Security	\$50.00	
		\$4,781.96
Total Payments		\$32,799.13

Total Net Income for 12 months to 31st March 2009 **(4,341.59)**

Bank Statement at 31st March 2008	14,517.85	
Less Unpresented Cheques	-	
Balance as at 31st March 2008		14,517.85

Bank Statement at 31st March 2009	14,598.14	
Less Unpresented Cheques	(4,421.88)	
Balance as at 31st March 2009		10,176.26

Net Change in Balance **(4,341.59)**

Notes

- * Includes \$1240.00 for Registrations from 2008-2009.
- * Includes \$3406.37 for Trophies from 2008-2009.
- * Registration Income and Expenses include \$1205.00 rebate from LAANSW.
- * \$1425.00 for Presentation expense included in next years figures.

CURRENT CLUB RECORDS AS AT COMPLETION OF SEASON 2009-2010

Age	Event	Record	Record Holder	Date	
U/6 Boys	50M Run	9.81	Harrison Lyddiard	18/11/2005	
	70M Run	13.60	Jonti Lanz	24/02/2006	
		13.60	Harrison Lyddiard	24/02/2006	
	100M Run	19.00	Ryan Matthews	08/12/2000	
	200M Run	42.50	Ryan Glanville	07/02/2003	
	Long Jump	2.61	Ryan Matthews	23/02/2001	
	Shot Put	5.72	Samuel Curzi	17/10/2003	
	Discus	13.63	Brendan Short	16/02/2007	
	300m Pack Start	1-07.00	Harrison Lyddiard	03/03/2006	
	U/7 Boys	50M Run	9.00	Ryan Glanville	17/10/2003
70M Run		12.23	Justin Kinniard	23/02/2007	
100M Run		17.90	Jonti Lanz	12/01/2007	
200M Run		37.29	Harrison Lyddiard	23/02/2007	
Long Jump		3.38	Phillip McLeish	02/02/1994	
Shot Put		7.70	Daniel Hincks	12/12/1997	
Discus		17.47	Kellan Barry	26/02/2010	
500m Pack Start		1-52.40	Ryan Glanville	06/03/2004	
U/8 Boys		50M Run	8.02	Antonee Burke	07/10/2005
		70M Run	12.00	Cameron Mannering	02/02/2001
	12.00		Ryan Glanville	23/01/2005	
	100M Run	16.70	Cameron Manning	08/12/2000	
	200M Run	35.61	Ryan Glanville	26/11/2004	
	400M Run	1-23.60	Tomas Parkinson	10/01/1997	
	60M Hurdles	12.30	Tomas Parkinson	10/01/1997	
	Long Jump	3.49	Tomas Parkinson	17/01/1997	
	Shot Put	7.89	Samuel Curzi	10/03/2006	
	Discus	20.18	Brady Wyatt	14/10/2005	
700m Pack Start	2-41.90	Antonee Burke	10/03/2006		
U/9 Boys	70M Run	11.00	Ashley Smith	25/01/2002	
		11.00	Antonee Burke	05/01/2007	
	100M Run	15.20	Tomas Parkinson	24/10/1997	
	200M Run	32.90	Brady Wyatt	16/12/2005	
	400M Run	1-17.50	Antonee Burke	05/01/2007	
	800M Run	3-01.50	Antonee Burke	24/11/2006	
	700M Walk	4-10.10	Elliot Waters	03/03/2000	
	60M Hurdles	11.37	Brady Wyatt	18/11/2005	
	Long Jump	3.89	Brady Wyatt	03/03/2006	
	High Jump	1.16	Brady Wyatt	24/02/2006	
U/10 Boys	Shot Put	8.19	Samuel Curzi	02/03/2007	
	Discus	20.92	Brady Wyatt	10/03/2006	
	70M Run	10.50	Jonti Lanz	26/02/2010	
		14.75	Jonti Lanz	05/03/2010	
200M Run	30.82	Jonti Lanz	05/03/2010		
400M Run	1-14.20	James Virgili	22/02/2002		
800M Run	2-44.90	James Virgili	21/01/2002		
1500M Run	5-44.90	Mason Boyd	05/12/2008		
1100M Walk	6-20.10	Elliot Waters	19/01/2001		
60M Hurdles	11.40	Peter Asvestas	26/01/2001		
Long Jump	4.27	Tomas Parkinson	05/02/1999		
High Jump	1.33	Mason Boyd	17/10/2008		
Shot Put	8.48	Jacob Swab	13/03/1998		
Discus	25.45	Jayden Hill	09/03/2007		

Age	Event	Record	Record Holder	Date	
U/11 Boys	100M Run	14.34	Antonee Burke	14/11/2008	
	200M Run	29.64	Antonee Burke	30/01/2008	
	400M Run	1-08.30	James Virgili	22/11/2002	
	800M Run	2-34.70	James Virgili	13/12/2002	
	1500M Run	5-12.30	James Virgili	01/11/2002	
	3000M Run	11-02.60	James Virgili	25/10/2002	
	1100M Walk	6-14.70	Elliot Waters	04/01/2002	
	60M Hurdles	10.80	Tomas Parkinson	21/01/2000	
	Long Jump	4.44	Matthew Holmes	08/03/2002	
	High Jump	1.33	Harry Wilson	12/02/1999	
	Triple Jump	8.89	Tomas Parkinson	28/01/2000	
	Shot Put	11.78	Steven Sefo	18/12/1998	
	Discus	30.50	Steven Sefo	06/11/1998	
	U/12 Boys	100M Run	13.90	Mansell Laidler	03/11/1995
		200M Run	29.20	Ethan Millward	20/12/2002
		400M Run	1-08.70	Kyle Oswald	06/03/1998
800M Run		2-41.40	Luke Virgili	13/12/2002	
1500M Run		5-37.60	Daniel Johnson	01/03/1996	
3000M Run		12-33.90	Kyle Oswald	21/11/1997	
1500M Walk		8-12.00	Elliot Waters	07/02/2003	
60M Hurdles		10.71	Jayden Broderick	19/10/2007	
Long Jump		4.46	Mansell Laidler	23/02/1996	
High Jump		1.38	Ethan Millward	13/12/2002	
Triple Jump		9.39	Harry Wilson	28/01/2000	
Shot Put		8.82	Aaron Eather	13/02/1998	
Discus		26.20	Adam Hollis	15/12/1995	
U/13 Boys		100M Run	13.60	Mansell Laidler	08/11/1996
	200M Run	27.60	Mansell Laidler	29/11/1996	
	400M Run	1-02.82	Brandon Brown	10/02/2006	
	800M Run	2-37.50	Brandon Brown	16/12/2005	
	1500M Run	5-13.30	William Dawes	24/11/2006	
	3000M Run	11-55.70	Elliot Waters	13/02/2004	
	1500M Walk	8-29.00	Elliot Waters	07/11/2003	
	80M Hurdles	15.20	Mansell Laidler	18/10/1996	
		15.20	Aaron Eather	12/02/1999	
	200M Hurdles	32.63	Brandon Brown	10/02/2006	
	Long Jump	4.69	Ethan Millward	26/09/2003	
	High Jump	1.45	Brayden Schaefer	11/02/2008	
	Triple Jump	10.10	Sean Fox	11/12/2009	
	Shot Put	10.56	Aaron Eather	05/03/1999	
	Discus	22.34	Daniel Perry	22/10/1999	
	Javelin	29.25	Jack Derwin	09/03/2007	
	U/14 Boys	100M Run	12.76	Brandon Brown	12/01/2007
		200M Run	25.42	Ethan Millward	28/11/2004
400M Run		59.10	Ethan Millward	17/12/2004	
800M Run		2-26.50	Declan Spencer	12/03/2010	
1500M Run		5-00.50	Declan Spencer	04/12/2009	
3000M Run		10-58.50	William Dawes	02/03/2007	
1500M Walk		8-20.60	Elliot Waters	29/10/2004	
90M Hurdles		14.20	Mansell Laidler	13/03/1998	
200M Hurdles		30.73	Duncan Burns	05/02/2010	
Long Jump		5.13	Mansell Laidler	13/02/1998	
High Jump		1.60	Brayden Schaefer	19/12/2008	
Triple Jump		10.53	Lucas Millward	26/02/2010	
Shot Put		12.10	Simon Akers	17/12/2004	
Discus		35.18	Simon Akers	04/02/2005	
Javelin		35.12	Jack Derwin	01/02/2008	

Age	Event	Record	Record Holder	Date	
U/15 Boys	100M Run	12.06	Ethan Millward	11/11/2005	
	200M Run	24.92	Ethan Millward	07/10/2005	
	400M Run	56.86	Ethan Millward	21/10/2005	
	800M Run	2-24.90	Elliot Waters	16/12/2005	
	1500M Run	4-57.70	Elliot Waters	28/10/2005	
	3000M Run	10-50.30	Elliot Waters	21/10/2005	
	1500M Walk	7-58.80	Elliot Waters	10/03/2006	
	100M Hurdles	16.20	Mansell Laidler	13/11/1998	
	200M Hurdles	29.54	Joshua Limond	21/11/2008	
	Long Jump	5.63	Ethan Millward	24/02/2006	
	High Jump	1.64	Mark Bennett	11/10/1996	
	Triple Jump	11.98	Ethan Millward	16/12/2005	
	Shot Put	12.88	Jack Derwin	21/11/2008	
	Discus	37.52	Jack Derwin	14/11/2008	
	Javelin	40.48	Jack Derwin	05/12/2008	
	U/17 Boys	100M Run	12.06	Brandon Brown	30/10/2009
		200M Run	25.02	Joshua Limond	26/02/2010
400M Run		58.50	Brandon Brown	21/11/2008	
800M Run		2-33.80	Brandon Brown	06/11/2009	
1500M Run		5-44.50	Brandon Brown	23/01/2009	
1500M Walk		10-02.10	Brandon Brown	10/10/2008	
100M Hurdles		17.91	Brandon Brown	21/11/2008	
200M Hurdles		29.07	Brandon Brown	21/11/2008	
Long Jump		5.33	Joshua Limond	29/01/2010	
High Jump		1.55	Joshua Limond	26/02/2010	
Triple Jump		10.20	George Ashworth	26/02/2010	
Shot Put		11.86	Jack Derwin	22/01/2010	
Discus		34.08	Jack Derwin	04/12/2009	
Javelin		45.42	Jack Derwin	12/02/2010	
U/6 Girls	50M Run	10.10	Ashley-Lea Condon	25/02/2000	
	70M Run	14.30	Ashley-Lea Condon	04/02/2000	
	100M Run	19.90	Ashley-Lea Condon	11/02/2000	
	200M Run	42.90	Ashley-Lea Condon	14/01/2000	
	Long Jump	2.47	Ashley-Lea Condon	21/01/2000	
	Shot Put	4.98	Angela Williams	18/02/2005	
	Discus	11.62	Isabel Palmer	23/02/2007	
	300m Pack Start	1-10.70	Ashley-Lea Condon	25/02/2000	
U/7 Girls	50M Run	9.01	Erin Cullen	02/03/2007	
	70M Run	12.74	Erin Cullen	26/01/2007	
	100M Run	18.51	Erin Cullen	02/02/2007	
	200M Run	40.79	Erin Cullen	08/12/2006	
	Long Jump	2.96	Emma Hopkins	12/02/2010	
	Shot Put	6.60	Ashley-Lea Condon	16/02/2001	
	Discus	14.64	Payge-Louise Condon	06/03/2004	
	500m Pack Start	2-01.70	Emma Hopkins	26/02/2010	
U/8 Girls	50M Run	8.81	Erin Cullen	14/12/2007	
	70M Run	12.07	Erin Cullen	11/01/2008	
	100M Run	17.54	Erin Cullen	16/11/2007	
	200M Run	36.00	Bethany Tredinnick	07/02/1997	
	400M Run	1-28.70	Tahlia Farrant	27/11/1998	
	60M Hurdles	12.80	Tahlia Farrant	08/01/1999	
	Long Jump	3.07	Estelle Hughes	07/03/2003	
	Shot Put	7.15	Hannah Southwell	09/03/2007	
	Discus	15.44	Hannah Southwell	02/03/2007	
	700m Pack Start	2-49.30	Tahlia Farrant	13/11/1998	

Age	Event	Record	Record Holder	Date
U/9 Girls	70M Run	11.35	Erin Cullen	03/10/2008
	100M Run	16.11	Erin Cullen	06/03/2009
	200M Run	34.32	Erin Cullen	03/10/2008
	400M Run	1-21.90	Erin Cullen	16/01/2009
	800M Run	3-10.20	Tahlia Farrant	26/11/1999
	700M Walk	4-28.90	Carolina Cacic	26/01/2007
	60M Hurdles	12.13	Erin Cullen	20/02/2009
	Long Jump	3.49	Erin Cullen	06/03/2009
	High Jump	1.05	Ebony Mellon	23/01/2004
		1.05	Kate O'Brien	31/10/1997
	Shot Put	7.72	Hannah Southwell	19/10/2007
	Discus	19.48	Hannah Southwell	29/02/2008
		19.48	Ashley-Lea Condon	31/01/2003
U/10 Girls	70M Run	10.86	Laura Bonzo	19/12/2003
	100M Run	15.45	Erin Cullen	30/10/2009
	200M Run	32.92	Laura Bonzo	09/01/2004
	400M Run	1-17.00	Erin Cullen	23/10/2009
	800M Run	3-04.80	Ruby Holt	16/02/2007
	1500M Run	6-03.90	Tahlia Farrant	02/02/2001
	1100M Walk	7-01.30	Georgia Bell	16/11/2001
	60M Hurdles	12.05	Laura Bonzo	14/11/2003
	Long Jump	3.94	Laura Bonzo	28/11/2003
	High Jump	1.28	Leonie Whyman	14/12/2007
		1.28	Carolina Cacic	14/12/2007
	Shot Put	8.36	Ashley-Lea Condon	13/02/2004
	Discus	25.54	Hannah Southwell	19/12/2008
U/11 Girls	100M Run	14.88	Ashley-Lea Condon	19/11/2004
	200M Run	30.77	Ashley-Lea Condon	26/11/2004
	400M Run	1-15.60	Georgia Bell	25/10/2002
	800M Run	2-53.70	Georgia Bell	13/12/2002
	1500M Run	5-59.50	Madeleine Camire	30/10/2009
	3000M Run	12-48.20	Emma Priestley	21/11/2008
	1100M Walk	6-11.80	Georgia Bell	20/12/2002
	60M Hurdles	11.72	Ashley-Lea Condon	25/02/2005
	Long Jump	4.09	Ashley-Lea Condon	25/02/2005
	High Jump	1.27	Jessica Coles	06/01/2006
	Triple Jump	8.48	Ashley-Lea Condon	04/03/2005
	Shot Put	9.50	Ashley-Lea Condon	26/11/2004
	Discus	19.15	Angela Williams	08/01/2010
U/12 Girls	100M Run	14.34	Ashley-Lea Condon	11/11/2005
	200M Run	30.47	Leonie Whyman	26/02/2010
	400M Run	1-10.70	Leonie Whyman	27/11/2009
	800M Run	2-52.30	Emma Priestley	26/02/2010
	1500M Run	5-40.90	Emma Priestley	15/01/2010
	3000M Run	12-08.20	Emma Priestley	08/01/2010
	1500M Walk	9-32.30	Kate Frizza	10/12/1999
	60M Hurdles	11.45	Ashley-Lea Condon	18/11/2005
	Long Jump	4.30	Holly Ibbotson	02/03/2001
	High Jump	1.37	Sophie Stanwell	31/01/2003
	Triple Jump	9.04	Ashley-Lea Condon	27/01/2006
	Shot Put	10.88	Ashley-Lea Condon	18/11/2005
	Discus	21.45	Carolina Cacic	05/03/2010
U/13 Girls	100M Run	14.04	Laura Bonzo	27/10/2006
	200M Run	28.50	Elina Sefo	11/12/1998
	400M Run	1-08.44	Alexandra Holt	10/02/2006
	800M Run	2-49.60	Penelope Nash	07/11/1997

Age	Event	Record	Record Holder	Date
	1500M Run	5-56.00	Amelia Matheson	04/12/1998
	3000M Run	12-42.80	Penelope Nash	21/11/1997
	1500M Walk	9-37.90	Abbie Waters	09/01/2009
	80M Hurdles	15.95	Sophie Stanwell	17/10/2003
	200M Hurdles	33.60	Elina Sefo	12/02/1999
	Long Jump	4.33	Isabelle Farragher	20/01/2006
	High Jump	1.44	Sophie Stanwell	30/01/2004
	Triple Jump	9.07	Ashley-Lea Condon	03/11/2006
	Shot Put	10.06	Elina Sefo	18/12/1998
	Discus	27.40	Elina Sefo	12/02/1999
	Javelin	16.78	Sophie Stanwell	26/09/2003
U/14 Girls	100M Run	13.51	Alexandra Holt	27/10/2006
	200M Run	27.89	Laura Bonzo	07/03/2008
	400M Run	1-06.80	Alexandra Holt	20/10/2006
	800M Run	2-48.40	Eliza Collison	26/02/2010
	1500M Run	5-47.70	Taliah Darcy-Shaw	18/12/2009
	3000M Run	13-11.10	Sereena King	17/01/1997
	1500M Walk	9-27.90	Abbie Waters	16/10/2009
	80M Hurdles	15.60	Laura Bonzo	14/12/2007
	200M Hurdles	32.39	Laura Bonzo	14/12/2007
	Long Jump	4.65	Sophie Stanwell	18/02/2005
	High Jump	1.55	Sophie Stanwell	26/11/2004
	Triple Jump	9.30	Laura Bonzo	23/11/2007
	Shot Put	9.72	Emma Derwin	13/02/2004
	Discus	21.77	Achingol Aliir	05/03/2010
	Javelin	19.88	Elle Stanwell	01/11/2002
U/15 Girls	100M Run	12.87	Laura Bonzo	06/03/2009
	200M Run	26.54	Laura Bonzo	30/01/2008
	400M Run	1-04.50	Laura Bonzo	17/10/2008
	800M Run	2-47.60	Penelope Nash	25/02/2000
	1500M Run	5-50.30	Penelope Nash	26/11/1999
	3000M Run	12-58.00	Sereena King	21/11/1997
	1500M Walk	10-36.50	Kathryn King	04/02/2000
	90M Hurdles	16.02	Sophie Stanwell	10/02/2006
	200M Hurdles	31.33	Sophie Stanwell	18/11/2005
	Long Jump	5.28	Sophie Stanwell	10/03/2006
	High Jump	1.58	Sophie Stanwell	16/12/2005
	Triple Jump	10.79	Laura Bonzo	27/02/2008
	Shot Put	10.64	Emma Derwin	14/01/2005
	Discus	24.24	Emma Derwin	29/10/2004
	Javelin	19.56	Laura Bonzo	23/01/2009
U/17 Girls	100M Run	12.76	Laura Bonzo	30/10/2009
	200M Run	25.89	Laura Bonzo	22/01/2010
	400M Run	1-03.80	Laura Bonzo	27/11/2009
	800M Run	2-47.30	Alexandra Holt	27/02/2008
	1500M Run	6-07.10	Alexandra Holt	15/01/2010
	1500M Walk	10-55.80	Alexandra Holt	18/12/2009
	100M Hurdles	18.29	Laura Bonzo	27/11/2009
	200M Hurdles	34.20	Laura Tredinnick	23/10/2009
	Long Jump	4.76	Olivia Catt	04/12/2009
	High Jump	1.45	Sophie Stanwell	30/11/2007
	Triple Jump	9.57	Alexandra Holt	27/02/2008
	Shot Put	7.62	Laura Bonzo	09/10/2009
	Discus	22.90	Alexandra Holt	15/01/2010
	Javelin	21.21	Laura Bonzo	15/01/2010

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