



ATHLETICS CENTRE

2018
2019

Calendar &
Handbook



RAYMOND TERRACE



ATHLETICS CENTRE

Front Cover Athlete Photos:

- | | |
|-----------------------|--|
| Belle Leonard | U20 National Representative |
| Ebony Newton | Under 13 State 200m Hurdle |
| | Silver Medal and National Representative |
| Keira McGregor | Under 12 State Long Jump |
| | Gold Medal and National Representative |
| Jack Kenny | Under 17 State Javelin Silver Medal |

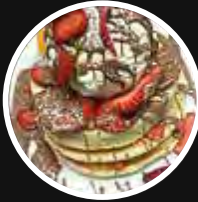


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RTAC EXECUTIVE & COMMITTEE 2018 / 2019

EXECUTIVE

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

COMMITTEE

REGISTRAR:	Barbara Inglis	Phone: 0408 487 190
PUBLICITY OFFICER:	Deidre Hall	Phone: 0418 962 185
COACHING DIRECTOR:	Katie Drosd	Phone: 0417 240 120
ATHLETE LIAISON OFFICER:	Katie Drosd	
GROUNDS OFFICER:	Scott Clarke	
UNIFORM OFFICER:	VACANT	
EQUIPMENT OFFICER:	Graeme Attwood	
RECORDER:	John Terranova	
CANTEEN OFFICER:	Theresa Pisch	
FUNDRAISING:	Katie Drosd	



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RTAC EXECUTIVE & COMMITTEE 2018 / 2019

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

Additional qualified First Aid members are welcome

GENERAL COMMITTEE: Mark Said
Genevieve Leonard
Kristy Page
Richard Vetter

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 / 2010



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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**. 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 events, weekly Centre Meets begin at **8:30 a.m.** for U6 to U12; and **9a.m.** for U13 to Masters.



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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

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

From this season, the age groups are based on **age as at December 31**, not September 1 as has always been the case. This change finally brings Little Athletics into line with ages for school competitions and Athletics NSW.



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REGISTERED ATHLETES CAN COMPETE BY INVITATION AT OTHER CENTRES

Any registered athlete is able to compete by invitation 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 Katie, 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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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.**



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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, then “Competitions”, “Championships”, “State Multi”, then “Multi-Event Scoring Tables”.

OUR ANNUAL PENTATHLON

This will be our 19th annual Pentathlon; and has been sponsored by Tomago Aluminium each year. To be held at our field on **Saturday November 17**, this competition is for U6’s to Masters. First call is 1:45 with first events beginning at 2pm. **Entries close Nov 14. Entries will be available at our Centre, at www.raymondterraceathletics.com.au and facebook. Five bonus points are awarded to RTAC athletes who compete.**

CENTRE CHAMPIONSHIPS

Because the season has become so busy from December, we are holding both Rounds in November. **Round One will be held on November 10 and Round Two on November 24.** 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 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. **We are hosting the Multi on Sunday October 11. Five bonus points are awarded to RTAC athletes who compete.**

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U11 AND U12 TRANS TASMAN TRIALS AND CHALLENGE CARNIVAL

The Trans Tasman 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. Every second year, a team from NSW (boys and girls in both the U11 and U12 age groups), travels to New Zealand for the Trans Tasman Tour. On alternate years, a team from New Zealand travels to Sydney.

Trials are being held at Campbelltown on **Sunday 4 November, with online nominations closing Wednesday 24 October**. Cost is \$20 per athlete. This season the Challenge Carnival is at Campbelltown on Sunday **January 13**. 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 December 1 and Sunday December 2**. **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 from **Friday January 24 to Sun January 27 at Glendale**, 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 16 and Sunday February 17.**

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 Dubbo on **Saturday March 2 and Sunday March 3.**

This runs on the same format as Zone Multi, using a multi-event pointscore. Entries close Mon February 13.

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 16 and Sunday March 17.**

WINTER COMPETITION

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

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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• RECORDS •

2017/2018 SEASON

EVENT	NAME	DATE	CENTRE	ZONE	REGION	STATE
U8 GIRLS						
70m	Rebecca Lavis	16.11.96	12	11.64*	11.14	10.54
	Lauren English	27.01.01	12			
	Breanna Franks	11.02.06	12			
100m	Lauren English	13.01.01	16.2	16.14*	15.64	14.44
	Katie Moshage	16.02.02	16.2			
200m	Lauren English	03.02.01	35.4	34.44	32.44	31.74
400m	Ashleigh Vetter	08.11.14	1-21.8	1-21.4	1-14.94	1-11.4
700m	Ashleigh Vetter	15.11.14	2-37.9	2-36.9	2-27.2	--
60m H	Jessica Stefanides	28.01.06	12.4	12.14	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

* RECORDS HELD BY A. WILMAN - 1985

U8 BOYS						
70m	David Edmonds	11.01.97	11.6	11.44	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	33.34	31.44	30.64
400m	Blake Sherring	24.11.07	1-21.5	1-16.54	1-11.74*	1-07.94
700m	Blake Sherring	24.11.07	2-43.1	2-26.4	2-13.8	--
60mH	Brandon Donkin	13.01.01	11.6	11.84'	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

' RECORD HELD BY MARCEL BRAY - 2001



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EVENT	NAME	DATE	CENTRE	ZONE	REGION	STATE
U9 GIRLS						
70m	Lauren English	02.03.02	11	10.64	10.54	10.14
	Breanna Franks	20.01.07	11			
100m	Breanna Franks	10.03.07	15.5	15.14	13.84	14.14
200m	Ebony Newton	08.03.14	32.6	31.84	30.54	28.74
400m	Lauren English	09.03.02	1-19.7	1-15.04	1-11.44	1-06.64
800m	Ashleigh Vetter	19.12.15	3-05.6	2-52.50	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	10.94	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	1.19	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

U9 BOYS						
70m	Ire Oloruntoba	07.12.13	11	10.64	10.44	9.94
100m	Ire Oloruntoba	07.12.13	14.7	14.84	14.34	13.64
200m	Matthew Battle	17.01.98	32.4	31.24	30.24	28.44
400m	Steven Spurling	07.12.96	1-03.3	1-14.14*	1-08.74	1-04.4
800m	Matthew Battle	29.11.97	2-59.3	2-46.3	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	10.94	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 TYLER CLARKE - 2013

> RECORD HELD BY MARCEL BRAY - 2002



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EVENT	NAME	DATE	CENTRE	ZONE	REGION	STATE
U10 GIRLS						
70m	Aprel White	08.01.00	9.9	10.64	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	30.24	28.74	28.22
	Lauren English	25.01.03	31.3			
400m	Gemma Smith	06.10.01	1-12.02	1-12.4	1-07.84	1-03.84
800m	Ashlyn Wall	10.03.18	2-45.7	2-48.8	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	6-57.7	5-57.7	5-21.2
60mH	Lauren English	08.03.03	10.9	10.84	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

U10 BOYS						
70m	Tyler Clarke	25.10.14	10.2	10.34	10.04	9.54
100m	Brandon Lundy	10.12.05	14.4	14.24*	13.4	12.94
200m	Tyler Clarke	15.11.14	30.9	29.84	28.74	26.94
400m	Shane Kenney	16.11.96	1-10.9	1-10.64	1-07.44	
						1-01.34
800m	Jai Holland	01.01.14	2-49.2	2-40.4	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	9.94	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

*** RECORD HELD BY T. RANDALL - 1982**

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EVENT	NAME	DATE	CENTRE	ZONE	REGION	STATE
U11 GIRLS						
100m	Breanna Franks	01.11.08	14	14.14*	13.64	12.94
200m	Bianca Fitzsimmons	12.01.08	30.3	29.14	27.85	26.44
400m	Bianca Fitzsimmons	24.11.07	1-08.8	1-09.24#	1-05.24	1-01.34
400m	Ebony Newton	20.02.16	1-08.8			
800m	Bianca Fitzsimmons	09.10.07	2-43.8	2-41.2	2-29.94	2-21.8
1500m	Allisha Kenney	16.11.96	5-52.8	5-29.50	5-11.37	4-44.07
1100W	Tianna Cummings	06.12.03	7-14.0	5-51.4	5-30.7	5-01.3
60mH	Lauren English	08.11.03	10.4	10.44"	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	30.36	36.5	39.03
JAV	Bethany Finlayson	21.10.14	16.4	15.8~	19.61	28.94

" RECORD HELD BY LAUREN ENGLISH - 2003
RECORD HELD BY BIANCA FITZSIMMONS - 2007
*** RECORD HELD BY KATIE SMEE - 2008**
< RECORD HELD BY DAKOTA GORDON - 2011
~ RECORD HELD BY BETHANY FINLAYSON - 2015

U11 BOYS						
100m	Peter Crowther	30.10.93	14	13.64	13.34	12.64
	Brandon Lundy	24.03.07	14			
200m	Brandon Lundy	24.03.07	29.1	28.84	27.64	25.84
400m	Jai Holland	22.11.14	1-07.8	1-04.74	1-02.83	57.64
800m	Jai Holland	29.11.14	2-36.7	2-31.7	2-20.5	2-17.37
1500m	Jai Holland	01.01.14	5-26.8	5-06.9	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	10.34	10.03	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	34.59	40.45
JAV.	Nathan Morrissey	25.11.17	22.88	18.37	26.52	35.48

RECORDS HELD BY MARCEL BRAY - 2004



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EVENT	NAME	DATE	CENTRE	ZONE	REGION	STATE
U12 GIRLS						
100m	Breanna Franks	30.01.10	13.5	13.44	13.13	12.53
200m	Keira McGregor	18.11.17	28.6	28.14	26.46	25.69
400m	Ebony Newton	03.12.16	1-07.8	1-06.84	1-02.52	57.74
800m	Bianca Fitzsimmons	01.11.08	2-49.4	2-33.5	2-22.5	2-16.34
1500m	Madeline Oliver	24.10.09	5-21.1	5-12.30	4-43.9	4-34.47
1500W	Roslyn O'Connor	19.10.96	9-10.0	8-36.3	7-39.57	6-38.7
60mH	Tianna Cummings	26.02.05	10.7	10.34~	9.95	9.29
	Maddison Ingram	30.01.10	10.7			
L.J.	Keira McGregor	11.11.17	4.95	4.71	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
“ RECORDS HELD BY KEIRA MCGREGOR – 2018

U12 BOYS						
100m	Brandon Lundy	03.11.07	13.5	13.44	12.74	12.04
	Harper Collins	05.11.16	13.5			
200m	Harper Collins	25.02.17	28.5	26.44	26.14	24.43
400m	Tim Kenney	02.03.96	1-06.6	1-02.94	58.19	56.88
800m	Samuel Gordon	21.09.13	2-34.0	2-26.1	2-19.4	2-13.2
1500m	Tim Kenney	27.01.96	5-15.8	4-58.3	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	9.94	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	13.33	15.66
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



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EVENT	NAME	DATE	CENTRE	ZONE	REGION	STATE
U13 FEMALE						
100m	Ebony Newton	09.09.17	13.2	13.34	12.65'	12.34
200m	Ebony Newton	18.11.17	27.3	26.19	25.94	24.96
400m	Ebony Newton	03.02.18	1-07.1	1-04.54	59.74	57.24
800m	Madeline Oliver	25-09.10	2-48.6	2-22.7	2-18.90	2-14.30
1500m	Madeline Oliver	15.01.11	5-52.5	4-48.7	4-58.4	4-33.78
3000m	Alana Pisch	24.09.16	13-05.3	11-23.0	11-19.29	9-53.44
1500W	Karlee Bridge	09.12.06	8-36.8	8-34.6	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	5.14	5.14	5.51
H.J.	Ascha Smith	22.01.05	1.52	1.53	1.63	1.8
T.J.	Lauren English	26.11.05	9.84	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

‘ RECORD HELD BY EBONY NEWTON - 2018

U13 MALE						
100m	Peter Chesterfield	30.01.93	12.8	12.64	12.24	11.72
200m	Peter Chesterfield	30.01.93	26.9	26.04	24.54	23.34
400m	Tim Kenney	30.11.96	1-03.7	59.64	56.64	53.33
800m	Sam Gordon	27.09.14	2-33.0	2-19.7	2-16.9	2-06.1
1500m	Samuel Gordon	06.12.14	5-13.0	4-48.4	4-42.0	4-21.3
3000m	Samuel Gordon	27.09.14	11-23.5	10-17.00	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	13.94	12.94	12.04
200mH	Samir Booker	20.10.01	31.3	28.4	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	15.92	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

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EVENT	NAME	DATE	CENTRE	ZONE	REGION	STATE
U14 FEMALE						
100m	Katie Smee	03.12.11	12.8	12.74**	12.55	12.14
200m	Elina Sefo	04.03.00	26.6	26.34	25.37	24.54
400m	Elina Sefo	05.02.00	59.3	58.84**	59.14	56.02
800m	Sarah James	22.09.01	2-26.6	2-26.4	2-19.34	2-13.2
1500m	Sarah James	23.02.02	5-26.2	5-06.10	4-39.66	4-33.92
3000m	Sarah James	23.03.02	11-38.1	11-01.00	10-09.0	9-59.16
1500W	Sarah James	19.01.02	9-03.1	8-05.60	7-03.7	6-15.4
80mH	Carra Onley	16.11.96	13.5	13.64	13.14	11.94
200mH	Belle Leonard	08.11.14	30.9	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

****RECORDS HELD BY ELINA SEFO - 1999**

U14 MALE						
100m	Scott Bartlem	09.12.00	12.4	11.84	11.64	11.34
200m	Lucas Moffat	12.03.94	25.8	24.44	23.84	22.64
400m	Andrew Laverick	20.03.93	59.1	57.04	53.94	50.97
800m	Brenton Fuessel	28.10.95	2-26.5	2-20.1	2-10.9	2-01.4
1500m	Benjamin Edstein	07.11.15	5-07.6	4-46.9	4-25.2	4-11.93
3000m	Benjamin Edstein	28.11.15	10-53.4	10-17.00	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	13.54	13.09	12.04
	Scott Bartlem	27.01.01	14.1			
200mH	Scott Bartlem	09.12.00	28.9	26.34	26.61	24.64
L.J.	Lucas Moffat	05.02.94	5.7	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



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EVENT	NAME	DATE	CENTRE	ZONE	REGION	STATE
U15 FEMALE						
100m	Katie Hall	11.11.95	12.6	12.64	12.14	12.04
200m	Jacquie Munro	08.02.97	26.5	26.14	24.74	24.24
400m	Jacquie Munro	05.10.96	1-04.3	1-03.24	57.84	55.74
800m	Amy Summerville	16.12.17	2-51.4	2-28.1	2-14.61	2-09.57
1500m	Kim Melville	25.01.03	5-23.6	4-51.0	4-45.8	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	8-28.9	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	14.92	15.25
DISC.	Kristie Short	30.09.00	32.3	41.25	41.83	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	11.64	11.21	10.84
	Brandon Donkin	18.11.07	11.9			
200m	Andrew Laverick	12.03.94	24.6	24.14*	22.84	21.74
400m	Chris Lowe	03.02.96	52.2	54.14	51.81	49.64
800m	Brenton Fuessel	07.12.96	2-14.9	2-11.2	2-07.5	1-57.2
1500m	Brenton Fuessel	02.11.96	4-41.4	4-29.8	4-21.0	4-03.7
3000m	Jacob Davison	28.11.15	10-59.8	9-55.5	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

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

* RECORDS HELD BY C LOWE - 1995 ## 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	12.64	11.98	11.89
200m	Katie Smee	25.10.14	26.4	25.94^	25^	24.08
400m	Gemma Hancock	07.10.17	1-06.7	1-00.94	57.24	55.25
800m	Lucinda Bray	17.02.18	2-39.4	2-29.6	2-16.3	2-12.59
1500m	Taylor Whalen	30.10.10	5-14.70	5-05.6	4-39.6	4-29.51
100mH	Belle Leonard	17.03.18	15.6	16.67#	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	51.16	47.3+	44.38
L.J.	Katie Smee	25.10.14	5.13	5.78	5.59	5.84
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.	Taylor Ingram	25.09.10	20.37	36.22	39.27	50.2

* RECORD HELD BY MADDISON INGRAM - 2013

RECORD HELD BY VICTORIA ALLEN - 2016

^ RECORD HELD BY KATIE SMEE - 2015

+ RECORD HELD BY BELLE LEONARD - 2018

U17 MALE						
100m	Darcy Hollins	15.01.11	11.8	11.84	10.8	10.8
200m	Darcy Hollins	02.02.10	24.4	24.04	21.99	21.32
200m	Jarrold Sansom	02.10.10	24.4			
400m	Jarrold Sansom	02.11.13	54.4	53.3~	48.27	48.09
800m	Jarrold Sansom	24.11.12	2-12.1	2-04.1	1-57.56	1-54.0
1500m	Benjamin Edstein	30.09.17	4-41.7	4-32.1	4-16.5	4-02.95
3000m	Benjamin Edstein	09.09.17	10-14.2	9-57.9	9-22.8	8-55.90
110mH	Ty Faulkner	04.10.08	16.1	15.64	14.44	13.64
200mH	Jarrold Sansom	21.09.13	27	26.3#	26.29	23.86
300mH	Bradley Marshall	26.11.16	48.7	46.83*	42.16	37.14
LJ	Brandon Donkin	06.03.10	6.21	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	14.8
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

RECORD HELD BY TY FAULKNER - 2008^

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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	Kayley Alsford	29.11.14	3-03.9
1500m	Kayley Alsford	01.11.14	7-28.1
100mH	Kayley Alsford	01.11.14	18.8
400mH	Katie Hall	12.02.00	1-11.3
L.J.	Maddison Ingram	05.03.16	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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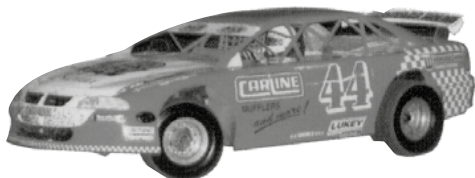
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Bernie Roberts

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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
100mH	Kim Wilson-Birrell	31.10.98	16.3
400mH	Katie Hall	14.12.02	1-14.8
L.J.	Kate Bartlem	31.10.09	4.88
H.J.	Kate Bartlem	27.09.08	1.43
T.J.	Kate Bartlem	05.12.09	9.69
S.P.	Jessica Roberts	07.11.15	10.17
DISC.	Jessica Roberts	20.12.14	32.71
JAV.	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.	Daniel Inglis	24.11.12	10.11
DISC	Simon Bolte	31.03.12	28.58
JAV	Daniel Inglis	22.09.12	43.51



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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	13.01.18	7.52
DISC.	David Marsh	25.02.17	25.26
JAV.	Brian Sharpe	22.01.05	19.6



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Sat 15	Centre Meet	
Sat 22	Centre Meet	
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Sat 29	Centre Meet	
OCTOBER		
Sat 6	Centre Meet	
Sat 13	Centre Meet	
Sat 20	Centre Meet	
Wed 24	Nominations close Trans Tasman Trials	
Sat 27	Centre Meet	
Sat 27	Entries close LA State Relays	
Sun 28	Wallsend Gala Day	Federal Park
NOVEMBER		
Thurs 1	Entries close Edgeworth Challenge	
Fri 2 – Sun 11	Pan Pacs Masters Games	Gold Coast
Sat 3	Centre Meet	
Sat 3	Entries close Zone Multi	
Sun 4	Trans Tasman Trials	Campbelltown
Sun 4	Edgeworth Challenge	



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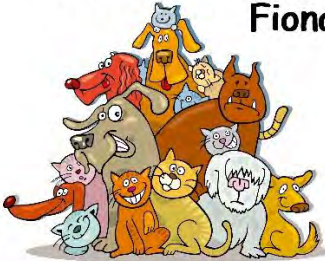
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Sat 9am - 11am

Sunday & Public Holidays -

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63 Port Stephens Street

(PO Box 244), Raymond Terrace 2324

DATE	EVENT	VENUE
NOVEMBER		
Sat 10	Centre Championships Round 1	
Sat 10	Entries close Port Hunter Zone Champs	
Sat 11	Port Hunter Zone Multi	RTAC
Wed 14	Entries close RTAC Pentathlon	
Sat 17	Centre Meet	
Sat 17	RTAC Pentathlon 1:45pm	
Sat 17	State Relays - U8 – U11	Homebush
Sun 18	State Relays - U12 – U17	Homebush
Sat 24	Centre Championships Round 2	
Fri 23 – Tue 27	School Sport Aust PSSA	Melbourne
Sat 24 – Sun 25	NSW Relay Championships	Homebush

DECEMBER		
Sat 1	NO CENTRE MEET	
Sat 1 – Sun 2	LA Zone Championships	RTAC
Fri 7 - Sun 9	Aust All Schools Champs	Cairns
Sat 8	Centre Meet	
Sat 15	LAST CENTRE MEET FOR 2018	

JANUARY		
Sun 13	Trans Tasman Challenge	Campbelltown
Sat 19	FIRST CENTRE MEET FOR 2019	
Fri 25	Hunter Track Classic	Glendale
Thurs 24 – Sun 27	NSW Country Champs	Glendale
Sat 26	NO Centre Meet	



Leo's Take Away

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Friday **8am - 7:30pm**

Saturday **8am - 7pm**

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ORDERS
welcome**

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22c WILLIAM STREET Raymond Terrace

DATE	EVENT	VENUE
FEBRUARY		
Sat 2	Centre Meet	
Sat 9	Entries close LA State Multi	
Sat 9 – Sun 10	LA Region Champs	Glendale
Sat 9	Centre Meet TBA	
Sat 16	Centre Meet	
Fri 22 - Sun 24	NSW Junior & Para Junior Champs	Homebush
Sat 23	Centre Meet	
Sat 23	Sydney Track Classic	Homebush

MARCH		
Sat 2	Centre Meet	
Sat 2 – Sun 3	LA State Multi Champs	Dubbo
Fri 8 – Sun 10	NSW Open & Para Champs	Homebush
Sat 9	Centre Meet	
Sat 16 – Sun 17	LA State Champs	Homebush
Sat 23	Final Centre Meet for the season / BBQ	
Sat 30 – Sun 7 Apr	Aust Track & Field Champs	Homebush

APRIL		
Fri 26 – Mon 29	Aust Masters Champs	Melbourne
Sat 27 – Sun 28	Aust LA Championships	Tasmania
Sat 27 – Tues 30	Defence Arafura Games	Darwin
Tues 30	RTAC AGM 6:30pm	RTBC

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DATE	EVENT	VENUE
MAY		
Sun 5	RTAC Annual Presentation Day 4pm	RTBC
Tues 14	AGM & General Meeting 6:30pm	RTBC
Sat 25 – Sun 26	Great Barrier Reef Masters Games	Cairns
AUGUST		
Sat 17	RTAC Registration Day 10am – 1pm	RTAC
Sat 24	RTAC Registration Day 10am – 1pm	RTAC
Sat 31	RTAC Registration Day 10am – 1pm	RTAC
Sat 31 – Sat 7 Sept	Oceania Masters Champs	Mackay
SEPTEMBER		
Sat 7	RTAC 1st Centre Meet	



Raymond Terrace

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INFORMATION FOR MEMBERS & THEIR GUESTS. INFORMATION CORRECT AT TIME OF PUBLICATION. DETAILS ARE SUBJECT TO CHANGE WITHOUT NOTICE.

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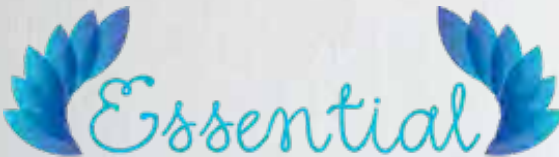
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NOTES



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Speak to anyone who has experienced the PROCESS of buying or selling real estate, or the management of their investment property, and you'll often find their findings are a combination of stress, disappointment and ultimately compromise!

One of the many goals of Dowling Real Estate Raymond Terrace is to ensure your next move is a positive one. Dowling Real Estate 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 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 Estate 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 Estate 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 clients expectations are fulfilled.

Having been open in the Terrace for 28 years in September this year we have a thorough knowledge of the area and whenever you are selling or renting it always pays to use the agents who know the area best.

Wishing Raymond Terrace Little Athletics all the best.

Craig Higgins & Gregg Bates
Directors



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