



# 2019 / 2020 Calendar & Handbook





**ATHLETICS CENTRE**

## **SCOTT CLARKE** **NEWEST RTAC LIFE MEMBER**

- Scott and his family have been members of RTAC for 9 years. During that time, he has been actively involved with our Centre, becoming Grounds Officer in 2012.
- Thanks to Scott's untiring dedication to the maintenance of our field, we are considered to have the best grass track in the Region, receiving many compliments about its outstanding quality. Despite his very busy work schedule, Scott somehow manages to maintain a high standard of surface for our athletes which last season resulted in a record number of track records being broken at the Zone Championships.
- Scott is also a talented Level 2 Throws Coach and has had some athletes reach State competition standards.
- We are pleased to recognise Scott's contribution to our Centre and congratulate him on his well-deserved Life Membership award.



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### **Front Cover Athlete Photos:**

**Dixie Conlon - U11** – LA State Gold triple jump, Country Championships Gold 200m and Long Jump, Silver 100m, Region Gold 60m hurdles and TJ, Silver LJ, Bronze 200m, Zone record 60m hurdles.

**Ebony Newton - U14** – National Championships competitor, Country Championships - Gold 100m, 200m; and 200m hurdles, Silver 80m hurdles, Region Gold 100m, 200m and 200m hurdles, Zone records 200m hurdles and 100m, first in the Hunter Track Classic Fastest U15 Kid 100m sprint.

**Cody Hancock - U14** – Gold at the State Combined Event Championships, Zone 90m hurdles record, Region Silver 90m hurdles, long jump, Bronze triple jump.

### **Zone medal winners - U7 (Left to Right)**

**Mila Clarke** – Silver 70m, 200m, Bronze 100m, 50m.

**Boston Maloney** – Gold 100m, 200m, 70m, Silver 50m.

**Charleise Chivers** – Silver shot put, Bronze 70m.



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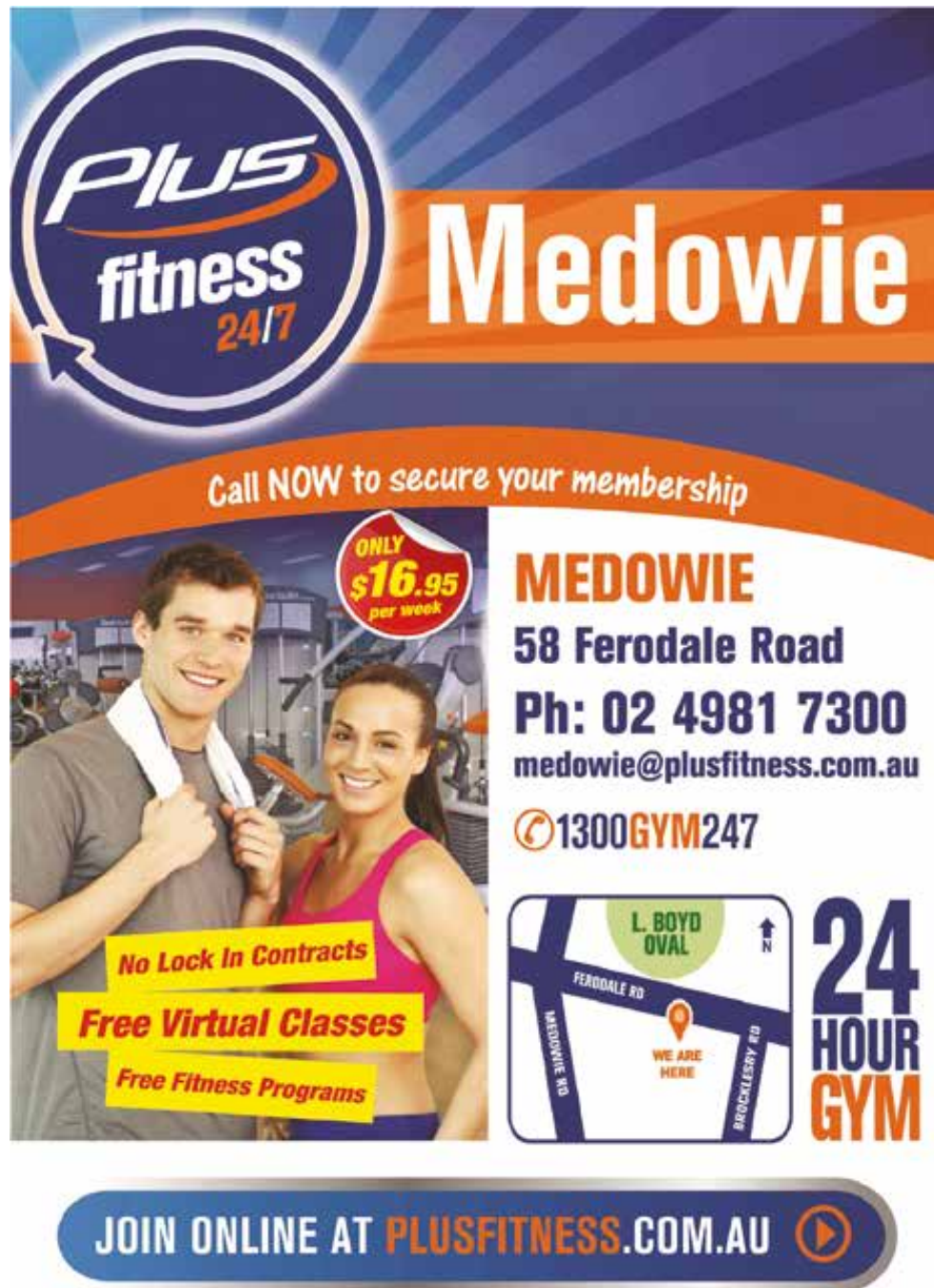
## RTAC EXECUTIVE & COMMITTEE 2019 / 2020

### EXECUTIVE

<b>CHAIRPERSON:</b>	David Summerville	Phone: 0458 999 429
<b>VICE CHAIRPERSON:</b>	Matt Newton	Phone: 0418 483 993
<b>SECRETARY:</b>	Deidre Hall	Phone: 0418 962 185
<b>TREASURER:</b>	Barbara Inglis	Phone: 0408 487 190

### COMMITTEE

<b>ASST. SECRETARY</b>	Phil Wall
<b>REGISTRAR:</b>	Barbara Inglis
<b>PUBLICITY OFFICER:</b>	Deidre Hall
<b>ASST PUBLICITY OFFICER:</b>	Sam Conlon
<b>COACHING DIRECTOR:</b>	Kylie Newton
<b>ATHLETE LIAISON OFFICER:</b>	Katie Drosd
<b>GROUNDS OFFICER:</b>	Scott Clarke
<b>ASST GROUNDS OFFICER</b>	Kristy Page
<b>UNIFORM OFFICER:</b>	VACANT
<b>EQUIPMENT OFFICER:</b>	VACANT
<b>RECORDER:</b>	John Terranova
<b>ASST RECORDER:</b>	Phil Wall
<b>CANTEEN OFFICER:</b>	Theresa Pisch
<b>ASST CANTEEN OFFICER:</b>	Jen Warner
<b>FUNDRAISING:</b>	Katie Drosd



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## RTAC EXECUTIVE & COMMITTEE 2019 / 2020

**PUBLIC OFFICER:** Barbara Inglis

**SPORTS COUNCIL DELEGATES:** Deidre Hall  
David Pisch

**ZONE DELEGATES:** John Terranova  
Barbara Inglis

**FIRST AID:** Barbara Inglis  
Scott Clarke  
Theresa Pisch  
Mark Said

Additional qualified First Aid members are welcome

**GENERAL COMMITTEE:** Mark Said  
Genevieve Leonard  
David Pisch  
Graeme Attwood  
Jen Warner  
Sandy Hancock

New members are most welcome at any time through the season.





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## LIFE MEMBERS OF RAYMOND TERRACE ATHLETICS CENTRE

Robin Sansom (Dec'd) – 1992 / 93

Louise Green – 1992 / 93

Barbara Day – 1997 / 98

Lorraine O'Connor – 1998 / 99

Deidre Hall – 2000 / 01

David Marsh – 2000 / 01

Barbara Inglis – 2001 / 02

Annette Willis – 2001 / 02

Dudley Willis – 2001 / 02

Katie Hall (Drosd) – 2003 / 04

Garry Taylor – 2003 / 04

Bill Mackenzie – 2003 / 04

John Terranova – 2006 / 07

Brett Inglis – 2009 / 10

Scott Clarke – 2019 / 20



CHINESE TAKEAWAY

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**Shop 5, 42 William Street  
RAYMOND TERRACE**

**OPENING HOURS**

**LUNCH: Monday – Friday**

**11:30am – 2:00pm**

**DINNER: Monday – Saturday**

**4:00pm – 8:30pm**

## THE STORY BEHIND OUR CENTRE LOGO “THE GRUMPY MONKEY”



When our Centre began, we established links with R.A.A.F. Williamtown, specifically 77 Squadron. We requested that Little Athletics assign us “77” as our Centre number, in keeping with the Squadron. We decided to adopt the Squadron badge, the Oriental Lion or “Grumpy Monkey”, as it is affectionately known, as our own logo.

The Oriental or Chinese Lion has a legendary role in warding off evil. The Lion is regarded by Oriental countries, not so much a hunter, but as a defender of peace and happiness.

Adopted by 77 Squadron as its badge, the Lion indicates the long service of the squadron in the East and is in keeping with the ultimate aim of the campaigns in which the Squadron has fought.





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## LITTLE ATHLETICS TEN COMMANDMENTS

1. Little Athletics is meant to be a fun family sport. Don't spoil it by becoming too intense.
2. Remember that your child is competing against him / herself. Resist the temptation to compare results with other competitors. If they're that important, athletics is not for you.
3. Be on your guard against projecting your own aspirations on to your child. If you want to win the race, go and run it yourself!
4. Never hurl abuse from the sidelines - people do not respect you for it. By all means, cheer on your child, but do so with good temper and friendly enthusiasm.
5. There is no circumstance which warrants humiliating a child. If he / she were able to win or were in the mood to try, then it would have happened. Criticism breeds resentment which means deteriorating relationships. This is bad for the whole family. A child will go to the ends of the earth for parents who play fair.
6. Be on the watch for signs of stress: reluctance to compete; worsening times, heights or distances; anger; resentment; change of personality. Be ready and willing to listen if you want your child to tell you the trouble. Maybe it's a problem with one particular event, so concentrate on the ones he / she enjoys most. Be understanding, even if the problem is something you don't want to hear.
7. If you see something of which you disapprove, bring it to the notice of the Executive. Do not grumble in the background and spread your disapproval. Improvements can't happen if you don't voice your concerns to those who can do something about it.
8. Athletics is not the only thing in your child's life. This is the age of exploration. If things are going badly, it's time for a rethink, and maybe a change of activity for a while. Many children will want to give athletics another try later.
9. Don't let successes go to your head. A "bad" winner detracts from a great performance.
10. Get involved! Ask what you can do to help! Athletics Centres can only operate well with regular parental involvement. The equipment doesn't magically appear on the field for each meet, or pack itself away. The grass on the track keeps growing, and the lane markings need re-doing every 6 weeks. This regular maintenance and work is made so much easier with helpers.



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## RAYMOND TERRACE ATHLETICS CENTRE

### • *Sunsmart Policy* •

RTAC provides numerous permanent shade areas on the field. Executive and Committee members, as well as parents and athletes assisted in their construction.

#### *Aim:*

- To reinforce the Sunsmart ideals taught at school by encouraging our athletes and parents to be aware of sun protection during leisure activities, especially whilst at our Centre.

#### *Implementing strategies:*

- When registering their athletes, new parents will be notified of the Sunsmart Policy.
- Encourage them to support the policy by wearing broad-brimmed hats.
- Have sunscreen on hand but encourage the application of sunscreen before leaving home.
- Shade is provided at locations where athletes are likely to spend the most time.
- Remind athletes and parents each week before meets and in Newsletters about wearing hats and sunscreen.
- To lead by example by encouraging Committee members and parents to support Sunsmart practices, especially whilst at the Centre.



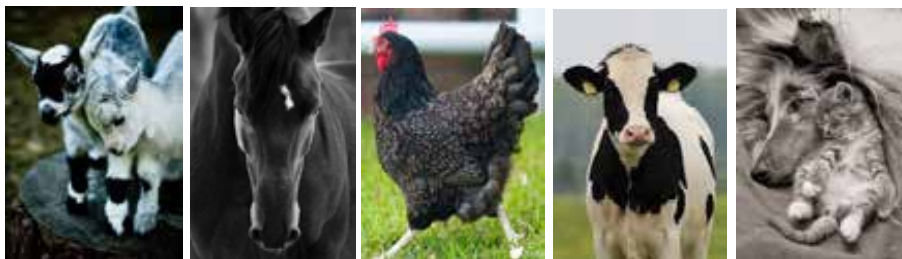


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## OBJECTIVES OF OUR CENTRE

Our aim is to bring together athletes and their families in a range of outdoor physical activities with **FAMILY INVOLVEMENT**. A secondary objective is to provide athletes with the opportunity to compete at Zone, Regional, State, National and International levels.

## CANCELLATIONS OF CENTRE MEETS

If adverse weather or track conditions force the cancellation of the Centre meet, telephone **4983 1407 after 7am that day** for a recorded message for confirmation. When possible, it will also be notified on our **facebook page and our website: [www.raymondterraceathletics.com.au](http://www.raymondterraceathletics.com.au)**. Please do not call Committee members at their home early Saturday morning.

## PARENT PARTICIPATION

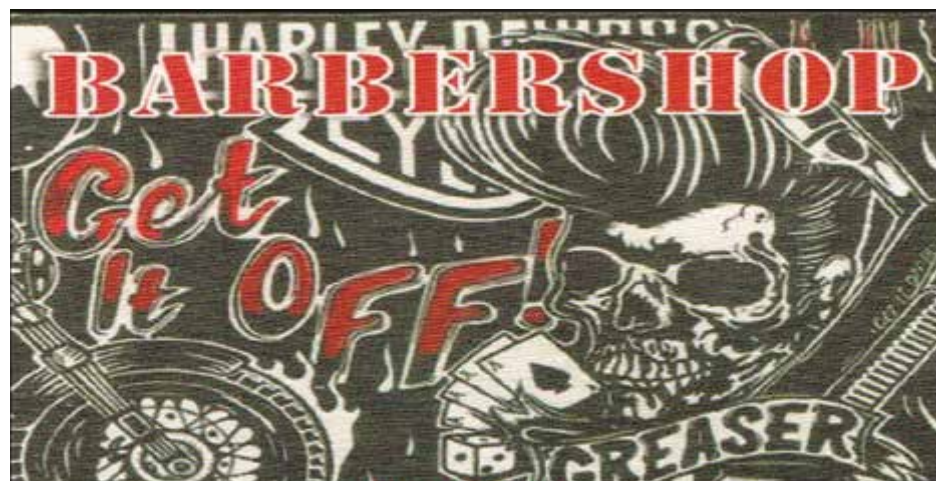
It is a Centre requirement that **AT LEAST ONE PARENT PER FAMILY** actively assists at our weekly Centre meets. This assistance can be in the form of an **age marshall or group helper**. Each age group needs a minimum of 5 active helpers plus "crowd controllers". No athletics knowledge is required for this. It can be as easy as holding a tape measure, raking a long jump pit, calling athletes' names or just keeping the group together and off the cages and levee bank. We always need helpers, so never think we don't need you. **The faster we find volunteers for age marshalls each week, the faster we can start the Centre meets.** If you would like to assist, but are unsure how to, ask a Committee person.

Assistance with **setting-up equipment from 7a.m.** is also most welcome, as is helping to **bring it in** at the end of each meet.

## STARTING TIMES AND WARM-UPS

The **U13 to Masters** have 400m hurdles, long distance walks and runs scheduled at **8 a.m.** **U9 to U12's** have walks some weeks beginning at **8:15am**. The early events are listed on the noticeboard each week for the following week of competition. A **warm-up session** is held at **8:15 a.m.** for U6's to U12's. Athletes are encouraged to participate, as this is a vital part of competition. Even the youngest athletes risk injury without sufficient warm-up, no matter in which event they participate.

Apart from the above early events, weekly **Centre Meets for U6 to U12 begin at the end of the warm-up; and 9a.m.** for U13 to Masters.



0422 242 579  
NEXT TO THE SMOKE SHOP

## TRADING HOURS:

9am - 5pm

Monday to Friday

8am - 1pm

Saturdays

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31 William St,  
Raymond Terrace 2324

## THINGS TO DO WHEN YOU ARRIVE FOR EACH CENTRE MEET

- **Send your athlete/s for a warm-up at 8:15 with the other athletes.**
- **Pick-up the weekly newsletter**, which will be on a table on the verandah. It contains information on upcoming events, results of any carnivals, important details about our Centre, the previous week's record breakers, etc.
- On the table will also be **carnival entry forms** for other Centres from time to time that may be of interest.
- **Check the noticeboard.** It has the weekly event program, upcoming competitions; and other athletics information.
- **Decide how you can best assist at the meet** - as an age marshall, place judge, or helper with a group (minimum 4-5 adults per group are needed). Without sufficient helpers, we can't start on time.
- If you have more than 1 athlete on the field, it's best if you **assist the group that has the most need**, based on their numbers or age.
- **Check the lost property basket** located at the base of the noticeboard.

## PERFORMANCE RESULTS

You can check your athlete's performances and print tickets from our website [www.raymondterraceathletics.com.au](http://www.raymondterraceathletics.com.au)

## BEHAVIOUR DURING COMPETITION

RTAC abides by the Little Athletics Codes of Conduct which have been adapted from the Australian Sports Commissions' Junior Sport Codes of Behaviour. Failure to comply with these codes or not satisfy competition rules or abide by the safety rules in any event, may result in disqualification in that event and with no points awarded.

**Unruly behaviour by an athlete or parent**, or a deliberate attempt to interfere with another athlete's performance may also result in **disqualification of the athlete and disciplining of the athlete or parent**. Age Marshalls and Officials have the right to enforce these penalties.

## REGISTRATION CATEGORIES

U6 to U11 athletes are registered with Little Athletics only and U12 to U17 athletes are dual registered with Athletics NSW which entitles them to enter carnivals run by ANSW (eg Country Championships), if they like. Athletes from U20 to Masters can still choose whether to register with ANSW, or just be Club Athletes or Community Athletes. Club Athletes are able to compete at our Centre and one ANSW event such as Country Championships. Athletes wishing to compete at more ANSW competitions will need to be full members. Community Athletes cannot compete at any ANSW events.



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### **FOOTWEAR**

Athletes **MUST WEAR SHOES** at all times. **Spiked shoes** can only be worn by athletes in the **Under 11 age group or older in laned events**. Spikes **MUST BE REMOVED** at the finish of the event in which they were worn. **Spikes worn on the synthetic run-ups must be no longer than 9mm.**

**Starting blocks should only be used by athletes who have been instructed on their use by an accredited sprint coach.**

### **ATTIRE**

All athletes **MUST** compete in full Centre uniform consisting of an R.T.A.C. singlet with matching or plain black shorts above the knee, briefs or bike pants. Optional uniform is an R.T.A.C. two piece lycra top. Athletes are given one month's period of grace from the athlete's first Centre meet for uniform requirements to be met. After this time, **athletes may be excluded from competition**. All Registration patches and numbers supplied to athletes are considered part of the uniform. **Uniform is available for purchase before or after the Centre Meets.**

### **REGISTRATION NUMBERS AND AGE PATCHES**

**Each season, all athletes receive a new Registration (athlete) Number.** All U6 to U17 athletes will receive a new age patch. **There is a charge for replacement numbers from the Registrar.** **Coles patches** are to be worn on the left shoulder of the athletes' top.

**Registration (athlete) Numbers** are to be attached to the **FRONT**, in the **CENTRE** of the **SINGLET OR TOP**. Adhesive Velcro "dots" work well.

**U6 to U17 athletes** - attach the **age patch** to the **FRONT OF THE LEFT PANT'S LEG (not the side)**. **U12 to U17** athletes will receive two ANSW patches. At our Centre and LA carnivals, they just wear their Rego number on the front. At ANSW competitions, they wear both ANSW patches.

**Senior athletes** (U18 to Masters) - attach their registration numbers to the **FRONT** and **BACK** of their **SINGLET OR TOP**.

### **CHANGES TO LA AGE GROUPS**

The age groups are based on **age as at December 31**, not September 1 as was previously the case. This change brings Little Athletics into line with ages for school competitions and Athletics NSW.





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## YOU CAN COMPETE AT OTHER CENTRES

Any registered athlete is able to compete by at other Centres if they wish. That's why you sometimes see the occasional athlete at our Centre wearing a different uniform. If you choose to visit another Centre, simply see an Official at that Centre to let them know you'd like to compete and you will probably be asked to pay a small grounds fee. You won't be able to break any records or be awarded points, but it is a great way to gain additional competition and experience.

## CANCELLATION OF MEMBERSHIP

It is the policy of this Centre **NOT TO REFUND** any part of the Registration fee if a member no longer wishes to be a member of this Centre.

## RULES ON TRANSFER

An athlete who, after having joined this Centre, wishes to join another Centre, or vice-versa, can apply to the Registrar for a transfer. Merit and Centre Awards are not transferable between Centres.

## INSURANCE

All competitors are covered against injury whilst participating in Centre activities. Regardless of severity, all injuries or accidents **MUST** be reported to an Executive member and a witness' name noted.

Due to insurance regulations, **athletes are not permitted to compete in an older age group** at our Centre.

## COACHING SESSIONS

These are available free to all of our athletes. Coaches, days and times will be advised in the Newsletter. **Please see our Coaching Director Kylie, or Deidre if you are interested in becoming a coach.**

## EXPECTATIONS OF COACHES

If you are regularly coached by one of our coaches, there is the **expectation that you will not go to another coach for the same event either during the season or in the "off season" if you intend continuing coaching with your RTAC coach.** The reason for this is that coaches have their own methods of coaching. The athlete may become confused and actually be doing themselves a disservice in terms of technique by having more than one coach. If you feel you need additional coaching, speak to your coach. **Above all, be upfront with our coaches and tell them if you are thinking of seeking coaching from another coach.** Whilst you have the right to be coached by whomever you wish, most coaches should not and will not be prepared to have athletes use additional coaches for the same event.

**Off-season training for the average Little Athlete is not necessary to maintain fitness because they are usually involved in sufficient physical activities during this time.** LAA recommends that young athletes refrain from athletics training during the off-season and enjoy the break.



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830am-6pm M-F

## ELIGIBILITY FOR PRESENTATION DAY AWARDS

Athletes **MUST** have attended and competed in **60% OF MEETS BEFORE THE CHRISTMAS BREAK AND 60% OF MEETS AFTER THE CHRISTMAS BREAK** to be eligible for awards on Presentation Day. **Special family circumstances are considered.**

## MERIT AWARDS

These are the end of season Centre Point Score Awards and are based on points awarded to each athlete for participation and improvement throughout the season. One point is awarded for each event attempted (maximum of five per Centre meet), one point when each personal best is equalled; and one point each time a personal best is bettered.

Awards at Presentation Day will be presented to the first three boys and first three girls in each age group, for the highest points gained over all Centre meets. **Five bonus points are awarded to athletes who compete at each of our annual Pentathlon and at the LA Port Hunter Zone Multi.**

## CONTINUOUS SERVICE AWARDS

Athletes who have completed 5 years continuous service are recognised with a Service Medal and at 10 years, a plaque. At each subsequent 5 years, athletes will be awarded a trophy or keepsake to commemorate these exceptional milestones.

## FUNDRAISING

From time to time, parents will be called upon to assist with fundraising to enable the Centre to purchase equipment and meet financial commitments. Please support these ventures to enable us to reach our goals. **See Katie if you have any fundraising ideas.**

## MONTHLY RTAC MEETINGS

Meetings are usually held on the second Tuesday of each month, usually at 7pm, at RT Bowling Club. **Parents are encouraged to attend these meetings** to express ideas on ways we can ensure the continued smooth running of the Centre, to air any problems and to discuss their views on matters of concern. Fundraising ideas are also welcome. **If you wish to attend a meeting, see Deidre on the prior Saturday morning (or call on 0418 962 185) to check if the venue, time or date has been changed.**



Raymond Terrace

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## EXAMINATION FOR OFFICIALS

Parents and Senior athletes can become qualified to conduct events at Carnivals. This accreditation can be gained by taking an online Officials Exam based on information contained in the "Rules of Competition". Anyone wishing to gain accreditation should see Barbara.

## PROTESTS AT CHAMPIONSHIPS

Any protest concerning the running of an event at a major LAA carnival, must be directed to the RTAC Team Manager who immediately informs the Information Officer that a protest is being submitted. Carnivals with electronic timing may present medals almost immediately, so lodging protests must be swift. A deposit of \$50 must accompany the protest, which will be forfeited if the protest is considered to be frivolous. **Protests on starts and Officials' decisions will never be considered.** The Carnival Referee may decide on the protest or the matter may be referred to the Jury of Appeal. Video footage may now be considered if the protest goes to appeal.

## HOW DOES A MULTI-EVENT POINTSCORE WORK?

Results for our annual Pentathlon and some other multi-event carnivals are determined by a multi-event pointscore. To better understand how the different events are scored, go to [www.lansw.com.au](http://www.lansw.com.au), then "Competitions", "Championships", "State Multi", then "Multi-Event Scoring Tables".

## OUR ANNUAL PENTATHLON

This will be our 20th annual Pentathlon; and has been sponsored by Tomago Aluminium each year. To be held at our field on **Saturday November 9**, this competition is for U6's to Masters. First call is 1:45 with first events beginning at 2pm. **Entries close Nov 6. Entries will be available at our Centre, at [www.raymondterraceathletics.com.au](http://www.raymondterraceathletics.com.au) and facebook. Five bonus points are awarded to RTAC athletes who compete.**

## ALTERNATE PENTATHLON DATE

If the Pentathlon is postponed, the alternate date is Saturday November 16

## CENTRE CHAMPIONSHIPS

We are holding **Round One on October 26 and Round Two on February 8**. Each Round consists of 5 events which **MUST** be completed on the programmed day. Points are awarded for achievement - the better the result, the greater the points. A multi-event pointscore is used.

Total points earned over the 2 Rounds will determine the Sub-Junior (U6 - U8), Junior (U9 & U10), Sub-Senior (U11 & U12), Senior U13 - U15), U17-U20, Open; and Masters Champions for which trophies will be awarded at Presentation Day.

## LA PORT HUNTER ZONE COMBINED EVENTS (MULTI)

This is open to athletes from the U6 to U17 from our Port Hunter Zone's 11 Centres. Athletes compete in 6 events on the day. A multi-event point score is used. The Multi is being held on **Sunday November 3 at Alder Park, New Lambton**. Five bonus points are awarded to competing RTAC athletes.



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## U11 AND U12 TRANS TASMAN CHALLENGE CARNIVAL

This is the final Trans Tasman Challenge and is for athletes in the U11 and U12 age groups, from both NSW and New Zealand. Birthdates for U11's needs to be between 1 January 2008 and 31 December 2008 and U12's between 1 October 2006 and 31 December 2007. **This season the Challenge is being held in Auckland on Sunday January 19.**

Interested athletes should be at least **STATE STANDARD**. All travelling, accommodation and uniform costs must be met by athletes' families.

## LITTLE ATHLETICS PORT HUNTER ZONE CHAMPIONSHIPS

These Championship are for the Under 7 to Under 17 athletes from the 11 Centres of our Zone; and are being held this year at our **Centre on Saturday November 30 and Sunday December 1**. Athletes must complete an entry form to nominate their preference of events and hand it to our Registrar, Barbara Inglis.

Certificates, listing their performances, are awarded to all athletes. The U7 age group, who compete no further than Zone, are presented with medals for 1st, 2nd and 3rd placings in their finals. For everyone else, the first three finalists in each event automatically qualify to compete at the Regional Championships plus the 4 next best performances from across the 4 Zone carnivals in our Region, this season at Glendale.

**It is a Zone requirement of all 11 Centres in our Zone that a parent of each athlete assists in at least one duty per child over the Championship weekend.** Because a few of our parents over previous years have failed to do their assigned duty, other parents have had to double up on theirs. There is now a refundable deposit of \$50 per athlete with a maximum of \$100 that must be paid with the Nomination form.

**If you do your duty and your athletes don't qualify for Region, your deposit will be refunded at the next Centre Meet. If they do qualify, it will be held over for the Regional Championships' duties and refunded at a later Centre Meet.** If you do not do your duty, your deposit will be paid to the parent who has doubled up. You will also be expected to pay an additional deposit before Region.

## NSW COUNTRY CHAMPIONSHIPS

To be held at **Dubbo** from **Friday January 17 to Sun January 19**. this is open to athletes outside the Sydney Metropolitan area. Medals are awarded to 1st, 2nd and 3rd place getters in each event final. Entry forms will be available on the ANSW website.

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## LITTLE ATHLETICS REGION CHAMPIONSHIPS

This is the second step towards the State Championships. The athletes who qualified at Zone, compete against athletes from four other Zones in our Region, REGION 2, to determine who will qualify for State. Regional this season is at **Glendale on Saturday February 1 and Sunday February 2.**

Certificates are awarded to all athletes. Medals are awarded to the first three placed finalists. The U8 age group does not compete any further. The first 2 finalists in each event automatically qualify to compete at the Little Athletics State Championships plus the 8 best qualifiers from all Region results.

## LITTLE ATHLETICS STATE MULTI EVENT

To be held at **Tamworth on Saturday February 29 Sunday March 1.** This runs on the same format as Zone Multi, using a multi-event pointscore.

## LITTLE ATHLETICS STATE CHAMPIONSHIPS

Medals are awarded to the first three finalists, with Certificates being awarded to each athlete who qualifies for the finals. To be held at **Homebush on Saturday March 14 and Sunday March 15.**

## WINTER COMPETITION

For the **cross country** calendar, go to:

**[www.newcastlecrosscountry.org.au/season-program](http://www.newcastlecrosscountry.org.au/season-program)**

**The Raymond Terrace Park Run** is held every Saturday at 8am at Riverside Park. For information, go to: <http://www.parkrun.com.au/theterrace/>





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## RAYMOND TERRACE ATHLETICS CENTRE • RECORDS •

### 2018 / 2019 SEASON

EVENT	NAME	DATE	CENTRE
U6 GIRLS			
50m	Abigail Mackaway	25.10.14	8.9
70m	Laura Rigby	06.11.93	12.5
	Kellie Casey	06.02.04	12.5
100m	Innes Zivkovic	22.12.12	19.4
200m	Abigail Mackaway	31.01.15	44
300m	Abigail Mackaway	07.02.15	1-12.5
LJ	Abigail Mackaway	21.12.15	2.5
SP	Abigail Mackaway	06.12.14	4.43
Disc	Brittany Peapell	18.03.00	12.7

U6 BOYS			
50m	Morgan Fuhrer	25.10.14	9.5
70m	Noah Perceval	19.11.16	12.6
100m	Jacob Johnson	17.09.05	18.4
	Blake Sherring	17.09.05	18.4
200m	Anu Oloruntoba	12.09.15	43.8
300m	Thomas Bray	11.10.08	1-02.1
LJ	Mitchell Brugnatti	09.12.95	2.85
SP	Anu Oloruntoba	30.01.16	5.82
Disc	Dale Turner	18.03.00	13.78



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EVENT	NAME	DATE	CENTRE	ZONE
U7 GIRLS				
50m	Baylee Holland	20.09.14	8.7	9.54
70m	Ashleigh Vetter	21.12.13	12.4	12.77
	Jordan Saunders	29.01.11	12.4	
100m	Belle Leonard	23.02.08	17.6	17.4
200m	Ashleigh Vetter	15.03.14	38.6	38.98
400m	Kate Longworth	31.01.98	1-36.0	
500m	Sienna Newton	08.03.14	1-55.8	1-59.28
LJ	Tara Andrews	03.03.01	2.9	3.13
SP	Brittany Peapell	03.03.01	6.33	5.95
Disc	Olivia Mackaway	07.10.17	15.84	14.88

\* RECORD HELD BY BRITTANY PEAPELL - 2000

U7 BOYS				
50m	Alexander Battle	11.10.97	9	8.89
	Mathew Ryan	25.09.99	9	
	Blake Sherring	21.02.06	9	
70m	Toby Laroche	29.01.11	11.7	11.79
100m	Joshua Taylor	05.02.00	16.7	17.18
200m	David Clode	19.01.02	36.9	36.11
	Harrison Matthews	04.12.10	36.9	36.11
400m	Joshua Taylor	12.02.00	1-30,2	
500m	Blake Sherring	09.12.06	1-53.2	1-46.64
LJ	David Clode	19.01.02	3.16	3.55
SP	Samuel Wilcox	30.09.95	7.46	7.3
Disc	David Clode	09.03.02	18.34	18.08



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Sunday	Closed



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EVENT	NAME	DATE	CENTRE	ZONE	REGION	STATE
U8 GIRLS						
70m	Rebecca Lavis	16.11.96	12	12.32	11.14	10.54
	Lauren English	27.01.01	12			
	Breanna Franks	11.02.06	12			
100m	Lauren English	13.01.01	16.2	17.01	15.64	14.44
	Katie Moshage	16.02.02	16.2			
200m	Lauren English	03.02.01	35.4	37.14	32.44	31.74
400m	Ashleigh Vetter	08.11.14	1-21.8	1-23.27	1-14.94	1-11.4
700m	Ashleigh Vetter	15.11.14	2-37.9	2-49.39	2-27.2	--
60m H	Jessica Stefanides	28.01.06	12.4	12.62	11.38	10.92
L.J.	Lauren English	24.02.01	3.58	3.51	3.6	4.17
S.P.	Jessica Roberts	04.03.00	6.49	6.71	7.7	8.52
DISC.	Jessica Roberts	18.03.00	20.12	18.32	21.78	24.42

U8 BOYS						
70m	David Edmonds	11.01.97	11.6	16.08	10.74	10.34
100m	Tristan Brooker	05.03.08	16.3	15.94	15.04	14.24
200m	Dean Kidd	30.01.93	32.7	33.53	31.44	30.64
400m	Blake Sherring	24.11.07	1-21.5	1-24.35	1-11.74*	1-07.94
700m	Blake Sherring	24.11.07	2-43.1	2-38.13	2-13.8	--
60mH	Brandon Donkin	13.01.01	11.6	12.8	11.14	10.63
L.J.	David Clode	08.03.03	3.58	4.28	3.89	4.24
S.P.	Matthew Battle	08.02.97	8.58	9.43	10.48	10.98
DISC.	Joshua Taylor	27.01.01	24.67	20.74	30.95	31.36

**\*RECORD HELD BY J.HIRST - 1989**



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EVENT	NAME	DATE	CENTRE	ZONE	REGION	STATE
U9 GIRLS						
70m	Lauren English	02.03.02	11	11.88	10.54	10.14
	Breanna Franks	20.01.07	11			
100m	Breanna Franks	10.03.07	15.5	16.2	13.84	14.14
200m	Ebony Newton	08.03.14	32.6	34.94	30.54	28.74
400m	Lauren English	09.03.02	1-19.7	1-22.06*	1-11.44	1-06.64
800m	Ashleigh Vetter	19.12.15	3-05.6	3-05.11	2-40.00	2-33.0
700mW	Amelia Said	26.11.16	4-21.6	4-52.7	3-51.58	3-21.7
60mH	Lauren English	05.01.02	11.1	11.78	10.64	9.84
L.J.	Lauren English	23.02.02	4.19	3.86	3.96	4.42
H.J.	Breanna Franks	24.03.07	1.16	1.32	1.27	1.39
S.P.	Alanah McLean	22.02.03	6.57	7.8	8.49	9.23
DISC.	Jessica Roberts	09.12.00	23.49	24.45	26.66	31.22

\* RECORD HELD BY DIXIE CONLON - 2017

U9 BOYS						
70m	Ire Oloruntoba	07.12.13	11	11.51	10.44	9.94
100m	Ire Oloruntoba	07.12.13	14.7	15.82	14.34	13.64
200m	Matthew Battle	17.01.98	32.4	33.65	30.24	28.44
400m	Steven Spurling	07.12.96	1-03.3	1-21.79	1-08.74	1-04.4
800m	Matthew Battle	29.11.97	2-59.3	2-56.32	2-38.6	2-25.7
700W	Regan Lundy	12.02.07	3-49.2	4-38.7	3-45.7	3-15.36
60mH	Brandon Donkin	05.01.02	10.9	11.48	10.54	9.54
L.J.	Marcel Bray	08.03.03	4.07	4.02	4.14	4.71
H.J.	Marcel Bray	01.02.03	1.2	1.22	1.27	1.4
S.P.	Matthew Battle	18.10.97	8.81	8.47	10.61	11.33
DISC.	Marcel Bray	01.03.03	27.94	28.59>	32.18	36.68

> RECORD HELD BY MARCEL BRAY - 2002





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EVENT	NAME	DATE	CENTRE	ZONE	REGION	STATE
U10 GIRLS						
70m	Aprél White	08.01.00	9.9	15.63	10.24	9.84
100m	Ellyn Casey	10.12.05	14.9	14.84	14.34	13.54
200m	Gemma Smith	23.03.02	31.3	32.56	28.74	28.22
	Lauren English	25.01.03	31.3			
400m	Gemma Smith	06.10.01	1-12.02	1-16.35*	1-07.84	1-03.84
800m	Ashlyn Wall	10.03.18	2-45.7	2-52.01**	2-38.6	2-27.3
1500m	Ashlyn Wall	10.02.18	5-48.8	5-41.6	5-20.7	4-56.9
1100W	Amelia Said	09.09.17	6-40.4	7-31.97	5-57.3	5-21.2
60mH	Lauren English	08.03.03	10.9	12.18#	10.44	9.78
L.J.	Lauren English	21.09.02	4.33	4.24	4.31	4.75
H.J.	Lauren English	25.01.03	1.31	1.32	1.38	1.47
S.P.	Anna Najdic	15.11.97	8.12	10.04	10.36	11.92
DISC.	Jessica Roberts	23.02.02	27.18	33.19	36.73	37.22

\* RECORD HELD BY SIENNA NEWTON - 2016

# RECORD HELD BY ASHLEY VETTER - 2016

\*\* RECORD HELD BY ASHLYN WALL - 2017

U10 BOYS						
70m	Tyler Clarke	25.10.14	10.2	10.69	10.04	9.54
100m	Brandon Lundy	10.12.05	14.4	14.82	13.4	12.94
200m	Tyler Clarke	15.11.14	30.9	32.33	28.74	26.94
400m	Shane Kenney	16.11.96	1-10.9	1-13.05	1-07.44	1-01.34
800m	Jai Holland	01.01.14	2-49.2	2-46.45	2-34.3	2-21.6
1500m	Shane Kenney	22.02.97	5-36.0	5-23.00	5-14.53	4-44.1
1100W	Regan Lundy	05.03.08	5-48.3	6-44.1	6-03.7	5-01.7
60mH	David Edmonds	17.10.98	11	11.85	10.44	9.74
	Matthew Battle	17.10.98	11			
	Brandon Lundy	11.02.06	11			
L.J.	Scott Bartlem	19.10.96	4.22	4.35	4.53	5.17
H.J.	Scott Bartlem	08.02.97	1.4	1.4	1.43	1.51
S.P.	Matthew Battle	06.02.99	10.7	11.4	11.39	13.22
DISC.	Matthew Battle	09.01.99	35.85	34.07	35.2	43.2



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EVENT	NAME	DATE	CENTRE	ZONE	REGION	STATE
U11 GIRLS						
100m	Breanna Franks	01.11.08	14	14.36	13.64	12.94
200m	Bianca Fitzsimmons	12.01.08	30.3	29.15	27.85	26.44
400m	Bianca Fitzsimmons	24.11.07	1-08.8	1-11.35	1-05.24	1-01.34
400m	Ebony Newton	20.02.16	1-08.8			
800m	Ashlyn Wall	09.03.19	2-50.8	2-43.84	2-29.94	2-21.8
1500m	Allisha Kenney	08.12.18	5-43.3	5-29.96	5-11.37	4-44.07
1100W	Ashlyn Wall	15.09.18	7-01.5	6-49.08	5-30.7	5-01.3
60mH	Lauren English	08.11.03	10.4	11.07*	9.69	9.34
L.J.	Breanna Franks	20.12.08	4.35	4.57	4.61	4.97
H.J.	Dakota Gordon	19.11.11	1.39	1.40<	1.45	1.55
T.J.	Bianca Fitzsimmons	12.01.08	8.84	9.33	9.59	10.38
S.P.	Kristie Short	08.02.97	9.51	13.13	12.61	14.07
DISC.	Ellyn Casey	11.11.06	24.82	21.31	25.08	39.03
JAV	Bethany Finlayson	21.10.14	16.4	17.14	22.77	28.94

< RECORD HELD BY DAKOTA GORDON - 2011

\* RECORD HELD BY DIXIE CONLON - 2017

U11 BOYS						
100m	Peter Crowther	30.10.93	14	14.82	13.34	12.64
	Brandon Lundy	24.03.07	14			
200m	Brandon Lundy	24.03.07	29.1	29.8	27.64	25.84
400m	Jai Holland	22.11.14	1-07.8	1-10.76	1-02.83	57.64
800m	Jai Holland	29.11.14	2-36.7	2-41.27	2-20.5	2-17.37
1500m	Jai Holland	01.01.14	5-26.8	5-29.60	4-57.7	4-36.9
1100W	Regan Lundy	08.11.08	5-36.0	6-27.2	5-43.11	5-05.8
60mH	Ty Faulkner	01.03.03	10.5	10.86	9.85	9.24
L.J.	Jai Holland	28.02.15	4.58	4.86	4.93	5.34
H.J.	Scott Bartlem	25.10.97	1.44	1.46	1.48	1.63
T.J.	Jackson Taylor	22.10.05	9.4	9.71#	10.13	11.06
S.P.	Marcel Bray	16.10.04	10.14	12.19	14.21	14.42
DISC.	Marcel Bray	12.03.05	28.93	30.62	34.24	40.45
JAV.	Nathan Morrissey	25.11.17	22.88	18.37	26.52	35.48

# RECORDS HELD BY MARCEL BRAY - 2004



### Raymond Terrace Branch

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EVENT	NAME	DATE	CENTRE	ZONE	REGION	STATE
U12 GIRLS						
100m	Breanna Franks	30.01.10	13.5	13.76	13.13	12.53
200m	Keira McGregor	18.11.17	28.6	28.06	26.46	25.69
400m	Ebony Newton	03.12.16	1-07.8	1-09.56	1-02.52	57.74
800m	Sienna Newton	16.02.19	2-42.5	2-38.32	2-22.5	2-16.34
1500m	Madeline Oliver	24.10.09	5-21.1	5-35.52	4-43.9	4-34.47
1500W	Rosslyn O'Connor	19.10.96	9-10.0	10-08.25	7-39.57	6-38.7
60mH	Tianna Cummings	26.02.05	10.7	10.96~	9.95	9.29
	Maddison Ingram	30.01.10	10.7			
	Sienna Newton	09.03.19	10.7			
L.J.	Keira McGregor	11.11.17	4.95	4.98^	5.12"	5.42
H.J.	Kate Bartlem	26.02.00	1.46	1.43**	1.53	1.65
T.J.	Keira McGregor	17.03.18	10.07	9.96	10.03	11.05
S.P.	Kristie Short	14.03.98	10.99	14.03	14.58	16.19
DISC.	Tianna Cummings	13.11.04	32	36.7	39.62	46.19
JAV.	Georgia Fuhrer-Andrews	25.10.14	18.62	25.72	28.99	34.42

\*\* RECORDS HELD BY TIANNA CUMMINGS – 2004

~ RECORDS HELD BY EBONY NEWTON – 2016

^ RECORD HELD BY KEIRA MCGREGOR – 2017

“ RECORDS HELD BY KEIRA MCGREGOR – 2018

U12 BOYS						
100m	Brandon Lundy	03.11.07	13.5	13.95	12.74	12.04
	Harper Collins	05.11.16	13.5			
200m	Harper Collins	25.02.17	28.5	29.14	26.14	24.43
400m	Tim Kenney	02.03.96	1-06.6	1-08.34	58.19	56.88
800m	Samuel Gordon	21.09.13	2-34.0	2-40.38	2-19.4	2-13.2
1500m	Tim Kenney	27.01.96	5-15.8	5-57.05~	4-50.4	4-27.2
1500W	Daniel Smith	11.02.99	8-32.7	8-29.3	7-46.0	6-45.2
60mH	David Edmonds	03.02.01	10.1	11.51	9.69	9.14
	Samir Booker	03.02.01	10.1			
L.J.	Jai Holland	12.03.6	4.84	5.13#	5.28	5.86
H.J.	Marcel Bray	21.01.06	1.56	1.51^	1.58	1.72
T.J.	Marcel Bray	10.12.05	10.18	10.38	10.75	12.78
S.P.	Jack Jones	10.12.05	10.79	11.94	11.34	15.69
DISC.	Steven Sefo	26.02.00	38.72	40.10*	41.08	52.43
JAV	Brendan Budworth	19.03.11	22.04	32.96	33.56	40.48

\* RECORD HELD BY STEVEN SEFO - 1999

^ RECORD HELD BY MARCEL BRAY - 2005

# RECORD HELD BY JAI HOLLAND - 2015

~ RECORD HELD BY LACHLAN MACKAWAY - 2017





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*\* Service charges may apply.*

EVENT	NAME	DATE	CENTRE	ZONE	REGION	STATE
U13 FEMALE						
100m	Ebony Newton	09.09.17	13.2	13.41*	12.59'	12.34
	Keira McGregor	15.12.18	13.2			
200m	Ebony Newton	18.11.17	27.3	26.19	25.94	24.96
400m	Ebony Newton	03.02.18	1-07.1	1-07.46	59.74	57.24
800m	Madeline Oliver	25-09.10	2-48.6	2-33.02	2-18.90	2-14.30
1500m	Madeline Oliver	15.01.11	5-52.5	5-24.88	4-58.4	4-33.78
3000m	Alana Pisch	24.09.16	13-05.3	12-16.19	11-19.29	9-53.44
1500W	Karlee Bridge	09.12.06	8-36.8	10-26.95	7-14.4	6-35.3
80mH	Jacquie Munro	14.01.95	13.5	13.41	12.98	12.26
200mH	Ebony Newton	10.03.18	31.8	29.96	28.74	27.56
L.J.	Amanda Clode	23.11.02	4.82	5.29*	5.14	5.58
H.J.	Ascha Smith	22.01.05	1.52	1.53	1.63	1.8
T.J.	KeiraMcGregor	19.01.19	10	10.43	10.52	11.66
S.P.	Anna Nadjic	13.01.01	9.87	12.66	12.86	14.95
DISC.	Jessica Roberts	12.02.05	32.87	42.98	44.02	49.57
JAV	Kristie Short	07.11.98	23.85	33.49	34.95	45.91

**\*\* RECORDS HELD BY KEIRA MCGREGOR - 2019**

U13 MALE						
100m	Peter Chesterfield	30.01.93	12.8	12.64	12.24	11.72
100m	Peter Chesterfield	30.01.93	12.8	13	12.05	11.72
200m	Peter Chesterfield	30.01.93	26.9	27.68	24.54	23.34
400m	Tim Kenney	30.11.96	1-03.7	1-03.92	56.64	53.33
800m	Sam Gordon	27.09.14	2-33.0	2-32.76	2-16.9	2-06.1
1500m	Samuel Gordon	06.12.14	5-13.0	5-25.80*	4-42.0	4-21.3
3000m	Samuel Gordon	27.09.14	11-23.5	11-45.91	10-23.00	9-39.6
1500W	Kieran O'Connor	11.01.97	8-31.0	8-05.7	7-33.5	6-30.4
80mH	Samir Booker	27.10.01	13.4	14.51	12.94	12.04
200mH	Samir Booker	20.10.01	31.3	32.3	27.24	26.21
L.J.	Harper Collins	02.12.17	5.16	5.49	6.07	6.11
H.J.	Marcel Bray	10.03.07	1.58	1.56	1.7	1.81
T.J.	Harper Collins	03.02.18	10.23	11.01	12.32	12.72
S.P.	Lucas Moffat	06.03.93	11.94	14.53	15.93	19.11
DISC.	Danny Johnson	07.03.09	31.82	38.74	45.02	53.78
JAV.	Marcel Bray	09.12.06	30.43	33.79	40.06	48.8

**\* RECORD HELD BY DANE CONLON - 2016**

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EVENT	NAME	DATE	CENTRE	ZONE	REGION	STATE
U14 FEMALE						
100m	Ebony Newton	08.12.18	12.6	13.04*	12.55	12.14
200m	Ebony Newton	08.12.18	26	26.82	25.37	24.54
400m	Elina Sefo	05.02.00	59.3	1-05.08	59.14	56.02
800m	Sarah James	22.09.01	2-26.6	2-22.08	2-19.34	2-13.2
1500m	Sarah James	23.02.02	5-26.2	4-53.12	4-39.66	4-33.92
3000m	Sarah James	23.03.02	11-38.1	10-29.44	10-09.0	9-59.16
1500W	Sarah James	19.01.02	9-03.1	10-20.82	7-03.7	6-15.4
80mH	Carra Onley	16.11.96	13.5	14.05~	13.14	11.94
	Ebony Newton	10.11.18	13.5			
200mH	Ebony Newton	16.02.19	30	29.64#	27.7	27.04
L.J.	Maddison Ingram	03.12.11	4.86	5.15	5.51	5.87
H.J.	Katie Hall	25.02.95	1.5	1.61	1.7	1.75
	Ascha Smith	24.09.05	1.5			
	Dakota Gordon	22.11.14	1.5			
T.J.	Jacquie Munro	21.10.95	10.03	10.53	10.88	12.15
S.P.	Elina Sefo	05.02.00	10.18	13.81	13.82	15.94
DISC.	Elina Sefo	08.01.00	30.52	36	37.63	45.39
JAV.	Maddison Ingram	29.10.11	25.78	32.94	36.83	52.23

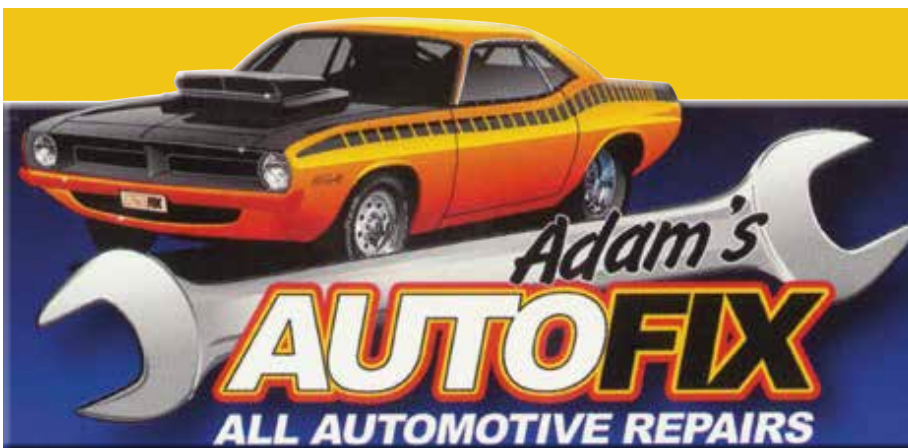
#RECORD HELD BY CARRA ONLEY- 1996

\* RECORD HELD BY EBONY NEWTON - 2019

~ RECORD HELD BY ELIZABETH KELLY - 2016

U14 MALE						
100m	Harper Collins	08.12.18	12.3	12.43	11.64	11.34
200m	Lucas Moffat	12.03.94	25.8	24.65	23.84	22.64
400m	Andrew Laverick	20.03.93	59.1	59.03	53.94	50.97
800m	Brenton Fuessel	28.10.95	2-26.5	2-27.53	2-10.9	2-01.4
1500m	Benjamin Edstein	07.11.15	5-07.6	5-06.94	4-25.2	4-11.93
3000m	Benjamin Edstein	28.11.15	10-53.4	10-53.30	9-30.4	9-13.83
1500W	Kieran O'Connor	14.03.98	7-52.8	8-01.5	6-44.66	6-13.4
90mH	Lucas Moffat	29.01.94	14.1	14.19	13.09	12.04
	Scott Bartlem	27.01.01	14.1			
	Cody Hancock	09.03.19	14.1			
200H	Scott Bartlem	09.12.00	28.9	30.05*	26.61	24.64
L.J.	Harper Collins	02.02.19	5.85	6.27	6.18	6.52
H.J.	Brandon Donkin	18.11.06	1.62	1.7	1.87	1.95
T.J.	Brandon Donkin	24.03.07	11.51	12.72	12.63	13.48
S.P.	Thomas Jenkinson	14.03.15	13.08	13.37	16.97	18.51
DISC.	Steven Sefo	17.11.01	41.43	46.84	52.82	57.71
JAV.	Craig Boyd	09.12.95	40.5	41.05	53.55	56.87

\* RECORD HELD BY OWEN OQUENDO - 2016



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EVENT	NAME	DATE	CENTRE	ZONE	REGION	STATE
U15 FEMALE						
100m	Katie Hall	11.11.95	12.6	13.27	12.14	12.04
200m	Jacquie Munro	08.02.97	26.5	27.29	24.74	24.24
400m	Jacquie Munro	05.10.96	1-04.3	1-02.88	57.84	55.74
800m	Amy Summerville	16.12.17	2-51.4	2-33.79	2-13.56	2-09.57
1500m	Kim Melville	25.01.03	5-23.6	4-18.43	4-45.33	4-30.10
3000m	Kim Melville	11.01.03	11-44.4	11-41.9	10-31.8	9-43.02
1500W	Katie O'Connor	02.03.96	8-20.1	10-40.26	6-36.5	6-24.2
90mH	Jacquie Munro	16.11.96	13.6	14.3**	13.25	12.42
200mH	Belle Leonard	21.11.15	31.3	30.2#	28	26.44
300mH	Ellen Ditton	17.09.16	59.08	58.2^	52.2	44.1
L.J.	Maddison Ingram	09.03.13	5.28	5.5	5.72	5.8
H.J.	Nikki Coleman	21.09.96	1.5	1.61	1.67	1.8
	Nikki Coleman	19.10.96	1.5			
	Jacquie Munro	19.10.96	1.5			
	Kate Bartlem	21.09.02	1.5			
T.J.	Jessica Roberts	10.03.07	9.83	11.02	11.64	12.42
S.P.	Jessica Roberts	03.03.07	11.91	14.52	15.02	15.25
DISC.	Kristie Short	30.09.00	32.3	41.25	43.5	48.18
JAV.	Kristen Moylan	24.02.96	26.96	33.76	38.76	45.31

\*\* RECORD JOINTLY HELD BY KATIE HALL (DROSD) - 1995 & BELLE LEONARD - 2015

#RECORD HELD BY BELLE LEONARD - 2015 ^RECORD HELD BY ELLEN DITTON - 2016

U15 MALE						
100m	Chris Lowe	21.10.95	11.9	12.22	11.21	10.84
	Brandon Donkin	18.11.07	11.9			
200m	Andrew Laverick	12.03.94	24.6	24.01	22.84	21.74
400m	Chris Lowe	03.02.96	52.2	57.75	51.81	49.64
800m	Brenton Fuessel	07.12.96	2-14.9	2-19.49	2-07.5	1-57.2
1500m	Brenton Fuessel	02.11.96	4-41.4	4-46.88	4-21.0	4-03.7
3000m	Jacob Davison	28.11.15	10-59.8	10-20.80	9-24.1	8-50.6
1500W	Kieran O'Connor	04.02.99	7-32.3	7-39.2	6-15.9	5-48.1
100mH	Scott Bartlem	15.12.01	14.2	14.04~~	13.09	12.64
200mH	Scott Bartlem	23.02.02	26.8	26.0~~	25.7	24.34
300mH	Owen Oquendo	30.09.17	46.7	46.83##	41.9	38.92
L.J.	Scott Bartlem	09.03.02	6.08	6.03	6.47	7.12
H.J.	Brandon Donkin	06.10.01	1.85	1.83~~	1.95	2.06
T.J.	Brandon Donkin	19.03.08	12.35	13.19>	12.91	14.35
S.P.	Steven Sefo	25.01.03	13.24	15.92	17.04	19.62
DISC.	Steven Sefo	16.11.02	49.39	47.37	55.18	64.26
JAV.	Mitchell Johnson	08.11.08	47.65	43.78	52.6	59.69

> RECORD HELD BY T.BLAIR - 1987 ~~ RECORDS HELD BY SCOTT BARTLEM - 2001

## RECORDS HELD BY BRADLEY MARSHALL - 2016





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EVENT	NAME	DATE	CENTRE	ZONE	REGION	STATE
U17 FEMALE						
100m	Katie Smee	21.09.13	12.2	12.7	11.98	11.89
200m	Katie Smee	25.10.14	26.4	25.86	25^	24.08
400m	Gemma Hancock	07.10.17	1-06.7	59.03	57.24	55.25
800m	Baylee Holland	22.09.18	2-34.1	2-21.30**	2-14.83	2-12.59
1500m	Taylor Whalen	30.10.10	5-14.70	5-14.53	4-39.6	4-29.51
3000m	Amy Summerville	23.02.09	12-52.5	12-17.00		
100mH	Belle Leonard	17.03.18	15.6	15.23	14.84	13.87
200mH	Maddison Ingram	08.11.14	34.2	30.8	28.3	26.43
300mH	Belle Leonard	10.03.18	49.5	43.9	43.07	42.35
L.J.	Katie Smee	25.10.14	5.13	5.78	5.87	5.87
H.J.	Victoria Allen	03.12.16	1.55	1.7	1.7	1.84
T.J.	Belle Leonard	25.11.17	10.58	11.18	11.77	12.52
S.P.	Belle Leonard	17.03.18	9.53	14.14	14.47	16.29
DISC	Tegan Denniss	28.02.09	26.74	41.42	42.59	48.65
JAV.	Leila Inglis-Monk	19.01.19	21.3	38.55	39.27	52.66

\* RECORD HELD BY MADDISON INGRAM - 2013

\*\* RECORD HELD BY BAYLEE HOLLAND - 2019

U17 MALE						
100m	Darcy Hollins	15.01.11	11.8	11.56+	10.8	10.8
200m	Darcy Hollins	02.02.10	24.4	24.1	21.99	21.32
200m	Jarrold Sansom	02.10.10	24.4			
400m	Jarrold Sansom	02.11.13	54.4	54.83~	48.27	48.09
800m	Nathan Swan	24.11.18	2-07.3	2-11.16~	1-57.56	1-53.49
1500m	Benjamin Edstein	10.11.18	4-40.5	4-47.11^	4-16.5	4-02.95
3000m	Benjamin Edstein	19.01.19	10-08.70	10-23.46^	9-22.8	8-55.17
110mH	Ty Faulkner	04.10.08	16.1	16.97	14.44	13.64
200mH	Jarrold Sansom	21.09.13	27	26.3#	26.29	23.86
300mH	Nathan Swan	16.02.19	44.7	46.83*	42.16	37.14
LJ	Liam Fairweather	24.11.18	6.51	6.47	6.87	7.28
H.J.	Marcel Bray	16.01.10	1.8	1.81<	2	2.1
T.J.	Brandon Donkin	24.10.09	12.99	13.74	13.54	14.93
S.P.	Duncan Akerman	03.02.18	13.41	12.09	17.26	17.89
DISC	Duncan Akerman	10.02.18	40.45	38.04	54.14	56.17
JAV.	Brandon Donkin	24.12.09	34.04	55.24	60.57	68.4

< REDORD HELD BY MARCEL BRAY - 2010

# RECORD HELD BY JARROLD SANSOM - 2012

\* RECORD HELD BY BRADLEY MARSHALL - 2016

^ RECORD HELD BY BENJAMIN EDSTEIN - 2017

~ RECORDS HELD BY NATHAN SWAN - 2019

~ RECORD HELD BY LIAM FAIRWEATHER - 2019

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EVENT	NAME	DATE	CENTRE
U20 FEMALE			
100m	Kayley Alsford	15.11.14	13
200m	Kayley Alsford	01.11.14	27.5
400m	Kayley Alsford	14.03.15	1-05.7
800m	Lucinda Bray	15.12.08	3-01.1
1500m	Lucinda Bray	16.02.19	5-55.3
100mH	Belle Keonard	10.11.18	16.1
300mH	Gemma Hancock	1.02.19	50
400mH	Katie Hall	12.02.00	1-11.3
L.J.	Maddison Ingram	05.03.16	5.03
	Belle Leonard	15.09.18	5.03
H.J.	Katie Hall	11.11.00	1.45
T.J.	Kayley Alsford	18.10.14	9.82
S.P.	Rebecca Taylor	07.10.00	9.26
DISC.	Emily Roberts	27.02.08	29.3
JAV.	Taylor Ingram	22.09.12	28.48

U20 MALE			
100m	Fabian Gatfield	07.10.95	11.6
	Fabian Gatfield	03.02.96	11.6
200m	Fabian Gatfield	23.09.95	24.2
400m	Rowan Bray	21.09.13	55.6
800m	Christopher O'Neill	28.09.13	2-13.1
1500m	Christopher O'Neill	09.11.13	4-41.9
3000m	Christopher O'Neill	12.10.13	10-33.4
110mH	Brett Inglis	15.11.03	16.6
300mH	Ryan Marshall	14.10.17	49.0
L.J.	Jamal Box	12.03.05	6.13
H.J.	Jamal Box	05.03.05	1.85
T.J.	Brandon Donkin	02.10.10	13.42
S.P.	Brett Inglis	30.10.04	11.97
DISC.	Scott Bartlem	16.10.04	37.01
JAV.	Daniel Inglis	18.09.99	48.15



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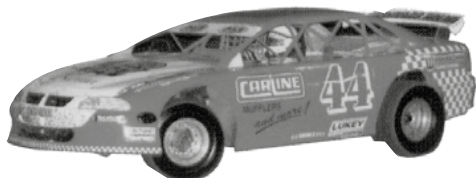
Sat 8am - 12 noon - by appointment

*Bernie Roberts*

5 Port Stephens Street,  
Raymond Terrace

**Tel: 4987 4248**

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EVENT	NAME	DATE	CENTRE
OPEN FEMALE			
100m	Kim Wilson-Birrell	31.10.98	12.8
	Kara Bull	04.10.14	27.7
400m	Kara Bull	15.11.14	1-02.4
800m	Wilhelmina Smith	01.02.03	2-41.6
1500m	Wilhelmina Smith	16.11.02	5-46.2
1500W	Rebecca Douglas	12.10.02	9-47.9
	Rebecca Douglas	02.11.02	9-47.9
3000m	Rebecca Douglas	28.09.02	7-21.8
3000W	Rebecca Douglas	16.02.02	21-57.7
3000W	Kim Wilson-Birrell	31.10.98	16.3
3000W	Katie Hall	14.12.02	1-14.8
3000W	Kate Bartlem	31.10.09	4.88
3000W	Kate Bartlem	27.09.08	1.43
3000W	Kate Bartlem	05.12.09	9.69
3000W	Jessica Roberts	07.11.15	10.17
3000W	Jessica Roberts	20.12.14	32.71
3000W	Jessica Roberts	22.09.12	29.18

OPEN MALE			
100m	Spencer Cox	16.12.06	11.4
200m	Spencer Cox	24.09.05	23.1
400m	Spencer Cox	12.03.05	51.9
800m	Ryan Sorensen	31.10.09	2-21.0
1500m	Sam Osborne	17.11.07	5-30.6
110mH	Brett Inglis	28.01.06	16.6
200mH	Ryan Sorensen	05.12.09	29
400mH	Steve Sotiropoulos	28.10.95	1-15.9
L.J.	Ryan Sorensen	17.11.07	6.36
H.J.	Ryan Sorensen	31.10.09	1.86
	Darrell Buckley	31.10.09	1.86
T.J.	Scott Bartlem	03.11.07	12.53
S.P.	Brett Inglis	19.09.09	11.29
DISC.	Alex Munt	19.09.92	41.92
JAV.	Brett Inglis	25.11.06	48.67





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EVENT	NAME	DATE	CENTRE
MASTERS FEMALE 30 - 49YRS			
100m	Ann Tisdell	10.09.05	14.1
200m	Rebecca Douglas	27.11.04	29.6
400m	Kylie Newton	25.10.14	1-07.8
800m	Kelli Jenkinson	02.02.02	2-52.5
1500m	Kelli Jenkinson	23.03.02	5-59.0
3000m	Kelli Jenkinson	26.02.05	13-04.9
80mH	Kelli Jenkinson	09.11.13	17.6
100mH	Rebecca Douglas	01.03.03	20.5
300H	Angela Salisbury	17.09.16	1-26.1
400mH	Rebecca Douglas	25.10.03	1-18.0
1500W	Kelli Jenkinson	12.03.05	8-32.8
L.J.	Ann Tisdell	24.01.04	4.46
H.J.	Sonia Beck	18.10.08	1.41
T.J.	Ann Tisdell	11.10.03	9.15
S.P.	Ann Tisdell	23.09.06	8.37
DISC.	Suzanne Bridgeman	17.09.05	25.26
JAV.	Kim Jones	01.09.03	26.01

MASTERS MALE 30 - 49YRS			
100m	Spencer Cox	05.12.09	11.4
200m	Spencer Cox	13.02.10	23.4
400m	Spencer Cox	05.03.08	56.5
800m	Chris Jenkinson	02.02.02	2-20.5
800m	Anthony Ryan	17.03.07	2-20.5
1500m	David Wallis	18.12.10	5-18.4
3000m	Steve Edstein	28.01.17	10-44.6
110H	Scott Clarke	20.12.14	20.2
300H	Benjamin Salisbury	17.09.16	56.1
L.J.	Scott Clarke	01.11.14	5.4
H.J.	Mathew Sheridan	29.09.12	1.58
T.J.	Spencer Cox	03.11.07	11.17
S.P.	Morgan Clifford	09.03.19	10.67
DISC	Simon Bolte	31.03.12	28.58
JAV	Daniel Inglis	22.09.12	43.51



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4987 4259**

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Thursday 7am to 7pm  
Friday 7am to 7pm  
Saturday 7am to 5pm  
Sunday 8am to 2pm

**Shop 18,  
Market Place  
Raymond Terrace  
4987 5013**

Mon - Wed 7am to 6pm  
Thursday 7am to 9pm  
Friday 9am to 6pm  
Saturday 7am to 5pm  
Sunday 9am to 4pm

EVENT	NAME	DATE	CENTRE
MASTERS FEMALE 50 – 59YRS			
100m	Ann Tisdell	23.11.02	13.7
200m	Ann Tisdell	02.11.02	29.1
400m	Ann Tisdell	08.02.03	1-06.9
800m	Karen Giles	07.03.98	2-38.4
1500m	Karen Giles	10.01.98	5-28.6
3000m	Karen Giles	15.11.97	11-49.1
80mH	Tracey Alsford	16.11.02	17.5
400mH	Ann Tisdell	14.12.02	1-25.2
1500W	Kim Jones	07.02.04	8-59.0
3000W	Kim Jones	08.11.03	18-52.6
L.J.	Ann Tisdell	18.01.03	4.44
H.J.	Karen Giles	31.01.98	1.31
	Tracey Alsford	01.03.03	1.31
T.J.	Karen Giles	18.01.97	9.26
S.P.	Ann Tisdell	19.10.02	7.88
DISC.	Kim Jones	08.02.02	21.71
JAV.	Ann Tisdell	27.09.03	23.11

MASTERS MALE 50 – 59YRS			
100m	Ray Warner	20.01.07	12.7
200m	Ray Warner	20.01.07	26.2
400m	Ray Warner	24.02.07	1-01.5
800m	Ray Warner	17.03.07	2-29.9
1500m	Mark Melville	27.11.04	6-04.6
3000m	David Pisch	28.10.17	13-33.5
100mH	Ray Warner	16.12.06	19.5
300mH	David Pisch	02.09.17	1-00.4
L.J.	Ray Warner	23.09.06	4.77
	Mark Melville	11.03.06	4.77
H.J.	David Pisch	18.11.17	1.45
T.J.	Ray Warner	20.01.07	10.25
S.P.	Mark Melville	23.09.06	10.18
DISC.	Ray Warner	03.03.07	31.87
JAV.	Ray Warner	17.03.07	33.81



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EVENT	NAME	DATE	CENTRE
MASTERS MALE 60 - 69YRS			
100m	David Marsh	13.11.04	17.1
200m	David Marsh	22.01.05	34.8
400m	David Marsh	12.02.05	1-16.8
800m	David Marsh	15.01.05	2-51.0
1500m	David Marsh	11.09.04	5-43.2
3000m	David Marsh	18.09.04	11-57.0
1500W	David Marsh	12.03.05	7-35.7
3000W	David Marsh	19.02.05	16-32.6
L.J.	David Marsh	12.02.05	3.48
H.J.	David Marsh	13.11.04	1.05
T.J.	David Marsh	26.02.05	6.79
S.P.	David Marsh	11.03.06	7.96
DISC.	David Marsh	13.11.04	30.51
JAV.	David Marsh	25.02.06	23.96

MASTERS MALE 70 - 79YRS			
100m	Brian Sharpe	08.01.05	17
200m	Brian Sharpe	27.11.04	35.6
400m	Brian Sharpe	12.02.05	1-24.8
800m	Brian Sharpe	09.10.04	3-46.7
3000m	David Marsh	19.03.16	17-55.2
L.J.	Brian Sharpe	11.09.04	2.99
H.J.	Brian Sharpe	05.03.05	0.95
T.J.	Brian Sharpe	27.11.04	6.22
S.P.	David Marsh	21.11.15	7.52
DISC.	David Marsh	13.01.18	25.26
JAV.	Brian Sharpe	22.01.05	19.6





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### **ADAMSTOWN-NEW LAMBTON**

Bridges Rd, New Lambton

### **GLENDALE (Hunter Sports Centre)**

Stockland Dr, Glendale

### **HOMEBUSH (Sydney Olympic Park Athletic Centre)**

Edwin Flack Ave, Homebush

### **MACQUARIE HUNTER**

Hunter Sports Centre, Stockland Dr, Glendale

### **MEDOWIE**

Kindlebark Oval, Kindlebark Dr, Medowie

### **MYALL COAST**

Myall Park Sports Complex, Yamba St, Hawks Nest

### **NEWCASTLE CITY**

Newcastle Athletic Field, Smith St, Newcastle

### **PORT STEPHENS**

Dick Burwell Oval, Tomaree Sports Complex, Salamander Bay

### **STOCKTON**

Corroba Oval, Fullerton Rd, Stockton

### **TILLIGERRY**

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### **WALLSEND**

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## RAYMOND TERRACE ATHLETICS CENTRE • 2019 / 2020 SEASON CALENDAR •

DATE	EVENT	VENUE
SEPTEMBER		
Sat 7	<b>1st Centre Meet</b>	
Sat 14	<b>Centre Meet</b>	
Wed 18 – Mon 23	PSSA Nationals	Darwin
Sat 21	<b>Centre Meet</b>	
Sat 28	<b>Centre Meet</b>	
Thurs 26 - Sun 29	NSW All Schools	SOPAC
OCTOBER		
Sat 5	<b>Centre Meet</b>	
Sat 12	<b>Centre Meet</b>	
Sat 19	<b>Centre Meet</b>	
Sat 26	<b>Centre Championships Round 1</b>	
Wed 30	Entries close LA State Relays	
NOVEMBER		
Sat 2	<b>Centre Meet</b>	
Sun 3	Port Hunter Zone Multi (ANL)	New Lambton
Wed 6	Late entries close State Relays	
Wed 6 – Thurs 7	PSSA State Championships	SOPAC
<b>Sat 9</b>	<b>RTAC Pentathlon</b>	
Sat 16	<b>Centre Meet</b>	
<b>Sat 16</b>	<b>alternate date RTAC Pentathlon</b>	



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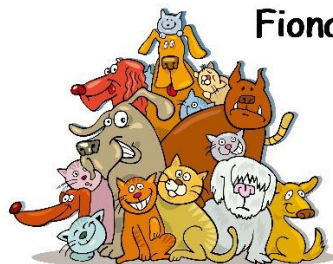
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**Jeff Titmarsh BVSc., Beth Tillman BVSc,  
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**Consulting Hours:**

**Mon-Fri 9am - 11am &**

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**Sat 9am - 11am**

**Sunday & Public Holidays -**

**Emergency Service Only**

**Phone: 4987 1111**

63 Port Stephens Street

(PO Box 244), Raymond Terrace 2324

DATE	EVENT	VENUE
<b>NOVEMBER</b>		
Sat 16	LA State Relays - U8 – U11	SOPAC
Sun 17	LA State Relays – U12 – U17	SOPAC
Sat 23 – Sun 24	NSW Relay Championships	Campbelltown
Sat 30	<b>NO CENTRE MEET</b>	
<b>Sat 30 – Sun Dec 1</b>	<b>LA Zone Championships</b>	<b>RTAC</b>
<b>DECEMBER</b>		
Fri 6 – Mon 9	Aust All Schools Champs	Perth
Sat 14	<b>LAST CENTRE MEET FOR 2019</b>	
<b>JANUARY</b>		
Sat 11	<b>FIRST CENTRE MEET FOR 2020</b>	
Sat 18	Centre Meet	
Fri 17 – Sun 19	NSW Country Champs	Dubbo
Sun 19	Trans Tasman Challenge	Auckland
Sat 25 – Sun 26	NSW Combined Champs (Multi)	TBC
<b>FEBRUARY</b>		
Sat 1	<b>No Centre Meet</b>	
Sat 1 – Sun 2	LA Region Champs	Glendale
Mon 3	Entries close LA Combined Events	
Sat 8	<b>Centre Championships Round 2</b>	
Fri 7 – Sun 9	NSW Masters Champs	SOPAC
Mon 10	Late entries LA Combined Events	
Sat 15	<b>Centre Meet</b>	
Fri 21 – Sun 23	ANSW Junior & Youth Champs	SOPAC
Sat 22	<b>Centre Meet</b>	
Sat 29 Feb–Sun 1Mar	LA State Combined Champs (Multi)	Tamworth



# Leo's Take Away

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Saturday **8am - 7pm**

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**22c William Street Raymond Terrace**

DATE	EVENT	VENUE
MARCH		
Fri 6 – Sun 8	NSW Open Champs	SOPAC
Sat 7	<b>Centre Meet</b>	
Sat 9	<b>Centre Meet</b>	
Sat 7	<b>Final Centre Meet for the season / BBQ</b>	
Sat 14 – Sun 15	LA State Champs	SOPAC
Sun 22	<b>RTAC Annual Presentation Day 4pm</b>	<b>RTBC</b>
Sat 21 – Sun 29	Aust Track & Field Champs (inc Jnrs)	SOPAC
APRIL		
Fri 10 – Mon 13	Aust Masters Champs	Brisbane
Sat 18 – Sun 19	Aust LA Championships	Canberra
Tues 28	<b>AGM &amp; General Meeting 6:30pm</b>	<b>RTBC</b>
AUGUST		
Sat 22	RTAC Registration Day 10am – 1pm	RTAC
Sat 29	RTAC Registration Day 10am – 1pm	RTAC
SEPTEMBER		
Sat 5	<b>RTAC 1st Centre Meet</b>	



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# DOWLING

## PROPERTY

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One of the many goals of Dowling Property Raymond Terrace is to ensure your next move is a positive one. Dowling Real Property Raymond Terrace was founded around one simple mission. "To deliver RESULTS that exceed our clients EXPECTATIONS". We have created 'Best Practice Systems' that provide solutions and satisfaction to your most desired wants and needs.

At the foundation of our 'success system' is a philosophical shift from being a 'facilitator' presenting to a Real Estate Consumer to becoming a 'catalyst' for a Real Estate Client to find success in an industry that for decades has been inefficient and often ineffective.

"Disappointment is the difference between what a client EXPECTS and what the agent DELIVERS" Dowling Real Property Raymond Terrace has thoroughly researched what a client requires from their agent. What they have told us is that they are craving a 'professional' who can 'listen' to their individual wants and needs and provide solutions for them! Dowling Real Property Raymond Terrace is that professional!

We provide the highest standard of services from our Sales and Property Management departments. We believe in having an honest and upfront approach to all aspects of the industry to ensure all of our client's expectations are fulfilled.

## DOWLING PROPERTY

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