



2026/27



FAMILY HANDBOOK

2025/26 Club Captains- Cara & Cory



2025/26 State Qualifiers



* Some athletes were not present for the photo

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POSTAL ADDRESS

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TRACK ADDRESS

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Mudgeeraba QLD 4213

Little Athletics QLD

www.laq.org.au

Little Athletics Australia

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

2026/27 Committee

Centre Manager	Andrew Arkinstall
Secretary	Tash Fernandez & Martin Schiodtz
Treasurer	Kim Ryback
Registrar	McKenzie Hinton
General Committee	Amanda Flynn / Dayne Hobart
Canteen Coordinator	Amanda Flynn
Canteen Operator	Flynn Family
Uniform Officer	Rebecca Lockwood
Data Entry	Caroline McQuaid
Equipment & Grounds	Andrew Arkinstall / Dayne Hobart
Coach	Andrew Arkinstall
Officials Officer	Andrew Arkinstall
Team Manager	VACANT
Nominations Officer	VACANT
First Aid Officers	McKenzie Hinton

There are many smaller roles our volunteer committee take on that are not listed here.

Life Members

Betty Arkinstall	2001
Simon Hinton	2018
Amanda Jaekel	2018
Andrew Arkinstall	2018
Krysta Bricknell	2025

LAQ Awards

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

26/27 Age Group Table

Age groups are based on the athletes year of birth.

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
2023	Tiny Tots
2022	Tiny Tots
2021	U6
2020	U7
2019	U8
2018	U9
2017	U10
2016	U11
2015	U12
2014	U13
2013	U14
2012	U15
2011	U16
2010	U17

Family Fun Fitness Friendship

IT'S A FAMILY THING

Registering

Returning families simply use the log in details for their Sports80 accounts. 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

U6 - U17:

1st child- \$255

Each additional child- \$250

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



Trials

Prospective athletes are invited to come for a trial on selected dates in **September**. Cost is \$20 per athlete, for 2 trials. Maximum of 2 trials. Trial fees are deducted from registration fees and are for new athletes only. To trial, use the Sports 80 Registration Link and select trial.

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-

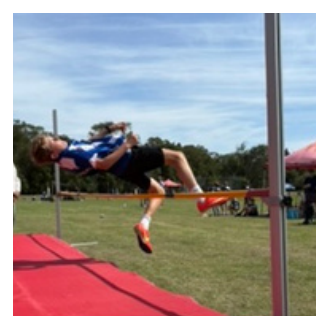
- Caps \$30
- Bucket Hats \$25
- Socks (crew) \$12

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



*Patches must be attached for results to be recorded



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**

2026/27 SEASON CALENDAR

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

Major Dates

2026

September 12th	First club day of season	Mudgeeraba LAC
September 19th	Coles Spring Carnival	Bundaberg Athletics Facility
October 24th	Coles Summer Carnival Series #1	SAF, Nathan, Brisbane
November 7th	Regional Relays	Ashmore LAC
November 29th	Coles Summer Carnival Series #2	SAF, Nathan, Brisbane
December 12th	State Relays	SAF, Nathan, Brisbane
December 19th	Club - Christmas Break Up	Mudgeeraba LAC
There will be a break over the Christmas Holidays. Exact dates TBC		

2027

January 16th	Club Resumes	Mudgeeraba LAC
January 30th-31st	Combined Event Championships	SAF, Nathan, Brisbane
February 6th (TBC)	Mudgeeraba Gift	Mudgeeraba LAC
February 12th - 14th	Regional Championships	Tweed LAC
March 13th	Last club day of season	Mudgeeraba LAC
March 19th- 21st	State Championships	TSP, Townsville
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/, they will be added to the calendar throughout the season.

*Please note that we take a short break over the Christmas period. The proposed dates above will be confirmed 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 2026/27 Season - Records can be broken on club mornings only

Under 6 Female

60m H (micro)	Makyrá Melo	12.45s
70m	Teaghan Laing	12.80s
100m	Teaghan Laing/ Jasmine Musalino	18.20s
200m	Makyrá 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	Astrid Schiodtz	10.16m

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	Kokoa Ah Tong	1:00.00s
300m Walk	Tara Jaekel	1:55.72s
700m	Kiara Ryan	3:09.75s
Long Jump	Kirah Bembrick	3.38m
High Jump	Kokoa Ah Tong	1.00m
Shot Put 1.5kg	Sophie Castles	6.47m
Discus 500g	Amanda Overton	14.62m
Turbo Javelin	Sienna Dunning	14.70m
Vortex	Emma Liu	18.81m

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	Joey Sullivan	57.58s
300m Walk	Chase Knight	1:45.44s
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	Hannah Towndrow	2:55.72s
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	Elijah Bates	1.24m
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

80m H	Jorja Fermor	15.84s
70m	Kathleen Bailey	10.88s
100m	Thewbelle Philp	13.91s
200m	Thewbelle Philp	28.66s
400m	Chelsea Capps	1:07.90s
800m	Saara Kampmann	2:40.80s
1500m	Keilana Stanford-Modini	5:32.00s
1500m W	Charlotte Sly	8:44.03s
Long Jump	Shanae Tillinger	4.30m
Triple Jump	Caitlyn Ah Fook	8.90m
High Jump	Cadence Booth-Gray	1.37m
Shot Put 2kg	Nicola Fawson	9.91m
Discus 750g	Chelsea Capps	30.41m
Javelin 400g	Chelsea Capps	27.49m

Under 12 Male

80m H	Nate Harper	14.36s
70m	Ashley Patching	10.00s
100m	Justin Dimartino	13.20s
200m	Connor Dowd	28.43s
400m	Jake Innes	1:05.72s
800m	Callum Towndrow	2:37.97s
1500m	Asher Barker	5:24.02s
1500m W	Leo Hyde	8:23.95s
Long Jump	Kobe Hinton	5.01m
Triple Jump	Kobe Hinton	9.91m
High Jump	Jesse Flynn	1.45m
Shot Put 2kg	Jesse Flynn	10.75m
Discus 750g	Toby Fawson	36.66m
Javelin 400g	Toby Fawson	39.09m

Under 13 Female

80m H	Zara Bonar	13.79s
200m H	Thewbelle Philp	32.77s
70m	Thewbelle Philp	9.42s
100m	Shannon Dukes	13.24s
200m	Thewbelle Philp	27.75s
400m	Chelsea Capps	1:06.74s
800m	Saara Kampmann	2:37.60s
1500m	Saara Kampmann	5:27.00s
1500m Walk	Tenyka Chapman	8:00.00s
Long Jump	Cadence Booth-Gray	4.40m
Triple Jump	Cadence Booth-Gray	9.66m
High Jump	Ashlin Copping	1.45m
Shot Put 3kg	Alicia Richards	9.51m
Discus 750g	Cara McQuaid	35.18m
Javelin 400g	Chelsea Capps	37.90m

Under 13 Male

80m H	Kobe Hinton	13.27s
200m H	Kobe Hinton	30.96s
70m	Jesse Flynn	9.75s
100m	Konrad Schenk	12.21s
200m	Joshua Salisbury	24.28s
400m	Connor Dowd	1:04.43s
800m	Steven Arkinstall	2:21.70s
1500m	Leo Hyde	5:13.03s
1500m W	Leo Hyde	8:06.34s
Long Jump	Wade Bremmer	5.34m
Triple Jump	Kobe Hinton	11.22m
High Jump	Konrad Schenk	1.58m
Shot Put 3kg	Toby Fawson	13.15m
Discus 750g	Jesse Flynn	34.23m
Javelin 600g	Toby Fawson	33.71m

Under 14 Female

80m H	Shannon Dukes	14.77s
200m H	Jolina Johnson	33.68s
70m	Thewbelle Philp	9.66s
100m	Shannon Dukes	13.06
200m	Tia Guirguis	25.89s
400m	Tenyka Chapman	1:07.48s
800m	Tenyka Chapman	2:39.72s
1500m	Tenyka Chapman	5:44.66s
1500m Walk	Tenyka Chapman	7:31.18s
Long Jump	Ava Barron	4.85m
Triple Jump	Ava Barron	9.83m
High Jump	Cadence Booth-Gray	1.51m
Shot Put 3kg	Nicola Fawson	10.28m
Discus 1kg	Cara McQuaid	28.33m
Javelin 400g	Chelsea Capps	38.03m

Under 14 Male

90m H	Oliver Cooke	14.63s
200m H	Oliver Cooke	28.60s
70m	Nathan Roberts	9.30s
100m	Wade Bremmer	12.40s
200m	Wade Bremmer	25.60s
400m	Wade Bremmer	58.40s
800m	Steven Arkinstall/Bradley Gibson/Jordan Quartermain	2:16.00s
1500m	Steven Arkinstall	4:48.40s
1500m W	Cory Lockwood	7:03.31s
Long Jump	Wade Bremmer	5.56m
Triple Jump	Wade Bremmer	11.17m
High Jump	Konrad Schenk	1.62m
Shot Put 3kg	Toby Fawson	13.09m
Discus 1kg	Toby Fawson	42.02m
Javelin 600g	Steven Arkinstall	39.22m

CLUB RECORDS

Under 15 Female

90m H	Grace Papallo	15.56s
200m H	Isla Bigwood	39.02s
300m H	Thewbelle Philp	48.20s
70m	Lauren Patching	10.10s
100m	Thewbelle Philp	12.70s
200m	Thewbelle Philp	26.58s
400m	Ava Barron	1:02.56s
800m	Tracey Plitz	2:41.10s
1500m	Olivia Gray	5:53.80s
1500m W	Tenyka Chapman	7:28.72s
Long Jump	Ava Barron	5.05m
Triple Jump	Ava Barron	10.39m
High Jump	Maya Bell	1.43m
Shot Put 3kg	Elise McHutchison	10.42m
Discus 1kg	Cara McQuaid	31.05m
Javelin 500g	Cara McQuaid	38.02m

Under 15 Male

100m H	Kobe Hinton	13.91s
200m H	Kobe Hinton	29.41s
300m H	Luke Gorski	52.09s
70m	Aidan Mackie	9.33s
100m	Konrad Schenk	12.03s
200m	Steven Arkinstall	24.50s
400m	Jonathan Robertson	58.11s
800m	Steven Arkinstall	2:15.60s
1500m	Luke Gorski	4:37.72s
1500m W	Cory Lockwood	7:05.25s
Long Jump	Kobe Hinton	5.68m
Triple Jump	Kobe Hinton	11.91m
High Jump	Declan Paech/ Korbyn Bricknell-Hewitt	1.65m
Shot Put 4kg	Charlie Capps	12.63m
Discus 1kg	Charlie Capps	45.01m
Javelin 700g	Hayden Sperling	46.19m

Under 16 Female

90m H	Emma Ellis	14.30s
200m H	Cheyana Copping	33.65s
300m H	Tenyka Chapman	55.46s
70m	Lashae Stockman	10.39s
100m	Sasha Kelly	12.56s
200m	Tenyka Chapman	29.84s
400m	Sasha Kelly	1:04.65s
800m	Olivia Gray	2:56.30s
1500m	Olivia Gray	6:05.50s
1500m W	Bridie Mulcaster	8:41.62s
Long Jump	Sasha Kelly	5.21m
Triple Jump	Sasha Kelly	10.46m
High Jump	Isla Bigwood	1.50m
Shot Put 3kg	Cheyana Copping	10.29m
Discus 1kg	Natalie Taylor	30.43m
Javelin 500g	Natalie Taylor	27.11m

Under 16 Male

100m H	Aidan Mackie	15.06s
300m H	Hayden Sperling	40.62s
70m	Aidan Mackie	8.68s
100m	Tyson Scheuner	12.08s
200m	Aidan Mackie	24.32s
400m	William Mehta	59.44s
800m	Luke Gorski	2:13.00s
1500m	Luke Gorski	4:28.00s
1500m W	Bernie Lierse	9:48.10s
Long Jump	Tyson Scheuner	5.67m
Triple Jump	Aidan Mackie	12.18m
High Jump	Aidan Mackie	1.80m
Shot Put 4kg	Charlie Capps	13.28m
Discus 1kg	Charlie Capps	48.35m
Javelin 700g	Hayden Sperling	49.61m

Under 17 Female

100m H	Cheyana Copping	18.56s
200m H	Cheyana Copping	36.94s
300m H	Cheyana Copping	58.88s
70m	Lillie Howell	10.67s
100m	Sasha Kelly	13.52s
200m	Sasha Kelly	27.51s
400m	Violet A'Bell	1:12.52s
800m	Bianca Davis	2:49.10s
1500m	Isabel Wright-Smith	6:31.80s
1500m W	Amelia Hancock	10:04.52s
Long Jump	Sasha Kelly	5.47m
Triple Jump	Sasha Kelly	10.25m
High Jump	Isabel Wright-Smith	1.60m
Shot Put 3kg	Cheyana Copping	10.38m
Discus 1kg	Cheyana Copping	26.11m
Javelin 500g	Bianca Davis	26.85m

Under 17 Male

100m H	Toby Dawson	14.89s
200m H	Tyson Scheuner	29.99s
300m H	Kobe Hinton	42.39s
70m	Toby Dawson	8.59s
100m	Tyson Scheuner	11.43s
200m	Lachie Dorricott	24.70s
400m	Lachlan King	56.24s
800m	Lachlan King	2:12.30s
1500m	Bernie Lierse	4:56.70s
1500m W	Bernie Lierse	9:36.20s
Long Jump	Toby Dawson	5.87m
Triple Jump	Lachie Dorricott	12.17m
High Jump	Korbyn Bricknell-Hewitt	1.80m
Shot Put 5kg	Kobe Hinton	10.13m
Discus 1.5kg	Charlie Capps	35.m
Javelin	Tyson Scheuner	40.35m

2025/2026 PRESENTATION DAY

