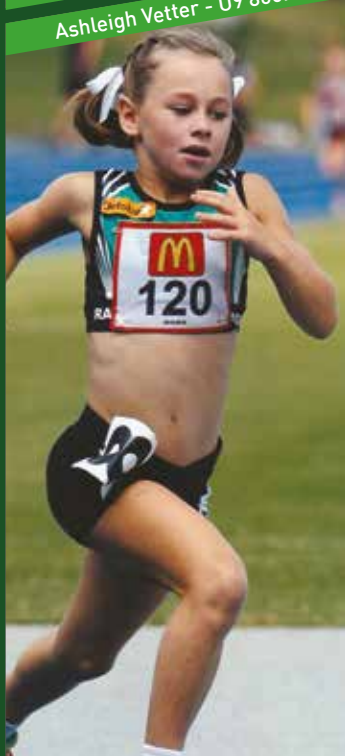




Jai Holland - U12 Long Jump



Ebony Newton - U11 200m



Ashleigh Vetter - U9 800m



Belle Leonard - U15 90m Hurdles



ATHLETICS CENTRE

2016  
2017

# Calendar & Handbook

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## RTAC EXECUTIVE & COMMITTEE 2016 / 2017

### EXECUTIVE

<b>CHAIRPERSON:</b>	David Holland	Phone: 0423 843 343
<b>VICE CHAIRPERSON:</b>	Matt Newton	Phone: 4930 5940
<b>SECRETARY:</b>	Deidre Hall	Phone: 0418 962 185
<b>TREASURER:</b>	Barbara Inglis	Phone: 4987 4136

### COMMITTEE

<b>REGISTRAR:</b>	Barbara Inglis	Phone: 4987 4136
<b>PUBLICITY OFFICER:</b>	Deidre Hall	Phone: 0418 962 185
<b>COACHING DIRECTOR:</b>	Katie Drosd	Phone: 0417 240 120
<b>GROUNDS OFFICER:</b>	Scott Clarke	Phone: 0475 087 354
<b>UNIFORM OFFICER:</b>	David Holland	Phone: 0412 075 570
<b>EQUIPMENT OFFICER:</b>	Neil McGarry	Phone: 0402 466 069
<b>RECORDER:</b>	John Terranova	Phone: 0411 666 197
<b>CANTEEN OFFICER:</b>	Cassandra Terranova	Phone: 0479 191 109
<b>FUNDRAISING:</b>	Katie Drosd	Phone: 0417 240 120

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<b>ASSISTANT CANTEEN:</b>	Theresa Pisch
<b>ASSISTANT FUNDRAISER:</b>	Cassandra Terranova
<b>PUBLIC OFFICER:</b>	Deidre Hall
<b>SPORTS COUNCIL DELEGATES:</b>	Deidre Hall Mark Said
<b>ZONE DELEGATES:</b>	John Terranova Barbara Inglis
<b>FIRST AID:</b>	Barbara Inglis Scott Clarke Theresa Pisch Cassandra Terranova Barbara Inglis

*Additional qualified First Aid members are welcome.*

<b>GENERAL COMMITTEE:</b>	David Summerville David Pisch Rena Mackaway Mark Said Genevieve Leonard
---------------------------	---

*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



**Raymond Terrace Branch**

14 Motto Lane, Heatherbrae NSW 2324

**tel** (02) 4987 4210 **fax** (02) 4987 1806

**email** [contact@ezimetal.com.au](mailto:contact@ezimetal.com.au)

**website** [www.ezimetal.com.au](http://www.ezimetal.com.au)

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*thinking outside the square ...*

Outstanding Performances by U12 Jai Holland and  
U15 Belle Leonard at the Port Hunter Zone Championships  
Alder Park, New Lambton - December 2015



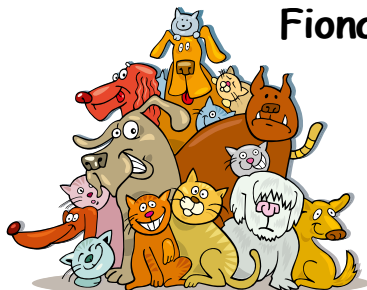
Jai broke, by 15cm, the 20 year old Long Jump record previously held by Woodberry athlete Chris Carter.

Jai's winning jump was 5.13m.

Belle equalled the 20 year old 90m Hurdle record of 14.3 seconds held by her coach Katie Drosd (Hall).

# Raymond Terrace Veterinary Clinic

Jeff Titmarsh BVSc., Beth Tillman BVSc,  
Fiona Wells BVSc.



**Consulting Hours:**

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

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**Fax (02) 4987 3959**

**28 Sturgeon Street**

**Raymond Terrace**

**PO Box 297**

**Raymond Terrace 2324**



### **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 getting 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 protege, 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

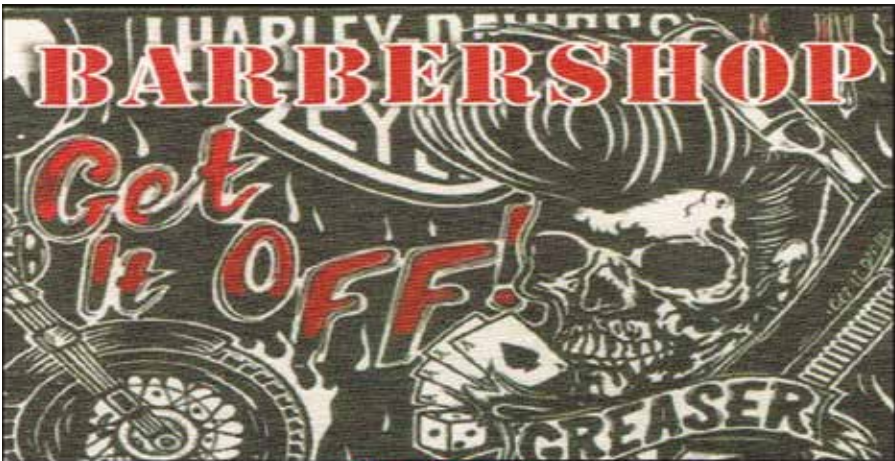
RTAC provides numerous permanent shade areas on the field. Executive and Committee members, as well as parents and athletes assisted in their construction.

### 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 the purchase of RTAC broad-brimmed hats.
- Promote the sale of RTAC collared t/shirts which can be worn between events.
- 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 6:30am that day** for a recorded message for confirmation. When possible

It will also be notified on our website: [www.raymondterraceathletics.com.au](http://www.raymondterraceathletics.com.au) and on our facebook page.

**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** 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 athletic 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 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** from time to time that may be of interest.
- **Check the noticeboard.** It has the weekly event program, upcoming competitions; and other athletics information.
- **Decide how you can best assist at the meet** - as an age marshall, place judge, or helper with a group (minimum 4-5 adults per group are needed). Without sufficient helpers, we can't start on time.
- If you have more than 1 athlete on the field, it's best if you **assist the group that has the most need**, based on their numbers or age.
- **Check the lost property basket** located at the base of the noticeboard.

## PERFORMANCE RESULTS

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

## BEHAVIOUR DURING COMPETITION

Failure to satisfy competition rules or abide by the safety rules in any event will 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 or discipline of the parent**. Age Marshalls and Officials have the right to enforce these penalties.

## REGISTRATION CATEGORIES

Fees for U6 to U11 are registered with Little Athletics NSW only and U12 to U17 athletes now include free registration with Athletics NSW which will entitle athletes to enter carnivals run by ANSW (eg Country Championships), if requested.

Athletes from U20 to Masters can now choose whether to register with ANSW, as has always been the case, or be Club Athletes or Community Athletes. **Club Athletes** are able to compete at our centre and 1 ANSW event such as Country Championships. Athletes wishing to compete at more ANSW competitions will need to be full members. **Community Athletes** are only able to compete at our Centre.



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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 from our Uniform Officer 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.** New athletes also receive a **Jetstar** patch.

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 the back number as well.

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

## 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.



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## 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 no longer 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 1 coach. If you feel you need additional coaching, speak to your coach here. **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.



# PRICELINE PHARMACY

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- Now stocking NYX Professional Makeup & Beauty Products
- **FULL BEAUTY SALON SERVICE** - all your waxing and facial treatments including massage.

## 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 equaled; 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 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.

## FUND RAISING

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 or Cassandra if you have any fundraising ideas.**

## MONTHLY RTAC MEETINGS

Meetings are usually held on the second Tuesday of each month, usually at 6:45pm, 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 on 0418 962 185 to check if the venue, time or date has been changed.**

# Terrace Mowers



21 Port Stephens Street, Raymond Terrace

**Ph: 4987 3355**

[www.terracemowers.com](http://www.terracemowers.com)

## 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. **Just as a reminder, photos and video footage from parents / spectators will not be used by Officials to determine their decision. Protests on starts will never be considered.** The Carnival Referee may decide on the protest or the matter may be referred to the Jury of Appeal.

## RTAC PENTATHLON

This is our 17th annual Pentathlon; and has been sponsored by Tomago Aluminium each year. To be held at our field on **Saturday October 15**, this competition is for U6's to Masters. First call is 1:45 with first events beginning at 2pm. Entries close Oct 12. **Entries will be available at [www.raymondterraceathletics.com.au](http://www.raymondterraceathletics.com.au) and facebook. Five bonus points are awarded to RTAC athletes who enter.**

## CENTRE CHAMPIONSHIPS

Because of the crowded calendar in February when we usually hold Round 2 of Centre Championships, we have had to schedule both rounds within 5 weeks of each other. **Round One will be held on October 29 and Round Two on December 3.** 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 Pentathlon type pointscore is used. New records will be recognised on these 2 days.

Total points earned over the 2 Rounds will determine the Sub-Junior, Junior, Sub-Senior, Senior, 16-20, Open and Masters Champions for which trophies will be awarded at Presentation Day.

## LA ZONE MULTI

This is open to athletes from the U6 to U17 age group from our Port Hunter Zone. Athletes must compete in all events programmed for their age group. A graded pointscore system is used. **This year Tilligerry is hosting the Multi on Sunday October 23. Five bonus points are awarded to RTAC athletes who enter.**

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## TRANS TASMAN TRIALS AND CHALLENGE

The Trans Tasman Trials are being held at **Bass Hill, Sydney on Sunday November 6**. Athletes must compete in 2 track and 2 field events.

A team of 25 girls and 25 boys from each of the U11 and U12, plus 4 reserves from each will be selected based only on their performances at the Trials, and will be selected in a minimum of 2 events and a maximum of 4 events with the possibility of either a track or field relay team as well. Interested athletes need to nominate no later than **Wednesday Oct 26** and should be at least **STATE STANDARD**. The venue for the Challenge alternates between NSW and New Zealand each year. The Challenge this season is at Campbelltown from January 12 to 15. All travelling, accommodation and uniform costs must be met by athletes' families.

## LITTLE ATHLETICS PORT HUNTER ZONE CHAMPIONSHIPS

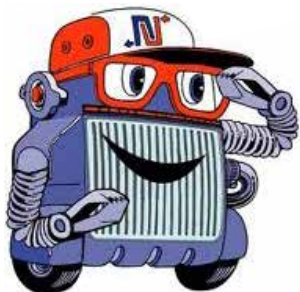
To be held this year on **Saturday December 10 and Sunday December 11** at Wallsend for Under 7 to Under 17 athletes from the 11 Centres of our Zone. **Athletes must complete an entry form to nominate their preference of events and hand it to our Registrar, Barbara Inglis.**

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 requirement of all 11 Centres in our Zone that a parent of each athlete assists in at least 1 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 \$20 per athlete per family which **MUST** be paid when Zone nominations are submitted. **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 at Zone, the deposit will be paid to the parent who had to do your duty; and an additional deposit must be paid before Region.

## NSW COUNTRY CHAMPIONSHIPS

Open to the U13 to Masters age group athletes outside the Sydney Metropolitan area. Medals are awarded to 1st, 2nd and 3rd placegetters in each event final. Entry forms will be available on the ANSW website. To be held at **Dubbo on January 20 – 22.**



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## LITTLE ATHLETICS REGIONAL 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 11 to Sunday February 12**.

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 Glendale **on Saturday March 4 and Sunday March 5**. This runs on the same format as Zone multi, using a pentathlon pointscore. Entries close Wed Feb 8.

## LITTLE ATHLETICS STATE CHAMPIONSHIPS

Gold, Silver and Bronze medals are awarded to the first three finalists, with Certificates being awarded to each athlete. To be held at Homebush on **Friday March 17 to Sunday March 19**.

## WALLAROO FUN RUN

Our Centre hosts a Fun Run each year which is a great fundraiser for our Centre. Runners can choose any or all of the 3 runs in which to compete: 2km, 6km and 10km. **The date for the 2017 Fun Run is May 21**.

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## WINTER COMPETITION

Details of cross country competition not yet available.



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# RAYMOND TERRACE ATHLETICS CENTRE RECORDS

## 2015 / 2016 SEASON

EVENT	NAME	DATE	CENTRE
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### U6 GIRLS

50m	Abigail Mackaway	25.10.14	8.9
70m	Laura Rigby	06.11.93	12.5
	Kellie Casey	06.02.04	12.5
100m	Innes Zivkovic	22.12.12	19.4
200m	Abigail Mackaway	31.01.15	44
300m	Abigail Mackaway	07.02.15	1-12.5
L.J.	Abigail Mackaway	21.02.15	2.5
S.P.	Abigail Mackaway	06.12.14	4.43
DISC.	Brittany Peapell	18.03.00	12.7

### U6 BOYS

50m	Morgan Fuhrer	25.09.14	9.5
70m	Bryce Robertson	06.11.93	13.2
100m	Blake Sherring	17.09.05	18.4
	Jacob Johnson	17.09.05	18.4
200m	Anu Oloruntoba	12.09.15	43.8
300m	Blake Sherring	2006	1-02.18
L.J.	Mitchell Brugnatti	09.12.95	2.85
S.P.	Anu Oloruntoba	30.01.16	5.82
DISC.	Dale Turner	18.03.00	13.78

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EVENT	NAME	DATE	CENTRE	ZONE
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### U7 GIRLS

50m	Baylee Holland	20.09.14	8.7	9.2
70m	Jordan Saunders	29.01.11	12.4	12.1*
100m	Belle Leonard	23.02.08	17.6	17.4
200m	Ashleigh Vetter	15.3.14	38.6	38.1
400m	Kate Longworth	31.01.98	1-36.0	--
500m	Sienna Newton	08.03.14	1-55.8	1-58.0
L.J.	Tara Andrews	03.03.01	2.9	3.13
S.P.	Brittany Peapell	03.03.01	6.33	5.95
DISC.	Breannah Condron	12.03.05	14.79	14.88

**“ RECORD HELD BY BRITTANY PEAPELL - 2000**

### U7 BOYS

50m	Alexander Battle	11.10.97	9	8.8
	Mathew Ryan	25.09.99	9	
	Blake Sherring	02.09.06	9	
70m	Toby Laroche	29.01.11	11.7	11.9
100m	Joshua Taylor	05.02.00	16.7	16.4
200m	David Clode	19.01.02	36.9	35.6
	Harrison Matthews	04.12.10	36.9	
400m	Joshua Taylor	12.02.00	1-30.2	--
500m	Blake Sherring	09.12.06	1-53.2	1-50.5
L.J.	David Clode	19.01.02	3.16	3.55
S.P.	Samuel Wilcox	30.09.95	7.46	7.3
DISC.	David Clode	09.03.02	18.34	18.08

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EVENT	NAME	DATE	CENTRE	ZONE	REGION	STATE
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### U8 GIRLS

70m	Rebecca Lavis	16.11.96	12	11.4*	10.9	10.54
	Lauren English	27.01.01	12			
	Breanna Franks	11.02.06	12			
100m	Lauren English	13.01.01	16.2	15.9*	15.4	14.44
	Katie Moshage	16.02.02	16.2			
200m	Lauren English	03.02.01	35.4	34.2	32.2	31.74
400m	Ashleigh Vetter	08.11.14	1-21.8	1-21.8	1-14.8	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	11.9	11.3	10.92
L.J.	Lauren English	24.02.01	3.58	3.51	3.59"	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	11.2	10.5	10.34
100m	Tristan Brooker	05.03.08	16.3	15.7	14.8	14.24
200m	Dean Kidd	30.01.93	32.7	33.1	31.5	30.74
400m	Blake Sherring	24.11.07	1-21.5	1-16.4	1-11.6*	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	11.6'	10.9	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	8.67**	10.98
DISC.	Joshua Taylor	27.01.01	24.67	20.74	24.82	31.36

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

**\*\* RECORD HELD BY MATTHEW BATTLE - 1997**

**' RECORD HELD BY MARCEL BRAY - 2001**

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EVENT	NAME	DATE	CENTRE	ZONE	REGION	STATE
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### U9 GIRLS

70m	Lauren English	02.03.02	11	10.4	10.3	10.14
	Breanna Franks	20.01.07	11			
100m	Breanna Franks	10.03.07	15.5	14.9	13.6	14.4
200m	Ebony Newton	08.03.14	32.6	31.6	30.3	29.77
400m	Lauren English	09.03.02	1-19.7	1-15.7	1-11.3	1-07.98
800m	Ashleigh Vetter	19.12.15	3-03.6	2-55.8	2-40.0	2-33.0
700mW	Sienna Newton	27.02.16	4-33.8	4-52.7	3-59.4	3-21.7
60mH	Lauren English	05.01.02	11.1	10.7	10.4	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	20.8	26.66	31.22

### U9 BOYS

70m	Ire Oloruntoba	07.12.13	11	10.4	10.2	9.94
100m	Ire Oloruntoba	07.12.13	14.7	14.6	14.1	13.64
200m	Matthew Battle	17.01.98	32.4	31	30	28.44
400m	Steven Spurling	07.12.96	1-03.3	1-14.0*	1-08.6	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	10.7	10.9	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	9.56	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
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### U10 GIRLS

70m	Aprel White	08.01.00	9.9	10.4	10	9.84
100m	Ellyn Casey	10.12.05	14.9	14.6	14.2	13.54
200m	Gemma Smith	23.03.02	31.3	30	28.5	28.22
	Lauren English	25.01.03	31.3			
400m	Gemma Smith	06.10.01	1-12.02	1-12.2	1-07.7	1-03.84
800m	Ebony Newton	08.11.14	3-00.5	2-48.8	2-38.6	2-27.3
1500m	Tayla Kafer	16.03.04	6-23.5	5-41.6	5-20.7	4-56.9
1100W	Brodie Hudson	03.02.07	7-10.9	6-57.7	6-01.25	5-21.2
60mH	Lauren English	08.03.03	10.9	10.6	10.2	9.84
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	9.88	10.36	11.92
DISC.	Jessica Roberts	23.02.02	27.18	27.29	34.72	37.22

### U10 BOYS

70m	Tyler Clarke	25.10.14	10.2	10.1	9.8	9.54
100m	Brandon Lundy	10.12.05	14.4	14.0*	13.7	12.94
200m	Tyler Clarke	15.11.14	30.9	29.6	28.5	26.94
400m	Shane Kenney	16.11.96	1-10.9	1-10.5	1-07.3	1-01.34
800m	Jai Holland	08.02.14	2-49.2	2-40.4	2-34.3	2-21.6
1500m	Shane Kenney	22.02.97	5-36.0	5-23.0	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	9.7	10.2	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	34.74	43.2

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

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EVENT	NAME	DATE	CENTRE	ZONE	REGION	STATE
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### U11 GIRLS

100m	Breanna Franks	01.11.08	14	13.9**	13.4	12.94
200m	Bianca Fitzsimmons	12.01.08	30.3	28.9	27.85	26.44
400m	Bianca Fitzsimmons	24.11.07	1-08.8	1-09.1#	1-05.1	1-01.34
400m	Ebony Newton	20.02.16	1-08.8			
800m	Bianca Fitzsimmons	09.10.07	2-43.8	2-41.2	2-21.8	2-21.8
1500m	Allisha Kenney	16.11.96	5-52.8	5-29.5	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	10.2"	9.69	9.34
L.J.	Breanna Franks	20.12.08	4.35	4.54^	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^	18.59	27.17

**" 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	13.4	13.1	12.64
	Brandon Lundy	24.03.07	14			
200m	Brandon Lundy	24.03.07	29.1	28.6	27.4	25.84
400m	Jai Holland	22.11.14	1-07.8	1-04.6	1-03.9	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	10.1	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#	9.84	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.	Ire Oloruntoba	21.10.15	15.96	18.37	26.52	34.27

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ABN 26 112 966 980 License #41529

EVENT	NAME	DATE	CENTRE	ZONE	REGION	STATE
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### U12 GIRLS

100m	Breanna Franks	30.01.10	13.5	13.2	13	12.64
200m	Katie Smee	06.03.10	28.7	29.7	27.4	25.84
400m	Amanda Clode	02.03.02	1-09.5	1-06.7	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	5-12.25	4-43.9	4-34.47
1500W	Rosslyn O'Connor	19.10.96	9-10.0	8-36.3	7-43.39	6-38.7
60mH	Tianna Cummings	26.02.05	10.7	10.1	10.1	9.34
	Maddison Ingram	30.01.10	10.7			
L.J.	Breanna Franks	13.02.10	4.93	4.71	5	5.42
H.J.	Kate Bartlem	26.02.00	1.46	1.43**	1.53	1.65
T.J.	Breanna Franks	27.02.10	9.36	9.96	10.03	10.94
S.P.	Kristie Short	14.03.98	10.99	14.03	14.58	16.19
DISC.	Tianna Cummings	13.11.04	32	36.7	39.26	46.19
Jav	Georgia Fuhrer-Andrews	25.10.14	18.62	25.72	28.99	34.42

**\*\* RECORD HELD BY TIANNA CUMMINGS - 2004**

### U12 BOYS

100m	Brandon Lundy	03.11.07	13.5	13.3	12.5	12.04
200m	Brandon Lundy	17.11.07	28.7	26.2	26.1	24.59
400m	Tim Kenney	02.03.96	1-06.6	1-02.8	59.94	56.94
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	9.7	9.5	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	28.31	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
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### U13 GIRLS

100m	Breanna Franks	30.10.10	13.4	13.1	12.6	12.34
	Belle Leonard	21.12.13	13.4			
200m	Breanna Franks	25.09.10	28.5	27.6	25.7	25.04
400m	Jacquie Munro	04.02.95	1-10.1	1-04.4	59.6	56.88
	Lauren English	26.11.95	1-10.1			
800m	Madeline Oliver	25-09.10	2-48.6	2-22.7	2-18.9	2-15.2
1500m	Madeline Oliver	15.01.11	5-25.0	4-48.65	4-58.4	4-36.1
3000m	Alana Oisch	24.09.16	13-05.3	11-23.0	11-19.7	9-58.99
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	13.8	13.3	12.26
200mH	Breanna Franks	18.09.10	32.2	31.2*	28.5	28.24
L.J.	Amanda Clode	23.11.02	4.82	4.85	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	10.26	10.43	10.52	11.27
S.P.	Anna Nadjic	13.01.01	9.87	12.66	11.96	14.95
DISC.	Jessica Roberts	12.02.05	32.87	42.98	42.62	49.57
JAV	Kristie Short	07.11.98	23.85	33.49	34.95	45.91

**\* RECORD HELD BY JACQUIE MUNRO - 1994**

### U13 MALE

100m	Peter Chesterfield	30.01.93	12.8	12.4	12	11.72
200m	Peter Chesterfield	30.01.93	26.9	25.9	24.3	23.34
400m	Tim Kenney	30.11.96	1-03.7	59.5	56.6	53.65
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	13.7	12.7	12.27
200mH	Samir Booker	20.10.01	31.3	28.4	27.24	26.21
L.J.	Chase Bennett	10.03.01	4.99	5.49	6.07	6.11
H.J.	Marcel Bray	10.03.07	1.58	1.56	1.7	1.81
T.J.	Marcel Bray	07.10.06	9.93	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	32.16	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	12.5**	12.4	12.14
200m	Elina Sefo	04.03.00	26.6	26.1	25.37	24.54
400m	Elina Sefo	05.02.00	59.3	58.7**	59	56.02
800m	Sarah James	22.09.01	2-26.6	2-31.6	2-20.1	2-13.2
1500m	Sarah James	23.02.02	5-26.2	5-26.2	4-53.3	4-35.3
3000m	Sarah James	23.03.02	11-38.1	11-01.00	10-48.15	9-59.16
1500W	Sarah James	19.01.02	9-03.1	8-04.59	7-31.1	6-15.4
80mH	Carra Onley	16.11.96	13.5	13.6^	12.9	11.94
200mH	Belle Leonard	08.11.14	30.9	29.4#	28.4	27.04
L.J.	Maddison Ingram	03.12.11	4.86	5.15	5.34	5.64
H.J.	Katie Hall	25.02.95	1.5	1.61	1.68	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	12.32	15.94
DISC.	Elina Sefo	08.01.00	30.52	36	37.48	44.76
JAV.	Maddison Ingram	29.10.11	25.78	32	33.53	41.78

#RECORD HELD BY CARRA ONLEY- 1996

^ RECORD HELD BY BELLE LEONARD - 2014

### U14 MALE

100m	Scott Bartlem	09.12.00	12.4	11.6	11.4	11.34
200m	Lucas Moffat	12.03.94	25.8	24.2	23.6	22.64
400m	Andrew Laverick	20.03.93	59.1	56.9	53.8	50.97
800m	Brenton Fuessel	28.10.95	2-26.5	2-20.1	2-10.9	2-02.3
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	13.3	13.4	12.04
	Scott Bartlem	27.01.01	14.1			
200mH	Scott Bartlem	09.12.00	28.9	26.1	26.8	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	1.72	1.83	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	12.29	15.01	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
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### U15 FEMALE

100m	Katie Hall	11.11.95	12.6	12.4	11.9	12.04
200m	Jacquie Munro	08.02.97	26.5	25.9	24.5	24.24
400m	Jacquie Munro	05.10.96	1-04.3	1-03.10	57.7	55.74
800m	Lucinda Bray	05.03.16	2-51.9	2-28.1	2-07.5	2-09.57
1500m	Kim Melville	25.01.03	5-23.6	4-51.0	4-45.8	4-34.8
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	7-09.71	6-24.2
90mH	Jacquie 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
L.J.	Maddison Ingram	09.03.13	5.28	5.5	5.48	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	11.04	12.42
S.P.	Jessica Roberts	03.03.07	11.91	12.53	13.26	15.25
DISC.	Kristie Short	30.09.00	32.3	41.25	41.83	48.18
JAV.	Kristen Moylan	24.02.96	26.96	31.18	33.86	42.18

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

### U15 MALE

100m	Chris Lowe	21.10.95	11.9	11.4	11.21	10.84
	Brandon Donkin	18.11.07	11.9			
200m	Andrew Laverick	12.03.94	24.6	23.9*	22.6	21.74
400m	Chris Lowe	03.02.96	52.2	54	51.98	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	13.8~~	13.09	12.64
200mH	Scott Bartlem	23.02.02	26.8	26.0~~	25.7	24.34
L.J.	Scott Bartlem	09.03.02	6.08	6.03	6.35	7.12
H.J.	Brandon Donkin	06.10.01	1.85	1.83~~	1.95	2.06
T.J.	Brandon Donkin	19.03.08	12.35	13.19>	12.91	14.35
S.P.	Steven Sefo	25.01.03	13.24	15.92	17.04	19.62
DISC.	Steven Sefo	16.11.02	49.39	47.37	55.18	64.26
JAV.	Mitchell Johnson	08.11.08	47.65	43.78	52.6	59.69

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

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Vehicle  
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EVENT	NAME	DATE	CENTRE	ZONE	REGION	STATE
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### U17 FEMALE

100m	Katie Smee	21.09.13	12.2	12.4	12.1	12.17
200m	Katie Smee	25.10.14	26.4	25.7>	25	24.33
400m	Katie Smee	25.10.14	1-07.9	1-00.8	57.1	56.41
800m	Taylor Mansfield	28.02.15	3-07.2	2-29.6	2-16.3	2-12.59
1500m	Taylor Whalen	30.10.10	5-14.70	5-05.6	4-39.6	4-33.13
100mH	Maddison Ingram	16.11.13	18	16.9	15.5	13.87
200mH	Maddison Ingram	08.11.14	34.2	30.8	28.3	26.43
L.J.	Katie Smee	25.10.14	5.13	5.78	5.59	5.84
H.J.	Taylor Ingram	16.10.10	1.43	1.6	1.65	1.84
T.J.	Maddison Ingram	06.12.14	9.67	11.18	11.22	12.52
S.P.	Taylor Ingram	18.09.10	8.81	10.99	17.15	16.29
DISC	Tegan Denniss	28.02.09	26.74	35.31	40.2	48.65
JAV.	Taylor Ingram	25.09.10	20.37	35.36	36.97	42.75

**\* RECORD HELD BY MADDISON INGRAM - 2013**

**> RECORD HELD BY KATIE SMEE - 2014**

### U17 MALE

100m	Darcy Hollins	15.01.11	11.8	11.6	11.2	10.84
200m	Darcy Hollins	02.02.10	24.4	23.8	22.6	21.8
	Jarrold Sansom	02.10.10	24.4			
400m	Jarrold Sansom	02.11.13	54.4	53.3~	50.9	49.44
800m	Jarrold Sansom	24.11.12	2-12.1	2-04.1	2-02.3	1-55.75
1500m	Jarrold Sansom	03.11.12	4-43.6	4-32.1	4-16.5	4-02.95
3000m	Jarrold Sansom	16.02.13	10-46.9	9-57.9	9-22.8	8-55.90
110mH	Ty Faulkner	04.10.08	16.1	15.4	14.2	13.64
200mH	Jarrold Sansom	21.09.13	27	26.3#	26.29	23.86
400mH	Jarrold Sansom	16.02.13	1-01.9	--	--	--
L.J.	Brandon Donkin	06.03.10	6.21	6.47	6.86	7.17
H.J.	Marcel Bray	16.01.10	1.8	1.81<	2m	2.1
T.J.	Brandon Donkin	24.10.09	12.99	13.74	13.54	14.8
S.P.	Rowan Bray	19.01.13	10.05	12.09	17.26	17.89
DISC	Jarrold Sansom	08.12.12	28.42	37.59	54.14	56.17
JAV.	Brandon Donkin	24.12.09	34.04	55.24	60.57	68.4

**RECORD HELD BY TY FAULKNER - 2008^**

**RECORD HELD BY MARCEL BRAY - 2010 <**

**RECORD HELD BY ROWAN BRAY - 2012~**

**RECORD HELD BY JARROLD SANSOM - 2012#**



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Sunday 8.00am – 2.00pm



EVENT	NAME	DATE	CENTRE
<b>U20 FEMALE</b>			
100m	Kayley Alsford	15.11.14	13
200m	Kayley Alsford	01.11.14	27.5
400m	Katie Hall	03.02.00	1-06.7
800m	Kayley Alsford	29.11.14	3-03.9
1500m	Kayley Alsford	01.11.14	7-28.10
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
<b>U20 MALE</b>			
100m	Fabian Gatfield	07.10.95	11.6
	Fabian Gatfield	03.02.96	11.6
200m	Fabian Gatfield	23.09.95	24.2
	Ryan Hucherko	31.10.15	24.2
400m	Rowan Bray	21.09.13	55.6
800m	Christopher O'Neill	28.09.13	2-23.1
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
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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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	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.	Kim Wilson-Birrell	07.11.15	10.17
DISC.	Jessica Roberts	20.12.14	32.71
JAV.	Jessica Roberts	22.09.12	29.18

<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	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



# Wahroonga Aboriginal Corporation Raymond Terrace

**Ph: 0432 563 018** | ABN: 46258009029 ICN: 2264

## Provides the following services;

- ✦ Advocacy
- ✦ Support
- ✦ Referral and Case Management service to the Aboriginal Community of Raymond Terrace and surrounding areas.

## Programs include:

- ✦ Boori Nu-re Wellbeing Program (Koori Kids that are disengaging at school)
- ✦ Family Support
- ✦ Health Checks
- ✦ ifit Program
- ✦ Women's Business
- ✦ Youth Mentoring
- ✦ Housing Assistance
- ✦ School Community Program
- ✦ Playgroup Wednesdays 9am to 11am at Raymond Terrace Public School

**Business Hours:**  
**Mon- Fri 9am - 4pm**

## Contact Persons:

<b>Dianne Ball</b>	Executive Director	diannewahroonga@gmail.com
<b>Nicole Townsend</b>	Manager Humpy Homeless Program/ Family Support Worker	nicolewahroonga@gmail.com
<b>Debbie Black</b>	Women Support Worker	debbiewahroonga@gmail.com
<b>Amanda Bridge</b>	Housing Support Worker	mandywhroonga@gmail.com
<b>Alexis Bridge</b>	Youth Support Worker	alexisbridgewahroonga@gmail.com

**wahroogaaaboriginalcorporation@gmail.com**

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EVENT	NAME	DATE	CENTRE
<b>MASTERS FEMALE 30 - 49 YEARS</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
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

<b>MASTERS MALE 30 - 49 YEARS</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	David Wallis	18.12.10	5-18.4
3000m	David Wallis	12.02.11	10-59.7
110H	Scott Clarke	20.12.14	20.2
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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**4987 2872**

Unit 2/36-38 Port Stephens St Raymond Terrace

[petsrusrt@gmail.com](mailto:petsrusrt@gmail.com)

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EVENT	NAME	DATE	CENTRE
<b>MASTERS FEMALE 50 - 59 YEARS</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 - 59 YEARS</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	Mark Melville	27.11.04	6-04.6
3000m	Mark Melville	09.10.04	14-26.6
100mH	Ray Warner	16.12.06	19.5
L.J.	Ray Warner	23.09.06	4.77
	Mark Melville	11.03.06	4.77
H.J.	Mark Melville	11.03.06	1.35
	Ray Warner	20.01.07	1.35
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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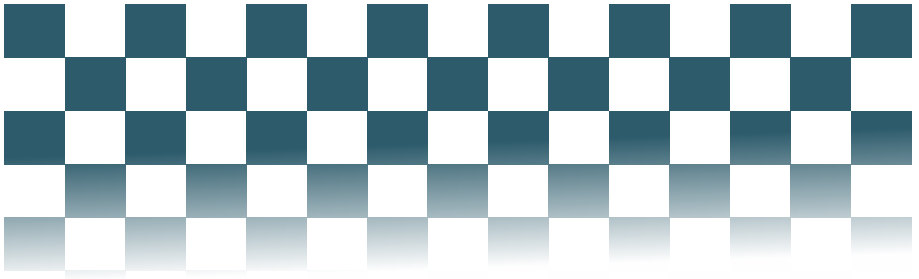
***Tuesday - Saturday LUNCH 11.00 - 2.00pm***

***Tuesday - Sunday DINNER from - 4.30pm***



EVENT	NAME	DATE	CENTRE
<b>MASTERS MALE 60 - 69 YEARS</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 - 79 YEARS</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	Brian Sharpe	26.02.05	18-55.0
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.	Brian Sharpe	15.01.05	7.13
DISC.	Brian Sharpe	13.11.04	19.06
JAV.	Brian Sharpe	22.01.05	19.6



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(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**

Smyth Field, off High St, Maitland

### **MEDOWIE**

Kindlebark Oval, Kindlebark Dr, Medowie

### **MYALL COAST**

Myall Park Sports Complex, Yamba St, Hawkes Nest

### **NEWCASTLE CITY**

Newcastle Athletic Field, Smith St, Newcastle

### **PORT STEPHENS**

Dick Burwell Oval, Nelson Bay

### **STOCKTON**

Corroba Oval, Fullerton Rd, Stockton

### **TILLIGERRY**

Tom Payne Oval, Strathmore Rd, Murrumbidgee

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## 2016 / 2017 SEASON CALENDAR

DATE	CARNIVAL	VENUE
<b>SEPTEMBER</b>		
Sat 3	<b>Come &amp; Try morning</b>	RTAC
Sat 10	<b>1st Centre Meet</b>	
Sat 17	<b>Centre Meet</b>	
Sat 24	<b>Centre Meet</b>	
<b>OCTOBER</b>		
Sat 1	<b>Centre Meet</b>	
Thur 13-Sun 16	NSW All Schools	Homebush
Sat 8	<b>Centre Meet</b>	
Wed 12	Entries close RTAC Pentathlon	
Sat 15	<b>Centre Meet</b>	
Sat 15	<b>TAC Pentathlon 1:45pm</b>	
Sat 22	<b>Centre Meet</b>	
Sun 23	Port Hunter Zone Multi	Tilligerry
Wed 26	Entries close Trans Tasman	
Sat 29	<b>Centre Championships Round 1</b>	
Sun 30	Wallsend Gala Day 9am	Federal Park
<b>NOVEMBER</b>		
Wed 2	Entries close LA State Relay Championships	
Sat 5	<b>Centre Meet</b>	
Sun 6	Trans Tasman Trials	The Crest, Bass Hill
Thurs 10-Sat 12	Masters Pan Pacific Games	Gold Coast

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## 2016 / 2017 SEASON CALENDAR

DATE	CARNIVAL	VENUE
<b>NOVEMBER</b>		
Sat 12	<b>Centre Meet</b>	
Sat 19	<b>Centre Meet</b>	
Sat 19	State Relays - U8 - U11	Homebush
Sun 20	State Relays - U12 - U17	Homebush
Sat 26	<b>Centre Meet</b>	
Sat 26-Sun 27	ANSW Relays	Blacktown
<b>DECEMBER</b>		
Sat 3	<b>Round 2 Centre Championships</b>	
Fri 3-Sun 4	Aust All Schools Champs	Canberra
Sat 10	<b>NO CENTRE MEET</b>	
Sat 10-Sun 11	LA Zone Championships	Wallsend
Sat 17	<b>LAST CENTRE MEET FOR 2016 / BBQ</b>	
<b>JANUARY</b>		
Sat 7	Dubbo New Year Carnival	Barden Park
Sun 15	Trans Tasman Challenge	Campbelltown
Sat 21	<b>FIRST CENTRE MEET FOR 2017</b>	
Sun 20	State Relays - U12 - U17	Homebush
Fri 20-Sun 22	NSW Country Championships	Dubbo
Sat 28	<b>Centre Meet</b>	
Sat 28	Hunter Track Classic	Glendale
Sun 29	Hunter Track Classic Coaching Clinic	Glendale



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## 2016 / 2017 SEASON CALENDAR

DATE	CARNIVAL	VENUE
<b>FEBRUARY</b>		
Sat 4	<b>Centre Meet</b>	
Wed 8	Entries close LA State Multi Event	
Fri 3-Sun 5	ANSW Junior & Youth Champs	Homebush
Sat 11	<b>No Centre Meet</b>	
Sat 11-Sun 12	LA Regional Championships	Glendale
Sat 26	<b>Centre Meet</b>	
Sat 18-Sun 19	NSW Masters Championships	Homebush
Fri 24-Sun 26	NSW Open, U23 & Para Champ	Homebush
Sat 26	<b>Centre Meet</b>	
<b>MARCH</b>		
Sat 4	<b>Centre Meet</b>	
Sat 4-Sun 5	NSW Masters Championships	TBA
Sat 4-Sun 5	LA State Multi Championships	Glendale
Sat 11	<b>Final Centre Meet for the season / BBQ</b>	
Tues 14	<b>RTAC AGM &amp; General Meeting 6:30pm</b>	RTBC
Fri 17-Sun 19	LA State Championships	Homebush
Sat 22-Sun 23	Aust LA Championships	Homebush
<b>APRIL</b>		
Sun 2	<b>RTAC Annual Presentation Day</b>	RTBC
Sat 15-Tues 18	Aust Masters Championships	Adelaide
Sat 22-Sun 23	Aust LA Championship (U13's)	Homebush

## 2016 / 2017 SEASON CALENDAR

DATE	CARNIVAL	VENUE
<b>MAY</b>		
Sun 21	<b>Wallaroo State Forest Fun Run</b>	W'roo State Forest
<b>AUGUST</b>		
Sat 12	RTAC Registration Day 10-1pm	RTAC
Sat 19	RTAC Registration Day 10-1pm	RTAC
Sat 26	RTAC Registration Day 10-1pm	RTAC
<b>SEPTEMBER</b>		
Sat 2	<b>Come &amp; Try Morning 9am</b>	
Sat 9	<b>First Centre Meet</b>	



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