



ATHLETICS CENTRE

**2017  
2018**

**Calendar  
&  
Handbook**



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## **CONTENTS**

2017 / 2018 Executive & Committee Members	3
2017 / 2018 General Committee Members	5
RTAC Life Members	7
Handbook Cover Photo	8
The Grumpy Monkey	11
Little Athletics Ten Commandments	13
RTAC Sunsmart Policy	15
Centre Information, Cancellation	17-19
Footwear, Attire, Registration Numbers, Patches	21
Membership, Insurance, Coaching	23
Awards, Fundraising, Meetings	25
Protests, Multi Event Point Score, Competitions	27
Competitions, RTAC Fun Runs, Winter Competition	29-31
Centre Records 2016 / 2017	33-63
Location of Athletics Venues	65
Season Calendar	67-72



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## RTAC EXECUTIVE & COMMITTEE 2017 / 2018

### 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>REGISTRAR:</b>	Barbara Inglis	Phone: 0408 487 190
<b>PUBLICITY OFFICER:</b>	Deidre Hall	Phone: 0418 962 185
<b>COACHING DIRECTOR:</b>	Katie Drosd	Phone: 0417 240 120
<b>ATHLETE LIAISON OFFICER:</b>	Katie Drosd	
<b>GROUPS OFFICER:</b>	Scott Clarke	
<b>UNIFORM OFFICER:</b>	<b>VACANT</b>	
<b>EQUIPMENT OFFICER:</b>	Andrew Morrissey	
<b>RECORDER:</b>	Meagan Morrissey	
<b>CANTEEN OFFICER:</b>	Theresa Pisch	
<b>FUNDRAISING:</b>	Katie Drosd	



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**PUBLIC OFFICER:** Deidre Hall

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

**ZONE DELEGATES:** John Terranova  
Barbara Inglis

**FIRST AID:** Barbara Inglis  
Scott Clarke  
Theresa Pisch  
Cassandra Terranova  
Natasha Terranova

*Additional qualified First Aid members are welcome.*

**GENERAL COMMITTEE:** John Terranova  
Renaë 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

## OUR COVER PHOTO

### ZANE CASE AND DAVID MARSH

#### OUR YOUNGEST AND OLDEST ATHLETES FOR THE 2016 /2017 SEASON



There may be a vast difference in age and height, but Zane and David each share the enjoyment of athletics and being the best they can be.

For 5 year old Zane, last season was his chance to do something his dad had done when he was younger. He's enjoyed seeing his dad's Little Athletics medals and hearing about the fun he'd had competing when he was younger. Zane was keen to join athletics, have fun and maybe win medals too.

In this, Zane's very first season of athletics, he not only realised his dream of winning medals. Zane was the highest point scorer in the U6 to U9 years, winning the Sub Junior Boy Championship Trophy and as 1st in the U6 Boys Centre Championships won a Gold medal.

Congratulations Zane on a wonderful first season. Not surprisingly, he's keen to see how well he can do this season!

### DAVID MARSH

For 74 year old David, last season was his 56th year of involvement in athletics as an athlete and a coach in walks, middle and long distance. David's favourite distance when he started running at 18 years of age was The Mile. He won The Golden Mile at Masonite 3 years in a row before being encouraged to run with a handicap to give other runners a chance! He joined the Newcastle Harriers; and from running a mile, he graduated to longer distances until a few years later he ran a Marathon from the RAAF Base to Hexham and return in just 3 hours.

In the 1970's David concentrated on race walking and achieved his dream of being the top runner in Newcastle by breaking all the records from 1,500m to

10,000m. One of the athletes he coached eventually broke his 1500m record. Although not being a continuous member of our Centre for his 56 years, David was there when our Centre began in 1976. He was approached to be part of a Committee to help start Raymond Terrace Athletics Centre; and he Chaired our Centre's first meeting. He didn't compete then, but he coached and would run endless laps on a Saturday morning encouraging the young ones. He became a helper and coach in all events before becoming our walks and middle distance coach.

David has coached athletes to State medals; and some of our athletes he has coached over the years including U13 Sam Gordon, U15 Brenton Fuessel, to Open and Masters athletes Rebecca Douglas, Kelli Jenkinson, Ann Tisdell, Karen Giles, Kim Jones, Mark Melville, still hold records at our Centre. His current athletes range in age from Little Athletes to Masters. Some of his older runners had no interest in running until their children started Little A's and under David's guidance, are now looking towards running a marathon. David believes that you don't have to be a champion runner, just have a desire and want to achieve a goal.

In encouraging his runners who have that desire or dream to be a champion or just the best they can be, he recalls the words of a song, "hold on tight to your dreams". He tells them it's better to aim for the stars and maybe hit the Moon than aim for nothing. He reflects that maybe his aim to be the top Newcastle runner by breaking all the distance records could have been higher. He's wondered if he could have aimed more for the stars, but he's happy with what he achieved then, and is now happy to be able to help his runners be the best they can be.

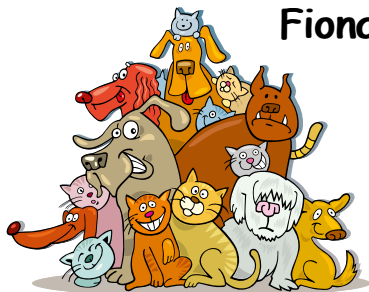
The year 2000 was a milestone year for David when he became a Life Member of our Centre, was an Olympic Torch Bearer at the Olympic Torch Relay; and was awarded the Australia Sports medal for his contribution to athletics.

One of David's funny memories is of his first cross country, although it was run on roads that started and finished at the Newcastle track. It seems he was only able to keep the other runners in sight for about 4 or 5 miles and because he didn't know the course, he got lost. In trying to get back on course, he unintentionally took a short cut and found himself running towards the leader. David turned and ran with him for about 1½ miles until they got close to the Newcastle track. The other runner took off and finished first with David 2nd. He did, however, confess his honest mistake!

Over the years, David has also competed in bike racing, triathlons, Fun Runs and has recently completed his 50th Park Run. David shows no sign of putting his feet up and taking it easy. As well as coaching, he still competes in the 800, 1500m, 3000m and throws. We are very grateful for the years David has dedicated to our athletes, our Centre and athletics in general. We hope it continues for years to come.

# Raymond Terrace Veterinary Clinic

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Fiona Wells BVSc.



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### **The Story Behind our Centre Logo “The Grumpy Monkey”**

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

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

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



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## LITTLE ATHLETICS TEN COMMANDMENTS

1. Little Athletics is meant to be a fun family sport. **Don't spoil it by becoming too intense.**
2. Remember that your child is competing against him / herself. Resist the temptation to compare results with other competitors. If they're that important, athletics is not for you.
3. Be on your guard against projecting your own aspirations on to your child. If you want to win the race, go and run it yourself!
4. Never hurl abuse from the sidelines - people do not respect you for it. By all means, cheer on your 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

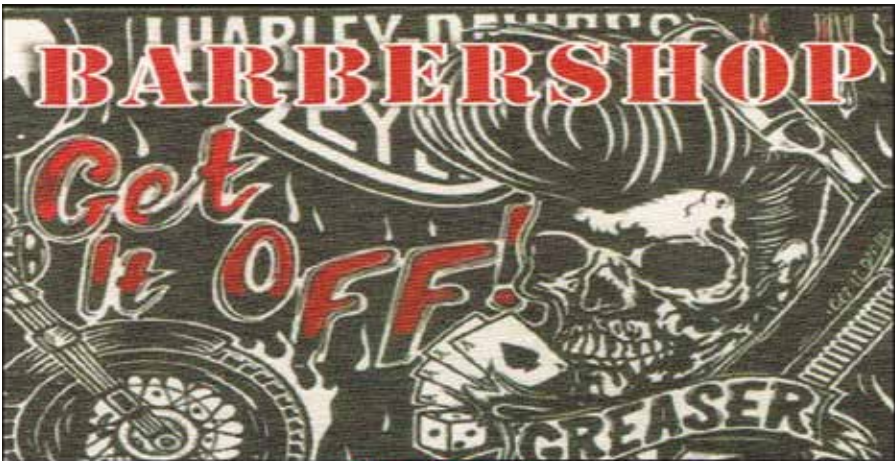
RTAC provides numerous permanent shade areas on the field. Executive and Committee members, as well as parents and athletes assisted in their construction.

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



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## OBJECTIVES OF OUR CENTRE

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

## CANCELLATIONS OF CENTRE MEETS

If adverse weather or track conditions force the cancellation of the Centre meet, telephone **4983 1407 after 7am that day** for a recorded message for confirmation. When possible, it will also be notified on our **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** 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’s to U12’s. Athletes are encouraged to participate, as this is a vital part of competition. Even the youngest athletes risk injury without sufficient warm-up, no matter in which event they participate.

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



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

- **Send your athlete/s for a warm-up at 8:15 with the other athletes.**
- **Pick-up the weekly newsletter**, which will be on a table on the verandah. It contains information on upcoming events, results of any carnivals, important details about our Centre, the previous week's record breakers, etc.
- On the table will also be **carnival entry forms** for other Centres from time to time that may be of interest.
- **Check the noticeboard.** It has the weekly event program, upcoming competitions; and other athletics information.
- **Decide how you can best assist at the meet** - as an age marshall, place judge, or helper with a group (minimum 4-5 adults per group are needed). Without sufficient helpers, we can't start on time.
- If you have more than 1 athlete on the field, it's best if you **assist the group that as 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 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.** Jetstar patches no longer need to be worn.

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**.

## CHANGES TO LA AGE GROUPS NEXT SEASON

Next season, the age groups will be based on age as at December 31, not September 1 as has always been the case. This change will finally bring Little Athletics into line with ages for school competitions and Athletics NSW. This change will be confusing at first as it will also mean that for the 2018 / 19 season, some athletes will skip an age group and some may have a second season in the same age group.



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## REGISTERED ATHLETES CAN COMPETE BY INVITATION AT OTHER CENTRES

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

## CANCELLATION OF MEMBERSHIP

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

## RULES ON TRANSFER

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

## 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.



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## 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.

## ELIGIBILITY FOR PRESENTATION DAY AWARDS

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

## MERIT AWARDS

These are the end of season Centre Point Score Awards and are based on points awarded to each athlete for participation and improvement throughout the season. One point is awarded for each event attempted (maximum of five per Centre meet), one point when each personal best is equalled; and one point each time a personal best is bettered. Awards at Presentation Day will be presented to the first three boys and first three girls in each age group, for the highest points gained over all Centre meets. **Five bonus points** are awarded to athletes who compete at 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 Deidre if you have any fundraising ideas.**

## MONTHLY RTAC MEETINGS

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

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[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.

## HOW DOES A MULTI-EVENT POINTSCORE WORK?

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

## OUR ANNUAL PENTATHLON

This will be our 18th annual Pentathlon; and has been sponsored by Tomago Aluminium each year. To be held at our field on Saturday October 28, this competition is for U6's to Masters. First call is 1:45 with first events beginning at 2pm. Entries close Oct 25. Entries will be available at our Centre, at [www.raymondterraceathletics.com.au](http://www.raymondterraceathletics.com.au) and facebook. Five bonus points are awarded to RTAC athletes who compete.

## CENTRE CHAMPIONSHIPS

Because February again has no weekend free from Championships, we are again holding Round 2 of Centre Championships before Christmas. **Round One will be held on October 21 and Round Two on December 2.** 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.

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## LA PORT HUNTER ZONE MULTI

This is open to athletes from the U6 to U17 from our Port Hunter Zone's 11 Centres. Athletes compete in 6 events on the day. A multi-event point score is used. **This year Medowie is hosting the Multi on Sunday October 22. Five bonus points are awarded to RTAC athletes who compete.**

## TRANS TASMAN TOUR

The Trans Tasman is for athletes in the U11 and U12 age groups, from both NSW and Auckland. Every second year, a team from NSW (boys and girls in both the U11 and U12 age groups), travels to Auckland for the Trans Tasman Tour. On alternate years, a team from Auckland travels to Sydney. The Trans Tasman Team will be travelling to Auckland on 4 January 2018 and returning to Sydney on 16 January 2018. The Trans Tasman Challenge will be held at Mt Smart Stadium, Auckland on Sunday, 14 January 2018. Interested athletes need to nominate and pay the \$300 deposit no later than **Wednesday Oct 25** and should be at least **STATE STANDARD**. The venue for the Challenge alternates between NSW and New Zealand each year. 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 9 and Sunday December 10** at Tomaree Sports Complex, Salamander Bay 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 Zone requirement of all 11 Centres in our Zone that a parent of each athlete assists in at least one duty per child over the Championship weekend.** Because a few of our parents over previous years have failed to do their assigned duty, other parents have had to double up on theirs. There is now a refundable deposit of \$50 per athlete with a maximum of \$100.

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



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## NSW COUNTRY CHAMPIONSHIPS

To be held from **Friday January 26 to Sun January 28 in Wollongong**, 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.

## 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 **Mingara Athletics Facility, Tumby Umbi on Friday February 23 to Sunday February 25**.

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 Jubilee Park, Wagga Wagga on **Saturday March 3 and Sunday March 4**. This runs on the same format as Zone Multi, using a multi-event pointscore. Entries close Mon Feb 5.

## 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 **Friday March 23 to Sunday March 25**.

## WALLAROO FUN RUN IS NO LONGER ABLE TO BE HELD DUE TO A LACK OF MAINTENANCE FUNDING FOR THE FOREST

However, we have another available venue not far away that we hope will work out. Once we can confirm its suitability, we will let you know.

## 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

## 2016/ 2017 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	Noah Percival	19.11.16	12.6
100m	Blake Sherring	17.09.05	18.4
	Jacob Johnson	17.09.05	18.4
200m	Anu Oloruntoba	12.09.15	43.8
300m	Thomas Bray	11.10.08	1-02.1
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	Ava Purdon	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
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 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	Amelia Said	26.11.16	4-21.6	4-52.7	3-51.58	3-21.7
60mH	Lauren English	05.01.02	11.1	10.7	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	Ashleigh Vetter	26.11.16	2-53.4	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	33.19	36.73	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**

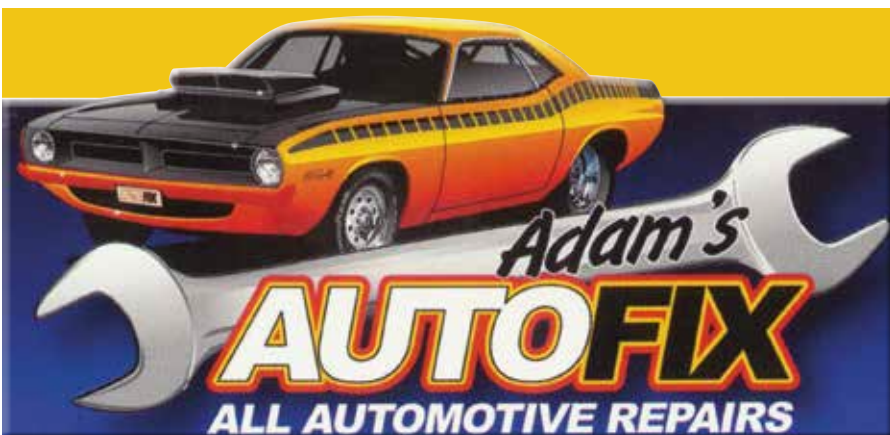
**\* RECORD HELD BY KATIE SMEE - 2008**

**< RECORD HELD BY DAKOTA GORDON - 2011**

### 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.	Taylor Hessel	05.11.16	18.3	18.37	26.52	34.27

**# RECORDS HELD BY MARCEL BRAY - 2004**



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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	Ebony Newton	03.12.16	1-07.8	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
	Harper Collins	05.11.16	13.5			
200m	Harper Collins	25.02.17	28.5	26.2	26.14	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			
	Scarlett Potter	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
<b>U14 FEMALE</b>					

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**

<b>U14 MALE</b>						
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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
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
300mH	Ellen Ditton	17.09.16	59.08	58.2^	57.7	46.65
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**

**^RECORD HELD BY ELLEN DITTON - 2016**

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
300mH				-	43.56	40.28
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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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	Lucinda Bray	03.12.16	2-55.7	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	Victoria Allen	28.01.17	17.5	16.67#	15.5	13.87
200mH	Maddison Ingram	08.11.14	34.2	30.8	28.3	26.43
300mH	Belle Leonard	17.09.16	52.61	51.16	49.54	45.83
L.J.	Katie Smee	25.10.14	5.13	5.78	5.59	5.84
H.J.	Victoria Allen	03.12.16	1.55	1.7	1.7	1.84
T.J.	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 VICTORIA ALLEN - 2016

# 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
300mH	Bradley Marshall	26.11.16	48.7	46.83*	42.16	37.69
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.	Thomas Jenkinson	29.10.16	11.68	12.09	17.26	17.89
DISC	Thomas Jenkinson	05.11.16	30.83	38.04	54.14	56.17
JAV.	Brandon Donkin	24.12.09	34.04	55.24	60.57	68.4

RECORD HELD BY TY FAULKNER - 2008^

RECORD HELD BY MARCEL BRAY - 2010 <

RECORD HELD BY ROWAN BRAY - 2012~

RECORD HELD BY JARROLD SANSOM - 2012#

RECORD HELD BY BRADLEY MARSHALL - 2016\*



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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	1-05.7
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
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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(TUES - FRI)  
11.30AM - 2.30PM**

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.	Jessica Roberts	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



**Raymond Terrace Branch**

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

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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
300H	Angela Salisbury	17.09.16	1-26.1
400mH	Rebecca Douglas	25.10.03	1-18.0
1500W	Kelli Jenkinson	12.03.05	8-32.8
L.J.	Ann Tisdell	24.01.04	4.46
H.J.	Sonia Beck	18.10.08	1.41
T.J.	Ann Tisdell	11.10.03	9.15
S.P.	Ann Tisdell	23.09.06	8.37
DISC.	Suzanne Bridgeman	17.09.05	25.26
JAV.	Kim Jones	01.09.03	26.01
<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	Steve Edstein	28.01.17	10-44.6
110H	Scott Clarke	20.12.14	20.2
300H	Benjamin Salibury	17.09.16	56.1
L.J.	Scott Clarke	01.11.14	5.4
H.J.	Mathew Sheridan	29.09.12	1.58
T.J.	Spencer Cox	03.11.07	11.17
S.P.	Daniel Inglis	24.11.12	10.11
DISC	Simon Bolte	31.03.12	28.58
JAV	Daniel Inglis	22.09.12	43.51



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<b>EVENT</b>	<b>NAME</b>	<b>DATE</b>	<b>CENTRE</b>
<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	David Pisch	08.10.16	13-59.9
100mH	Ray Warner	16.12.06	19.5
300H	David Pisch	26.11.16	1-01.3
L.J.	Ray Warner	23.09.06	4.77
	Mark Melville	11.03.06	4.77
H.J.	David Pisch	03.12.16	1.4
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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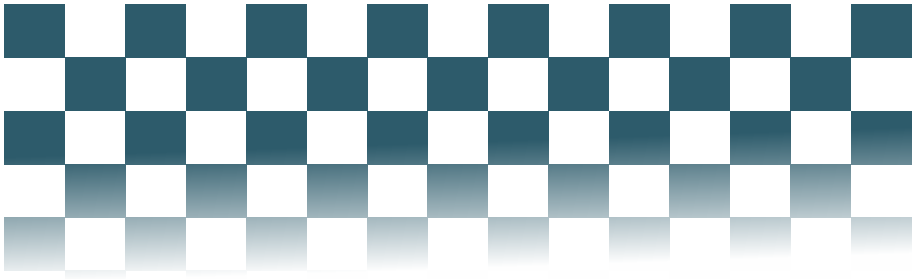
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**Tuesday - Saturday LUNCH 11.00 - 2.00pm**

**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	David Marsh	19.03.16	17-55.2
L.J.	Brian Sharpe	11.09.04	2.99
H.J.	Brian Sharpe	05.03.05	0.95
T.J.	Brian Sharpe	27.11.04	6.22
S.P.	David Marsh	21.11.15	7.52
DISC.	David Marsh	25.02.17	25.26
JAV.	Brian Sharpe	22.01.05	19.6



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### **Homebush**

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### **MACQUARIE HUNTER**

Hunter Sports Centre, Stockland Dr, Glendale

### **MAITLAND**

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### **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**

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## 2017 / 2018 SEASON CALENDAR

DATE	EVENT	VENUE
<b>SEPTEMBER</b>		
Sat 2	<b>1st Centre Meet</b>	
Sat 9	<b>Centre Meet</b>	
Sun 10	<b>The Greater RT Fun Run</b>	RTAC
Sat 16	<b>Centre Meet</b>	
Fri 22	Entries close Skills Coaching Clinic	
Sat 23	<b>Centre Meet</b>	
Tues 26	Skills Coaching Clinic	New Lambton
Sat 30	Centre Meet	
<b>OCTOBER</b>		
Sat 7	<b>Centre Meet</b>	
Thurs 12 –Sun 15	NSW All Schools	Homebush
Sat 14	<b>Centre Meet</b>	
Sat 21	<b>Centre Championships Round 1</b>	
Sun 22	Port Hunter Zone Multi	Medowie
Sun 21 – Sat 28	Aust. Masters Games	Tasmania
Wed 25	<b>Entries close RTAC Pentathlon</b>	
Wed 25	Entries close Trans Tasman & \$300 deposit	
Sat 28	<b>RTAC Pentathlon 1:45pm</b>	
<b>NOVEMBER</b>		
Wed 1	Entries close LA State Relay Championships	
Sat 4	<b>Centre Meet</b>	
Sat 4 - Sun 5	ANSW Relay Championships	Homebush

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## 2017 / 2018 SEASON CALENDAR

DATE	EVENT	VENUE
<b>NOVEMBER</b>		
Sat 11	<b>Centre Meet</b>	
Sat 18	<b>Centre Meet</b>	
Sat 18	State Relays - U8 – U11	Homebush
Sun 19	State Relays – U12 – U17	Homebush
Fri 24	Full Payment Trans Tasman due	
Sat 25	<b>Centre Meet</b>	
<b>DECEMBER</b>		
Sat 2	<b>Round 2 Centre Championships</b>	
Fri 8 - Sun 11	Aust All Schools Champs	Adelaide
Sat 9	<b>NO CENTRE MEET</b>	
Sat 9 - Sun 10	LA Zone Championships	Port Stephens
Sat 16	<b>LAST CENTRE MEET FOR 2017 / BBQ</b>	
<b>JANUARY</b>		
Thur 4 – Tue 16	Trans Tasman Challenge	Auckland, NZ
Sat 13	<b>FIRST CENTRE MEET FOR 2018</b>	
Sat 20 – Sat 27	Oceania Masters Champs	Dunedin, NZ
Sat 20	Hunter Track Classic	Glendale
Fri 26 – Sun 28	NSW Country Championships	Wollongong
Sat 27	<b>Centre Meet</b>	



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## 2017 / 2018 SEASON CALENDAR

DATE	EVENT	VENUE
<b>FEBRUARY</b>		
Sat 3	<b>Centre Meet</b>	
Fri 2 - Sun 4	ANSW Open Champs	Homebush
Wed 7	Entries close LA State Multi Event	
Fri 9 – Sun 11	ANSW Junior Championships	Homebush
Sat 10	<b>Centre Meet</b>	
Sat 17	<b>Centre Meet</b>	
Fri 16 - Sun 18	ANSW Open Champs & Selection Trials	Homebush
Fri 23 – Sun 25	LA Region Championships	Mingara, Tumbi Umbi
Sat 24	<b>Centre Meet</b>	
<b>MARCH</b>		
Sat 3	<b>Centre Meet</b>	
Sat 3 – Sun 4	ANSW Masters Championships	TBA
Sat 3 – Sun 4	LA State Multi Championships	Wagga Wagga
Sat 10	Centre Meet	
Wed 14 – Sun 18	Aust Jnr & Para Championships	Sydney
Sat 17	Final Centre Meet for the season / BBQ	
Fri 23 – Sun 25	LA State Championships	Homebush
<b>APRIL</b>		
Sun 8	<b>RTAC Annual Presentation Day</b>	<b>RTBC</b>
Wed 4 – Sun 15	Commonwealth Games	Gold Coast
Thurs 26 - Mon 29	Aust LA Championships	Gold Coast

## 2017 / 2018 SEASON CALENDAR

DATE	EVENT	VENUE
<b>MAY</b>		
Tues 8	<b>RTAC AGM &amp; General Meeting 6:30pm</b>	<b>RTBC</b>
<b>JUNE</b>		
Wed 28	Entries close LA State Cross Country (U7 – U17)	
<b>JULY</b>		
Sun 2	LA State Cross Country	Kirby St, Rydalmere
<b>AUGUST</b>		
Sat 11	RTAC Registration Day 10am – 1pm	RTAC
Sat 18	RTAC Registration Day 10am – 1pm	RTAC
Sat 25	RTAC Registration Day 10am – 1pm	RTAC
<b>SEPTEMBER</b>		
Sat 1	<b>RTAC 1st Centre Meet</b>	



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