

**MUDGEERABA**  
LITTLE ATHLETICS CENTRE



**2025/26**



**FAMILY HANDBOOK**

## 2024/25 Club Captains- Grace & Jesse



## 2024/25 State Qualifiers



# CONTENTS

Contact Us .....	4
FAQs .....	4
Committee and Coaching.....	5
Committee .....	5
Life Members .....	5
Little Athletics QLD Awards .....	5
Coaching .....	5
Code of Ethics .....	6
Blue Cards .....	6
Athlete Safety .....	6
General Information .....	7-8
Weekly Competition .....	7
Parent Involvement .....	7
Club Records .....	7
Weekly Results .....	7
Wet Weather .....	8
Photography .....	8
End of Season Awards .....	8
Registration .....	9
Registering .....	9
Age Group Table .....	9
Trials .....	9
Fee Structure .....	9
Uniform .....	10
Club Uniform .....	10
Patch Placement .....	10
Policies .....	11-12
Code of Conduct .....	11
Footwear Policy .....	12
Uniform Policy .....	12
Season Calendar .....	13
Club Records .....	14-17



# CONTACT US

**EMAIL**

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

**PHONE**

Krysta ..... 0431 532 725

**WEBSITE**

[mudgeerabalittleathletics.com.au](http://mudgeerabalittleathletics.com.au)

**SOCIAL MEDIA**

Facebook.....[@mudgeerabalittleathletics](https://www.facebook.com/mudgeerabalittleathletics)

Instagram.....[@mudgeerabalittleathletics](https://www.instagram.com/mudgeerabalittleathletics)

**POSTAL ADDRESS**

PO BOX 579  
Mudgeeraba QLD 4213

**TRACK ADDRESS**

Woodlands Park, Swanton Dr  
Mudgeeraba QLD 4213

**Little Athletics QLD**

[www.laq.org.au](http://www.laq.org.au)

**Little Athletics Australia**

[www.littleathletics.com.au](http://www.littleathletics.com.au)

## FAQS

**How Long Is the Season?**

Our season runs between September and March. Exact dates are determined on a yearly basis.

**Is Competition Held Over the School Holidays?**

Yes. We run every Saturday (weather permitting) from September through to March with the exception of a few weeks break over Christmas. We may also miss the occasional Saturday due to major carnivals.

**Can I Get a Refund Of Fees If My Child Does Not Like Athletics?**

Unfortunately no. A disclaimer is signed as part of the registration process through Little Athletics Queensland acknowledging that registration fees are non-refundable. It is for this reason that we strongly encourage prospective athletes to do a trial before joining.

**How Long Does Competition Take Each Week?**

Each age group participate in 5 events each week. Athletes are finished when their group completes all 5 events. Generally, groups are finished by 10:00 – 10:30am.

**Do Boys Compete Against Girls?**

Some age groups are mixed and the athletes compete in events against each other. Their results however are compared with others of the same gender and age.

# COMMITTEE & COACHING

## 2025/26 Committee

**Centre Manager**.....Krysta Bricknell  
**Secretary**.....Bec Lockwood  
**Treasurer**.....Brett Flynn  
**Registrar**.....McKenzie Hinton  
**General Committee**.....Andrew Arkinstall / Amanda Flynn/ Brant Cameron /  
Christie-Lee Burgoyne  
**Canteen Coordinator**.....Amanda Flynn  
**Canteen Operator**..... Flynn Family  
**Uniform Officer**.....Christie Lee Burgoyne  
**Data Entry**.....Caroline McQuaid  
**Equipment & Grounds**.....Andrew Arkinstall / Brant Cameron  
**Coaches**.....Andrew Arkinstall  
**Officials Officer**.....Krysta Bricknell / Brett Flynn  
**Team Manager**.....Krysta Bricknell / VACANT  
**Nominations/Program/Records Officer**....Krysta Bricknell  
**Tiny Tots Coordinator**.....Paula Dore  
**First Aid Officers**.....Brett Flynn / Brant Cameron / McKenzie Hinton

## Life Members

<b>Betty Arkinstall</b> .....	2001
<b>Simon Hinton</b> .....	2018
<b>Amanda Jaekel</b> .....	2018
<b>Andrew Arkinstall</b> .....	2018
<b>Krysta Bricknell</b> .....	2025

## LAQ Awards

<b>Andrea Harvey Centre Administration Award (Runner Up)</b> .....	2019
<b>George Harvey Leadership Award (Kobe Hinton)</b> .....	2019
<b>Merit Award (Simon Hinton)</b> .....	2020
<b>Frank Knight Memorial Coach of the Year (Todd Ransome)</b> .....	2023

## Coaching

The Committee, Coaches and Age Managers offer guidance to all athletes during Saturday morning competition. If your group needs any extra support, please let us know. Club training sessions may be held throughout the season. Sessions will be dependent on the availability of the coaches and parent/athlete interest. Families will be advised when these are to take place.

The coaches also have training squads, with sessions running all year long. Please contact them directly for more information.

**Andrew Arkinstall:** 0414 451 420 (Middle/Long Distance)

# LITTLE ATHLETICS CODE OF ETHICS

Little Athletics is primarily a fun activity for young children who wish to participate in some healthy competition with their friends. To benefit our athletes, the following code of ethics has been put in place and every person, adult or child, is expected to adhere to;

- Do not criticise, abuse or scream at athletes, other parents or officials.
- Accept decisions of all officials or referees as being fair and ruled upon in an impartial manner.
- Support other athletes in their endeavour to achieve the best they can.
- Encourage children in a positive manner as development is not the same in all, therefore, some children may take time to show ability or improvement.
- Be patient with officials trying to arrange the competition day, as they are parents and volunteers also.

## BLUE CARDS

All Committee Members & Coaches are required to hold a valid Blue Card. Any person who does not have children registered with the club, must obtain a Blue Card to help. Parents/caregivers with children attending our centre are encouraged to obtain a Volunteer Blue Card. This service is free of charge to volunteers and can be done by filling out an Application Form (we have copies in the office) or online at

<https://my.bluecard.qld.gov.au>

## ATHLETE SAFETY

- Athletes must have a parent/guardian at the track at all times. Athletes cannot be dropped off at the field for collection later
- All areas outside the track and immediate clubhouse areas are OUT OF BOUNDS for children not with their parents. This includes the car park, road, surrounding trees, behind the sheds and up the path underneath the bridge
- Dogs are not permitted on the field during competition
- We recommend footwear to be worn at all times. Footwear during competition is a requirement
- Athletes are not permitted to use mobile phones while out on the track/field
- Bullying will not be tolerated on any level (by athletes or adults).

# GENERAL INFORMATION

## Weekly Competition

Our competition will commence at 8am each Saturday morning. Athletes will begin with a whole group warm up while parents receive information regarding the mornings events and other announcements. Competition will comprise of 5 events for each age group, 2 track events and 3 field events, on a 5 week rotating program. Parents are required to assist at the events and escort the athletes to the next event.

**It is a requirement that all MLA parents/caregivers remain at the track with their children at all times. Athletes without a parent/guardian present will not be permitted to compete in the mornings events.**

## Parent Involvement

Don't just sit around and watch! Join in the fun with some constructive assistance. Each week the Age Managers will need assistance with your child's group. This can be with place judging, recording, raking the sandpit, placing the bar back on the high jump etc. We couldn't run our mornings without the involvement of parents and caregivers. Any help on the track, in the canteen or with set up/pack down would be hugely appreciated by the committee as we are all volunteers too.

If you would like to become more involved in your child/children's athletics you can become an "Official". This simply involves learning a little more about the specific rules relating to the events. The more qualified helpers we have the more our Little Athletes will benefit. Please speak to a committee member for more information.

Each week age groups take it in turns to supply volunteers to cook the BBQ. If your child's group is called up for BBQ, please help out.

## Club Records

Records for each age group and gender are shown on the top of the weekly recording sheets. Should a centre record be broken, please pause the event and grab a committee member. All records must be verified. For High Jump, a committee member must be present at the time of the record attempt.

## Weekly Results

**To view the weekly results we use ResultsHq:**

Go to [resultshq.com.au](http://resultshq.com.au). Your username is the email address you gave when first registering. If you forgot your password, click 'forgotten your password?' and a reset link will be emailed to you directly from ResultsHq.

**To view your child's results:**

Click on 'Calendar' then select the relevant date.

**Current & Historical club records:**

Click on the 'records' tab at the top of the page. Use the options to refine your search

**Weekly Program:**

The upcoming weeks program should be on the home screen once you've logged in.

# GENERAL INFORMATION

## Wet Weather

Members will be notified by 7:15am, at the very latest, if we need to cancel club competition due to weather. We will put a post on Facebook so please check before you leave. Where possible an email will be sent out. Please understand that we have a duty of care to the athletes and will cancel if we feel the track is unsafe for use.

## Photography

We often take photos of the athletes to use on our website, social media pages and in our newsletter. If you don't want your child's photo taken, please let us know.

## End of Season Awards

At each club morning, points are allocated for each event attempted. Points are tallied at the end of the season to decide Age Champions. The points system used is:

1st place = 6 points

2nd place = 5 points

3rd place = 4 points

4th place = 3 points

5th place = 2 points

All other athletes = 1 point

No points are awarded if an athlete does not start an event or show a genuine attempt to complete it.

There are usually a couple of groups each year where athletes are only separated by 1 or 2 points so it can come down to the last day of competition to decide the Age Champion. For this reason, it is important to do every event even if you are only picking up that 1 point.

**Tiny Tots:** All Tiny Tots will receive a participation trophy and certificate

**U6 – U17:** 1st, 2nd & 3rd in each age group will receive a place trophy. All other athletes will receive a participation trophy. **The athlete who achieves the most PB's in each age group will receive a PB Champion medal.** All athletes will receive a Season Best Certificate and those who have reached an achievement level will receive McDonald's Achievement Level Certificates.

See <https://laq.org.au/competition/mcdonalds-achievement-levels/>

We also have Perpetual Awards given to athletes for a variety of achievements and Recognition Awards may be given out at the Committee's discretion.

**Please note that a participation percentage of at least 60% must be met to be eligible for any end of season awards, including participation awards. RSVPs for trophies are a must, families will be given opportunities to RSVP towards the end of each season.**

# REGISTRATION

## 25/26 Age Group Table

Age groups are based on the athletes year of birth. Ages listed on the chart refer to the athletes age group (eg. 13 means U13)

Children who are two years old and have not yet turned three are not permitted to join Little Athletics until their third birthday.

BIRTH YEAR	AGE GROUP
2022	Tiny Tot
2021	Tiny Tot
2020	U6
2019	U7
2018	U8
2017	U9
2016	U10
2015	U11
2014	U12
2013	U13
2012	U14
2011	U15
2010	U16
2009	U17

## Registering

Returning families simply use the log in details for their ResultsHQ accounts to log into Sport80, please use forgotten password and create a password through this channel. Your athletes details will be in the system. New families will need to create an account. The Sport80 portal will allow families to register for the season, and nominate for most carnivals. Results HQ will still be used to track athletes results.

## Fee Structure

**Tiny Tots:** \$130

**U6 - U17:**

1st child- \$250

Each additional child- \$245

### Our fees include:

- Registration Number, Age label and drawstring bag
- Membership to MLA & Little Athletics QLD
- Saturday morning competitions from September to March
- Insurance during club comp/training and LAQ events
- End of Season trophy and certificate. T&C's apply

**\*To be eligible to participate in Little Athletics, proof of age must be provided at time of registration. \*Registration fees are not refundable.**

## PLAY ON Voucher

You are able to use PlayOn Vouchers when you register your athlete. Please enter the voucher details at the time of registering. To apply for \$200 voucher you can visit [www.qld.gov.au](http://www.qld.gov.au)



## Trials

Prospective athletes are invited to come for a trial on selected dates in **September**.

Cost is \$10 per athlete, per trial. Maximum of 2 trials. Trial fees are not deducted from registration fees and are for new athletes only. To trial, bring your trial form and see us at the clubhouse by 7:50am on a Saturday morning during the trial period.

# UNIFORM

## Club Uniform



### Compulsory-

Athletes must wear either a Polo, Singlet or Crop

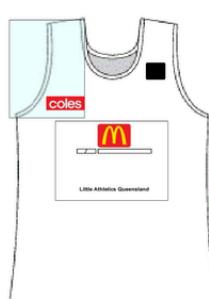
- Club Polo (All Age Groups) \$45
- Club Singlet (U13's up only) \$40
- Club Crop Top (U13's up only) \$37
- Black bottoms. Must be plain black with no logos

### Optional-

- Caps \$30
- Bucket Hats \$25
- Socks (crew) \$12

While participating, children are required to wear the club uniform. This is enforced at all club competitions, Regional competitions and State competitions along with any other carnival our athletes compete in. See the Uniform and Footwear Policies (on pg 13) for further information.

## Patch Placement



If wearing a crop top or singlet, attach Age Patch to the left side of shorts.



\*Patches must be attached for results to be recorded

# POLICIES

## Code of Conduct

**Mudgeeraba Little Athletics (MLA) recognises the importance of providing a safe environment to all those who participate in centre based Little Athletics - MLA has adopted a zero-tolerance approach to;**

- Remove all forms of unsportsmanlike behaviour from all aspects of Little Athletics.
- Protect all participants, officials and volunteers from exposure to unsportsmanlike behaviour.
- Provide a consistent application of processes and penalties for breaches of the Codes of Conduct

The Mudgeeraba Little Athletics Code/s of Conduct provides a framework that outlines the standards of behaviours and ethical conduct expected of all Members/Athletes, Parents and Spectators. These are outlined below in-principal - all members and affiliated persons with MLA must familiarise themselves with the full LAQ Zero Tolerance policy and the LAQ Anti-Bullying and Harassment Policy – links can be found on the MLA website.

### **Athletes Code**

- Condemn all violent or illegal acts, whether they are by athletes/coaches/officials/parents/spectators.
- Do not engage in unsportsmanlike language, harassment or aggressive behaviour.
- Respect the official's decisions do not verbalise issues/argue during or after an event.
- Do not engage in any cheering that taunts or intimidates opponents, their fans or officials.
- At all times follow the directions of the Competition Manager and/or other competition day officials.

### **Parents/Guardians and Spectators Code**

- Condemn all violent or illegal acts, whether they are by athletes/coaches/officials/parents/spectators.
- Respect the official's decisions do not verbalise issues/argue during or after an event.
- If you wish to provide feedback/make a complaint, utilise the appropriate channels via the MLA website.
- Do not engage in unsportsmanlike language, harassment, aggressive behaviour either individually or under collusion with other parents/guardians/spectators.
- Encourage athletes to play by the rules and to respect all athletes and officials.
- Never ridicule or scorn an athlete for making a mistake, respect their efforts.
- Recognise sport is part of a total life experience; benefits of involvement go beyond placing in an event.
- Remember that children participate in Little Athletics for their own enjoyment.
- At all times follow the directions of the Competition/Centre Manager and/or other competition day officials.
- Never arrive or consume at a Little Athletics competition under the influence of alcohol or drugs.

# POLICIES

## Footwear Policy

### General footwear:

Suitable footwear (closed in shoes) must be worn by all athletes, while competing in all events at Little Athletics Centres. No football boots. No bare feet.

### Spikes:

- At Centre level at the Centre Management discretion, athletes from U11 age group and upwards can wear spikes in appropriate events.
- Competitors in the U6 to U10 age groups may not wear spike shoes.
- Competitors in the U11 to U12 age groups may wear spike shoes in long jump, triple jump, high jump and javelin and in events run entirely in lanes.
- Competitors in the U13 to U17 age groups may wear spike shoes in long jump, triple jump, high jump, javelin and in all track events (except walks).
- Spike shoes with spikes removed shall not be worn by any competitors in events where they are not able to wear spike shoes.
- Spike shoes must only be worn during an event and are not to be worn to and from an event
- Spiked shoes should always be carried in a suitable bag and stored safely when not in use.
- On our grass track spikes must be no longer than 12mm.
- Any athlete not exercising care when using spikes may be disqualified from wearing them for the remainder of the competition

## Uniform Policy

The wearing of uniforms performs two very important tasks, to provide protection from the elements and to provide a means of identification of the athlete in a consistent and tidy manner. It is strongly recommended that athletes in the U13 – U17 age groups wear the approved Centre polo shirt or sun safe compliant top when on the competition arena between trials. All competing athletes must be attired in the correct Centre uniform. The uniform must be worn in compliance with the items design, e.g. not rolled up or down. Failure to comply with this will lead to the athlete not being allowed to enter the competition arena.

### Shorts/Bike Pants/Compression Garments (e.g. Skins)

- Bike pants, compression garments and shorts shall be above knee length for walks events. Athletes not in walks events may wear full length compression garments or tights on their legs
- Bike pants/compression garments shall extend a reasonable length down the legs covering the buttocks and the upper thigh (not bikini/bummer style)
- If boys choose to wear bike pants/compression garments as part of their uniform, they must wear sports shorts over the top. Bike pants/compression garments on their own are not acceptable for boys
- Bike pants/compression garments may be worn under shorts as long as they are the correct uniform bottom colour or black. Coloured stitching is permissible

**\*The full Uniform Policy can be found on our website**

# 2025/26 SEASON CALENDAR

All events/dates/venues are correct at the time of printing.

## Major Dates

### 2025

September 6th	First club day of season	Mudgeeraba LAC
September 20th	Coles Spring Carnival	Bundaberg Athletics Facility
October 5th	Coles Summer Carnival Series #1	SAF, Nathan, Brisbane
October 25th	Coles Summer Carnival Series #2	SAF, Nathan, Brisbane
November 15th	Regional Relays	Gold Coast LAC
November 23rd	Coles Summer Carnival Series #3	SAF, Nathan, Brisbane
December 13th	State Relays	SAF, Nathan, Brisbane

**\*There will be a break over the Christmas Holidays. Dates TBA\***

### 2026

January 10th (TBC)	Club Resumes	Mudgeeraba LAC
February 7th (TBC)	Mudgeeraba Gift	Mudgeeraba LAC
February 13th - 15th	Regional Championships	Ashmore LAC
Jan 31st - Feb 1st	Combined Event Championships	SAF, Nathan, Brisbane
<b>March 14th</b>	<b>Last club day of season</b>	<b>Mudgeeraba LAC</b>
March 20th- 22nd	State Championships	QSAC, Nathan, Brisbane
TBD	End of season presentation	TBD

Participation in carnivals is encouraged but not compulsory.

For a list of Club Carnivals please visit [www.laq.org.au/events/](http://www.laq.org.au/events/), they will be added to the calendar throughout the season.

\*Please note that we take a short break over the Christmas period. Families will be advised later in the year. We may also have to cancel the occasional club day due to Carnival/Championship Events. This will also be communicated to families closer to the time.

# CURRENT CLUB RECORDS

Records are accurate at start of 2025/26 Season – Records can be broken on club mornings only

## Under 6 Female

60m H (micro)	Makyra Melo	12.45s
70m	Teaghan Laing	12.80s
100m	Teaghan Laing/ Jasmine Musalino	18.20s
200m	Makyra Melo	42.27s
300m	Ashley Dukes	1:14.03s
300m Walk	Samarrah Cousens	2:21.46s
Long Jump	Teaghan Laing	2.80m
Shot Put 1kg	Jessica Carroll	4.25m
Discus 350g	Jasmine Musalino	11.35m
Vortex	Indie Walland Smith	9.74m

## Under 6 Male

60m H (micro)	Preston Swain	11.29s
70m	Murray Goodwin	12.80s
100m	Murray Goodwin	17.00s
200m	Murray Goodwin	39.80s
300m	Joey Sullivan	1:09.99s
300m Walk	Blake Rybak	2:12.44s
Long Jump	Murray Goodwin	3.00m
Shot Put 1kg	Hayden Wilson	4.25m
Discus 350g	Jesse Whenuaroa	16.03m
Vortex	Jack Darcy	19.94m

## Under 7 Female

60m H (micro)	Cara McQuaid	12.19s
70m	Trinity Ransome	12.24s
100m	Jasmine Musalino	17.80s
200m	Jasmine Musalino	40.40s
300m	Cara McQuaid	1:08.12s
300m Walk	Isabelle Noda-Bell	2:00.53s
500m	Zoe Stafford	2:45.00s
Long Jump	Jorja Grocott	3.40m
Shot Put 1kg	Jasmine Musalino	5.69m
Discus 350g	Jasmine Musalino	14.44m
Vortex	Molly Davis	14.39m

## Under 7 Male

60m H (micro)	Korben Farley	11.09s
70m	Preston Swain	12.03s
100m	Murray Goodwin	17.10s
200m	Korben Farley	36.46s
300m	Joey Sullivan	1:02.88s
300m Walk	Neale Woodgate	1:59.40s
500m	Talan Purton	2:09.38s
Long Jump	Murray Goodwin	3.27m
Shot Put 1kg	Jack Darcy	7.16m
Discus 350g	David Page	16.04m
Vortex	Aaron McQuaid	26.00m

## Under 8 Female

60m H	Eliza Davenport	12.80s
70m	Hannah Shuttleworth	10.90s
100m	Jemma Hesketh	16.66s
200m	Molly Bell	36.15s
300m	Molly Bell	1:03.78s
300m Walk	Tara Jaekel	1:55.72s
700m	Kiara Ryan	3:09.75s
Long Jump	Kirah Bembrick	3.38m
High Jump	Naomi De Vito	0.97m
Shot Put 1.5kg	Sophie Castles	6.47m
Discus 500g	Amanda Overton	14.62m
Turbo Javelin	Sienna Dunning	14.70m
Vortex	Tara Jaekel	16.32m

## Under 8 Male

60m H	Geraint Evans	10.92s
70m	Murray Goodwin	10.90s
100m	Caleb Brown	15.10s
200m	Murray Goodwin	34.00s
300m	Preston Swain	57.82s
300m Walk	Riley Heffernan	1:45.53s
700m	Aaron McQuaid	2:47.78s
Long Jump	Murray Goodwin	3.69m
High Jump	Jaxon Durack	1.08m
Shot Put 1.5kg	Lachlan Brown-Fraser	6.87m
Discus 500g	Jordan White	18.84m
Turbo Javelin	Aaron McQuaid	17.08m
Vortex	Lachlan Brown-Fraser	32.70m

# CLUB RECORDS

## Under 9 Female

60m H	Sierra Porteous	11.73s
70m	Jessie Praest	10.80s
100m	Maxine Wilson	15.30s
200m	Jorja Fermor	34.00s
400m	Hannah Towndrow	1:21.87s
800m	Hannah Towndrow	3:03.48s
700m Walk	Isabelle Sly	3:40.96s
Long Jump	Chantelle Barsby	3.82m
High Jump	Jorja Fermor	1.12m
Shot Put 2kg	Demi Graftdyk/Tara Jaekel	5.82m
Discus 500g	Amanda Overton	16.26m
Turbo Javelin	Zoe Lakeland	13.54m

## Under 9 Male

60m H	Troy Everson	11.00s
70m	Callum Stringer	10.80s
100m	Ben Gerada	15.40s
200m	Cade Francese	31.56s
400m	Kane Brigg	1:13.30s
800m	Cade Francese	2:43.97s
700m Walk	Riley Heffernan	4:09.31s
Long Jump	Kane Brigg	3.96m
High Jump	Jaxon Durack	1.19m
Shot Put 2kg	Toby Fawson	8.05m
Discus 500g	Toby Fawson	29.26m
Turbo Javelin	Aaron McQuaid	22.01m

## Under 10 Female

60m H	Jorja Fermor	11.62s
70m	Hayley Price	10.40s
100m	Hayley Price	15.30s
200m	Summer Richards	28.38s
400m	Stephanie Capper	1:16.40s
800m	Tehani Siegenthaler	3:02.39s
1100m Walk	Isabelle Sly	5:57.00s
Long Jump	Hayley Price	4.07m
High Jump	Stephanie Capper	1.17m
Shot Put 2kg	Penny Shaw	7.18m
Discus 500g	Cara McQuaid	21.01m
Turbo Javelin	Cara McQuaid	17.55m

## Under 10 Male

60m H	James Lonergan	10.90s
70m	Isaac Anderson	10.30s
100m	Luke Ritchie	15.10s
200m	Oliver Miller	30.91s
400m	Ethan Marias	1:12.08s
800m	Leo Hyde	2:43.15s
1100m Walk	Jett Dunning	6:33.72s
Long Jump	Lachlan Gulbin	4.24m
High Jump	Aaron McQuaid	1.23mm
Shot Put 2kg	Christopher Cooke	9.83m
Discus 500g	Toby Fawson	30.90m
Turbo Javelin	Aaron McQuaid	26.46m

## Under 11 Female

80m H	Jorja Fermor	15.34s
70m	Angela Boulter	10.40s
100m	Shanae Tillinger	14.87s
200m	Kathleen Bailey	31.60s
400m	Tenyka Chapman	1:13.80s
800m	Tenyka Chapman	3:00.05s
1500m	Charlotte Lawry	6:05.62s
1100m W	Charlotte Sly	6:08.65s
Long Jump	Shanae Tillinger	4.30m
Triple Jump	Shanae Tillinger	8.78m
High Jump	Shanae Tillinger	1.26m
Shot Put 2kg	Cara McQuaid	8.11m
Discus 500g	Cara McQuaid	24.86m
Javelin 400g	Charlie Douglass	20.05m

## Under 11 Male

80m H	Oliver Miller	14.28s
70m	Nathan McAnalley	9.70s
100m	Troy Everson	13.20s
200m	Connor Dowd	28.96s
400m	Aaron McQuaid	1:08.21s
800m	Kobe Hinton	2:36.62s
1500m	Leo Hyde	5:27.56s
1100m W	Leo Hyde	5:46.44s
Long Jump	Kobe Hinton	4.43m
Triple Jump	Oliver Miller	9.08m
High Jump	Lachlan Gulbin	1.41m
Shot Put 2kg	Toby Fawson	11.24m
Discus 500g	Nate Harper	30.41m
Javelin 400g	Oliver Miller	28.08m

# CLUB RECORDS

Under 12 Female			Under 12 Male		
80m H	Jorja Fermor	15.84s	80m H	Nate Harper	14.36s
70m	Kathleen Bailey	10.88s	70m	Ashley Patching	10.00s
100m	Thewbelle Philp	13.91s	100m	Justin Dimartino	13.20s
200m	Thewbelle Philp	28.66s	200m	Connor Dowd	28.43s
400m	Chelsea Capps	1:07.90s	400m	Jake Innes	1:05.72s
800m	Saara Kampmann	2:40.80s	800m	Asher Barker	2:38.26s
1500m	Keilana Stanford-Modini	5:32.00s	1500m	Asher Barker	5:24.02s
1500m W	Charlotte Sly	8:44.03s	1500m W	Leo Hyde	8:23.95s
Long Jump	Shanae Tillinger	4.30m	Long Jump	Kobe Hinton	5.01m
Triple Jump	Caitlyn Ah Fook	8.90m	Triple Jump	Kobe Hinton	9.91m
High Jump	Cadence Booth-Gray	1.37m	High Jump	Jesse Flynn	1.45m
Shot Put 2kg	Nicola Fawson	9.91m	Shot Put 2kg	Jesse Flynn	10.75m
Discus 750g	Chelsea Capps	30.41m	Discus 750g	Toby Fawson	36.66m
Javelin 400g	Chelsea Capps	27.49m	Javelin 400g	Toby Fawson	39.09m
Under 13 Female			Under 13 Male		
80m H	Zara Bonar	13.79s	80m H	Kobe Hinton	13.27s
200m H	Thewbelle Philp	32.77s	200m H	Kobe Hinton	30.96s
70m	Thewbelle Philp	9.42s	70m	Jesse Flynn	9.75s
100m	Shannon Dukes	13.24s	100m	Konrad Schenk	12.21s
200m	Thewbelle Philp	27.75s	200m	Joshua Salisbury	24.28s
400m	Chelsea Capps	1:06.74s	400m	Connor Dowd	1:04.43s
800m	Saara Kampmann	2:37.60s	800m	Steven Arkinstall	2:21.70s
1500m	Saara Kampmann	5:27.00s	1500m	William Mehta	5:20.09s
1500m Walk	Tenyka Chapman	8:00.00s	1500m W	Cory Lockwood	8:12.38s
Long Jump	Cadence Booth-Gray	4.40m	Long Jump	Wade Bremmer	5.34m
Triple Jump	Cadence Booth-Gray	9.66m	Triple Jump	Kobe Hinton	11.22m
High Jump	Ashlin Copping	1.45m	High Jump	Konrad Schenk	1.58m
Shot Put 3kg	Alicia Richards	9.51m	Shot Put 3kg	Toby Fawson	13.15m
Discus 750g	Cara McQuaid	35.18m	Discus 750g	Jesse Flynn	34.23m
Javelin 400g	Chelsea Capps	37.90m	Javelin 600g	Toby Fawson	33.71m
Under 14 Female			Under 14 Male		
80m H	Shannon Dukes	14.77s	90m H	Oliver Cooke	14.63s
200m H	Shannon Dukes	33.69s	200m H	Oliver Cooke	28.60s
70m	Thewbelle Philp	9.66s	70m	Nathan Roberts	9.30s
100m	Shannon Dukes	13.06	100m	Wade Bremmer	12.40s
200m	Tia Guirguis	25.89s	200m	Wade Bremmer	25.60s
400m	Tenyka Chapman	1:07.48s	400m	Wade Bremmer	58.40s
800m	Tenyka Chapman	2:39.72s	800m	Steven Arkinstall/Bradley Gibson/Jordan Quartermain	2:16.00s
1500m	Tenyka Chapman	5:44.66s			
1500m Walk	Tenyka Chapman	7:31.18s	1500m	Steven Arkinstall	4:48.40s
Long Jump	Ava Barron	4.85m	1500m W	Cory Lockwood	7:03.31s
Triple Jump	Ava Barron	9.83m	Long Jump	Wade Bremmer	5.56m
High Jump	Cadence Booth-Gray	1.51m	Triple Jump	Wade Bremmer	11.17m
Shot Put 3kg	Nicola Fawson	10.28m	High Jump	Konrad Schenk	1.62m
Discus 1kg	Cara McQuaid	28.33m	Shot Put 3kg	Toby Fawson	13.09m
Javelin 400g	Chelsea Capps	38.03m	Discus 1kg	Toby Fawson	42.02m
			Javelin 600g	Steven Arkinstall	39.22m

# CLUB RECORDS

Under 15 Female			Under 15 Male		
90m H	Grace Papallo	15.56s	100m H	Kobe Hinton	13.91s
200m H	Isla Bigwood	39.02s	200m H	Kobe Hinton	29.41s
300m H	Thewbelle Philp	48.20s	300m H	Luke Gorski	52.09s
70m	Lauren Patching	10.10s	70m	Aidan Mackie	9.33s
100m	Thewbelle Philp	12.70s	100m	Konrad Schenk	12.03s
200m	Thewbelle Philp	26.58s	200m	Steven Arkinstall	24.50s
400m	Ava Barron	1:02.56s	400m	Jonathan Robertson	58.11s
800m	Tracey Plitz	2:41.10s	800m	Steven Arkinstall	2:15.60s
1500m	Olivia Gray	5:53.80s	1500m	Luke Gorski	4:37.72s
1500m W	Tenyka Chapman	7:28.72s	1500m W	Steven Arkinstall	8:01.00s
Long Jump	Ava Barron	5.05m	Long Jump	Kobe Hinton	5.68m
Triple Jump	Ava Barron	10.39m	Triple Jump	Kobe Hinton	11.91m
High Jump	Maya Bell	1.43m	High Jump	Declan Paech/	1.65m
Shot Put 3kg	Elise McHutchison	10.42m		Korbyn Bricknell-Hewitt	
Discus 1kg	Nicola Fawson	28.49m	Shot Put 4kg	Charlie Capps	12.63m
Javelin 500g	Nicola Fawson	30.10m	Discus 1kg	Charlie Capps	45.01m
			Javelin 700g	Hayden Sperling	46.19m

Under 16 Female			Under 16 Male		
90m H	Emma Ellis	14.30s	100m H	Aidan Mackie	15.06s
200m H	Cheyana Copping	33.65s	300m H	Hayden Sperling	40.62s
300m H	Tenyka Chapman	55.46s	70m	Aidan Mackie	8.68s
70m	Lashae Stockman	10.39s	100m	Tyson Scheuner	12.08s
100m	Sasha Kelly	12.56s	200m	Aidan Mackie	24.32s
200m	Tenyka Chapman	29.84s	400m	William Mehta	59.44s
400m	Sasha Kelly	1:04.65s	800m	Luke Gorski	2:13.00s
800m	Olivia Gray	2:56.30s	1500m	Luke Gorski	4:28.00s
1500m	Olivia Gray	6:05.50s	1500m W	Bernie Lierse	9:48.10s
1500m W	Bridie Mulcaster	8:41.62s	Long Jump	Tyson Scheuner	5.67m
Long Jump	Sasha Kelly	5.21m	Triple Jump	Aidan Mackie	12.18m
Triple Jump	Sasha Kelly	10.46m	High Jump	Aidan Mackie	1.80m
High Jump	Isla Bigwood	1.50m	Shot Put 4kg	Charlie Capps	13.28m
Shot Put 3kg	Cheyana Copping	10.29m	Discus 1kg	Charlie Capps	48.35m
Discus 1kg	Natalie Taylor	30.43m	Javelin 700g	Hayden Sperling	49.61m
Javelin 500g	Natalie Taylor	27.11m			

Under 17 Female			Under 17 Male		
100m H	Cheyana Copping	18.56s	100m H	Toby Dawson	14.89s
200m H	Cheyana Copping	36.94s	200m H	Tyson Scheuner	29.99s
300m H	Cheyana Copping	58.88s	300m H	Kobe Hinton	42.39s
70m	Lillie Howell	10.67s	70m	Toby Dawson	8.59s
100m	Sasha Kelly	13.52s	100m	Tyson Scheuner	11.43s
200m	Sasha Kelly	27.51s	200m	Lachie Dorricott	24.70s
400m	Isabel Wright-Smith	1:12.90s	400m	Lachlan King	56.24s
800m	Bianca Davis	2:49.10s	800m	Lachlan King	2:12.30s
1500m	Isabel Wright-Smith	6:31.80s	1500m	Bernie Lierse	4:56.70s
1500m W	Amelia Hancock	10:04.52s	1500m W	Bernie Lierse	9:36.20s
Long Jump	Sasha Kelly	5.47m	Long Jump	Toby Dawson	5.87m
Triple Jump	Sasha Kelly	10.25m	Triple Jump	Lachie Dorricott	12.17m
High Jump	Isabel Wright-Smith	1.60m	High Jump	Logan Whitton	1.77m
Shot Put 3kg	Cheyana Copping	10.38m	Shot Put 5kg	Kobe Hinton	10.13m
Discus 1kg	Cheyana Copping	26.11m	Discus 1.5kg	Charlie Capps	35.m
Javelin 500g	Bianca Davis	26.85m	Javelin	Tyson Scheuner	40.35m

# 2024/2025 PRESENTATION DAY

