

**Adamstown
New Lambton
Little Athletics**

Season 2011 - 2012

Club Handbook



ADAMSTOWN NEW LAMBTON LITTLE ATHLETICS CENTRE INCORPORATED

SEASON 2011-2012

Welcome to all returning athletes, new athletes and associated family members for another season with Adamstown New Lambton Little Athletics Centre (ANLLAC). As always we look forward to an enjoyable season for all involved.

I take over this season as President from David Holt who has served the club well in that role and at all times as both a parent and committee member. David has extensive experience in the mechanics of Little Athletics and while he has stepped down from the role as President he remains active on our committee in many other ways.

A little about our club.....For us it not all about winning. Undue pressure from peers, parents or other family members is not welcome at our club. Our aim is to provide a relaxed and fun environment with an emphasis on participation while also providing suitable encouragement and assistance to those who wish to extend their ability. This philosophy has proven extremely successful over the past few years during which we have seen high numbers of athletes as members of our club as well as great success at higher levels of competition.

As a result our club has been the centre of some very positive feedback from athletes and parents of other similar clubs in the area and this has resulted in many athletes relocating to our club from other Little Athletic centres over the past few seasons. Many of these athletes are of high ability. This provides some justification for our efforts in that our club is no doubt viewed as being professionally run, successful and therefore attractive.

However, we should not lose sight of the fact that Little Athletics is centred on the mantra of participation and enjoyment and the vast majority of our members are unlikely to achieve success at a high level. Many have no such aspirations and are more than happy just being part of the great social group that we have.

As such we must maintain a commitment to ensuring that all who join our ranks are welcomed and well catered for no matter what their ability and that participation rather than success is the value that we enshrine. Participation is success enough. A relaxed, positive and encouraging environment will also cater well for those who wish to pursue higher level success.

David Priestley
President

EXECUTIVE COMMITTEE 2011-2012

PRESIDENT	David Priestley	0419 655811
VICE-PRESIDENT	David Pickard	0401 464770
SECRETARY	Rachael Doyle All correspondence to: The Secretary Adamstown / New Lambton LAC PO Box 143, New Lambton 2305	0409 226566
TREASURER	Martin Smith	0402 324366
REGISTRAR	David Short	0437 394023
OFFICER FOR CHAMPIONSHIPS	Damien Cummins	0402 815070
OFFICER FOR PUBLICITY & GRANTS	Lee Kliousis	0412 850050
EQUIPMENT OFFICER	Andy Aspinnall	0413 653126
FACILITIES OFFICER	David Holt	0416 003725
STATISTICIAN	David Priestley Lorraine O'Connor	0419 655811
ZONE DELEGATES (Port Hunter)	Brett Cullen Graeme Hopkins	0431 632403 0438 696679
CANTEEN	Sheridan Twiss	
COMMITTEE MEMBERS	Michael Waters Adrian Sutherland	0419 698859 0411 066711



2011-2012 SEASON CALENDAR

SEPTEMBER

Fri 23rd ANLLAC Season Commences Alder Park New Lambton

OCTOBER

Sat 15th Raymond Terrace Pentathlon Vi Barnett Field, Raymond Terrace

Sun 23rd Port Hunter Zone Multi-Event Alder Park, New Lambton

Sun 30th Wallsend Gala Day Federal Park, Wallsend

NOVEMBER

Sun 6th Trans Tasman Trials Myimbarr Community Park, Flinders

Sat 26th State Relay Championships Sydney, Olympic Park

Sun 27th State Relay Championships Sydney, Olympic Park

DECEMBER

Sat 10th Port Hunter Zone Championships Vi Barnett Field, Raymond Terrace

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

JANUARY

Sun 15th Trans Tasman Challenge Auckland, New Zealand

TBA Athletics NSW Country Champs TBA

TBA Athletics NSW Country Champs TBA

TBA Hunter Track Classic TBA

FEBRUARY

Sat 18th LAANSW Region 4 Championships Hunter Sports Centre, Glendale

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

MARCH

Sat 3rd LAANSW State Multi-Event Turner Park, Aberdare

Sun 4th LAANSW State Multi-Event Turner Park, Aberdare

Fri 16th ANLLAC Season Concludes Alder Park New Lambton

Fri 23rd LAANSW State Championships Sydney, Olympic Park

Sat 24th LAANSW State Championships Sydney, Olympic Park

Sun 25th LAANSW State Championships Sydney, Olympic Park

Fri 30th ANLLAC Presentation Adamstown Club, Adamstown

JULY

1st State Cross Country & Road Walks Kembla Joggers Park, West Dapto



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 23rd September 2011

SEASONS END: Friday 16th March 2012

TIME Commence at 5:15 pm (5:00PM sharp prior daylight saving)

COST Tiny Tots \$105.00 (or \$100 Early Bird)
Under 6 – 17 years \$110.00 (or \$105 Early Bird)

Note: **Early Bird Discount of \$5 per athlete applies to those who register online and pick up apparel on one of the 3 designated registration days and for those who register in person on one of the 3 designated registration days.**



Athletes who register on the night of any Friday competition at Alder Park may not have results recorded for that night. This is due to the workloads and time constraints associated with the need to enter all new registration details prior to entering any statistical results club wide on any given week, bearing in mind the high numbers of registrations that have occurred on the first few nights of competitions in recent years.



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

Registration Days: Saturday 3rd September 2011 9:00 am to 12:00 noon
All at Alder Park Friday 9th September 2011 5:00 pm to 7:00 pm
New Lambton Friday 16th September 2011 5:00 pm to 7:00 pm

Online registrations can be undertaken at www.laansw.com.au and then click on the “Getting Involved” tab and then the “How To Join” menu item and follow the instructions. There are options for Registrations only or for Registrations and Payments.

Please note that fees listed above cover all 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 as Visitors 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. No results or points will be recorded for Visitors and no retrospective results or points will be recorded if a Visitor registers as some later stage.

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 Marshal 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. Don't be too worried about making mistakes.

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 multiple 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 displayed 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 Marshal this group WILL NOT be allowed to start competition until an Age Marshal 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 of events.

We insist that the Age Marshals follow the run sheet, particularly the order of events, 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 may 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 LAANSW insurance. 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 Marshal 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 or medal.

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 are uploaded to the club's website at www.anllac.org.au. Results slips can be printed from the site and then be pasted into the booklet to keep a record of results. Once the athlete has achieved ten (10) new personal bests (not equal personal bests) a certificate will be printed and awarded to the athletes on a subsequent competition night. After twenty (20) personal bests are achieved, a trophy or medal will be awarded on presentation night.

NOTE:

1. The first result in each event for the season merely establishes a benchmark personal best for each athlete and **WILL NOT** be included in their overall tally.
2. If an athlete equals a personal best this result **WILL NOT** be included in their overall tally.
3. 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 16th 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 marshaling etc**

NOTE 2 **Point Score starts from first week (23rd September)**

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

NOTE 4 **Christmas Break...**

**Last competition night before Christmas is
16th December 2011**

Season resumes 6th January 2011

NOTE 5 **Season Finishes FRIDAY 16th March 2012**

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



UNIFORMS

The club colours are white, bottle green and red. The centre has club singlet tops and club monogrammed shorts available for sale at the canteen

For normal Friday night competition the boys wear green shorts with either a club singlet or plain white T-shirt. For the girls green bike pants, scungees or shorts are acceptable along with either a club singlet or plain white T-shirt or crop top in white, bottle green and red (available from The Netball Shop). Age, sponsor and registration patches must be affixed as per details below.

The registration number is located in the centre on the front of the shirt, singlet or crop top (with the outline still visible) and the age patch is attached to the top left front of the shirt, singlet or crop top or on the left hand side of the shorts, bike pants or scungees. An IGA sponsor patch must be affixed to the top front right of the shirt, singlet or crop top. All patches and numbers must be clearly visible when competing if the singlet or shirt is tucked in. Previous season registration numbers, age and sponsor patches are invalid and must be removed. New registration numbers, age and sponsor patches are issued at the time of registration at Alder Park.

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 and results are able to be recorded.

If an athlete wishes to compete at **carnivals away from our normal Friday Night competitions then formal club uniform must be adhered to**. This comprises green shorts and a club singlet for the boys. For the girls a club singlet or crop top with green bike pants, scungee's or shorts. In addition to the age, sponsor and registration patches detailed above a club number (213) must be attached to the centre of the back of the singlet or crop top. The club numbers are available from the canteen at Alder Park.

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

Spiked sprint shoes (spikes) are not to be worn by athletes in the U/8 group and younger. IE use is acceptable from U/9.

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 2011-2012

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

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	U13-17G	U13-17B
SP-2	SP-1	DISC1	DISC2	70	70	70	70	800	800	LJ-1	LJ-2	200	JAV	200**	200**
50	50	50	50	LJ-3	SP-3	SP-1	SP-2	DISC1	DISC2	200	200	TJ-1	200	HJ	HJ
DISC1	DISC2	500	500	200	200	LJ-2	LJ-3	70	70	SP-1	SP-2	JAV	TJ-2	800	800
300	300	SP-2	SP-3	DISC1	DISC2	200	200	LJ-2	LJ-3	800	800	800	800	SP-1	TJ-1
														TJ1	SP-1

** - U13-17 Age group to be first event on outside track as they have 5 events

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	U13-17G	U13-17B
LJ-1	LJ-3	LJ-2	SP-1	70	70	100	100	100	100	#1100W	HJ	DISC2	100	JAV	DISC1
70	70	70	70	LJ-3	LJ-2	DISC2	SP-1	#1100W	#1100W	100	100	100	DISC1	LJ1	100
DISC2	DISC1	SP-3	LJ-3	700	700	LJ-3	LJ-2	SP-1	SP-2	HJ	#1100W	#1500W	LJ-1	100	JAV
200	200	200	200	SP-2	SP-1	700W	700W	200	200	DISC1	DISC2	LJ-1	#1500W	#1500W	LJ-2
														DISC1	#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	U13-17G	U13-17B
														200H^	200H^
50	50	50	50	HURD	HURD	HURD	HURD	HJ	SP-1	LJ-2	LJ-1	DISC1	DISC2	400	400
LJ-2	SP-3	DISC2	DISC1	50	50	70	70	HURD	HURD	HURD	HURD	HURD	HURD	SP-2	SP-1
100	100	LJ-2	LJ-3	DISC2	LJ-1	SP-2	DISC1	SP-1	HJ	400	400	400	400	HURD	HURD
SP-3	LJ-1	100	100	400	400	400	400	400	400	DISC2	DISC1	SP-1	SP-2	3000	3000
										3000	3000	3000	3000		

200H^ - event run from 4.50pm

CLUB MULTIEVENT (FRIDAY 16th MARCH 2012)

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

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, javelin 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. 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 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 Marshal(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 are 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 is always greatly appreciated. Anyone arriving early is welcomed to help out with setting up equipment.

2. 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.

3. 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.

4. 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 Age Folder provided will have all the necessary sheets for recording times, distances etc. There is also a Program of Events in the folder that shows the events and their location.

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 your 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 rules 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 16th 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.

Certificates are 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 completion of activities on 9th March. Club records set on this night will be recognised.

**ADAMSTOWN NEW LAMBTON LITTLE ATHLETICS INC
STATEMENT OF RECEIPTS AND PAYMENTS FOR THE YEAR
ENDING 31st MARCH 2011**

Receipts

Registrations		\$24,679.05
Canteen		\$3,601.95
Uniforms		\$5,398.50
Miscellaneous		
Regional Shirts	\$845.00	
Committee Shirts	\$436.00	
Zone Multi Fees	\$148.00	
Sausages	\$100.00	
AGM Fees	\$20.00	
Interest	\$1.24	
		\$1,550.24
Total Receipts		\$35,229.74

Payments

LAANSW Registrations		\$7,049.50
Canteen		\$2,230.59
Administration		\$4,687.57
Field & Equipment		\$3,408.08
Trophies & Presentation		\$3,285.00
Uniforms		\$7,936.50
Miscellaneous		
Marquee Hire	\$2,450.00	
Committee Clothing	\$943.10	
Freezer	\$486.42	
Wrist Bands	\$113.77	
Coaching Accreditation	\$110.00	
Clubhouse Equipment	\$108.44	
First Aid Kit	\$105.00	
Flowers	\$78.50	
Zone Security	\$50.00	
Electricity	\$0.51	
		\$4,445.74
Total Payments		\$33,042.98

**Total Net Income for 12 months to 31st
March 2011**

\$2,186.76

Bank Statement at 31 st March 2010	14,598.14	
Less Unpresented Cheques	(4,421.88)	
Balance as at 31st March 2010		10,176.26
Bank Statement at 31st March 2011	12,363.02	
Less Unpresented Cheques	-	
Balance as at 31st March 2011		12,363.02
Net Change in Balance		2,186.76

CLUBPERSON AWARD 2010/2011

Ruby Holt U/14 Girls

PRESIDENT'S AWARD FOR OUTSTANDING ACHIEVEMENT 2010/2011

Rose Davies U/11 Girls

ENCOURAGEMENT AWARDS 2010/2011

Girls Abbie Waters U/17
Boys Rugby Kliousis U/14

CLUB AWARDS 2010/2011

Age Group	Improvement Champion	Place	Events Champion
U/6 Boys	Shea Lowe	1st	Sonny Carpenter
	Sonny Carpenter	2nd	Lachlan Bryde
	Benjamin Griffin Ben Van Dorssen	3rd	Ben Van Dorssen
U/6 Girls	Elsa Tolhurst	1st	Chloe Priestley
	Chloe Priestley	2nd	Jessie Cummins
	Zoe Sills	3rd	Ruby Surjan
U/7 Boys	Cameron Short	1st	Jacob Irwin
	Corbin Debeljak	2nd	Jayson Carr
	Jacob Irwin	3rd	Daniel Kacev
U/7 Girls	Hannah Smith	1st	Jessica Norgard
	Sophia Noncic	2nd	Eden Barnett
	Nikki Stroud-Watts	3rd	Ellen Hughes
U/8 Boys	Flynn Lanz	1st	Kellan Barry
	Daniel Whelan	2nd	Luke O'Neill
	Alexander Griffin Kellan Barry	3rd	Ben Smith
U/8 Girls	Emma Hopkins	1st	Emma Hopkins
	Lily Duggan	2nd	Chloe Nixon
	Chloe Nixon	3rd	Lillian Smith
U/9 Boys	Parker Hopkins	1st	Parker Hopkins
	Tyran Duffield	2nd	Tyran Duffield
	Nasser Balfour Brown	3rd	Aaron Stone

Age Group	Improvement Champion	Place	Events Champion
U/9 Girls	Elley Irwin	1st	Megan Aspinall
	Megan Aspinall	2nd	Jasmine Loades
	Jemma Cox	3rd	Mia Nash
U/10	Darby Lanz	1st	Harrison Sutherland
	Brendan Short	2nd	Brendan Short
	Harrison Sutherland	3rd	Darby Lanz
U/10	Hannah Cullen	1st	Hannah Cullen
	Nicole Crossley	2nd	Paris Fonua
	Annabelle Cummins	3rd	Nicole Crossley
U/11	Mason Barry	1st	Jonti Lanz
	Jonti Lanz	2nd	Jarryd Sutherland
	Mackenzie Twiss	3rd	Mason Barry
U/11	Siobhan Pickard	1st	Erin Cullen
	Erin Cullen Sabrina Kliousis	2nd	Sabrina Kliousis
		3rd	Chloe Doyle
U/12	Lewis Debeljak	1st	Lewis Debeljak
	Daniel Watling Connor Wild	2nd	Connor Wild
		3rd	Thomas Vandenberg
U/12	Tegan Bryde	1st	Teigan Cotterill
	Teigan Cotterill	2nd	Gabbie Loades
	Caitlin Noncic	3rd	Angela Williams
U/13	Ross Hodge	1st	Ross Hodge
U/13	Carolina Cacic	1st	Carolina Cacic
	Hannah Jefferson	2nd	Emma Priestley
	Emily Nash Sian Pickard	3rd	Hannah Jefferson
U/14	Rugby Kliousis	1st	Rugby Kliousis
	Mikey Cominos	2nd	Mikey Cominos
	Joshua Fraser	3rd	Sean Fox
U/14	Ruby Holt	1st	Taylor Constantine
	Taylor Constantine	2nd	Ruby Holt
	Allison Whalley	3rd	Allison Whalley
U/15	Lucas Millward	1st	Declan Spencer
	Michael Squires Declan Spencer	2nd	Lucas Millward
		3rd	Duncan Burns

Age Group	Improvement Champion	Place	Events Champion
U/15	Abbie Waters	1st	Kimberley Williams
	Kimberley Williams	2nd	Abbie Waters
	Rosie Dallen	3rd	Rosie Dallen
U/17	Jack Derwin Ryan Millward	1st	Ryan Millward
		2nd	Jack Derwin
	Tim Marsh	3rd	Tim Marsh
U/17	Danielle Williams	1st	Danielle Williams
	Evelyn Holt	2nd	Evelyn Holt
	Melanie Fraser	3rd	Melanie Fraser

CLUB MULTI-EVENT 2010-2011

Age Group	Name	Place	Points
U/6 Boys	Sonny Carpenter	1st	2,667
	Max McGavern	2nd	2,596
	Ben Van Dorssen	3rd	2,382
U/6 Girls	Ruby Surjan	1st	2,342
	Chloe Priestley	2nd	2,259
	Jessie Cummins	3rd	2,167
U/7 Boys	Daniel Kacev	1st	2,536
	Jacob Irwin	2nd	2,431
	Corbin Debeljak	3rd	1,869
U/7 Girls	Eden Barnett	1st	1,859
	Ellen Hughes	2nd	1,820
	Hannah Smith	3rd	1,459
U/8 Boys	Kellan Barry	1st	2,768
	Luke O'Neill	2nd	2,338
	Christopher Lloyd	3rd	2,050
U/8 Girls	Chloe Nixon	1st	1,756
	Tahlia Hirst	2nd	1,681
	Lillian Smith Laura Robinson	3rd	1,624 1,624
U/9 Boys	Thomas Parsons	1st	2,444
	Cobi Atkin	2nd	2,415
	Aaron Stone	3rd	2,390
U/9 Girls	Megan Aspinall	1st	2,781
	Mia Nash	2nd	2,696
	Amelia Carpenter	3rd	2,363

Age Group	Name	Place	Points
U/10 Boys	Harrison Sutherland	1st	2,368
	Darby Lanz	2nd	2,262
	Zane Leathley	3rd	2,131
U/10 Girls	Hannah Cullen	1st	2,393
	Nicole Crossley	2nd	2,026
	Paris Fonua	3rd	1,768
U/11 Boys	Mason Barry	1st	2,654
	Cameron Boyd	2nd	2,424
	Jock Dockrill	3rd	2,385
U/11 Girls	Rose Davies	1st	2,434
	Chloe Doyle	2nd	2,275
	Jenai Everett	3rd	2,086
U/12 Boys	Connor Wild	1st	2,270
	Nicholas Morgan	2nd	2,061
	Lewis Debeljak	3rd	2,041
U/12 Girls	Teigan Cotterill	1st	2,156
	Rebekah Stuart	2nd	1,794
	Siane Fonua	3rd	1,534
U/13 Boys	Ross Hodge	1st	1,857
U/13 Girls	Emily Nash	1st	2,209
	Carolina Cacic	2nd	2,117
	Sian Pickard	3rd	1,777
U/14 Boys	Rugby Kliousis	1st	1,812
U/14 Girls	Ruby Holt	1st	2,301
	Taylor Constantine	2nd	2,148
	Allison Whalley	3rd	1,648
U/15 Boys	Lucas Millward	1st	2,045
	Duncan Burns	2nd	2,001
	Declan Spencer	3rd	1,799
U/15 Girls	Kimberley Williams	1st	1,275
	Grace Limond	2nd	1,230
	Rosie Dallen	3rd	131
U/17 Boys	Tim Marsh	1st	1,722
	Jack Derwin	2nd	928
U/17 Girls	Evelyn Holt	1st	1,315
	Danielle Williams	2nd	471

ACHIEVEMENT AWARDS 2010-2011

Name	Age Group	Number P.B.'s
Elsa Tolhurst	U/6 Girls	30
Cameron Short	U/7 Boys	30
Lucas Millward	U/15 Boys	30
Parker Hopkins	U/9 Boys	29
Darby Lanz	U/10 Boys	29
Elley Irwin	U/9 Girls	28
Chloe Priestley	U/6 Girls	27
Lewis Debeljak	U/12 Boys	27
Hannah Jefferson	U/13 Girls	27
Zoe Sills	U/6 Girls	26
Nicole Crossley	U/10 Girls	26
Carolina Cacic	U/13 Girls	26
Sienna Thompson	U/6 Girls	25
Alexander Griffin	U/8 Boys	25
Flynn Lanz	U/8 Boys	25
Tyran Duffield	U/9 Boys	25
Hannah Cullen	U/10 Girls	25
Siobhan Pickard	U/11 Girls	25
Ruby Holt	U/14 Girls	25
Corbin Debeljak	U/7 Boys	24
William Argyrakis	U/7 Boys	24
Emma Hopkins	U/8 Girls	24
Mason Barry	U/11 Boys	24
Erin Cullen	U/11 Girls	24
Danielle Williams	U/17 Girls	24
Shea Lowe	U/6 Boys	23
Jacob Irwin	U/7 Boys	23
Hannah Smith	U/7 Girls	23
Nasser Balfour Brown	U/9 Boys	23
Megan Aspinall	U/9 Girls	23
Sabrina Kliousis	U/11 Girls	23
Emily Nash	U/13 Girls	23
Sian Pickard	U/13 Girls	23
Sonny Carpenter	U/6 Boys	22
Ben Van Dorssen	U/6 Boys	22
Alexander Paterson	U/8 Boys	22
Daniel Whelan	U/8 Boys	22
Kellan Barry	U/8 Boys	22
Amelia Carpenter	U/9 Girls	22
Lara Van Dorssen	U/9 Girls	22
Ross Hodge	U/13 Boys	22
Rugby Kliousis	U/14 Boys	22
Ryan Millward	U/17 Boys	22
Benjamin Griffin	U/6 Boys	21
Nikki Stroud-Watts	U/7 Girls	21
Luke O'Neill	U/8 Boys	21
Taris Eaton	U/9 Boys	21
Annabelle Cummins	U/10 Girls	21
Michael Squires	U/15 Boys	21
Jack Derwin	U/17 Boys	21

Name	Age Group	Number P.B.'s
Sakeel Balfour Brown	U/8 Boys	20
Lachlan Norgard	U/9 Boys	20
Lucinda Paterson	U/9 Girls	20
Jemma Cox	U/9 Girls	20
Mackenzie Foster	U/10 Girls	20
Mackenzie Twiss	U/11 Boys	20
Emily Whelan	U/11 Girls	20
Molly O'Neill	U/11 Girls	20
Daniel Watling	U/12 Boys	20
Tegan Bryde	U/12 Girls	20
Sarah Barron	U/13 Girls	20
Taylor Constantine	U/14 Girls	20

REPRESENTATIVES 2010-2011

Zone Representatives 2010-2011								
Age Group	Name	Event	Heat	Heat	Final	Final		
U/7 BOYS	Cameron Short	200M Run			55.4	8th		
		Discus			5.05m	11th		
		Long Jump			2.03m	9th		
		Shot Put			3.46m	8th		
	Corbin Debeljak	500M Pack			2:13.2	2nd		
		70M Run	14.2	8th	14.4	8th		
		Discus			5.18m	10th		
		Long Jump			2.26m	6th		
		U/8 BOYS	Aaron Cotterill	60M Hurdles	13.3	6th	15.1	9th
				70M Run			12.9	2nd
Long Jump					2.72m	4th		
Shot Put					4.83m	1st		
Daniel Whelan	60M Hurdles		14.6	14th				
	700M Pack				3:27.8	3rd		
	Discus				8.40m	7th		
	Long Jump				2.56m	7th		
Flynn Lanz	70M Run			14.0	5th			
	Long Jump			2.49m	10th			
	Shot Put			3.99m	5th			
	Kellan Barry	100M Run	16.7	2nd	16.5	2nd		
		200M Run			36.6	1st		
		60M Hurdles	12.1	1st	11.7	1st		
70M Run				11.5	1st			
Luke O'Neill	400M Run			1:38.2	7th			
	700M Pack			3:08.8	1st			
	Discus			9.40m	4th			
	Long Jump			2.55m	8th			
	U/8 GIRLS	Emma Hopkins	60M Hurdles			12.3	1st	
			70M Run			11.9	1st	
700M Pack					2:57.8	1st		
Long Jump					3.24m	1st		
Kira Smith		100M Run			19.6	4th		
		Long Jump			2.29m	7th		
		U/9 BOYS	Parker Hopkins	200M Run			34.6	1st
				Discus			20.07m	1st
Long Jump					3.37m	3rd		
Shot Put					7.07m	1st		

Zone Representatives 2010-2011							
Age Group	Name	Event	Heat	Heat	Final	Final	
U/9 BOYS	Thomas Parsons	60M Hurdles	11.8	1st	11.7	2nd	
		700M Walk			6:09.8	3rd	
		800M Run			3:22.5	5th	
			High Jump			0.94m	2nd
	Tyran Duffield	100M Run				16.7	4th
		200M Run				36.4	4th
		400M Run				1:22.2	2nd
		800M Run				3:06.8	3rd
	U/9 GIRLS	Jemma Cox	Discus			13.02m	3rd
Shot Put					3.75m	5th	
Megan Aspinall		100M Run				16.3	2nd
		400M Run				1:19.7	1st
		60M Hurdles				15.4	8th
Mia Nash		400M Run				1:22.3	2nd
		800M Run				3:17.2	1st
Taylah Bryde		60M Hurdles				13.0	3rd
		Discus				13.85m	2nd
		Long Jump				2.87m	2nd
		Shot Put				4.80m	2nd
U/10 BOYS	Brendan Short	Discus			22.79m	1st	
		High Jump			0.98m	4th	
		Long Jump			3.29m	6th	
		Shot Put			7.78m	1st	
	Darby Lanz	100M Run	15.8	8th	16.2	7th	
		1500M Run			6:18.0	2nd	
		200M Run			35.3	4th	
	Harrison Sutherland	70M Run			11.4	4th	
		Discus			22.70m	2nd	
		High Jump			1.11m	3rd	
		Long Jump			3.57m	4th	
	Kye Jefferson	100M Run	16.1	4th	15.9	6th	
		200M Run			37.0	7th	
		60M Hurdles			11.4	1st	
U/10 GIRLS	Alicia Whelan	Discus			9.37m	4th	
		Shot Put			4.52m	2nd	
	Anna Cummins	1500M Run			7:48.1	3rd	
		400M Run			1:36.2	5th	
	Hannah Cullen	1500M Run			6:38.1	1st	
		800M Run			3:14.3	1st	
		High Jump			0.99m	4th	
			Long Jump			3.30m	5th
	Larni Cotterill	100M Run			16.9	7th	
		200M Run			37.0	4th	
		70M Run			11.6	4th	
		Long Jump			3.19m	6th	
	Lilly Doyle	1100M Walk			10:37.6	2nd	
		70M Run			12.0	7th	
		Discus			7.50m	5th	
		Long Jump			2.78m	11th	
	Paris Fonua	100M Run			16.3	5th	
Long Jump				3.03m	7th		
Sarah Vandenberg	1100M Walk			9:30.4	1st		
	High Jump			0.93m	5th		
U/11 BOYS	Cameron Boyd	Shot Put			8.33m	3rd	
	Jock Dockrill	High Jump			1.19m	2nd	
	Jonti Lanz	100M Run			14.1	1st	
		200M Run			30.4	1st	

Zone Representatives 2010-2011							
Age Group	Name	Event	Heat	Heat	Final	Final	
U/11 BOYS	Jonti Lanz	Discus			21.30m	2nd	
		Long Jump			4.26m	1st	
	Mason Barry	100M Run			15.0	5th	
		200M Run			32.7	3rd	
		High Jump			1.15m	6th	
U/11 GIRLS	Caitlin Spencer	400M Run			1:26.7	5th	
		800M Run			3:20.2	2nd	
		Discus			11.95m	8th	
		Shot Put			5.18m	6th	
		Chloe Doyle	100M Run	14.7	2nd	14.6	2nd
	200M Run				31.6	4th	
	Emily Whelan	Discus			16.03m	3rd	
		Long Jump			3.50m	4th	
		High Jump			1.25m	1st	
		Long Jump			3.38m	6th	
		Shot Put			5.16m	7th	
	Erin Cullen	Triple Jump			7.66m	4th	
		100M Run	14.2	1st	14.3	1st	
		200M Run			30.4	1st	
		Long Jump			4.19m	1st	
		Triple Jump			8.88m	1st	
		Jenai Everett	Discus			14.50m	5th
		Molly O'Neill	1100M Walk			8:21.9	1st
			60M Hurdles	15.2	10th		
			800M Run			4:03.2	6th
Rose Davies		Long Jump			2.65m	9th	
	1500M Run			5:34.9	1st		
	400M Run			1:14.7	1st		
	800M Run			2:53.3	1st		
	Sabrina Kliousis	Discus			12.89m	7th	
		Shot Put			5.88m	3rd	
		Triple Jump			7.00m	8th	
	Siobhan Pickard	1100M Walk			8:47.6	3rd	
		1500M Run			7:21.8	4th	
		800M Run			3:43.1	4th	
Shot Put				4.74m	8th		
U/12 BOYS		Connor Wild	1500M Walk			10:55.5	4th
	High Jump				1.20m	2nd	
	Long Jump				4.20m	2nd	
	Shot Put				5.59m	7th	
	Lewis Debeljak	100M Run			15.0	5th	
		200M Run			38.0	5th	
		Discus			13.26m	10th	
		Triple Jump			8.53m	4th	
	Luke Barron	100M Run			14.1	2nd	
		High Jump			NH		
Long Jump				4.36m	1st		
Thomas Vandenberg	1500M Run			5:14.0	1st		
	400M Run			1:11.5	1st		
	800M Run			2:40.6	1st		
	U/12 GIRLS	Angela Williams	Discus			18.05m	2nd
Javelin					15.89m	1st	
Shot Put					8.99m	2nd	
Madeleine Camire		Triple Jump			6.41m	7th	
		1500M Run			5:34.6	1st	
		400M Run			1:11.5	1st	
800M Run			2:46.0	1st			

Zone Representatives 2010-2011							
Age Group	Name	Event	Heat	Heat	Final	Final	
U/12 GIRLS	Madeleine Camire	Long Jump			3.75m	5th	
	Teigan Cotterill	100M Run			15.1	4th	
		200M Run			32.2	3rd	
		60M Hurdles	12.4	3rd	12.2	3rd	
		High Jump			NH		
U/13 BOYS	Ross Hodge	100M Run			13.6	1st	
		200M Run	28.9	1st	28.7	2nd	
U/13 GIRLS	Carolina Cacic	1500M Walk			11.23.8	2nd	
		Discus			23.21m	1st	
		Long Jump			4.07m	6th	
		Triple Jump			8.31m	4th	
		Emily Nash	1500M Run			5:34.6	1st
	3000M Run				12:22.1	1st	
	800M Run				2:44.4	1st	
	Emma Priestley	1500M Run			5:35.7	2nd	
		3000M Run			12:35.1	2nd	
		800M Run			2:45.8	2nd	
	Hannah Jefferson	100M Run			15.1	6th	
		1500M Run			6:48.4	4th	
		200M Hurdles			35.4	1st	
		200M Run			31.8	4th	
		Leonie Whyman	100M Run			14.6	4th
			400M Run			1:09.0	1st
		Sian Pickard	Long Jump			4.19m	5th
			3000M Run			16:01.7	4th
			Discus			19.37m	4th
			Javelin			19.70m	1st
Long Jump				3.37m	12th		
U/14 BOYS	Joshua Fraser	Triple Jump			7.46m	8th	
		Discus			14.97m	5th	
	Rugby Kliousis	90M Hurdles			17.4	1st	
		Discus			24.31m	2nd	
		Javelin			34.05m	1st	
		Shot Put			7.88m	3rd	
		Triple Jump			9.14m	5th	
U/14 GIRLS	Allison Whalley	100M Run			14.9	7th	
		High Jump			1.30m	3rd	
		Long Jump			3.89m	7th	
		Triple Jump			9.30m	2nd	
	Ruby Holt	200M Run			31.4	3rd	
		80M Hurdles			19.2	3rd	
		800M Run			2:56.8	2nd	
	Taylor Constantine	100M Run			14.6	6th	
		200M Run			31.0	2nd	
		Javelin			11.63m	3rd	
		Long Jump			4.12m	5th	
		Shot Put			7.47m	3rd	
U/15 BOYS	Declan Spencer	Triple Jump			9.01m	5th	
		1500M Run			5:08.7	2nd	
		200M Run			26.0	2nd	
		400M Run			57.4	1st	
	Duncan Burns	800M Run			2:22.0	2nd	
		Discus			29.02m	4th	
		High Jump			1.41m	4th	
	100M Run			12.4	1st		
	200M Hurdles			29.3	1st		
	200M Run			25.9	1st		

Zone Representatives 2010-2011							
Age Group	Name	Event	Heat	Heat	Final	Final	
U/15 BOYS	Duncan Burns	Long Jump			5.21m	2nd	
		Triple Jump			10.93m	3rd	
	Lucas Millward	High Jump			1.44m	3rd	
		Javelin			33.98m	1st	
		Long Jump			4.89m	4th	
		Triple Jump			11.53m	1st	
U/15 GIRLS	Abbie Waters	3000M Run			14:51.3	2nd	
		400M Run			1:16.5	2nd	
		800M Run			3:16.3	2nd	
	Grace Limond	100M Run			13.4	2nd	
		Kimberly Williams	1500M Run			6:22.2	1st
			1500M Walk			9:53.7	1st
			3000M Run			14:37.1	1st
			800M Run			3:03.3	1st
			Javelin			17.08m	2nd
		U/17 BOYS	David Skinner	1500M Run			4:40.3
	400M Run					56.8	2nd
800M Run					2:14.4	1st	
Jack Derwin	Discus				35.34m	2nd	
	Javelin				44.87m	2nd	
	Shot Put				11.08m	1st	
Joshua Limond	110M Hurdles				17.8	4th	
			200M Run			24.8	2nd
			Tim Marsh	100M Run			11.6
	200M Run					24.1	1st
U/17 GIRLS	Danielle Williams		1500M Walk			11:58.7	3rd
		Discus			11.83m	6th	
		Shot Put			5.58m	4th	
	Laura Bonzo	100M Run			12.6	1st	
		200M Run			25.8	1st	
Jnr Boys	Parker Hopkins Harrison Sutherland Jonti Lanz James Mace	4x100M Relay			59.6	1st	
Jnr Girls	Megan Aspinall Teigan Cotterill Chloe Doyle Paris Fonua	4x100M Relay			1:03.4	1st	
Snr Boys	Rugby Kliousis Ross Hodge Duncan Burns Tim Marsh	4x100M Relay			50.9	1st	
Snr Girls	Leonie Whyman Taylor Constantine Laura Bonzo Grace Limond	4x100M Relay			54.9	1st	

Region Representatives 2010-2011						
Age Group	Name	Event	Heat	Heat	Final	Final
U/8 BOYS	Aaron Cotterill	70M Run	12.78	10th		
		Shot Put			5.41m	5th
	Daniel Whelan	700M Pack			3:23.05	12th
	Luke O'Neill	700M Pack			2:56.81	8th
	Kellan Barry	70M Run	11.60	1st	11.40	1st
		100M Run	15.90	3rd	16.70	1st
		200M Run	33.00	1st	32.90	1st
		60M Hurdles	11.50	1st	11.60	1st
U/8 GIRLS	Emma Hopkins	70M Run	11.80	2nd	11.58	3rd
		60M Hurdles	12.30	2nd	12.00	2nd
		700M Pack			2:44.10	1st
		Long Jump			3.01m	1st
U/9 BOYS	Parker Hopkins	200M Run	32.50	5th	33.81	8th
		Long Jump			3.28m	11th
		Discus			21.94m	2nd
		Shot Put			6.79m	1st
	Thomas Parsons	60M Hurdles	11.96	13th		
		700M Walk			4:50.43	4th
		High Jump			FAIL	
	Tyran Duffield	200M Run			34.62	11th
		400M Run	1:21.25	7th	1:21.80	7th
		800M Run			2:56.43	3rd
U/9 GIRLS	Jemma Cox	Discus			16.23m	3rd
	Mia Nash	400M Run	1:19.31	9th	1:20.48	5th
		800M Run			3:01.72	2nd
	Megan Aspinall	100M Run	16.00	2nd	16.32	6th
		400M Run	1:18.40	1st	1:17.70	1st
	Taylah Bryde	60M Hurdles	12.00	4th	11.68	5th
		Long Jump			3.11m	8th
		Discus			12.36m	9th
	Shot Put			5.21m	5th	
U/10 BOYS	Brendan Short	Discus			21.74m	5th
		Shot Put			8.63m	1st
	Darby Lanz	1500M Run			6:02.62	12th
	Harrison Sutherland	High Jump			1.15m	5th
		Discus			23.55m	1st
	Kye Jefferson	60M Hurdles	11.24	6th	11.78	9th
		Shot Put			3.45m	16th
U/10 GIRLS	Alicia Whelan	Shot Put			3.45m	16th
	Anna Cummins	1500M Run			7:13.94	15th
	Hannah Cullen	800M Run			3:13.40	10th
		1500M Run			6:14.12	5th
		High Jump			1.00m	12th
	Lilly Doyle	1100M Walk			7:40.77	5th
	Paris Fonua	100M Run	DNS			
	Sarah Vandenberg	1100M Walk			7:50.68	6th
U/11 BOYS	Jock Dockrill	High Jump			1.20m	5th
	Jonti Lanz	100M Run	13.99	3rd	14.06	3rd
		200M Run	28.72	5th	30.24	7th
		Long Jump			4.22m	4th
		Discus			DNS	
	Cameron Boyd	Shot Put			8.34m	9th
	Mason Barry	200M Run	30.40	10th		
		Shot Put			8.34m	9th
U/11 GIRLS	Caitlin Spencer	800M Run			3:16.59	12th
	Chloe Doyle	100M Run	14.22	3rd	14.50	3rd
		Discus			12.08m	15th
	Emily Whelan	High Jump			1.25m	5th
	Erin Cullen	100M Run	14.24	4th	14.50	4th

Region Representatives 2010-2011							
Age Group	Name	Event	Heat	Heat	Final	Final	
U/11 GIRLS	Erin Cullen	200M Run	DNS				
		Long Jump			4.21m	4th	
		Triple Jump			8.67m	3rd	
	Molly O'Neill	1100M Walk			DNS		
		Rose Davies	400M Run	1:10.70	2nd	1:09.24	3rd
			800M Run			2:46.90	2nd
			1500M Run			5:19.00	1st
	Sabrina Kliousis	Siobhan Pickard	Shot Put			6.39m	12th
			1100M Walk			8:31.10	6th
	U/12 BOYS	Connor Wild	Long Jump			3.78m	14th
Thomas Vandenberg			400M Run	1:04.81	3rd	1:03.70	2nd
			800M Run			2:32.75	3rd
			1500M Run			5:09.61	3rd
			Luke Barron	100M Run	DNS		
			Long Jump			3.96m	9th
			Angela Williams	Discus			17.18m
Shot Put					8.42m	5th	
Javelin					20.39m	2nd	
Teigan Cotterill			100M Run	14.90	11th	15.24	9th
	200M Run		31.12	12th			
	60M Hurdles		11.83	11th			
U/13 BOYS	Ross Hodge	100M Run	13.00	3rd	13.49	4th	
		200M Run	27.34	4th	27.55	4th	
U/13 GIRLS	Emily Nash	800M Run			2:33.24	2nd	
		1500M Run			5:21.41	2nd	
		3000M Run			12:08.56	3rd	
	Emma Priestley		800M Run			2:41.87	6th
			1500M Run			5:22.69	3rd
			3000M Run			11:53.81	2nd
			Hannah Jefferson	200M Hurdles	33.18	4th	33.34
	Leonie Whyman	400M Run	1:06.58	3rd	1:06.41	2nd	
	Sian Pickard	Javelin			19.73m	4th	
	Carolina Cacic		1500M Walk			10:51.34	9th
Discus					23.06m	7th	
U/14 BOYS	Rugby Kliousis	90M Hurdles			15.50	4th	
		Discus			24.72m	7th	
		Shot Put			DNS		
		Javelin			28.29m	10th	
U/14 GIRLS	Allison Whalley	High Jump			DNS		
		Triple Jump			DNS		
	Ruby Holt		200M Run	29.02	9th	30.34	9th
			80M Hurdles	DNS			
			800M Run			2:39.74	5th
			Taylor Constantine	200M Run	29.68	10th	
		Shot Put			DNS		
		Javelin			12.38m	7th	
U/15 BOYS	Declan Spencer	200M Run	24.93	4th	25.93	4th	
		400M Run			55.10	1st	
		800M Run			DNS		
			1500M Run			5:59.46	9th
			Lucas Millward	High Jump			1.45m
			Triple Jump			11.21m	4th
			Javelin			31.27m	6th
	Duncan Burns		100M Run			12.03	4th
			200M Run	26.75	9th	27.59	8th
			200M Hurdles			29.84	3rd
Long Jump					5.29m	4th	

Region Representatives 2010-2011						
Age Group	Name	Event	Heat	Heat	Final	Final
U/15 BOYS	Duncan Burns	Triple Jump			10.76m	5th
U/15 GIRLS	Abbie Waters	400M Run			1:15.68	7th
		800M Run			3:02.18	6th
		3000M Run			DNS	
	Grace Limond	100M Run	DNS			
	Kimberly Williams	800M Run			2:58.43	5th
		1500M Run			6:08.42	5th
		3000M Run 1			13:55.00	4th
		1500M Walk			8:46.34	4th
		Javelin			16.40m	9th
U/17 BOYS	David Skinner	400M Run			53.40	3rd
		800M Run			2:04.81	2nd
		1500M Run	DNS			
	Jack Derwin	Discus			43.67m	2nd
		Shot Put			12.24m	3rd
		Javelin			53.35m	1st
	Joshua Limond	200M Run	DNS			
	Tim Marsh	100M Run	11.20	1st	11.60	1st
	Tim Marsh	200M Run	23.50	1st	24.00	1st
U/17 GIRLS	Danielle Williams	1500M Walk			10:58.62	5th
	Laura Bonzo	100M Run	DNS			
		200M Run	DNS			
Jnr Boys	Parker Hopkins Harrison Sutherland Jonti Lanz Thomas Vandenburg	4x100M Relay			58.16	2nd
Jnr Girls	Megan Aspinall Paris Fonua Chloe Doyle Teigan Cotterill	4x100M Relay			1:01.81	3rd
Snr Boys	Ross Hodge Rugby Kliousis Duncan Burns Tim Marsh	4x100M Relay			49.90	1st
Snr Girls	Leonie Whyman Taylor Constantine Grace Limond Laura Bonzo	4x100M Relay			53.10	1st

State Representatives 2010-2011						
Age Group	Name	Event	Heat	Heat	Final	Final
U/9 Boys	Parker Hopkins	Discus			20.07	12th
		Shot Put			6.28	12th
	Thomas Parsons	700m Walk			DQ	
	Tyran Duffield	800m			2:58.56	18th
U/9 Girls	Jemma Cox	Discus			16.96	13th
	Megan Aspinall	400m	1:17.16	12th		
	Mia Nash	800m			2:50.80	6th
U/10 Boys	Brendan Short	Shot Put			8.59	9th
	Harrison Sutherland	Discus			25.79	11th
U/11 Boys	Jonti Lanz	100m	14.67	16th		
		Long Jump			4.25	15th
U/11 Girls	Chloe Doyle	100m	14.43	12th		

State Representatives 2010-2011						
Age Group	Name	Event	Heat	Heat	Final	Final
U/11 Girls	Erin Cullen	100m	14.34	11th		
		Long Jump			4.01	13th
		Triple Jump			8.76	9th
	Rose Davies	400m	1:07.66	8th	1:05.74	4th
		800m			2:31.13	3rd
1500m				5:05.92	1st	
2km XCcountry				N/A	1st	
U/12 Boys	Thomas Vandenberg	400m	1:05.35	14th		
		800m			2:37.53	15th
		1500m			DNS	
		2km XCcountry			N/A	4th
U/12 Girls	Angela Williams	Javelin			Fouls - No	
U/13 Boys	Ross Hodge	100m	13.21	16th		
		200m	27.50	16th		
U/13 Girls	Emily Nash	800m			2:31.32	9th
		1500m			5:14.26	7th
		3000m			11:16.21	6th
	Emma Priestley	1500m			5:23.88	12th
		3000m			11:20.40	9th
		3km XCcountry			N/A	11th
	Leonie Whyman	400m	1:07.54	14th		
U/13 Girls	Sian Pickard	Javelin			Fouls - No	
U/14 Boys	Rugby Kliousus	90m Hurdles	17.12	15th		
U/15 Boys	Declan Spencer	200m	24.64	13th		
		400m	53.94	8th	55.71	8th
		1500m			4:48.23	12th
	Duncan Burns	100m	12.42	18th		
		200m Hurdles	DNS			
Lucas Millward	Long Jump			DNS		
U/15 Girls	Kimberly Williams	Triple Jump			11.23	10th
		3000m			13:05.23	15th
		1500m Walk			8:38.88	8th
U/17 Boys	David Skinner	400m	53.08	12th		
		800m			DNS	
	Jack Derwin	Discus			39.09	7th
		Shot Put			DNS	DNS
		Javelin			54.32	2nd
	Tim Marsh	100m	11.83	11th		
		200m			DNS	
Jnr Boys	Parker Hopkins Harrison Sutherland Jonti Lanz Thomas Vandenburg	4x100M Relay			58.19	7th
Snr Boys	Ross Hodge Rugby Kliousis Duncan Burns Tim Marsh	4x100M Relay			48.72	5th
Snr Girls	Leonie Whyman Taylor Constantine Grace Limond Laura Bonzo	4x100M Relay			52:57	4th

CLUB STATE MEDALISTS TO DATE

GOLD Medalists to date					
Name	Age Group	Event	Place	Result	Year
Rose Davies	U/11 Girls	Cross Country	1st	N/A	2011
Rose Davies	U/11 Girls	1500m Run	1st	5:05.92	2011
Mason Boyd	U/10 Boys	High Jump	1st	1.40	2009
SILVER Medalists to date					
Name	Age Group	Event	Place	Result	Year
Jack Derwin	U/17 Boys	Javelin	2nd	54.32	2011
Laura Bonzo	U/17 Girls	100m Run	2nd	12.43	2010
Laura Bonzo	U/17 Girls	200m Run	2nd	25.20	2010
Erin Cullen	U/9 Girls	100m Run	2nd	14.95	2009
Laura Bonzo	U/15 Girls	200m Run	2nd	25.50	2009
Ethan Millward	U/15 Boys	400m Run	2nd	52.80	2006
Sophie Stanwell	U/15 Girls	100m Run	2nd	12.20	2006
Brady Wyatt	U/9 Boys	Shot Put	2nd	8.54	2006
Sophie Stanwell	U/14 Girls	Long Jump	2nd	5.39	2005
BRONZE Medalists to date					
Name	Age Group	Event	Place	Result	Year
Rose Davies	U/11 Girls	800m Run	3rd	2:31.13	2011
Alexandra Holt	U/17 Girls	100m Run	3rd	12.83	2010
William Dawes	U/15 Boys	3000m Run	3rd	9-38.91	2008
Hannah Southwell	U/9 Girls	Shot Put	3rd	7.14	2008

CURRENT CLUB RECORDS AS AT COMPLETION OF SEASON 2010-2011

Age	Event	Record	Record Holder	Date	
U/6 BOYS	100M Run	19.00	Ryan Matthews	08/12/2000	
	200M Run	42.50	Ryan Glanville	07/02/2003	
	300M Pack Start	1-07.00	Harrison Lyddiard	03/03/2006	
	50M Run	9.81	Harrison Lyddiard	18/11/2005	
	70M Run	13.60	Jonti Lanz	24/02/2006	
	70M Run	13.60	Harrison Lyddiard	24/02/2006	
	Discus	13.63	Brendan Short	16/02/2007	
	Long Jump	2.61	Ryan Matthews	23/02/2001	
	Shot Put	5.72	Samuel Curzi	17/10/2003	
U/7 BOYS	100M Run	17.90	Jonti Lanz	12/01/2007	
	200M Run	37.29	Harrison Lyddiard	23/02/2007	
	500M Pack Start	1-52.40	Ryan Glanville	06/03/2004	
	50M Run	9.00	Ryan Glanville	17/10/2003	
	70M Run	12.23	Justin Kinniard	23/02/2007	
	Discus	17.47	Kellan Barry	26/02/2010	
	Long Jump	3.38	Phillip McLeish	02/02/1994	
	Shot Put	7.7	Daniel Hincks	12/12/1997	
U/8 BOYS	100M Run	16.50	Kellan Barry	14/01/2011	
	200M Run	34.52	Kellan Barry	21/01/2011	
	400M Run	1-22.70	Kellan Barry	04/03/2011	
	50M Run	8.02	Antonee Burke	07/10/2005	
	60M Hurdles	12.30	Thomas Parkinson	10/01/1997	
	700M Pack Start	2-41.90	Antonee Burke	10/03/2006	
	70M Run	11.81	Kellan Barry	03/12/2010	
	Discus	20.18	Brady Wyatt	14/10/2005	
	Long Jump	3.49	Thomas Parkinson	17/01/1997	
	Shot Put	7.89	Samuel Curzi	10/03/2006	
U/9 BOYS	100M Run	15.20	Thomas Parkinson	24/10/1997	
	200M Run	32.90	Brady Wyatt	16/12/2005	
	400M Run	1-17.50	Antonee Burke	05/01/2007	
	60M Hurdles	11.37	Brady Wyatt	18/11/2005	
	700M Walk	4-10.10	Elliot Waters	03/03/2000	
	70M Run	11.00	Ashley Smith	25/01/2002	
	70M Run	11.00	Antonee Burke	05/01/2007	
	800M Run	3-01.50	Antonee Burke	24/11/2006	
	Discus	21.51	Parker Hopkins	03/12/2010	
	High Jump	1.16	Brady Wyatt	24/02/2006	
	Long Jump	3.89	Brady Wyatt	03/03/2006	
	Shot Put	8.19	Samuel Curzi	02/03/2007	
U/10 BOYS	100M Run	14.75	Jonti Lanz	05/03/2010	
	1100M Walk	6-20.10	Elliot Waters	19/01/2001	
	1500M Run	5-44.90	Mason Boyd	05/12/2008	
	200M Run	30.82	Jonti Lanz	05/03/2010	
	400M Run	1-14.20	James Virgili	22/02/2002	
	60M Hurdles	11.40	Peter Avestas	26/01/2001	
	70M Run	10.50	Jonti Lanz	26/02/2010	
	800M Run	2-44.90	James Virgili	21/01/2002	
	Discus	25.45	Jayden Hill	09/03/2007	

Age	Event	Record	Record Holder	Date	
U/10 BOYS	High Jump	1.33	Mason Boyd	17/10/2008	
	Long Jump	4.27	Thomas Parkinson	05/02/1999	
	Shot Put	9.19	Brendan Short	04/03/2011	
U/11 BOYS	100M Run	14.34	Antonee Burke	14/11/2008	
	1100M Walk	6-14.70	Elliot Waters	04/01/2002	
	1500M Run	5-12.30	James Virgili	01/11/2002	
	200M Run	29.40	Jonti Lanz	21/01/2011	
	3000M Run	11-02.60	James Virgili	25/10/2002	
	400M Run	1-08.30	James Virgili	22/11/2002	
	60M Hurdles	10.80	Thomas Parkinson	21/01/2000	
	800M Run	2-34.70	James Virgili	13/12/2002	
	Discus	30.5	Steven Sefo	06/11/1998	
	High Jump	1.33	Harry Wilson	12/02/1999	
	Long Jump	4.44	Matthew Holmes	08/03/2002	
	Shot Put	11.78	Steven Sefo	18/12/1998	
	Triple Jump	8.89	Thomas Parkinson	28/01/2000	
	U/12 BOYS	100M Run	13.87	James Mace	12/11/2010
		1500M Run	5-16.50	Thomas Vandenberg	11/02/2011
1500M Walk		8-12.00	Elliot Waters	07/02/2003	
200M Run		28.53	James Mace	29/10/2010	
3000M Run		11-15.30	Thomas Vandenberg	04/02/2011	
400M Run		1-04.80	James Mace	15/10/2010	
60M Hurdles		10.71	Jayden Broderick	19/10/2007	
800M Run		2-35.80	Thomas Vandenberg	29/10/2010	
Discus		26.2	Adam Hollis	15/12/1995	
High Jump		1.38	Ethan Millward	13/12/2002	
Javelin		27.6	James Mace	22/10/2010	
Long Jump		4.5	James Mace	12/11/2010	
Shot Put		9.23	James Mace	26/11/2010	
Triple Jump		9.39	Harry Wilson	28/01/2000	
U/13 BOYS		100M Run	13.60	Mansell Laidler	08/11/1996
	1500M Run	5-13.30	William Dawes	24/11/2006	
	1500M Walk	8-29.00	Elliot Waters	07/11/2003	
	200M Hurdles	32.52	Ross Hodge	04/03/2011	
	200M Run	27.60	Mansell Laidler	29/11/1996	
	3000M Run	11-55.70	Elliot Waters	13/02/2004	
	400M Run	1-02.82	Brandon Brown	10/02/2006	
	800M Run	2-37.50	Brandon Brown	16/12/2005	
	80M Hurdles	15.20	Mansell Laidler	18/10/1996	
	80M Hurdles	15.20	Aaron Eather	12/02/1999	
	Discus	23.43	Ross Hodge	28/01/2011	
	High Jump	1.45	Brayden Schaefer	11/02/2008	
	Javelin	29.25	Jack Derwin	09/03/2007	
	Long Jump	4.69	Ethan Millward	26/09/2003	
	Shot Put	10.56	Aaron Eather	05/03/1999	
Triple Jump	10.1	Sean Fox	11/12/2009		
U/14 BOYS	100M Run	12.76	Brandon Brown	12/01/2007	
	1500M Run	5-00.50	Declan Spencer	04/12/2009	
	1500M Walk	8-20.60	Elliot Waters	29/10/2004	
	200M Hurdles	30.73	Duncan Burns	05/02/2010	
	200M Run	25.42	Ethan Millward	28/11/2004	
	3000M Run	10-58.50	William Dawes	02/03/2007	

Age	Event	Record	Record Holder	Date
U/14 BOYS	400M Run	59.10	Ethan Millward	17/12/2004
	800M Run	2-26.50	Declan Spencer	12/03/2010
	90M Hurdles	14.20	Mansell Laidler	13/03/1998
	Discus	35.18	Simon Akers	04/02/2005
	High Jump	1.6	Brayden Schaefer	19/12/2008
	Javelin	35.12	Jack Derwin	01/02/2008
	Long Jump	5.13	Mansell Laidler	13/02/1998
	Shot Put	12.1	Simon Akers	17/12/2004
	Triple Jump	10.53	Lucas Millward	26/02/2010
U/15 BOYS	100 Metre Hurdles	16.20	Mansell Laidler	13/11/1998
	100M Run	12.06	Ethan Millward	11/11/2005
	1500M Run	4-57.70	Elliot Waters	28/10/2005
	1500M Walk	7-58.80	Elliot Waters	10/03/2006
	200M Hurdles	29.52	Duncan Burns	26/11/2010
	200M Run	24.92	Ethan Millward	07/10/2005
	3000M Run	10-50.30	Elliot Waters	21/10/2005
	400M Run	56.48	Declan Spencer	15/10/2010
	800M Run	2-24.90	Elliot Waters	16/12/2005
	Discus	40.47	Declan Spencer	28/01/2011
	High Jump	1.64	Mark Bennett	11/10/1996
	Javelin	40.48	Jack Derwin	05/12/2008
	Long Jump	5.63	Ethan Millward	24/02/2006
	Shot Put	12.88	Jack Derwin	21/11/2008
	Triple Jump	11.98	Ethan Millward	16/12/2005
U/17 BOYS	100 Metre Hurdles	17.06	Jack Derwin	04/03/2011
	100M Run	11.86	Tim Marsh	28/01/2011
	1500M Run	5-44.50	Brandon Brown	23/01/2009
	1500M Walk	10-02.10	Brandon Brown	10/10/2008
	200M Hurdles	27.87	Joshua Limond	15/10/2010
	200M Run	24.49	Tim Marsh	01/10/2010
	400M Run	58.50	Brandon Brown	21/11/2008
	800M Run	2-10.40	David Skinner	01/10/2010
	Discus	41.03	Jack Derwin	25/02/2011
	High Jump	1.58	Joshua Limond	21/01/2011
	Javelin	50.8	Jack Derwin	03/12/2010
	Long Jump	5.47	Tim Marsh	11/03/2011
	Shot Put	12.38	Jack Derwin	04/03/2011
	Triple Jump	11.6	Ryan Millward	18/02/2011
U/6 GIRLS	100M Run	19.90	Ashley-Lea Condon	11/02/2000
	200M Run	42.90	Ashley-Lea Condon	14/01/2000
	300M Pack Start	1-10.70	Ashley-Lea Condon	25/02/2000
	50M Run	10.10	Ashley-Lea Condon	25/02/2000
	70M Run	14.30	Ashley-Lea Condon	04/02/2000
	Discus	11.62	Isabel Palmer	23/02/2007
	Long Jump	2.47	Ashley-Lea Condon	21/01/2000
	Shot Put	4.98	Angela Williams	18/02/2005
U/7 GIRLS	100M Run	18.51	Erin Cullen	02/02/2007
	200M Run	40.79	Erin Cullen	08/12/2006
	500M Pack Start	2-01.70	Emma Hopkins	26/02/2010
	50M Run	9.01	Erin Cullen	02/03/2007
	70M Run	12.74	Erin Cullen	26/01/2007
	Discus	14.64	Payge-Louise Condon	06/03/2004

Age	Event	Record	Record Holder	Date	
U/7 GIRLS	Long Jump	2.96	Emma Hopkins	12/02/2010	
	Shot Put	6.6	Ashley-Lea Condon	16/02/2001	
U/8 GIRLS	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	
	50M Run	8.81	Erin Cullen	14/12/2007	
	60M Hurdles	12.14	Emma Hopkins	04/03/2011	
	700M Pack Start	2-49.30	Tahlia Farrant	13/11/1998	
	70M Run	12.07	Erin Cullen	11/01/2008	
	Discus	15.44	Hannah Southwell	02/03/2007	
	Long Jump	3.16	Emma Hopkins	25/02/2011	
	Shot Put	7.15	Hannah Southwell	09/03/2007	
	U/9 GIRLS	100M Run	16.11	Erin Cullen	06/03/2009
		200M Run	34.32	Erin Cullen	03/10/2008
		400M Run	1-21.30	Megan Aspinall	07/01/2011
60M Hurdles		12.13	Erin Cullen	20/02/2009	
700M Walk		4-28.90	Carolina Cacic	26/01/2007	
70M Run		11.35	Erin Cullen	03/10/2008	
800M Run		3-09.80	Megan Aspinall	11/03/2011	
Discus		19.48	Ashley-Lea Condon	31/01/2003	
Discus		19.48	Hannah Southwell	29/02/2008	
High Jump		1.05	Kate O'Brien	31/10/1997	
High Jump		1.05	Ebony Mellon	23/01/2004	
Long Jump		3.49	Erin Cullen	06/03/2009	
Shot Put		7.72	Hannah Southwell	19/10/2007	
U/10 GIRLS		100M Run	15.45	Erin Cullen	30/10/2009
		1100M Walk	7-01.30	Georgia Bell	16/11/2001
	1500M Run	6-03.90	Tahlia Farrant	02/02/2001	
	200M Run	32.92	Laura Bonzo	09/01/2004	
	400M Run	1-17.00	Erin Cullen	23/10/2009	
	60M Hurdles	12.05	Laura Bonzo	14/11/2003	
	70M Run	10.86	Laura Bonzo	19/12/2003	
	800M Run	3-04.80	Ruby Holt	16/02/2007	
	Discus	25.54	Hannah Southwell	19/12/2008	
	High Jump	1.28	Leonie Whyman	14/12/2007	
	High Jump	1.28	Carolina Cacic	14/12/2007	
	Long Jump	3.94	Laura Bonzo	28/11/2003	
	Shot Put	8.36	Ashley-Lea Condon	13/02/2004	
	U/11 GIRLS	100M Run	14.64	Erin Cullen	25/02/2011
		1100M Walk	6-11.80	Georgia Bell	20/12/2002
1500M Run		5-21.90	Rose Davies	11/02/2011	
200M Run		30.77	Ashley-Lea Condon	26/11/2004	
3000M Run		11-22.90	Rose Davies	04/02/2011	
400M Run		1-10.60	Rose Davies	04/02/2011	
60M Hurdles		11.69	Erin Cullen	04/03/2011	
800M Run		2-40.20	Rose Davies	11/03/2011	
Discus		19.15	Angela Williams	08/01/2010	
High Jump		1.3	Emily Whelan	25/02/2011	
Long Jump		4.09	Ashley-Lea Condon	25/02/2005	
Shot Put		9.5	Ashley-Lea Condon	26/11/2004	
Triple Jump		8.67	Erin Cullen	03/12/2010	

Age	Event	Record	Record Holder	Date	
U/12 GIRLS	100M Run	14.34	Ashley-Lea Condon	11/11/2005	
	1500M Run	5-40.90	Emma Priestley	15/01/2010	
	1500M Walk	9-32.30	Kate Frizza	10/12/1999	
	200M Run	30.47	Leonie Whyman	26/02/2010	
	3000M Run	12-08.20	Emma Priestley	08/01/2010	
	400M Run	1-10.70	Leonie Whyman	27/11/2009	
	60M Hurdles	11.45	Ashley-Lea Condon	18/11/2005	
	800M Run	2-52.30	Emma Priestley	26/02/2010	
	Discus	21.45	Carolina Cacic	05/03/2010	
	High Jump	1.37	Sophie Stanwell	31/01/2003	
	Javelin	15.31	Angela Williams	11/02/2011	
	Long Jump	4.3	Holly Ibbotson	02/03/2001	
	Shot Put	10.88	Ashley-Lea Condon	18/11/2005	
	Triple Jump	9.04	Ashley-Lea Condon	27/01/2006	
	U/13 GIRLS	100M Run	14.04	Laura Bonzo	27/10/2006
1500M Run		5-26.80	Emily Nash	11/02/2011	
1500M Walk		9-37.90	Abbie Waters	09/01/2009	
200M Hurdles		33.60	Elina Sefo	12/02/1999	
200M Run		28.50	Elina Sefo	11/12/1998	
3000M Run		11-42.80	Emily Nash	04/03/2011	
400M Run		1-08.44	Alexandra Holt	10/02/2006	
800M Run		2-42.90	Emily Nash	11/03/2011	
80M Hurdles		15.95	Sophie Stanwell	17/10/2003	
Discus		27.4	Elina Sefo	12/02/1999	
High Jump		1.44	Sophie Stanwell	30/01/2004	
Javelin		19.28	Sian Pickard	25/02/2011	
Long Jump		4.33	Isabelle Farragher	20/01/2006	
Shot Put		10.06	Elina Sefo	18/12/1998	
Triple Jump		9.07	Ashley-Lea Condon	03/11/2006	
U/14 GIRLS	100M Run	13.51	Alexandra Holt	27/10/2006	
	1500M Run	5-47.70	Taliah Darcy-Shaw	18/12/2009	
	1500M Walk	9-27.90	Abbie Waters	16/10/2009	
	200M Hurdles	32.39	Laura Bonzo	14/12/2007	
	200M Run	27.89	Laura Bonzo	07/03/2008	
	3000M Run	13-11.10	Sereena King	17/01/1997	
	400M Run	1-06.80	Alexandra Holt	20/10/2006	
	800M Run	2-39.90	Ruby Holt	18/02/2011	
	80M Hurdles	15.60	Laura Bonzo	14/12/2007	
	Discus	21.77	Achingol Aliir	05/03/2010	
	High Jump	1.55	Sophie Stanwell	26/11/2004	
	Javelin	19.88	Elle Stanwell	01/11/2002	
	Long Jump	4.65	Sophie Stanwell	18/02/2005	
	Shot Put	9.72	Emma Derwin	13/02/2004	
	Triple Jump	9.3	Laura Bonzo	23/11/2007	
U/15 GIRLS	100M Run	12.87	Laura Bonzo	06/03/2009	
	1500M Run	5-50.30	Penelope Nash	26/11/1999	
	1500M Walk	9-42.10	Kimberley Williams	25/02/2011	
	200M Hurdles	31.33	Sophie Stanwell	18/11/2005	
	200M Run	26.54	Laura Bonzo	30/01/2008	
	3000M Run	12-58.00	Sereena King	21/11/1997	
	400M Run	1-04.50	Laura Bonzo	17/10/2008	
	800M Run	2-47.60	Penelope Nash	25/02/2000	
	90M Hurdles	16.02	Sophie Stanwell	10/02/2006	

Age	Event	Record	Record Holder	Date
U/15 GIRLS	Discus	24.24	Emma Derwin	29/10/2004
	High Jump	1.58	Sophie Stanwell	16/12/2005
	Javelin	22.2	Kimberley Williams	22/10/2010
	Long Jump	5.28	Sophie Stanwell	10/03/2006
	Shot Put	10.64	Emma Derwin	14/01/2005
	Triple Jump	10.79	Laura Bonzo	27/02/2008
U/17 GIRLS	100 Metre Hurdles	18.29	Laura Bonzo	27/11/2009
	100M Run	12.76	Laura Bonzo	30/10/2009
	1500M Run	6-07.10	Alexandra Holt	15/01/2010
	1500M Walk	10-39.80	Danielle Williams	25/02/2011
	200M Hurdles	32.79	Laura Tredinnick	15/10/2010
	200M Run	25.77	Laura Bonzo	01/10/2010
	400M Run	1-03.80	Laura Bonzo	27/11/2009
	800M Run	2-47.30	Alexandra Holt	27/02/2008
	Discus	22.9	Alexandra Holt	15/01/2010
	High Jump	1.45	Sophie Stanwell	30/11/2007
	Javelin	21.21	Laura Bonzo	15/01/2010
	Long Jump	4.76	Olivia Catt	04/12/2009
	Shot Put	8.64	Ashley-Lea Condon	29/10/2010
	Triple Jump	9.57	Alexandra Holt	27/02/2008

LIFE MEMBERS AS AT COMPLETION OF SEASON 2010-2011

Name	Year
Michael Waters	2011
Sharon Derwin	2011

MEMBERS 2010-2011		
Age Group	Rego	Name
Tots Boys	245	Antony Argyrakis
	825	Bruce Kiem
	88	Byron Steep
	936	Callum Unsted
	229	Charlie Rooney
	159	Cooper Buckingham
	938	Cooper Vimpani
	226	Cruz Folwell
	183	Diesel O'Davis
	812	Eli Fotheringham
	206	Isaiah Tonga
	143	Jack Duffield
	195	Jacob Trench
	32	Jai Clarke
	86	Jamie Lloyd
	121	Joseph Cummins
	111	Joshua Cox
	74	Jude Smith
	816	Kaleb Coceancig
	144	Lennox Tucker
	251	Levi Foster
	209	Liam Coughtree
	236	Louis Smith
	804	Lucas Mclvor
	90	Oliver Damico
	36	Oscar Wills
	228	Parker Gill
	227	Sam Doherty
	65	Taimana Elers
	221	Tyson Baker
	223	William Kirkman
	170	Zac Sills
U/6 Boys	913	Ben Van Dorssen

MEMBERS 2010-2011		
Age Group	Rego	Name
U/6 Boys	53	Benjamin Griffin
	179	Cooper Osborne
	935	Daniel Manning
	165	Jarrett Slavin-Gay
	113	Lachlan Bryde
	150	Lachlan Powell
	933	Luke Fitzgerald
	906	Matthew Kacev
	119	Max McGavern
	153	Oliver Wall
	152	Ronan Kelly
	103	Shea Lowe
	107	Sonny Carpenter
	147	Walker Flavell
U/7 Boys	942	Ashden Burns
	99	Cameron Short
	132	Corbin Debeljak
	905	Daniel Kacev
	196	Harrison Peters
	35	Jacob Irwin
	13	James Ackerman
	96	Jayson Carr
	134	Romeo Teixeira
	910	Ryan Stahlhut
	38	Ryley Twiss
	137	Timana Fonua
	193	William Argyrakis
U/8 Boys	49	Aaron Cotterill
	920	Alec Mowbray
	52	Alexander Griffin
	5	Alexander Paterson
	98	Ben Smith
	83	Christopher Lloyd

MEMBERS 2010-2011		
Age Group	Rego	Name
U/8 Boys	26	Daniel Whelan
	239	Ethan Foster
	166	Ethan Strickland
	102	Finn Lowe
	70	Flynn Lanz
	827	Jack Cooper
	76	Jack Morrow
	140	Jordan Surjan
	108	Joshua Reilly
	58	Kellan Barry
	91	Luke O'Neill
	151	Michael Kelly
	242	Nathan Parry
	931	Nelson Gardner
	105	Sakeel Balfour Brown
	139	Tyler Rayner
	250	Vili Pifeleti
	930	Zac Clark
	27	Zachery Leyden
U/9 Boys	54	Aaron Stone
	163	Braydon Guyan
	940	Byron Sutherland
	909	Cobi Atkin
	189	Declan O'Donnell
	212	Hugh Dallen
	131	James Wilkins
	181	Jonathan Oswald
	203	Lachlan Norgard
	72	Lewis Rooney
	155	Liam Malone
	116	Louis Hadden
	104	Nasser Balfour Brown
	46	Parker Hopkins

MEMBERS 2010-2011		
Age Group	Rego	Name
U/9 Boys	149	Samuel Powell
	118	Taris Eaton
	16	Thomas Parkinson
	180	Thomas Parsons
U/10 Boys	142	Tyran Duffield
	55	Aidan Watling
	40	Brendan Short
	69	Darby Lanz
	22	Harrison Sutherland
U/11 Boys	78	Jacob Duggan
	43	Kye Jefferson
	802	Stephen Fityus
	244	Zane Leathley
	824	Alexander Morgan
	148	Cameron Boyd
	2	Jarryd Sutherland
U/12 Boys	30	Jock Dockrill
	68	Jonti Lanz
	115	Joseph Hadden
	34	Mackenzie Twiss
	57	Mason Barry
	33	Matthew Priestley
	146	Connor Wild
	56	Daniel Watling
	208	James Mace
	133	Lewis Debeljak
U/13 Boys	19	Luke Barron
	167	Nicholas Morgan
	233	Perry Carpenter
	100	Thomas Vandenberg
	235	Ross Hodge
U/14 Boys	15	Joshua Fraser
	202	Mikey Cominos

MEMBERS 2010-2011		
Age Group	Rego	Name
U/14 Boys	63	Rugby Kliousis
	41	Sean Fox
U/15 Boys	161	Declan Spencer
	187	Duncan Burns
	177	Lucas Millward
U/17 Boys	45	Michael Squires
	198	Alexi Cominos
	211	David Skinner
	17	Jack Derwin
	127	Joshua Limond
	178	Ryan Millward
	164	Tim Marsh
Tots Girls	222	Allirah Mayers
	219	Charlotte Andrei
	807	Emma Kacev
	186	Eva Donnelly
	247	Hannah Johns
	932	Indra Gardner
	217	Jacqueline James
	819	Jazmyn Burke
	182	Keely Dellar
	87	Lucinda Steep
U/6 Girls	934	Mia Byrne
	214	Mia Wallace
	821	Milly Hilton
	243	Phoebe Clarence
	138	Piper McGrorey
	84	Rosalie Etwell
	109	Sophie Reilly
	158	Alexandra Dunne
	77	Alexandria Smith
	168	Angela Paterson
232	Annouk Meany	

MEMBERS 2010-2011		
Age Group	Rego	Name
U/6 Girls	225	Armani Folwell
	172	Billie King
	23	Chloe Priestley
	188	Elsa Tolhurst
	220	Erin Tucker
	911	Hannah Melville
	122	Jessie Cummins
	194	Lily Trench
	237	Madeleine Smith
	915	Mia Coceancig
	943	Mia Pollard
	141	Ruby Surjan
	U/7 Girls	205
75		Sophie Morrow
173		Tayla Grimes
246		Teah Webb
6		Zara Paterson
171		Zoe Sills
929		Amber Clark
941		Charlie Sutherland
169		Charlotte Paterson
248		Eden Barnett
U/8 Girls	128	Ellen Hughes
	61	Georgia Olds
	216	Grace James
	218	Hannah Smith
	204	Jessica Norgard
	81	Kylie Crossley
	94	Nikki Stroud-Watts
	117	Ravelle Eaton
U/8 Girls	901	Sia O'Donnell
	210	Sophia Noncic
U/8 Girls	224	Alira Avery

MEMBERS 2010-2011		
Age Group	Rego	Name
U/8 Girls	64	Chloe Nixon
	47	Emma Hopkins
	124	Kira Smith
	241	Laura Robinson
	73	Lillian Smith
U/9 Girls	79	Lily Duggan
	928	Tahlia Hirst
	106	Amelia Carpenter
	832	Chloe Adams
	31	Elley Irwin
	93	Emily Stroud-Watts
	207	Emma Droop
	230	Erin Stimson
	130	Jade Dalmazzone
	157	Jasmine Loades
U/10 Girls	110	Jemma Cox
	42	Kayla Mallick
	914	Lara Van Dorssen
	9	Lucinda Paterson
	12	Megan Aspinall
	20	Mia Nash
	817	Sophie Turton
	114	Taylah Bryde
	29	Alicia Whelan
	120	Annabelle Cummins
U/10 Girls	826	Eboni Smith
	4	Hannah Cullen
	231	Jenna Mace
	112	Jessie Nixon
	51	Larni Cotterill
	89	Laura Damico
	60	Lilly Doyle
	803	Lucie Fityus

MEMBERS 2010-2011		
Age Group	Rego	Name
U/10 Girls	238	Mackenzie Foster
	48	Natasha Moore
	80	Nicole Crossley
	136	Paris Fonua
	67	Piper Kline
U/11 Girls	101	Sarah Vandenberg
	234	Ajak Manyang
	160	Caitlin Spencer
	59	Chloe Doyle
	191	Emily Coles
	21	Emily Whelan
	3	Erin Cullen
	190	Hannah Coles
	197	Isabell Delaurentis
	215	Jenai Everett
U/12 Girls	82	Mikayla Crossley
	92	Molly O'Neill
	918	Rose Davies
	66	Sabrina Kliousis
	10	Siobhan Pickard
	44	Angela Williams
	145	Caitlin Noncic
	185	Eva Tew
	156	Gabbie Loades
	85	Jasmine Van Wyck
U/13 Girls	201	Medeleine Camire
	154	Rebekah Stuart
	908	Ruby Bakewell-Doran
	135	Siane Fonua
	199	Sophie Cominos
	175	Tegan Bryde
	50	Teigan Cotterill
	192	Abbey Coles

MEMBERS 2010-2011		
Age Group	Rego	Name
U/13 Girls	937	Alessandra Coceancig
	162	Carolina Cacic
	14	Emily Nash
	24	Emma Priestley
	97	Hannah Jefferson
U/14 Girls	174	Lauren Adams
	129	Leonie Whyman
	18	Sarah Barron
	25	Sian Pickard
	71	Allison Whalley
	95	Kathleen Ryan
	922	Mia Thomson
	39	Payge-Louise Condon
	8	Ruby Holt
	184	Taylor Constantine
U/15 Girls	1	Abbie Waters
	126	Grace Limond
	28	Kimberley Williams
	213	Rosie Dallen
	37	Ashley-Lea Condon
U/17 Girls	123	Claudia Lloyd Hensley
	125	Danielle Williams
	7	Evelyn Holt
	200	Laura Bonzo
	176	Laura Tredinnick
	11	Melanie Fraser

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