



# 2021 / 2022 Calendar & Handbook



ATHLETICS CENTRE

## Presentation Day 2021



### Front Cover Athlete Photos:

**Katie Turrell (Hall)** – Masters – 30 years' Continuous Service Award.

**Cody Hancock** – U17 – National Championships – Gold - Decathlon,

- NSW State Combined Event Championships – Silver - 18yr Decathlon
- KUMON State Combined Carnival – Silver - U17 Decathlon
- NSW All-Schools – Silver – U15 Long Jump and Triple Jump, Bronze - Pole Vault.

**Ebony Newton** – U17 – National Championships – Silver 100m hurdles,  
NSW Junior Championships – Bronze 100m hurdles.

**Arlia Drosd** – U7 – 2019 Port Hunter Zone Championships – Gold – Long Jump and 70m  
(the final Championships able to be held prior to COVID).



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Dinner

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## RTAC EXECUTIVE & COMMITTEE 2021 / 2022

### 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 OFFICERS:</b>	Sam Conlon & Phil Wall
<b>COACHING DIRECTOR:</b>	David Summerville
<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>	VACANT

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## RTAC GENERAL COMMITTEE 2021 / 2022

**PUBLIC OFFICER:** Barbara Inglis

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

**ZONE DELEGATES:** John Terranova  
Barbara Inglis

**FIRST AID:** Barbara Inglis  
Theresa Pisch  
Matt Newton  
David Pisch

Additional qualified First Aid members are welcome

**GENERAL COMMITTEE:** Genevieve Leonard  
David Pisch  
Nicole Edwards  
Connor Turnbull  
Yvonne Webster

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 (Turrell) – 2003 / 04

Garry Taylor – 2003 / 04

Bill Mackenzie – 2003 / 04

John Terranova – 2006 / 07

Brett Inglis – 2009 / 10

Scott Clarke – 2019 / 20

## RECOGNITION OF 30 YEARS' CONTINUOUS SERVICE FOR KATIE TURRELL



Katie Hall, now Katie Turrell, joined our Centre just after she'd competed in her first school athletics carnival in Year 3 at Irrawang Public School. During the past 30 years, she has experienced athletics highs and lows. Her 2 proudest moments were winning the Under 14 National Title in the 80m hurdles in 1995 in a time of 12.97 seconds which was the fastest 80m hurdle time in Australia that season. Her 2nd highlight was when she was selected to carry the 2000 Olympic Torch.

Her lowest point was on November 15, 2001 when she broke her back at the Centre trying to break her own high jump record of 1.50m. It was a small consolation that she did break the record. Ironically, the first record Katie ever broke was in 1993 and happened to be high jump.

Unfortunately, the nerve damage she suffered put an end to her short distance hurdles, although she did graduate to the 400m hurdles for a short time and was ranked number 2 Nationally before she had to retire from competition hurdling.

In Primary school, she was Senior Girls athletics champion for 2 years and was awarded the School Blue. In Year 7, she won Gold at the NSW Combined High Schools Championships. It was the only Hunter Gold medal that year and the first CHS athletics Gold medal for Irrawang High School. She was also awarded the school's Outstanding Athlete of the Year. Katie went on to win the NSW State Age Championships and finished 2nd in NSW Country and the NSW All Schools.

1995 was probably her best year with her National title, medals at Country Championships, NSW Relay Championships, Little A Region; and records at Zone and Region.

At that time, she was also selected for the then newly formed OZ Squad, a talent identification program and at the Port Stephens Sports Star Awards, received the Junior Encouragement Award.

1996 saw her selected for the Hunter Academy of Sport Hurdles Squad. She was part of the squad for 3 years and was then invited to be an assistant hurdles coach for the next 3 years.

From there, she again won numerous medals at the NSW State Age, NSW Country, NSW Combined High Schools and Region.

In 2000, Katie was awarded the Sydney 2000 Australian Sports medal for her contributions to athletics.

Katie has been our hurdles coach for 22 years, since she was 16. She still holds 4 records, one of which dates back to 1995 in the U15 100m with a time of 12.6 which was a female track record at the time.

Over the years, Katie has had her fair share of injuries. During a period of about 3 years, as well as breaking her back, she fractured 8 toes, and the nevicula bone in her foot. She also had shin splints and ligament damage in her knee. Despite that she never wavered from her love of hurdling.

She's had some spectacular falls in hurdles and maintains that you aren't a real hurdler until you have scars to show for it. She does have several scars and interesting stories to go with them!

Katie has also contributed to the Centre as a member of the Committee. She was Coaching Director for 17 years, Athlete Liaison Officer for 3 years and Canteen Co-Ordinator and Fundraiser for 3 years. She was awarded RTAC Life Membership in the 2003 / 2004 season for her outstanding service to our Centre and athletics.

Her 30 years with our Centre have been rewarding and enjoyable. She still competes, now in the Masters category where she has won NSW Country medals. Such is her love for athletics, that she even competed until she was 7 months pregnant with her daughter Arlia who has now been an athlete with us for 2 seasons. Her older son, Jayden also competed with us.

We congratulate Katie on her outstanding achievements, for reaching such a commendable milestone and being such a respected role model. We hope she continues to be part of our Centre for some time to come.

Mr.  Ho's

CHINESE TAKEAWAY

**PHONE: 4987 5015**

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

## **OPENING HOURS**

**Tuesday: 4:00pm – 8:30pm**

**Wednesday: 4:00pm – 8:30pm**

**Thursday: 4:00pm – 8:30pm**

**Friday: 4:00pm – 8:30pm**

**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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APA titled Sports & Exercise and APA titled Musculoskeletal Physiotherapist



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[info@medowiephysio.com.au](mailto:info@medowiephysio.com.au)

02 4981 7999

## 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.



# Raymond Terrace BOWLING CLUB

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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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## RAYMOND TERRACE ATHLETICS CENTRE

### • Sunsmart Policy •

RTAC has numerous permanent shade areas on the field. Executive and Committee members, as well as parents and athletes assisted in their construction. We encourage everyone to use them when not competing.

### 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, or our facebook page, for confirmation. 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.



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**9:30am - 4pm  
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**8:30am - 12pm  
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### **THINGS TO DO WHEN YOU ARRIVE FOR EACH CENTRE MEET**

- **If we are no longer under COVID conditions, send your athlete/s for a warm-up at 8:15 with the other athletes.**
- **Pick-up the weekly newsletter.** It contains information on upcoming events, results of any carnivals, important details about our Centre, the previous week's record breakers, etc. It is also available online
- **With the Newsletter** 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 marshal, 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.

## 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 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 or if persistent bad weather has caused numerous cancellations.

## 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 David Summerville 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 enjoy the break and refrain from athletics training during the off-season.



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## ELIGIBILITY FOR PRESENTATION DAY AWARDS

Athletes **MUST** have attended and competed in **60% OF MEETS** 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 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 Theresa in the canteen if you have any fundraising ideas.**

## MONTHLY RTAC MEETINGS

Meetings are usually held on the second Tuesday of each month and 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.

## CENTRE CHAMPIONSHIPS

**Our late starting season has necessitated holding both Rounds after the Christmas break.** 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 combined event point score 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.

## HOW DOES A COMBINED 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”.

## NSW COUNTRY CHAMPIONSHIPS

To be held at Maitland Regional Athletics Centre from Friday 21 to Sunday 23 January. 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 being held from Friday 4th February – Sunday 6th February at Maitland Regional Athletics Centre. Due to COVID, this season there is no qualifying. Athletes are able to directly enter. Athletes U9 to U12 can enter a maximum of 4 events, U13 to U17 can enter up to 6 events.

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 COMBINED (MULTI) EVENT

This is scheduled to be held at Maitland Regional Athletics Centre **on Saturday March 5 and Sunday March 6**. This runs on a multi-event point score.

## 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 April 2nd and Sunday April 3rd**.

## WINTER COMPETITION

For the cross country calendar, go to:

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





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## RAYMOND TERRACE ATHLETICS CENTRE • RECORDS •

**2020 / 2021 SEASON**

EVENT	NAME	DATE	CENTRE
<b>U6 GIRLS</b>			
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	2.50m
SP	Cassidy Peters	14.09.19	4.49m
Disc	Brittany Peapell	18.03.00	12.70m

<b>U6 BOYS</b>			
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
	Blake Sherring	04.03.06	1-02.1
LJ	Mitchell Brugnatti	09.12.95	2.85m
SP	Anu Oloruntoba	30.01.16	5.82m
Disc	Dale Turner	18.03.00	13.78m



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EVENT	NAME	DATE	CENTRE	ZONE
<b>U7 GIRLS</b>				
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	2.9m	3.13
SP	Brittany Peapell	03.03.01	6.33m	5.95
Disc	Olivia Mackaway	07.10.17	15.84m	14.88

\* RECORD HELD BY BRITTANY PEPELL - 2000

<b>U7 BOYS</b>				
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+C358	09.12.06	1-53.2	1-46.64
LJ	David Clode	19.01.02	3.55m	3.55m
SP	Samuel Wilcox	30.09.95	7.46m	7.30m
Disc	David Clode	09.03.02	18.34m	18.69m



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Saturday	Closed
Sunday	Closed



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EVENT	NAME	DATE	CENTRE	ZONE	REGION	STATE
<b>U8 GIRLS</b>						
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	Abigail Mackaway	24.09.16	12.4	12.54*	11.38	10.92
L.J.	Lauren English	24.02.01	3.58m	3.51m	3.60m	4.17m
S.P.	Jessica Roberts	04.03.00	6.49m	6.71m	7.70m	8.52m
DISC.	Jessica Roberts	18.03.00	20.12m	18.32m	21.78m	24.42m

**\* RECORD HELD BY PAIGE MATTHEWS - 2019**

<b>U8 BOYS</b>						
70m	David Edmonds	11.01.97	11.6	12.1	10.74	10.34
100m	Tristan Brooker	05.03.08	16.3	16.08	15.04	14.24
200m	Dean Kidd	30.01.93	32.7	36.11	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	12.2	11.14	10.63
L.J.	David Clode	08.03.03	3.58m	4.28m	3.89m	4.24m
S.P.	Matthew Battle	08.02.97	8.58m	9.43m	10.48m	10.98m
DISC.	Joshua Taylor	27.01.01	24.67m	20.74m	30.95m	31.36m

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



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EVENT	NAME	DATE	CENTRE	ZONE	REGION	STATE
<b>U9 GIRLS</b>						
70m	Lauren English	02.03.02	11	11.35	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	34.29	30.54	28.74
400m	Lauren English	09.03.02	1-19.7	1-21.18	1-11.44	1-06.64
800m	Ashleigh Vetter	19.12.15	3-05.6	3-04.0	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	11.19	10.64	9.84
L.J.	Lauren English	23.02.02	4.19m	3.85m	3.96m	4.42m
H.J.	Breanna Franks	24.03.07	1.16m	1.32m	1.27m	1.39m
S.P.	Alanah McLean	22.02.03	6.57m	7.80m	8.49m	9.23m
DISC.	Jessica Roberts	09.12.00	23.49m	24.45m	26.66m	31.22m

<b>U9 BOYS</b>						
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	1-16.53	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	4-43.86	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	4.07m	4.02m	4.14m	4.71m
H.J.	Marcel Bray	01.02.03	1.20m	1.22m	1.27m	1.40m
S.P.	Matthew Battle	18.10.97	8.81m	8.47m	10.61m	11.33m
DISC.	Marcel Bray	01.03.03	27.94m	28.59m	32.18m	36.68m

> RECORD HELD BY MARCEL BRAY - 2002



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EVENT	NAME	DATE	CENTRE	ZONE	REGION	STATE
<b>U10 GIRLS</b>						
70m	Aprel White	08.01.00	9.9	11.14	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	11.89	10.44	9.78
L.J.	Lauren English	21.09.02	4.33m	4.24m	4.31m	4.75m
H.J.	Lauren English	25.01.03	1.31m	1.32m	1.38m	1.47m
S.P.	Anna Najdic	15.11.97	8.12m	10.04m	10.36m	11.92m
DISC.	Jessica Roberts	23.02.02	27.18m	33.19m	36.73m	37.22m

\* RECORD HELD BY SIENNA NEWTON - 2016

\*\* RECORD HELD BY ASHLYN WALL - 2017

<b>U10 BOYS</b>						
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	32.25	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	7.33.67	6-03.7	5-01.7
60mH	David Edmonds	17.10.98	11	11.84	10.44	9.74
	Matthew Battle	17.10.98	11			
	Brandon Lundy	11.02.06	11			
L.J.	Scott Bartlem	19.10.96	4.22m	4.35m	4.53m	5.17m
H.J.	Scott Bartlem	08.02.97	1.40m	1.40m	1.43m	1.61m
S.P.	Matthew Battle	06.02.99	10.70m	11.40m	11.39m	13.22m
DISC.	Matthew Battle	09.01.99	35.85m	34.07m	35.20m	43.20m



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EVENT	NAME	DATE	CENTRE	ZONE	REGION	STATE
<b>U11 GIRLS</b>						
100m	Breanna Franks	01.11.08	14	14.36	13.64	12.94
200m	Anita Olie	26.10.19	29.6	29.15	27.85	26.12
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	6-19.13	5-30.7	5-01.3
80mH	Bella Clarke	22.02.20	17.1	11.07*	9.69	13.16
L.J.	Breanna Franks	20.12.08	4.35m	4.57m	4.61m	4.97m
H.J.	Dakota Gordon	19.11.11	1.39m	1.40m<	1.45m	1.55m
T.J.	Bianca Fitzsimmons	12.01.08	8.84m	9.33m	9.59m	10.38m
S.P.	Kristie Short	08.02.97	9.51m	13/13m	12.61m	14.07m
DISC.	Ellyn Casey	11.11.06	24.82m	21.31m	25.08m	37.74m
JAV	Bethany Finlayson	21.10.14	16.4m	17.14m	22.77m	28.94m

\* RECORD HELD BY SIENNA NEWTON - 2016

\* RECORD HELD BY DIXIE CONLON - 2017

<b>U11 BOYS</b>						
100m	Peter Crowther	30.10.93	14	14.57	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	1-13.05	1-02.83	57.64
800m	Jai Holland	29.11.14	2-36.7	2-33.50*	2-20.5	2-17.37
1500m	Jai Holland	01.01.14	5-26.8	5-10.69*	4-57.7	4-36.9
1100W	Regan Lundy	08.11.08	5-36.0	6-19.04	5-43.11	5-05.8
80H	Zane Edwards	22.02.20	16.8	10.86	9.85	12.96
L.J.	Jai Holland	28.02.15	4.58m	4.86m	4.93	5.34
H.J.	Scott Bartlem	25.10.97	1.44m	1.46m	1.48	1.63
T.J.	Jackson Taylor	22.10.05	9.40m	9.71m#	10.13m	11.06m
S.P.	Marcel Bray	16.10.04	10.14m	12.19m	14.21m	14.42m
DISC.	Marcel Bray	12.03.05	28.93m	33.75m	34.24m	41.51m
JAV.	Nathan Morrissey	25.11.17	22.88m	27.60m	26.24m	35.48m

\* RECORDS HELD BY ZACHARY THOMSON - 2019

# RECORD HELD BY THOMAS BRAY - 2013



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EVENT	NAME	DATE	CENTRE	ZONE	REGION	STATE
<b>U12 GIRLS</b>						
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	5-30.10	4-43.9	4-34.47
1500W	Rosslyn O'Connor	19.10.96	9-10.0	8-23.50	7-39.57	6-38.7
80mH	Dixie Conlon	26.02.05	14.2	10.96~	9.95	12.76
L.J.	Keira McGregor	11.11.17	4.95m	4.98m<	5.12m"	5.42m
H.J.	Kate Bartlem	26.02.00	1.46m	1.43m**	1.53m	1.65m
T.J.	Keira McGregor	17.03.18	10.07m	9.96m	10.03m	11.05m
S.P.	Kristie Short	14.03.98	10.99m	14.03m	14.58m	16.19m
DISC.	Tianna Cummings	13.11.04	32.0m	36.70m	39.62m	46.19m
JAV.	Georgia Fuhrer-Andrews	25.10.14	18.62m	25.72m	28.99m	34.42m

\*\* RECORDS HELD BY TIANNA CUMMINGS - 2004  
 ~ RECORDS HELD BY EBONY NEWTON - 2016  
 <RECORD HELD BY ASHLYN WALL - 2019  
 " RECORDS HELD BY KEIRA MCGREGOR - 2018

<b>U12 BOYS</b>						
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	1-06.67	58.19	56.88
800m	Samuel Gordon	21.09.13	2-34.0	2-33.23	2-19.4	2-13.2
1500m	Tim Kenney	27.01.96	5-15.8	5-22.54	4-50.4	4-27.2
1500W	Daniel Smith	11.02.99	8-32.7	8-29.3	7-46.0	6-45.2
80mH	Cooper McKenna	15.02.20	16.1	11.51	9.69	12.51
	Samir Booker	03.02.01	10.1			
L.J.	Jai Holland	12.03.6	4.84m	5.13m#	5.28m	5.86m
H.J.	Marcel Bray	21.01.06	1.56m	1.51m<	1.58m	1.72m
T.J.	Marcel Bray	10.12.05	10.18m	10.38m	10.75m	12.78m
S.P.	Jack Jones	10.12.05	10.79m	10.72m	11.34m	15.69m
DISC.	Steven Sefo	26.02.00	38.72m	40.10m	41.08m	52.43m
JAV	Brendan Budworth	19.03.11	22.04m	33.15m	33.56m	40.48m

< RECORD HELD BY MARCEL BRAY - 2005  
 # RECORD HELD BY JAI HOLLAND - 2015



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EVENT	NAME	DATE	CENTRE	ZONE	REGION	STATE
<b>U13 FEMALE</b>						
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	Ashlyn Wall	24.10.20	2-40.3	2-33.02	2-18.90	2-14.30
1500m	Ashlyn Wall	12.12.20	5-30.9	5-24.88	4-58.4	4-33.78
3000m	Ashlyn Wall	17.10.20	12-11.5	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.	Keira McGregor	15.12.18	5.12m	5.29m*	5.14m	5.58m
H.J.	Ascha Smith	22.01.05	1.52m	1.53m	1.63m	1.80m
T.J.	Dixie Conlon	24.10.20	10.05m	10.43m	10.52m	11.66m
S.P.	Anna Nadjic	13.01.01	9.87m	12.66m	12.86m	14.95m
DISC.	Jessica Roberts	12.02.05	32.87m	42.98m	44.02m	49.57m
JAV	Evie Purukamu	06.02.21	24.03m	33.49m	34.95m	45.91m

\*\* RECORDS HELD BY KEIRA MCGREGOR - 2019

< RECORD HELD BY SIENNA NEWTON - 2019

<b>U13 MALE</b>						
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	9-31.4
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	14.19	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	5.16m	5.49m	6.07m	6.11m
H.J.	Marcel Bray	10.03.07	1.58m	1.56m	1.70m	1.81m
T.J.	Harper Collins	03.02.18	10.23m	11.01m	12.32m	12.72m
S.P.	Lucas Moffat	06.03.93	11.94m	14.53m	15.93m	19.11m
DISC.	Danny Johnson	07.03.09	31.82m	32.25m	46.02m	60.74m
JAV.	Marcel Bray	09.12.06	30.43m	33.79m	40.06m	48.8m

\* RECORD HELD BY DANE CONLON - 2016





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EVENT	NAME	DATE	CENTRE	ZONE	REGION	STATE
<b>U14 FEMALE</b>						
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	2-12.29
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	9-56.16
1500W	Sarah James	19.01.02	9-03.1	7-59.40	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	4.86m	5.15m	5.51m	5.87m
H.J.	Katie Hall	25.02.95	1.50m	1.61m	1.70m	1.75m
	Ascha Smith	24.09.05	1.50m			
	Dakota Gordon	22.11.14	1.50m			
T.J.	Jacquie Munro	21.10.95	10.03m	10.59	10.88m	12.15m
S.P.	Elina Sefo	05.02.00	10.18m	13.81m	13.82m	15.94m
DISC.	Elina Sefo	08.01.00	30.52m	36.00m	37.63m	45.39m
JAV.	Maddison Ingram	29.10.11	25.78m	32.94m	36.83m	52.23m

#RECORD HELD BY CARRA ONLEY- 1996

\* RECORD HELD BY EBONY NEWTON - 2019

~ RECORD HELD BY ELIZABETH KELLY - 2016

<b>U14 MALE</b>						
100m	Harper Collins	08.12.18	12.3	12.43	11.64	11.17
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	2-19.78	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	10-53.309	30-4	9-13.83
1500W	Kieran O'Connor	14.03.98	7-52.8	7-43.23	6-44.66	6-13.4
90mH	Lucas Moffat	29.01.94	14.1	14.19	13.09	11.96
	Scott Bartlem	27.01.01	14.1			
	Cody Hancock	09.03.19	14.1			
200H	Scott Bartlem	09.12.00	28.9	29.99#	26.61	24.64
L.J.	Harper Collins	02.02.19	5.85m	6.27m	6.18m	6.52m
H.J.	Brandon Donkin	18.11.06	1.62m	1.72m	1.87m	1.95m
T.J.	Brandon Donkin	24.03.07	11.51m	12.72m	12.63	13.48m
S.P.	Thomas Jenkinson	14.03.15	13.08m	13.37m	16.97m	18.51m
DISC.	Steven Sefo	17.11.01	41.43m	46.84m	52.82m	57.71m
JAV.	Craig Boyd	09.12.95	40.50m	41.05m	53.55m	56.87m

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EVENT	NAME	DATE	CENTRE	ZONE	REGION	STATE
<b>U15 FEMALE</b>						
100m	Katie Hall	11.11.95	12.6	13.27	12.14	12.04
200m	Jacque Munro	08.02.97	26.5	27.25*	24.74	24.24
400m	Jacque 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	6-05.37	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	Jacque Munro	16.11.96	13.6	14.3**	13.25	12.44
200mH	Belle Leonard	21.11.15	31.3	30.2#	28	26.44
300mH	Ebony Newton	25.01.20	50.6	48.48*	52.2	44.1
L.J.	Maddison Ingram	09.03.13	5.28m	5.50m	5.72m	5.80m
H.J.	Nikki Coleman	21.09.96	1.50m	1.61m	1.67m	1.80m
	Nikki Coleman	19.10.96	1.50m			
	Jacque Munro	19.10.96	1.50m			
	Kate Bartlem	21.09.02	1.50m			
T.J.	Jessica Roberts	10.03.07	9.83m	10.59m	11.64m	12.42m
S.P.	Jessica Roberts	03.03.07	11.91m	14.52m	15.02m	15.25m
DISC.	Kristie Short	30.09.00	32.30m	37.39m	43.50m	48.18m
JAV.	Kristen Moylan	24.02.96	26.96m	33.76m	38.76m	45.31m

\*\* RECORD JOINTLY HELD BY KATIE HALL (DROSD) - 1995 & BELLE LEONARD - 2015  
 #RECORD HELD BY BELLE LEONARD - 2015 \* RECORDS HELD BY EBONY NEWTON - 2019

<b>U15 MALE</b>						
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	56.84	51.81	49.64
800m	Brenton Fuessel	07.12.96	2-14.9	2-19.44	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	14.80<	13.09	12.64
200mH	Scott Bartlem	23.02.02	26.8	26.0~~	25.7	24.34
300mH	Cody Hancock	16.11.19	45.1	44.95#	41.9	38.92
L.J.	Scott Bartlem	09.03.02	6.08m	6.03m	6.47m	7.12m
H.J.	Brandon Donkin	06.10.01	1.85m	1.83m~~	1.95m	2.06m
T.J.	Brandon Donkin	19.03.08	12.35m	13.19m>	12.91m	14.35m
S.P.	Steven Sefo	25.01.03	13.24m	15.92m	17.04m	19.62m
DISC.	Steven Sefo	16.11.02	49.39m	47.37m	56.18m	64.26m
JAV.	Mitchell Johnson	08.11.08	47.65m	43.78m	52.6m	59.69m

< RECORD HELD BY THOMAS BRAY - 2017 > RECORD HELD BY T.BLAIR - 1987  
 ~~ RECORDS HELD BY SCOTT BARTLEM - 2001 # RECORD HELD BY CODY HANCOCK - 2019

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EVENT	NAME	DATE	CENTRE	ZONE	REGION	STATE
<b>U17 FEMALE</b>						
100m	Katie Smee	21.09.13	12.2	12.7	11.98	11.89
200m	Ebony Newton	28.11.20	26.1	25.86	25^	24.08
400m	Ebony Newton	17.10.20	1-04.1	59.03	57.24	55.25
800m	Baylee Holland	22.09.18	2-34.1	2-21.30**	2-14.83	2-0922
1500m	Taylor Whalen	30.10.10	5-14.70	5-14.53	4-39.6	4-27.21
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	5.13m	5.78m	5.87m	6.02m
H.J.	Victoria Allen	03.12.16	1.55m	1.7m	1.7m	1.84m
T.J.	Belle Leonard	25.11.17	10.58m	11.18m	11.77m	12.52m
S.P.	Belle Leonard	17.03.18	9.53m	14.14m	14.47m	16.29m
DISC	Tegan Denniss	28.02.09	26.74m	41.42m	42.59m	48.66m
JAV.	Leila Inglis-Monk	16.11.19	23.53m	38.55m	39.27	52.66m

\* RECORD HELD BY MADDISON INGRAM - 2013

\*\* RECORD HELD BY BAYLEE HOLLAND - 2019

<b>U17 MALE</b>						
100m	Mitchell Lightfoot	19.10.19	11.3	11.56*	10.8	10.8
200m	Cody Hancock	28.11.20	24.1	24.1	21.99	21.32
400m	Jarrold Sansom	02.11.13	54.4	54.43"	48.27	48.09
800m	Jai Holland	23.01.21	2-03.2	2-10.70"	1-57.56	1-53.49
1500m	Benjamin Edstein	10.11.18	4-40.5	4-38.51	4-16.5	3-59.64
3000m	Benjamin Edstein	19.01.19	10-08.70	10-12.37	9-22.8	7-47.39
110mH	Mitchell Lightfoot	23.11.19	14	14.97**	14.44	13.6
200mH	Jarrold Sansom	21.09.13	27	26.3#	26.29	23.86
300mH	Cody Hancock	10.10.20	43.3	43.25"	42.16	37.14
LJ	Liam Fairweather	24.11.18	6.51m	6.93m*	6.87m	7.28m
H.J.	Marcel Bray	16.01.10	1.80m	1.82m	2.00m	2.1
T.J.	Brandon Donkin	24.10.09	12.99m	13.74m	13.54m	14.93
S.P.	Duncan Akerman	03.02.18	13.41m	13.25m>	17.26m	17.89
DISC	Cody Hancock	10.10.20	45.45m	39.26m>	54.14m	56.17
JAV.	Jack Kenny	19.01.19	49.50m	55.24m	60.57m	68.4

< RECORD HELD BY MARCEL BRAY - 2010

# RECORD HELD BY JARROLD SANSOM - 2012

" RECORDS HELD BY NATHAN SWAN - 2018, 2019

\* RECORD HELD BY LIAM FAIRWEATHER - 2018

" RECORD HELD BY MITCHELL LIGHTFOOT - 2019

> RECORDS HELD BY DUNCAN AKERMAN - 2017



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EVENT	NAME	DATE	CENTRE
<b>U20 FEMALE</b>			
100m	Kayley Alsford	15.11.14	13
200m	Kayley Alsford	01.11.14	27.5
400m	Kayley Alsford	14.03.15	1-05.1
800m	Lucinda Bray	28.09.19	2-47.1
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	5.03m
	Belle Leonard	15.09.18	5.03m
H.J.	Katie Hall	11.11.00	1.45m
T.J.	Kayley Alsford	18.10.14	9.82m
S.P.	Rebecca Taylor	07.10.00	9.26m
DISC.	Emily Roberts	27.02.08	29.30m
JAV.	Taylor Ingram	22.09.12	28.48m

<b>U20 MALE</b>			
100m	Liam Fairweather	23.11.19	11.3
200m	Ryan Hucherko	31.10.15	24.2
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	Ben Edstein	14.03.20	10-17.0
110mH	Brett Inglis	15.11.03	16.6
300mH	Ben Edstein	29.02.20	45.1
L.J.	Liam Fairweather	14.09.19	7.06m
H.J.	Jamal Box	05.03.05	1.85m
T.J.	Brandon Donkin	02.10.10	13.42m
S.P.	Duncan Akermen	09.11.19	12.54m
DISC.	Duncan Akerman	19.10.19	37.02m
JAV.	Daniel Inglis	18.09.99	48.15m



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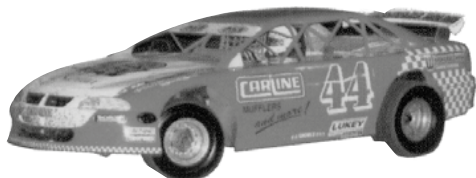
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EVENT	NAME	DATE	CENTRE
<b>OPEN FEMALE</b>			
100m	Kim Wilson-Birrell	31.10.98	12.8
200m	Kara Bull	04.10.14	27.7
400m	Kara Bull	15.11.14	1-02.4
800m	Wilhelmina Smith	01.02.03	2-41.6
1500m	Wilhelmina Smith	16.11.02	5-46.2
1500W	Rebecca Douglas	12.10.02	9-47.9
	Rebecca Douglas	02.11.02	9-47.9
3000m	Cassandra Terranova	11.01.20	17-21.7
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
LJ	Kate Bartlem	31.10.09	4.88m
HJ	Kate Bartlem	27.09.08	1.43m
TJ	Kate Bartlem	05.12.09	9.69m
SP	Jessica Roberts	07.11.15	10.17m
DISC	Jessica Roberts	20.12.14	32.17m
JAV	Jessica Roberts	22.09.12	29.18m

<b>OPEN MALE</b>			
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	Joshua Serrett	23.01.21	2-03.6
1500m	Joshua Serrett	12.12.20	4-31.5
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	6.36m
H.J.	Ryan Sorensen	31.10.09	1.86m
	Darrell Buckley	31.10.09	1.86m
T.J.	Scott Bartlem	03.11.07	12.53m
S.P.	Brett Inglis	19.09.09	11.29m
DISC.	Alex Munt	19.09.92	41.92m
JAV.	Brett Inglis	25.11.06	48.67m
3000m	Joshua Serrett	17.10.20	10-15.1



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EVENT	NAME	DATE	CENTRE
<b>MASTERS FEMALE 30 - 49YRS</b>			
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	4.46m
H.J.	Sonia Beck	18.10.08	1.41m
T.J.	Ann Tisdell	11.10.03	9.15m
S.P.	Ann Tisdell	23.09.06	8.37m
DISC.	Suzanne Bridgeman	17.09.05	25.26m
JAV.	Kim Jones	01.09.03	26.01m

<b>MASTERS MALE 30 - 49YRS</b>			
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	Andrew Smee	21.11.20	5-15.9
3000m	Steve Edstein	28.01.17	10-44.6
110H	Scott Clarke	20.12.14	20.2
300H	Luke McAuliffe	10.10.20	52.3
L.J.	Scott Clarke	01.11.14	5.40m
H.J.	Mathew Sheridan	29.09.12	1.58m
T.J.	Spencer Cox	03.11.07	11.17m
S.P.	Morgan Clifford	26.10.19	10.93m
DISC	Simon Bolte	31.03.12	28.58m
JAV	Daniel Inglis	22.09.12	43.51m



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Market Place  
Raymond Terrace  
4987 5013**

Mon - Wed 7am to 6pm  
Thursday 7am to 8pm  
Friday 9am to 6pm  
Saturday 7am to 5pm  
Sunday 9am to 4pm

EVENT	NAME	DATE	CENTRE
<b>MASTERS FEMALE 50 – 59YRS</b>			
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
<b>MASTERS MALE 50 – 59YRS</b>			
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	Steve Edstein	10.10.20	5-42.1
3000m	David Pisch	17.11.18	13-07.4
100mH	Ray Warner	16.12.06	19.5
300mH	David Pisch	19.10.19	60
L.J.	Ray Warner	23.09.06	4.77m
	Mark Melville	11.03.06	4.77m
H.J.	David Pisch	18.11.17	1.45m
T.J.	Ray Warner	20.01.07	10.25m
S.P.	Mark Melville	23.09.06	10.18m
DISC.	Ray Warner	03.03.07	31.87m
JAV.	Ray Warner	17.03.07	33.81m
400H	David Pisch	29.01.20	1-27.10



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EVENT	NAME	DATE	CENTRE
<b>MASTERS MALE 60 - 69YRS</b>			
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

<b>MASTERS MALE 70 - 79YRS</b>			
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	2.99m
H.J.	Brian Sharpe	05.03.05	0.95m
T.J.	Brian Sharpe	27.11.04	6.22m
S.P.	David Marsh	21.11.15	7.52m
DISC.	David Marsh	13.01.18	25.26m
JAV.	Brian Sharpe	22.01.05	19.60m



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- Wheel Alignments
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## LOCATION OF ATHLETICS VENUES

### ADAMSTOWN-NEW LAMBTON

Bridges Rd, New Lambton

### GLENDALE (Hunter Sports Centre)

Stockland Dr, Glendale

### HOME BUSH (Sydney Olympic Park Athletic Centre)

Edwin Flack Ave, Homebush

### MACQUARIE HUNTER

Hunter Sports Centre, Stockland Dr, Glendale

### MAITLAND REGIONAL ATHLETICS CENTRE

285-287 High St, Maitland (next to No.1 Sportsground)

### MEDOWIE

Kindlebark Oval, Kindlebark Dr, Medowie

### MINGARA REGIONAL ATHLETICS CENTRE

Mingara Dr, Tumby Umbi

### 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

Tom Payne Oval, Mallabulla Sports Complex, Mallabulla

### WALLSEND

Federal Park, Boscawen St, Wallsend



# Raymond Terrace Veterinary Clinic

Jeff Titmarsh BSc., Beth Tillman BVSc.,  
Fiona Wells BVSc., Eloise Campbell BVSc/BVB

## Consulting Hours:

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

**3:30pm - 5:30pm**

**Sat 9am - 11am**

**Sunday & Public Holidays -**

**Emergency Service Only**

**Phone: 4987 1111**

**63 Port Stephens Street  
(PO Box 244), Raymond Terrace 2324**

## RAYMOND TERRACE ATHLETICS CENTRE • 2021 / 2022 SEASON CALENDAR •

DATE	EVENT	VENUE
<b>DECEMBER</b>		
Sat 11	<b>CENTRE MEET FOR 2021</b>	
Sat 18	<b>LAST CENTRE MEET FOR 2021</b>	
<b>JANUARY</b>		
Sun 9	Summer Series	Maitland
Sat 15	<b>FIRST CENTRE MEET FOR 2022</b>	
Fri 21 – Sun 23	NSW Country Champs	Maitland
Sat 22	<b>Centre Meet</b>	
Sat 29	<b>Centre Championships Round 1</b>	
<b>FEBRUARY</b>		
Fri 4 – Sun 6	LA Region Championships	Mingara
Sat 5	<b>Centre Meet</b>	
Fri 11 – Sun 13	LA Regional Champs (alternate)	
Sat 12	<b>Centre Championships Round 2</b>	
Fri 18 - Sun 20	NSW Open Champs	SOPAC
Sat 19	<b>Centre Meet</b>	
Fri 25 – Sun 27	ANSW Junior & Youth Champs	SOPAC
Sat 26	<b>Centre Meet (TBC)</b>	



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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

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### PROPERTY

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