



SURVIVAL GUIDE



2021/2022

Contents

2021/2022 TLA Committee	3
TLA Mission Statement.....	4
Past Centre Managers	4
The Toowoomba Little Athletics Story	5
A-Z of Important Information	6
Little Athletics Code of Conduct.....	15
Parent Participation.....	17
McDonald’s Achievement Awards	17
Recording	18
Know Your Events.....	19
Weekly Program – 2021/22 Season	22
Calendar of Events – 2021/22	25
Association Days.....	27
Criteria for Centre Trophies	30
➤ <i>Highest Personal Best Performance Medals:</i>	30
➤ <i>Boys Achievement and the Girls Achievement Awards:</i>	30
➤ <i>Fairholme College Trophy:</i>	30
➤ <i>Toowoomba City Council Trophy:</i>	31
➤ <i>Van Bael Family Encouragement Award:</i>	31
➤ <i>Podiatry Coach The Fast 800 Trophy:</i>	31
➤ <i>Halter Family Trophy:</i>	31
➤ <i>Toowoomba Little Athletics Ambassador Award:</i>	31
➤ <i>Centre Manager’s Athlete Award:</i>	32
➤ <i>Adrian Layden Coaching Improvement Award:</i>	32
➤ <i>Kerry Shine Shield- Volunteer of the Year Award:</i>	32
Past Trophy Recipients.....	33
TLA Best Performances: Centre.....	35
TLA Best Performances: Away.....	39
TLA Superseded Records.....	39

2021/2022 TLA Committee

Centre Manager	Sarah Richardson	Assistant Centre Manager	Clinton Watts
Secretary	Pauline Van Bael	Treasurer	Jane Sippel
Recording Officer	Richard Hart	Assistant Recording Officer	Rachel Watts
Nominations Officer	Clinton Watts Rachel Watts	Coaching Coordinator	Clinton Watts
Grounds / Equipment Coordinator	Clint Richardson	Grounds People	Gavin Williams Allie Joynt Clinton Watts Dale McNaughton Peter Schubel
Officials Coordinator	Clinton Watts	First Aid Officer	Clint Richardson
Canteen Coordinators	Gail Stewart Chuck Stewart	Tiny Tots Coordinator	Rebekah Reich
General Committee	Rachel McNaughton, Lana Chambers, Amanda Montgomery, Rachel Chapman, Lyn Watts, Denise Schubel		
Competition Venue:	Glynis Nunn-Cearns Oval, 6 O'Quinn Street, Toowoomba		
Postal Address:	PO Box 6039, Toowoomba 4350		
Email:	centremanager@toowoombalittleathletics.com.au		
Website:	www.toowoombalittleathletics.com.au		
LAQ Website:	www.laq.org.au		





TLA Mission Statement

Little Athletics aims to develop children of all abilities by promoting positive attitudes and a healthy lifestyle through family and community involvement in athletic activities.

Past Centre Managers

Peter Leifels	1983	Steven Dobson	2006/07
Len Avery	1983/84	Mike Van Bael	2007/08 – 2010/11
Bob Howe	1988/89	Mick Sharkey	2011/12 – 2012/13
Mike Van Bael	1989/90 - 1990/91	Rod Verrall	2013/14
Bruce Kimmins	1991/92 - 1992/93	Pauline Van Bael	2014/15
Mike Van Bael	1993/94	Vicky Lindemann	2015/16 – 2016/17
John Halter	1994/95 - 1995/96	James Dawson	2017/18 – 2018/19
Malcolm Kennedy	1996/97 - 1997/98	Renea Reich	2019/20 – 2020/21
John Batten	1998/99 - 2000/01	Sarah Richardson	2021/22
Danny Tattam	2001/02 – 2005/06		

TLA Life Members: Len & Kay Avery, Mike & Pauline Van Bael, John & Judy Halter

TLA Merit Award Recipients: Mike & Pauline Van Bael, John & Judy Halter

TLA Honour Certificate Recipients:	Mike & Pauline Van Bael, Russell & Gayle Hohn, Bruce & Raelene Kimmins, John & Judy Halter, Malcolm Kennedy, Bob & Sharon Power, Sharon Sims, Greg & Dale Tucker, Sue Harris, Stephen & Anne Mysliwy, David & Cheryl Winter, Tony & Kym Kraaymaat, Bevan & Karen Gillam, Geoff & Monica Ison, Ian & Jenny Roberts, John & Charmaine Batten, John & Cathy Frankel, Robert & Bernadette Neilsen, Sue Saunders, Trevor & Vanda Gill, Andrea Watson, Andrew Baird, Clinton & Rachel Watts
TLA 25 Year Service Award:	Mike & Pauline Van Bael
TLA 30 Year Service Award:	Pauline Van Bael

The Toowoomba Little Athletics Story

Article Written by Pauline Van Bael (TLA Life Member).

Wilsonton Little Athletics commenced their first centre competition during the 82/83 season. The first muster was at the Wilsonton School Oval with approximately 12 athletes attending. Registrations throughout the years has varied from 30 - 200+ athletes. There were no toilets and because there was no key to the gate a step ladder was used to climb over the fence. After a few weeks the Centre was able to secure Doyle Oval, Newtown Park and competition was held there until the end of 94/95 season.

The Centre started with a few discuses, shot puts and relay batons. Over the years the committee made their own hurdles and built a trailer to store equipment in. The registration fees for the 83/84 season were set at \$10 first child, \$8 second child, \$6 third child, shirts \$4.75 and shorts \$3. The age groups catered for were from Under 7 to Under 13.

A Special Needs Carnival for children with disabilities was first held during the 96/97 season and the following five seasons. Children with disabilities were invited to participate in a fun day with events such as sprints, long jump, high jump, shot put and discus. All participants received a ribbon after each event. A gold medal (presented by the Centre's Patron) at the end of the day was the highlight for the children.

A comment in the 83/84 Yearbook summary was "It would be nice to have a full size athletic oval". The start of 95/96 season saw the move to our present site at O'Quinn Street Athletic Facility. The move to O'Quinn Street Athletic Facility was possible through the voluntary work and dedication of many centre members. Some members thought the task ahead was beyond our capabilities. It was hard, enjoyable work and looking back it is difficult to believe that the oval was once rocky, overgrown land. For eighteen months prior to this our centre had been looking for a suitable park to develop a 400m running track with 8 or 9 lanes, as Newtown Park was too small for our athletes to safely compete. Our centre negotiated with a local school and a couple of soccer /football clubs for a home ground. A decision was made to send a proposal to Toowoomba City Council requesting permission for our Centre to move to O'Quinn Street Athletic Facility. After further negotiations and proposals, it was taken to a Council Meeting and passed.

A five-year development plan was drawn up with such things as a club house, storage shed, amenities block, concrete throwing circles and safety nets. Lighting was added to the oval thanks to the Toowoomba Regional Council.

The committee voted for a name change in 1997 and we became the Toowoomba Central Little Athletics Centre Inc. During 2001 the O'Quinn Street Athletic Facility name was changed to the Glynis Nunn-Cearnes Athletic Facility.

Tartan run-ups for both long jumps and a permanent cement boundary in the centre of the field were added during 04/05 season. This was made possible through a successful grant, received from the Gaming Machine Community Development Fund.

Glynis Nunn-Cearnes Athletic Facility has hosted many Little Athletics carnivals over the years. During the months of May to September a lot of schools use the facility to host their athletics carnivals and coaches use the oval all year round for training. The sheer hard work of our committee members during this time enabled the Centre to provide the above amenities, which is enjoyed by all present members today and others that use the oval.

At the start of the 2011/12 season, we became the Toowoomba Central Comets which saw a logo being incorporated for the first time. In 2019/2020 we officially became Toowoomba Little Athletics. Thank you to all present and past committee members for your valuable support. We look ahead with great enthusiasm for the oncoming season!



A-Z of Important Information

Centre Competition starts at 1:30pm each Sunday afternoon.

Please arrive at 1pm to assist setting up equipment and shade tents so that at 1:30pm all athletes are ready for warm-up, presentations, and announcements.

Please Note: Centre Competition may change when LAQ sponsored events are held. Please check [TLA website](#) and/or the [Facebook page](#) regularly for any changes.

A	Age Groups:	(Birth Certificates must be sighted):	
		Age Group	Date of Birth
		Tiny Tots	Must be 3 years to join
		U/6	2016
		U/7	2015
		U/8	2014
		U/9	2013
		U/10	2012
		U/11	2011
		U/12	2010
		U/13	2009
		U/14	2008
		U/15	2007
		U/16	2006
		U/17	2005
	Athletes compete in their own age groups at Centre competitions and on Association Days. During weekly Centre competitions male and female athletes compete together. If an athlete competes in an older age group, LAQ advises that if a record is broken it cannot be counted as this is a form of pacing. On Regional Relay Day a set procedure has to be followed when forming teams in age groups. Exceptions can occur at the discretion of the Centre Manager when forming teams for Regional Relay Day.		
Age Marshalls:	Each weekly meet is run by volunteering parents who act as age marshalls for each age group. Age Marshalls escort the group from one event to the next and record times and distances on an iPad/tablet or recording sheet. They monitor children's behaviour and report any incidents of less than exemplary behaviour to the Centre Manager.		
Association Days:	We encourage all athletes to attend the Association Days. Association Days are run by Little Athletics Queensland and consist of Junior & Senior		

	<p>Coaching Camps:</p> <p>Coaching Accreditation:</p> <p>Competition Results:</p> <p>Complaints:</p>	<p>LAQ offer the opportunity for athletes to participate in a coaching camp each January. Athletes receive specialised coaching in their favourite Little Athletics events. It is a chance to get active, improve your athletics skills and make some new friends. Further information can be found on the LAQ website.</p> <p>LAQ and Queensland Athletics provide various coaching courses from Introduction to Coaching through to Level 1 & 2. Courses are available to parents, teachers and interested sports people. For more information, please view their websites.</p> <p>Competition results can be found on the LAQ website for all Association Day events. TLA Centre competition results can be found through Results HQ.</p> <p>ALL complaints <u>must go through the Centre Manager</u> who will deal with them in a timely manner. Please refer to LAQ website for complaints handling procedures.</p>
D	Dual Registration:	U12 athletes are entitled to dual registration with Little Athletics Queensland and Queensland Athletics.
E	Equality:	Little Athletics Queensland recognises that people with a disability have the same rights to equality as the rest of the community and that people with a disability become involved in sport for exactly the same reasons as their able-bodied peers. We aim to provide an inclusive environment in which barriers to involvement are removed and all people with a disability feel welcome and comfortable to participate.
F	<p>Footwear:</p> <p>Fundraising:</p>	<p>Athletes must wear suitable footwear. SHOES MUST BE WORN IN ALL EVENTS AT CENTRE AND ASSOCIATION DAYS, THERE ARE NO EXCEPTIONS.</p> <p>At various times throughout the season our Centre may hold fundraising events. This is to help purchase new sports equipment and resources needed to run our weekly meets.</p>
G	Grants:	Our Centre applies for different grants from various community organisations. This helps offset major equipment purchases. If you would like to become involved in writing grant applications for our Centre, please see our Centre Manager.
H	Hats:	All children must bring and wear a SUNSAFE HAT each week. Hats can be taken off when competing. Sunscreen is also essential and is available at the athletes table.

	Hydration:	All children must bring a WATER BOTTLE each week. All athletes and parents are encouraged to stay hydrated by drinking lots of water throughout each meet.
I	Injuries: Insurance:	Please report any injury to the Centre Manager immediately. All registered athletes and officials are covered against injury. Parents who are not officiating at an event are not covered. Parents who run or participate in running, throwing, jumping etc. are not covered. Please report any injury to the Centre Manager immediately.
J	Javelin:	Only athletes in U11- U17 age groups will participate in javelin throwing events. Some younger age groups will use foam javelins to assist in development of skills.
L	Little Athletics Queensland (LAQ):	All athletes are registered members of LAQ Inc. and Australian Little Athletics. LAQ events will be promoted throughout the season.
M	Medals: Media: Motto:	At the end of season breakup 1 st , 2 nd , and 3 rd medals will be awarded to boys and girls in each age group U6-U17 who obtain the highest aggregated points for personal improvement during the season. See criteria in trophy section pages 27. ALL social media, advertisements and photographs of TLA athletes must be processed through the Centre Public Relations Officer and the Centre Manager! We are bound by regulations regarding this issue. 'Family, fun and fitness'
N	National U15 Camp: Nominations:	The aim of the camp is to develop and support young athletes who are showing a commitment to the sport and have reached national standard. The camp is open to selected athletes in the U15 age group in the 2021/ 2022 Little Athletics season, who have met the national qualification standards and who also fulfil the LAQ selection criteria. LAQ will then select up to a maximum of 20 athletes to participate, providing they have met the selection criteria. Selection of athletes will be at the discretion of Little Athletics Queensland. Nomination fees must be paid for when nominating for LAQ Centre carnivals and/or LAQ sanctioned events. Nominations usually close 2 weeks prior to each carnival. Nominations for carnivals are processed through Results HQ except for Regional Relays which is done through the centre.
	Officials:	These are volunteer parents of our athletes.

O	Official Accreditation:	If you would like to further your Officials Accreditation levels, you are invited to attend LAQ Officials Accreditation Workshops. Please view the LAQ website for more information.
P	<p>Pacing:</p> <p>Parent Participation:</p> <p>Personal Best (PB) Certificates:</p> <p>Photographs:</p> <p>Programmed Events:</p>	<p>No person is allowed to run with a competing athlete on or off the track. A warning will be given to immediately stop running with the athlete and if this does not occur the Centre Manager will be notified. LAQ states this is a form of pacing and athletes will be disqualified.</p> <p>ALL PARENTS ARE EXPECTED TO ASSIST. This is to allow consistent “Duty of Care” for all athletes and to ensure that the maximum number of parents help each week for a smoothly run competition.</p> <p>Certificates are awarded to athletes who achieve 3 or more PB’s in any given meet. These certificates will only be awarded after the first month of competition for each athlete.</p> <p>Photographs are often taken of athletes by a committee member for publication in our newsletter, website, survival guide, Facebook page or local newspaper. Please advise the Centre Manager if this is a concern.</p> <p>Athletes are to participate in the scheduled events listed on the TLA weekly program. The events may only be changed at the discretion of the Centre Manager/Program Officer. Recording will only be permitted for the programmed events.</p>
Q	Queensland Athletics:	U12 athletes are entitled to dual registration with Little Athletics Queensland and Queensland Athletics.
R	<p>Recording Results:</p> <p>Records:</p> <p>Regional Relay Day:</p>	<p><i>Weekly TLA Centre competition results will be uploaded and available to view and print through Results HQ.</i></p> <p>Records are kept for centre and away meets. Away meets are LAQ State events, Regional championships and other centre carnivals. All records need to be ratified by the current committee at a general meeting. All field event records at centre competitions must be confirmed by either the Centre Manager, Assistant Centre Manager or Recording Officers.</p> <p>This is the only Regional team event on the LAQ calendar open to all athletes. All eligible athletes are encouraged to nominate. If the team places 1st, 2nd or 3rd at the Regional Carnival they will qualify for State Relay and will be expected to attend.</p>

	<p>Regional Carnival:</p> <p>Refunds:</p> <p>Registrations:</p>	<p>This is an LAQ carnival where athletes can nominate in a maximum of five events. If the athlete achieves a prescribed standard at the Regional carnival they will qualify for State Championships.</p> <p><u>No refunds given on Centre Registration.</u> A refund will only be given for entry to a Carnival if the Carnival nomination has not closed.</p> <p>Registration fees for the 2021/22 season are:</p> <ul style="list-style-type: none"> ▪ \$80 for Tiny Tots ▪ \$175 for Under 6 – Under 17 Registration (1st Child) ▪ \$140 for EACH subsequent Under 6 – Under 17 Registration. <p>ALL REGISTRATIONS ARE TO BE COMPLETED ONLINE THROUGH RESULTS HQ.</p> <p>Note: All registration fees must be paid upfront before registration will be processed. All families will be given a registration pack when payment has been received.</p>
S	<p>Smoking:</p> <p>Safety:</p> <p>Senior Uniform:</p> <p>Sponsors:</p> <p>Spikes:</p>	<p>LAQ has a NO SMOKING POLICY. No individual is permitted to smoke at or near an event or in the view of children.</p> <p>Children will be informed of safety rules at athletic events. Children must check that the track and long jump runway are clear before crossing over. Everyone must walk behind the throwing circles. Shot put and discus can be lethal weapons. U8-10 athletes competing at high jump must do scissor jumps. The javelin area is “out of bounds” to all except the groups throwing and their officials. Chief officials in charge of an event may withdraw a child from competition if the safety rules are not observed.</p> <p>The Senior Uniform is OPTIONAL and includes a singlet for athletes in the U13 to U17 age groups and a crop top for females. It is the parent’s responsibility to ensure that their child is Sun Safe compliant.</p> <p>If you would like to become a sponsor of our Centre, please speak with the Centre Manager. Please support all of our corporate sponsors.</p> <p>Athletes from U11 age group and upwards are able to wear spikes at Centre level in the following events: all laned running events (100m, 200m, 400m), jumps (long, triple, high), and javelin. This will always be at the Centre Managers discretion. Spikes must be carried onto the track and to the field event areas and then removed on completion of the event, i.e. may only be worn from the commencement of an event and MUST be removed immediately at the finish of</p>

	<p>Starting Blocks:</p> <p>Summer Coaching Camp:</p> <p>Sun Safe:</p>	<p>the event. For Relay Day specifications please ask Centre Manager.</p> <p>U11 to U17 athletes can use starting blocks in laned events up to 400m including the first leg of the relay race. Athletes can provide their own blocks if not provided by the Centre.</p> <p>An initiative of LAQ who provide, organize and run a summer coaching camp in January each year. This camp is open to registered athletes in the U7-15 age groups. For more information, please refer to the LAQ website.</p> <p>We as parents, have a responsibility to our children to ensure they are protected against the sun's UV rays. Please ensure all children wear sunscreen & a hat. Remember SLIP! SLOP! SLAP! SEEK! SLIDE! PARENTS TOO! The Centre provides sunscreen to athletes and parents.</p>
T	<p>Time Keeping:</p> <p>Tiny Tots:</p> <p>Training:</p>	<p>All track events are timed using electronic timing gates.</p> <p>Our Centre runs a Tiny Tots Program for children aged 3 and 4. Tiny Tots will participate in games and activities designed to develop gross motor skills. They will not engage in competition. No times or distances will be recorded.</p> <p>TLA will provide training on Sundays every month for athletes to improve their athletic skills. For additional coaching, athletes will have to source private coaches.</p>
U	<p>Uniforms:</p>	<p>The Centre's uniform consists of a printed polo shirt and printed black shorts or bike pants. The Centre sells the uniform (compulsory) as well as hats and jackets (non-compulsory). The registration number, which is issued on payment of registration fees, must be sewn (not pinned) onto the front of the shirt, and the child's name clearly printed in black non-washable ink on the patch. The age label is to be sewn onto the left sleeve of the shirt. Black skins, only above the knee can be worn. Boys must wear shorts over skins.</p>
V	<p>Volunteers:</p>	<p>Our Centre is wholly and solely run by parent volunteers!!!</p> <p>Please keep this in mind when raising issues as we are only human and doing the best we can. Please lend a helping hand each week as this will make our Centre meets run smoother and on time. If you would like to become a member of the committee, please talk with the Centre Manager.</p>

<p>W</p>	<p>Wet Days:</p> <p>Weekly Program:</p> <p>Winter Regional Championships:</p>	<p>If the weather is doubtful, please check our website or Facebook page for updates. TRC closes all sporting fields, <i>including our facility</i>, if it is deemed the grounds are too wet.</p> <p>We operate on a 5-week program plus a twilight program. A copy of the programs can be found on our website and on pages 20-22 of this guide.</p> <p>These Championships occur in our off season. However, all registered athletes are encouraged to participate. For more details, refer to the LAQ website.</p>
<p>X</p>	<p>Extra Training:</p>	<p>It is up to individual athletes and their parents to seek extra training sessions other than those outlined above for individual events. Extra training will be provided by the Centre prior to Regional Relay Day with the help of parent volunteers.</p>
<p>Y</p>	<p>Youth Development Squad: (Chosen athletes only)</p>	<p>Little Athletics Queensland organize a tour to encourage our athletes to remain involved in Little Athletics throughout their senior years. It is also anticipated that by doing this, it will encourage athletes to stay involved in the sport of Athletics as they move into adulthood.</p>
<p>Z</p>	<p>Zero Tolerance Policy:</p>	<p>Our Centre follows the LAQ Zero Tolerance Policy. A registered athlete, an official, or assistant in Little Athletics within Queensland, or any spectator will not indulge in any unsportsmanlike behaviour towards another participant, official, or spectator involved in a recognised Little Athletics activity, including organised training and will adhere to the relevant Codes of Conduct/Ethics. For more information on this policy please refer to the LAQ website.</p>



Little Athletics Code of Conduct

ATHLETE:

- Be a good sport. Respect all good performances whether from your Centre or the opponents and shake hands with and thank the opposing athletes and officials after the event – win, lose or draw.
- Participate for your own enjoyment and benefit.
- Always respect the official's decision.
- Never become involved in acts of foul play.
- Honour both the spirit and intention of the competition rules and live up the highest ideals of ethics and sportsmanship. Avoid gamesmanship and respect the traditions of the sport.
- Never engage in disrespectful conduct of any sort including profanity, sledging, obscene gestures, offensive remarks, trash-talking, taunting or other actions that are demeaning to other athletes, officials or supporters.
- Care for and respect the facilities and equipment made available to you during training and competition.
- Safeguard your health. Don't use any illegal or unhealthy substances.
- Recognise that officials and coaches are volunteers who give up their time to provide their services. Treat them with the utmost respect.
- Do not bet or otherwise financially speculate, directly or indirectly, on the outcome or any other aspect of a Little Athletics event or competition in which you are involved.

COACH:

- Actively discourage foul play and/or unsportsmanlike behaviour by athletes.
- Seek to maximise the participation and enjoyment of all athletes regardless of ability; avoid the tendency to over-use a talented athlete; treat all athletes as equals, regardless of their talent.
- Show concern and caution towards all sick and injured athletes. Follow the advice of a physician and/or sports trainer to the letter when determining when an injured athlete is ready to recommence training or competition.
- Teach athletes that an honest effort and competing to the best of their ability is as important as victory.
- Maintain a thorough knowledge of the rules of competition and keep abreast of current coaching methods. Maintain or improve your current accreditation level.
- Always consider the health, safety and welfare of the athletes.
- Teach young athletes to realise that there is a big gap between their ability and the professional athlete. Do not coach them as if they are professionals.

- Ensure that your coaching reflects the level of the competition being involved with and don't be a 'winner at all costs' coach.
- As coach, conduct yourself at all times, and in all situations, in a manner that shows leadership, respect for the sport of Little Athletics and respect for all those that are involved in the sport – athletes, officials, spectators, parents and the media.

OFFICIAL:

- Be impartial! Also, be consistent, objective and courteous.
- Place the safety and welfare of the athletes above all else. Be alert to minimise dangerous physical play, fair or foul, especially competition days.
- Accept responsibility for all actions taken.
- Avoid any form of verbal contact with coaches, team officials, parents and spectators during competition.
- Avoid any situation which may lead to a conflict of interest, both on and off the field.
- Condemn all and every instance of unsportsmanlike, foul or unfair play.
- Set a good example by the way you dress, speak and act towards athletes, coaches, officials, parents and spectators.
- Show concern and caution towards sick and injured athletes.
- Officiate to the age and/or experience of the athletes.

PARENT / SPECTATOR:

- Condemn all violent or illegal acts, whether they are by athletes, coaches, officials, parents or spectators.
- Respect the official's decisions. Don't complain or argue about actions or decisions during or after an event.
- Unsportsmanlike language, harassment or aggressive behaviour will not be tolerated.
- Encourage athletes to play by the rules and to respect opposing athletes and officials.
- Never ridicule or scorn an athlete for making a mistake, respect their efforts.
- Understand that sport is part of a total life experience, and the benefits of involvement go far beyond the final placing of an event.
- Participate in positive cheering that encourages the athletes in the Centre you are supporting. Don't engage in any cheering that taunts or intimidates opponents, their fans or officials.
- Remember that children participate in Little Athletics for their own enjoyment, not yours!
- At all times follow the directions of the Arena Manager and/or other competition day officials.
- Never arrive at a Little Athletics competition under the influence of alcohol. Never bring alcohol to a Little Athletics competition or training.

Parent Participation

Little Athletics is designed to bring the whole family together in a healthy outdoor sport. Children in Little Athletics compete in events conducted by the parents. **ALL PARENTS are expected to do their bit by helping on Centre Competition Days.**

Officials jobs may include:

Age Marshall	Escorting the group from one event to the next and recording field event results on an iPad. Monitoring children's behaviour and reporting any incidents of less than exemplary behaviour to the Centre Manager.
Canteen	Help required at carnivals, during weekly centre competition days, off season for school/zone carnivals. (This is our major fundraising activity throughout the year. <u>Your support during the off season would be greatly appreciated.</u>)
Measurer	Measuring jumps and throws of individual athletes. Information on how to do this is attached to each equipment trolley. Helping to set up hurdles for periodic hurdle events.
Packing Up	Packing up of sports equipment and tents to the equipment shed on each centre competition day.
Setting Up	Setting up of sports equipment and tents to their designated areas on each centre competition day.
Spotter	Spotting where the thrown implements land.
Starter	Starting all track events using the starting device. This person must be responsible and over the age of 18 years.
Tape Puller	Pulling the tape through the centre of the throwing circles.
Walks Judge	Helps judge correct walks technique of athletes for walks events. Training will be provided throughout the season.

Each Centre Competition Day, we require at least 50 parents to conduct the events. We therefore ask you to arrive early and offer your assistance.

McDonald's Achievement Awards

McDonald's Achievement certificates are awarded on levels of performances at the end of each season.

Green Level has achieved a Good level of performance, one which is in reach of 95% of athletes.

Red Level represents a Very Good performance, but still achievable by about 65% of athletes.

Blue Level represents an Excellent performance, achievable by about 20% of athletes.

Gold Level represents an Elite performance.

The McDonald's Achievement Levels are calculated from the averages of performances of Queensland's Little Athletes over the years.

Recording

Points System:

One point awarded for competing in an event.

One point awarded for achieving a Personal Best.

Two points is the maximum an athlete can receive for an event.

Pentathlon Results: One point awarded for each event competed in.

Fun Events: No points awarded.

- Electronic/Photo Finish/Timing Gates: Results will be recorded as stated.
- Records: Centre Records (home and away) need to be ratified at the next committee meeting before Record Certificates are awarded. All field event records at centre competitions must be confirmed by either the Centre Manager, Assistant Centre Manager or Recording Officers. Regional and State Records need to be ratified by the respective Regional committee and the Board of Directors at their meetings prior to certificates being awarded.
- Toowoomba Centre Best Performances: Refers to centre competition on our home ground.
- Toowoomba Away Best Performances: Refers to Little Athletic Competitions such as LAQ State Events (Senior/junior carnival and pentathlon, State Championships), Regional (individual) Championships and other Little Athletics centre's carnivals.
- New Events: The athlete with the best time/distance will receive the record for that event at the end of the season.
- Programmed events only will be recorded.
- Maximum Events: Up to five events only will be recorded each meet.
- Recording for each athlete will commence from the date fees are paid in full and their registration has been processed.
- Timing Device Failure: At Centre Manager's discretion these events will be re-run for athletes to receive a time.
- Timing Solutions: Parents and athletes are able to view individual athlete's results by logging on to [ResultsHQ](#). Results are recorded in table and graph format.

Know Your Events

<p>Discus</p>	<p>This is one of the oldest field events, dating back to ancient Olympics. In Little Athletics a moulded rubber disk is used. The discus must be thrown from within the circle and land within the marked area. When the implement has landed the athlete must leave so that their first step outside the circle is from the back of the circle behind the line extending from the sides of the circle.</p>	
<p>High Jump</p>	<p>The athlete's task is to run up from an approach area and jump over a crossbar supported between two uprights. Note that U/8, U/9 and U/10's must use the 'Scissors' technique to be a legal jump. From U/11's athletes may use the 'Fosbury Flop' technique. There are no vertical jumps events for Tiny Tots, U/6 and U/7's.</p>	
<p>Hurdles</p>	<p>Hurdling involves running and jumping over an obstacle. Our Tiny Tots through to U7's use low plastic hurdles and from U8's move onto the proper hurdles. The heights of the hurdles, number of flights & distances vary depending on the ages of the athletes, getting higher and running further distances as they get older.</p>	
<p>Javelin</p>	<p>The javelin is a spear like instrument that is thrown from a runway 4 metres in width into a sector area marked by two lines. The javelin must land within the designated area. The event is offered for athletes from U/11 upwards.</p>	
<p>Long Jump</p>	<p>U/6 to U/10's run and jump from ½ metre x 1 metre mat. Measurement is taken from the front of the shoe print of the take-off mat to the nearest break in the landing area. U/11 upwards use a conventional 20cm take-off board. Measurements are taken from the front of the board to the nearest break in the landing area.</p>	
<p>Middle Distance</p>	<p>In Little Athletics, middle distance running includes events run over 800M (U/9 up) and 1500 (U/11 up). Greater endurance levels are required, and the running style has to be considerably less vigorous than for the sprints. Our younger athletes get a taste for middle distance over shorter runs such as 700m, 500m and 300m.</p>	

<p>Play Training</p>	<p>Play training activities are recognised as the best way of introducing young children to the sport. Play training teaches adequate motor skills and starts developing correct technique in a 'fun' way.</p>	
<p>Relays</p>	<p>A team event where each athlete completes a leg of the run and passes the baton on to the next runner. Two types of relays are run – circular relays and shuttle relays. Our youngest athletes run a shuttle relay back and forth along the 100m straight and our older athletes complete a circular relay around the track. Relays are run over a variety of distances with some types of relays, such as the 'Swedish' relay, involving runs of varying distances in the one race. In the Swedish relay the first runner runs 100m, the second 200m, the third 300m and the fourth runs 400m.</p>	
<p>Shot Put</p>	<p>The shot is a round steel ball varying in weight from 1kg to 4kg depending on the age of the athlete. The hand holding the shot must rest in the hollow where the shoulder meets the neck with the shot in contact with the side of the neck. The shot is then pushed out in one clean motion to land in the marked area. When the shot has landed the athlete must leave so that their first step outside the circle is behind the line extending from the sides of the circle.</p>	
<p>Sprints</p>	<p>Sprinting essentially involves running at full speed over the full race distance. Little Athletics sprint distances are 70m, 100m, 200m and 400m metres. Although technically a sprint for older athletes the 400 metres is perhaps best considered a middle distance for most little athletes.</p>	
<p>Triple Jump</p>	<p>Similar to long jump, triple jump involves sprinting along a runway and jumping into a sand pit to attain the longest distance horizontally. The athlete takes off from a board and performs a hop, step and jump into the pit. The athlete must 'hop' from the same foot that they have taken off and in the 'step' they land on the other foot from which the end jump action is performed. This event is offered for athletes in the U/11 age group and above.</p>	

Walks

Race walking is a progression of steps whereby the athlete makes contact with the ground, so that no visible loss of contact occurs. Don't be fooled by the name including the word 'walk' as there is nothing easy about race walking and it requires attention to technique. Judges assess each athlete carefully to ensure that the athlete does not break into a run and maintains contact with the ground at all times. The advancing leg shall be straightened from the moment of first contact with the ground until the vertical upright position. Race walking is conducted over longer distances such as 1100m.



Weekly Program – 2021/22 Season

Program 1

Age Group	Event 1	Event 2	Event 3	Event 4	Event 5
Tiny Tots	LJ	40m	SP (P)	Disc (P)	80m
u6	*70m	100m	LJ	300m	SP
u7	200m	Discus	LJ	100m	SP
u8	SP	70m	HJ (S)	100m	Discus
u9	200m	SP	800m	LJ	*70m
u10	200m	LJ	400m	SP	*70m
u11	LJ	*200m	Discus	HJ (F)	1500m
u12	Discus	*200m	HJ (F)	LJ	1500m
u13-14	HJ (F)	LJ	*200m	Discus	1500m
u15-17	HJ (F)	Discus	*200m	1500m	LJ

(P) – Play Foam

Starter: Completes Block Colours

(S) – Scissor

Starter: Can Call Field Events to Complete Track Event

(F) – Flop

* Runs Start First

Program 2

Age Group	Event 1	Event 2	Event 3	Event 4	Event 5
Tiny Tots	Turbo	40H	LJ	70m	Disc (P)
u6	Discus	60H	*200m	LJ	*100m
u7	Discus	60H	SP	70m	LJ
u8	HJ (S)	60H	*200m	SP	700m
u9	100m	Discus	60H	400m	SP
u10	100m	SP	60H	Discus	800m
u11	100m	Javelin	80H	HJ (F)	800m
u12	Javelin	80H	100m	TJ	800m
u13-14	200/300H	TJ	100m	Javelin	800m
u15-17	200/300H	100m	TJ	Javelin	800m

(P) – Play Foam

Starter: Completes Block Colours

(S) - Scissor

Starter: Can Call Field Events to Complete Track Event

(F) – Flop

200/300H First Event

* Runs Start First

Program 3

Age Group	Event 1	Event 2	Event 3	Event 4	Event 5
Tiny Tots	40m	SP (P)	200W	80m	Disc (P)
u6	70m	Discus	200m	SP	LJ
u7	70m	LJ	100m	200m	SP
u8	70m	LJ	100m	Discus	700W
u9	LJ	100m	Discus	HJ (S)	700W
u10	HJ (S)	100m	SP	LJ	1100W
u11	Discus	100m	TJ	SP	1100W
u12	SP	400m	LJ	HJ (F)	1500W
u13-14	SP	400m	HJ (F)	LJ	1500W
u15-17	LJ	SP	400m	HJ (F)	1500W

(P) – Play Foam

Starter: Completes Block Colours

(S) - Scissor

Starter: Can Call Field Events to Complete Track Event

(F) - Flop

Program 4

Age Group	Event 1	Event 2	Event 3	Event 4	Event 5
Tiny Tots	40H	Turbo	70m	LJ	SP (P)
u6	60H	LJ	100m	SP	300m
u7	60H	LJ	100m	SP	500m
u8	60H	SP	100m	LJ	HJ (S)
u9	60H	SP	70m	HJ (S)	800m
u10	HJ (S)	60H	LJ	Discus	800m
u11	LJ	80H	HJ (F)	400m	Discus
u12	Discus	80H	Javelin	200m	800m
u13-14	Javelin	*Hurdles	Discus	200m	800m
u15-17	Discus	*Hurdles	200m	Javelin	800m

(P) - Play

Starter: Completes Block Colours

(S) - Scissor

Starter: Can Call Field Events to Complete Track Event

(F) - Flop

***Hurdles:** 80/90/100/110

Program 5

Age Group	Event 1	Event 2	Event 3	Event 4	Event 5
Tiny Tots	LJ	200m	SP (P)	40m	Disc (P)
u6	100m	LJ	70m	Discus	200m
u7	SP	100m	70m	Discus	200m
u8	LJ	100m	Discus	70m	200m
u9	Discus	200m	LJ	HJ (S)	400m
u10	*200m	Discus	400m	70m	LJ
u11	100m	TJ	200m	SP	1500m
u12	100m	SP	400m	TJ	1500m
u13-14	100m	SP	400m	TJ	1500m
u15-17	SP	100m	TJ	400m	1500m

(P) – Play Foam

Starter: Completes Block Colours

(S) - Scissor

Starter: Can Call Field Events to Complete Track Event

(F) - Flop

*200m First Event

Extra Break

Twilight

Age Group	Event 1	Event 2	Event 3	Event 4	Event 5
Tiny Tots	40m	Disc (P)	80m	LJ	Turbo
u6	70m	LJ	100m	200m	Discus
u7	70m	Discus	100m	200m	LJ
u8	70m	Discus	100m	200m	LJ
u9	LJ	70m	Discus	200m	400m
u10	Discus	70m	LJ	200m	400m
u11	100m	Javelin	200m	LJ	400m
u12	LJ	100m	Javelin	200m	400m
u13-14	Javelin	100m	LJ	200m	400m
u15-17	*400m	LJ	100m	Javelin	200m

(P) – Play Foam

Starter: Completes Block Colours

(S) - Scissor

Starter: Can Call Field Events to Complete Track Event

(F) - Flop

*400m First Event

Extra Break

PLEASE NOTE: PROGRAM SUBJECT TO CHANGE AT MANAGERS DISCRETION.

Calendar of Events – 2021/22

Please keep checking the [LAQ website](#) for any updates to away carnivals or LAQ Association Days. An up-to-date events calendar for our club is available on the [Toowoomba Little Athletics website](#).

Month	Date	Day	Event	Location
September	5	Sunday	Sign on Day	O'Quinn St. Oval
	12	Sunday	Centre Competition	O'Quinn St. Oval
	19	Sunday	Centre Competition	O'Quinn St. Oval
	24	Friday	Twilight Centre Competition	O'Quinn St. Oval
	25	Saturday	Coles Spring Carnival	Bundaberg
	26	Sunday	Centre Training Day	O'Quinn St. Oval
October	3	Sunday	Centre Competition	O'Quinn St. Oval
	10	Sunday	Centre Competition	O'Quinn St. Oval
	17	Sunday	Centre Training Day	O'Quinn St. Oval
	23	Saturday	Redcliffe Open Twilight Carnival	Redcliffe
	24	Sunday	Centre Competition	O'Quinn St. Oval
	30	Saturday	Coles Summer Carnival	SAF
November	5	Friday	Twilight Centre Competition	O'Quinn St. Oval
	7	Sunday	Centre Training Day	O'Quinn St. Oval
	14	Sunday	Regional Relay Day	Highfields
	21	Sunday	Centre Competition	O'Quinn St. Oval
	27	Saturday	Caloundra Open Day	Caloundra
	28	Sunday	Centre Competition	O'Quinn St. Oval
December	3	Friday	Twilight Centre Competition	O'Quinn St. Oval

	5	Sunday	Centre Relay Training Day	O'Quinn St. Oval
	11	Saturday	McDonald's State Relay Day	SAF
	12	Sunday	TLA Christmas Breakup Fun Day	TBC
January	9	Sunday	Centre Competition	O'Quinn St. Oval
	16	Sunday	Centre Competition	O'Quinn St. Oval
	22	Saturday	Ipswich Twilight Carnival	Ipswich
	23	Sunday	Centre Competition	O'Quinn St. Oval
	30	Sunday	Centre Competition	O'Quinn St. Oval
February	5	Saturday	Regional Championships	Upper Lockyer
	6	Sunday	Regional Championships	Upper Lockyer
	13	Sunday	Centre Competition	O'Quinn St. Oval
	20	Sunday	Centre Competition	O'Quinn St. Oval
	26	Saturday	Combined Event Championships	SAF
	27	Sunday	Combined Event Championships	SAF
March	6	Sunday	Final Centre Competition	O'Quinn St. Oval
	11	Friday	State Championships	QSAC
	12	Saturday	State Championships	QSAC
	13	Sunday	State Championships	QSAC
April	10	Sunday	TLA Breakup Day & AGM	O'Quinn St. Oval

Association Days

REGIONAL RELAY DAY (Under 7 to 17 Age Groups)

- Track and field relays are provided with track teams comprising of 4 athletes and field teams comprising of nominating athletes.
- The regional relays are the same as all other Association regional days in that primarily they provide friendly Inter-Centre competition for ALL U7's to U17's and are the means for qualifying for the State Relay Championships.
- For the Under 7's & 8's, it may be their first Darling Downs competition and they do not progress to the State Championships.
- For the Under 9 - 17's all teams that place first, second and third advance to the State Relay Championships.
- Please note: All athletes that nominate must be available to compete at the state finals.
- There are no finals at either the Regional or State Relays - placing is decided on timed heats and/or total distances/heights recorded.
- Teams will be made up from nominated athletes by the Centre Management Committee and Recorders.
- In some cases, to make up teams, athletes from a range of age groups and genders may be used.

STATE RELAY DAY (Qualifiers U9 – U17 age groups from Regional Relay Day)

Held at the State Athletics Facility, Brisbane. Medals are awarded to all members of teams placing first, second and third.

- It is important that all members of teams arrive at the competition ground at least one hour before their event is scheduled.
- Please note: All athletes that nominate must be available to compete at the State finals.
- Nominations will be called at centre level. More information will be provided at centre competitions.



REGIONAL CHAMPIONSHIPS (Under 7 to 17 age groups)

This competition is open to all registered athletes from U7 to U17, each of whom may compete in up to five events of their choice.

- Events offered to the U15 to U17 age group include a pentathlon which comprises 100m, 800m, 100H (boys), 90H (girls), Long Jump and Discus. Athletes nominating for the pentathlon may also compete in any two individual events.
- These are primarily non-championship days and provide an opportunity for all children from within the Region to meet for two days of friendly competition.

- The fact they are also qualifying for entry to State Championships (U9-U17 age groups) is incidental - the main reason is to give everyone a chance to compete with children from other centres.
- All competitors receive a best performance certificate, U7 & U8 receive participation medals, U9 to U17 receive place medals for 1st, 2nd and 3rd.
- Athletes must attend four centre competition days to be eligible to nominate for Regional Championships.

COLES SUMMER CARNIVAL (See [LAQ website](#) for more details)

- The Summer Carnival aims to give athletes in U7 – U17 age groups the opportunity to take part in a large-scale competition, without any of the pressures associated with a Championship.
- All registered athletes in the U7 – U17 age groups are eligible to participate with no qualifying levels required.
- Additionally, it allows the athletes of the U13 age group to register performances that the State Team Selectors may need to refer to later in the season when selecting the State Team.
- To foster team spirit, all athletes registered with a LAQ Centre, through their competing, will earn points towards the Competition's Centre Weighted Points Trophy.
- Summer Carnival 100m Handicap Races are also included in the program. The first placed athletes in the U9 – U17 age groups are offered an opportunity to compete in the Handicap Races, using handicapped starting distances calculated on each competing athlete's 100m times.



COMBINED EVENTS CHAMPIONSHIPS (See [LAQ website](#) for more details)

- The Combined Event Championships is for U9 – U17's and offers participation for U7 – U8's in a Triathlon.
- The number of combined events per age group is a graduated increase to reduce undue pressure on younger athletes and encourage athlete's development. A strong emphasis is on the participation of children in a wider range of events, rather than the early specialisation in one or two specific events. Additionally, the State Team Selectors will refer to the U15 Heptathlon results when selecting athletes for the State Team.
- The Combined Event is considered one event; therefore, athletes failing to start or make a trial, in any of the set events of the Combined Event will not be allowed to take part in the remaining events per the LAQ Rules.

- Athletes can also set an away record for the highest points in the following Combined Events: U9-11 Tetrathlon, U12-14 Pentathlon, U15-17 Heptathlon, U13-U17 Track Triathlon, U13-17 Jumps Triathlon, U13-17 Throws Triathlon.

STATE CHAMPIONSHIPS (See [LAQ website](#) for more details)

The McDonald's State Championships are the major event in our calendar and clubs come together from all over Queensland to compete.

- Children in the U9 to 17 age groups who place in the first four at their Regional Championships are eligible to compete and some 2000 athletes from all corners in the State take part annually. (NB - some events also have minimum qualifying standards).
- Some events run heats and finals and others just straight finals. The first three placegetters in each final receive medals.
- A State Team comprised of 26 children is selected following these Championships. For the U13 section of the Team (22 of the 26 team members) performances at this event play a significant part in their selection. For the Under 15 section (2 boys, 2 girls) the first and second placegetters in the respective U15 pentathlons are automatic selections in the Team.



Criteria for Centre Trophies

Trophy presentations are held at the annual break-up at the end of each season. Recipients will be selected at the discretion of the executive committee and recorders, **if sportsmanship is not obtained then trophy will be awarded to next suitable qualifying athlete.** Athletes are eligible for all trophies where they meet the criteria. The award does not have to be presented if no athlete meets the criteria.

Criteria for trophy presentations are as follows:

TOOWOOMBA LITTLE ATHLETICS CENTRE AWARDS

➤ Highest Personal Best Performance Medals:

- Awarded to first, second and third for both boys and girls in each age group U6 – U17.
- Obtain the highest aggregated points for personal improvement during the season.
- Points are allocated for PB's (1 point), participation in events (1 point) at Association Days and TLA centre events only.



PERPETUAL TROPHIES

➤ Boys Achievement and the Girls Achievement Awards:

There are two achievement awards - one for boys and one for girls. The boy's achievement trophy was originally donated by the Christensen Family, and the girl's achievement trophy was donated by Terry & Christine Bronkhurst.

- The athletes must have been involved in the centre for two consecutive years.
- Athletes must participate in all listed events on the program.
- Have obtained the highest number of personal best performances during the season in TLA centre events and Association days.
- Display good behaviour and a positive attitude towards officials and other athletes.

➤ Fairholme College Trophy:

This trophy was donated by the Fairholme College Athletics Club.

- The athlete must be in the U6-11 age group.
- Obtain the highest aggregated points for personal improvement during the season.
- Points are allocated for PB's and participation of events.

➤ **Toowoomba City Council Trophy:**

This trophy was donated by Toowoomba Central Little Athletics Centre in appreciation of the support given by the Toowoomba City Council and their employees.

- The athlete must be in the U12-17 age group.
- Obtain the highest aggregated points for personal improvement during the season.
- Points are allocated for PB's and participation of events.

➤ **Van Bael Family Encouragement Award:**

This trophy was donated by Mike and Pauline Van Bael and family.

- The athlete must have been involved in the centre for two years.
- Show respect to officials and athletes.
- Be enthusiastic and persevere in all athletic events.
- Show sportsmanship towards fellow athletes.

➤ **Podiatry Coach The Fast 800 Trophy:**

This trophy was donated by Renea Reich and family.

- The athlete must be in the U9 age group.
- Achieve the fastest 800m for the season.
- Attendance % rate taken into consideration.

➤ **Halter Family Trophy:**

This trophy was donated by John and Judy Halter and family.

- The athlete must be in the U6-10 age group.
- Achieve the highest number of personal best performances at centre competition only.
- Show respect to officials and competitors.
- Attendance % rate taken into consideration.

➤ **Toowoomba Little Athletics Ambassador Award:**

- The athlete must be in the U11-17 age group.
- Been involved in the Centre for three consecutive years.
- Be a good ambassador for Toowoomba Little Athletics Centre and athletics generally.
- Attributes to include: Leadership, Respect, Perseverance, Resilience, Sportsmanship & Enthusiasm.
- Participate at all Centre, Regional and State Competitions and Association Days – Summer Carnival & Combined Events Championships.
- Participate in all listed events on the program.
- Attendance % rate taken into consideration.

➤ **Centre Manager's Athlete Award:**

- Have personal achievements at Centre, Regional and State Competitions – results reflect an improvement throughout the season.
- Show respect and sportsmanship to officials and competitors.
- Attendance % rate taken into consideration.

➤ **Toowoomba Little Athletics Spirit of Determination Award:**

This trophy was donated by Suzzanne Van Bael.

- The athlete must be enthusiastic and persevere in all athletic events.
- Show respect to officials and athletes.
- Show sportsmanship towards fellow athletes.
- Attendance % rate taken into consideration.

➤ **Adrian Layden Coaching Improvement Award:**

This trophy was donated by Toowoomba Little Athletics Centre in appreciation of the dedication shown to coaching our athletes by coach Adrian Layden. The recipient will be selected at the discretion of Centre coaches.

- Show an improvement in skills and techniques learnt through coaching sessions.
- Be an interested and keen learner who takes on board all critics to improve their skill level.
- Apply these learnt skills in competitions to improve their personal best performances.

➤ **Kerry Shine Shield- Volunteer of the Year Award:**

This trophy was donated by Kerry Shine. The recipient will be selected at the discretion of the general committee. Each committee representative will be entitled to one nomination.

- Show a commitment above and beyond what is required.
- Volunteer each week during weekly competitions through setting & packing up/ age marshalling/recording.
- Display initiative in his/her volunteering.
- Display a positive and enthusiastic attitude.

Past Trophy Recipients

Season	Boys Achievement Award	Girls Achievement Award	Fairholme College Trophy	Toowoomba City Council Trophy	Van Bael Family Encouragement Award	Podiatry Coach The Fast 800
1996-97	Michael Kennedy	Samantha Sims			Renee Winter	
1997-98	Grant Kraaymaat	Shannon Roberts	Morgan Fogarty Brendan Roberts		Susan Howarth	
1998-99						
1999-00	Luke Halley	Kaylene Tyrrell	Lachlan Edwards		Peter Mysliwy	
2000-01	Trent Jerome	Tammesen Ralph	Blake Achilles		Carl Frankel	
2001-02	Todd Garson Peter Bennett	Nicole Murphy	Bodan Tattam	Joel Jerome	Jacinta Berry Kurt Lembo	
2002-03	Jack Rasmussen	Suzanne Van Bael Trixie Van Bael	Bodan Tattam	Dean Petersen	Rachel Lembo Tiani Tattam	
2003-04	Joel Jerome	Cathy-Anne Saunders	Cathy-Anne Saunders	Tiani Tattam	Sarah Ryan Alex Murphy	
2004-05	Joel Ryan	Sarah Ryan	Ory Tattam	Tiani Tattam	Dean Gill	
2005-06	Billy Whittle	Jasmine Van Bael	Dean Gill	Jake Gill	Alex Ryan	
2006-07	Shaun McIntyre	Suzanne Van Bael	Dean Gill	Shaun McIntyre	Layla Jeffery Brandon Smith	
2007-08	Billy Whittle Jake Gill	Taleah Decaux	Dean Gill	Jake Gill	Sam Beasley Joshua Taylor	
2008-09	Dean Gill	Tammee Van Bael	William Whittle	Dean Gill	David Sendy Trinity Spence	
2009-10	Rowan Whittle	Charlotte Lindemann	Courtney Taylor	Madeleine Lindemann	Brandon Smith	
2010-11	Ryan McIntosh	Rekanna Taylor	Stefanie Caldwell	Georgia Sharkey	Jamee Jeffrey	
2011-12	Timothy Wright	Frances Wright	Zanthie Verrall	Stefanie McIntosh	Zali Brunner	
2012-13	Kian Verrall	Zanthie Verrall	William Cox	Caitlyn Thornberry	Timothy Noll	
2013-14	William Cox	Aslin Costigan	Kian Verrall	Jamie Cox	Caitlyn Thornberry	
2014-15	Ryan Regan	Phoebe Baird	Hayden Delaney	William Cox	Madeleine Lindemann	
2015-16	Lachlan Daley	Sophie Thornberry	Xanthee Watts	William Cox	Stella Suey	
2016-17	Tyce Fraser	Mackenzi Schefe	Amy Potter	Kyle Regan	Blake Wilson Jonathan Baird	
2017-18	Liam Applegarth	Jazmin McKay	Xanthee Watts	Riley Williams	Jaylin Kimmins	
2018-19	Tyce Fraser	Aliyah King	Xanthee Watts	Daniel Sippel	Jedd Fegan	
2019-20	Daniel Sippel	Mikayla Brasher	Xanthee Watts	Joshua Booth	Noah Dunemann	Abrielle Ball
2020-21	Daniel Sipple	Xanthee Watts	Hunter Watts	Geordie Cowdroy	Peter Sippel	Flynn Moore

Season	Halter Family Award	TLA Ambassador Award	Centre Manager's Athlete award	TLA Spirit of Determination	Adrian Layden Coaching Improvement Trophy	Kerry Shine Volunteer of the Year Award
1996-97			Mitchell Rands			
1997-98			Menetta Sinclair			
1998-99						
1999-00	Brianna Edwards		Kylie Tyrrell			
2000-01	Suzanne Van Bael		Andrew Jackson			
2001-02	Ory Tattam		Kieran Nielsen			
2002-03	Bianca Sheppard Shaun McIntyre		Dean Petersen Kellie Petersen			
2003-04	Trixie Van Bael Joel Ryan		Kellie Petersen			
2004-05	Daniel Ryan		Kellie Petersen Bianca Sheppard			
2005-06	Billy Whittle Jasmine Van Bael	Shaun McIntyre	Danielle Ashe			
2006-07	Georgia Sharkey	Lara Nielsen	Shenae Ciesiolka			
2007-08	Billy Whittle	Lara Nielsen Shaun McIntyre	Shenae Ciesiolka			
2008-09	Morgan-Lee Sharkey	Trixie Van Bael Jake Gill	Dylan Adamson			
2009-10	Courtney Taylor	Tammee Van Bael William Whittle	Shanen Layden	Chevelle Collins		
2010-11	Morgan-Lee Sharkey	Stephanie McIntosh	Ruby McIndoe	Kate Montafia		Cal & Maureen McIntosh
2011-12	Kian Verrall	Georgia Sharkey	Shanen Layden	Trent Bennett		Susie Sharkey
2012-13	Phoebe Baird	Stephanie Caldwell Connor Schefe	Jackson D'Arcy	Rachel Makings		Rachael Delaney Rod Verrall
2013-14	Bailey Fry	Zanthie Verrall	Ronan Delaney	Matthew Wallace Phoebe Baird	Charlotte Morcom	Darrin Cox
2014-15	Meg Armstrong	Thomas Delaney	Ronan Delaney	Sian Costigan Mitchell Dabin	Tessa Cox Kian Verrall	Rachael Delany
2015-16	Kya Daley	Not Awarded	Phoebe Baird	Summer Kimmins Blake Wilson	Chloe Wainwright Charlotte Lindemann	Andrew Baird
2016-17	Faith McKay	William Cox Molly Gore	Phoebe Baird	Evie Armstrong	Not Awarded	Susan Baird Lisa Gore
2017-18	Kobie Matthews	Not Awarded	Aliyah King	Emaya Fegan	Carla Carroll Harry Wilson	Jai Kimmins Sammy Kimmins
2018-19	Amellia Dunemann	Evie Armstrong	Daniel Booth	Taya Cunningham	Ethan Bachmann	Renea Reich
2019-20	Olivia Hancock	Xanthee Watts	Hunter Watts	Ruby Richardson	Matthew Sippel	Clinton Watts
2020-21	Violet Richardson	Xanthee Watts Daniel Sippel	Zoe Pietsch	Rheanna Hart	Dakota Chambers	Richard Hart



TLA Best Performances: Centre

Event	Under 6 Girls	Result	Event	Under 6 Boys	Result
60m H	Arabella Long (18/19)	13.68 sec	60m H	Noah Montgomery (18/19)	13.53 sec
70m	Arabella Long (18/19)	13.82 sec	70m	Metui Pengilly (19/20)	14.06 sec
100m	Arabella Long (18/19)	20.40 sec	100m	Joseph Booth (18/19)	20.64 sec
200m	Arabella Long (18/19)	44.01 sec	200m	Noah Montgomery (18/19)	44.75 sec
300m	Violet Richardson (19/20)	1:15.22 min	300m	Metui Pengilly (19/20)	1:09.35 min
Shot 1 kg	Violet Richardson (19/20)	3.32 m	Shot 1 kg	Kyran Lucas (18/19)	4.16 m
Discus 350g	Violet Richardson (19/20)	7.79 m	Discus 350g	Joseph Booth (18/19)	9.73 m
L/J Tartan	Hina Kapavale (20/21)	2.47 m	L/J Tartan	Joseph Booth (18/19)	2.66 m

Event	Under 7 Girls	Result	Event	Under 7 Boys	Result
60mH	Mikayla Brasher (18/19)	13.81 sec	60mH	Nate Bachmann (18/19)	12.62 sec
70m	Matilda Daly (18/19)	14.20 sec	70m	Nate Bachmann (18/19)	12.70 sec
100m	Violet Richardson (20/21)	19.61 sec	100m	Metui Pengilly (20/21)	19.30 sec
200m	Eden Broksch (20/21)	41.35 sec	200m	Noah Montgomery (19/20)	40.29 sec
500m	Violet Richardson (20/21)	2:02.51 min	500m	Metui Pengilly (20/21)	2:02.81 min
Shot 1 kg	Violet Richardson (20/21)	4.77 m	Shot 1 kg	Noah Montgomery (19/20)	6.07 m
Discus 350g	Matilda Daly (18/19)	12.42 m	Discus 350g	Noah Dunemann (18/19)	15.14 m
L/J Tartan	Jessica Ferguson (19/20)	2.86 m	L/J Tartan	Noah Dunemann (18/19)	3.00 m

Event	Under 8 Girls	Result	Event	Under 8 Boys	Result
60H (45cm)	Arabella Long (20/21)	13.78 sec	60H (45cm)	Noah Montgomery (20/21)	13.37 sec
70m	Chloe Campbell (18/19)	12.56 sec	70m	Noah Dunemann (19/20)	12.70 sec
100m	Chloe Campbell (18/19)	18.22 sec	100m	Noah Dunemann (19/20)	17.79 sec
200m	Milli Gascoyne (18/19)	33.39 sec	200m	Noah Dunemann (19/20)	39.29 sec
700 Walk	Mikayla Brasher (19/20)	5:20.17 min	700 Walk	Harrison Bolitho (19/20)	5:19.58 min
700m	Mischa Gorham (19/20)	3:26.62min	700m	Harrison Bolitho (19/20)	2:57.66 min
Shot 1.5kg	Emily Carrigan (20/21)	6.41 m	Shot 1.5kg	Noah Dunemann (19/20)	6.43 m
Discus 500g	Emily Carrigan (20/21)	15.44 m	Discus 500g	Noah Dunemann (19/20)	18.66 m

High Jump	Emily Carrigan (20/21)	0.91 m	High Jump	Joseph Booth (20/21)	1.05 m
L/J Tartan	Arabella Long (20/21)	3.05 m	L/J Tartan	Joseph Booth (20/21)	3.32 m

Event	Under 9 Girls	Result	Event	Under 9 Boys	Result
60H (45cm)	Isabella Daly (18/19)	12.62 sec	60H (45cm)	Daniel Booth (18/19)	12.25 sec
70m	Abrielle Ball (19/20)	11.77 sec	70m	Daniel Booth (18/19)	11.29 sec
100m	Summer Kimmins (18/19)	16.93 sec	100m	Daniel Booth (18/19)	15.79 sec
200m	Summer Kimmins (18/19)	33.95 sec	200m	Daniel Booth (18/19)	34.96 sec
400m	Isabella Daly (18/19)	1:27.62 min	400m	Daniel Booth (18/19)	1:22.37 min
800m	Ruby Richardson (18/19)	3:24.45 min	800m	Jaxen Salmi (18/19)	3:17.45 min
700 Walk	Jacinda Scrivener (18/19)	5:20.21 min	700 Walk	Jordan Wilson (18/19)	5:18.97 min
Shot 2kg	Summer Kimmins (18/19)	5.21 m	Shot 2kg	Daniel Booth (18/19)	6.25 m
Discus 500g	Georgie Pengilly (19/20)	15.62 m	Discus 500g	Noah Dunemann (20/21)	22.10 m
High Jump	Summer Kimmins (18/19)	1.05 m	High Jump	Hunter Watts (18/19)	1.00 m
L/J Tartan	Summer Kimmins (18/19)	3.42 m	L/J Tartan	Noah Dunemann (20/21)	3.51 m

Event	Under 10 Girls	Result	Event	Under 10 Boys	Result
60H (60cm)	Xanthee Watts (18/19)	12.39 sec	60H (60cm)	Daniel Booth (19/20)	11.97 sec
70m	Xanthee Watts (18/19)	11.33 sec	70m	Ethan Bachmann (19/20)	11.04 sec
100m	Emma Walkington (20/21)	16.03 sec	100m	Daniel Booth (19/20)	15.49 sec
200m	Xanthee Watts (18/19)	33.20 sec	200m	Daniel Booth (19/20)	32.12 sec
400m	Xanthee Watts (18/19)	1:19.71 min	400m	Daniel Booth (19/20)	1:16.87 min
800m	Ruby Richardson (19/20)	3:10.48 min	800m	Ethan Bachmann (19/20)	3:10.60 min
1100 Walk	Xanthee Watts (18/19)	8:00.52 min	1100 Walk	Daniel Booth (19/20)	8:20.88 min
Shot 2kg	Xanthee Watts (18/19)	6.49 m	Shot 2kg	Hunter Watts (19/20)	8.14 m
Discus 500g	Xanthee Watts (18/19)	23.26 m	Discus 500g	Hunter Watts (19/20)	24.63 m
High Jump	Xanthee Watts (18/19)	1.10 m	High Jump	Ethan Bachmann (19/20)	1.12 m
L/J Tartan	Xanthee Watts (18/19)	3.66 m	L/J Tartan	Lachlan Rashleigh (19/20)	3.94 m

Event	Under 11 Girls	Result	Event	Under 11 Boys	Result
80H (60cm)	Dakota Chambers (20/21)	15.06 sec	80H (60cm)	Danny Booth (20/21)	14.93 sec
100m	Aliyah King (18/19)	14.45 sec	100m	Jake Kinsey (18/19)	14.20 sec
200m	Aliyah King (18/19)	31.26 sec	200m	Jayden Lucas (18/19)	31.58 sec
400m	Xanthee Watts (19/20)	1:13.82 min	400m	Xander Willemse (20/21)	1:14.42 min
800m	Evie Armstrong (18/19)	2:57.71 min	800m	Xander Willemse (20/21)	2:52.03 min
1500m	Evie Armstrong (18/19)	5:55.29 min	1500m	Xander Willemse (20/21)	5:50.76 min
1100 Walk	Amy Johnson (19/20)	7:10.80 min	1100 Walk	Noah Burke (18/19)	8:00.94 min
Shot 2kg	Xanthee Watts (19/20)	8.59 m	Shot 2kg	Leon Smith (19/20)	7.19 m
Discus 500g	Xanthee Watts (19/20)	27.28 m	Discus 500g	Hunter Watts (20/21)	30.49 m
Javelin 400g	Xanthee Watts (19/20)	19.03 m	Javelin 400g	Hunter Evans (19/20)	20.89 m
High Jump	Xanthee Watts (19/20)	1.28 m	High Jump	Jayden Lucas (18/19)	1.28 m
	Savannah Patterson (20/21)	1.28 m			
L/J Tartan	Dakota Chambers (20/21)	4.15 m	L/J Tartan	Henry Gore (18/19)	4.12 m
T/J Tartan	Dakota Chambers (20/21)	8.85 m	T/J Tartan	Xander Willemse (20/21)	8.61 m

Event	Under 12 Girls	Result	Event	Under 12 Boys	Result
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80H (68cm)	Hayley Wainwright (20/21)	15.94 sec	80H (68cm)	Jayden Lucas (19/20)	15.23 sec
100m	Aliyah King (19/20)	14.59 sec	100m	Nathen Bojo-Luwong (19/20)	14.48 sec
200m	Aliyah King (19/20)	29.78 sec	200m	Nathen Bojo-Luwong (19/20)	30.80 sec
400m	Hayley Wainwright (20/21)	1:11.00 min	400m	Hunter Evans (20/21)	1.11.18 min
800m	Hayley Wainwright (20/21)	2:51.13 min	800m	Logan Leerentveld (18/19)	2:45.65 min
1500m	Lexi Peachey (18/19)	6:03.94 min	1500m	Hunter Evans (20/21)	5:56.62 min
1500 Walk	Amy Johnson (20/21)	10:30.60 min	1500 Walk	Hayden Delaney (19/20)	10:09.01 min
Shot 2kg	Xanthee Watts (20/21)	9.76 m	Shot 2kg	Leon Smith (20/21)	8.30 m
Discus 750g	Xanthee Watts (20/21)	31.24 m	Discus 750g	Jack Wilson (18/19)	18.76 m
Javelin 400g	Xanthee Watts (20/21)	28.00 m	Javelin 400g	Leon Smith (20/21)	23.48 m
High Jump	Ava Youngberry (20/21)	1.35 m	High Jump	Leon Smith (20/21)	1.34 m
L/J Tartan	Xanthee Watts (20/21)	4.29 m	L/J Tartan	Leon Smith (20/21)	4.43 m
T/J Tartan	Xanthee Watts (20/21)	8.95 m	T/J Tartan	Jayden Lucas (19/20)	9.05 m

Event	Under 13 Girls	Result	Event	Under 13 Boys	Result
80H (76cm)	Abbey Purcell (19/20)	16.51 sec	80H (76cm)	Jake Kinsey (20/21)	14.04 sec
200H (68cm)	Evangeline Wembri (18/19)	34.13 sec	200H (68cm)	Jake Kinsey (20/21)	32.74 sec
100m	Siena Dawson (18/19)	13.88 sec	100m	Jake Kinsey (20/21)	14.83 sec
200m	Siena Dawson (18/19)	29.64 sec	200m	Jake Kinsey (20/21)	30.63 sec
400m	Siena Dawson (18/19)	1:09.73 min	400m	Jake Kinsey (20/21)	1:11.22 min
800m	Cate Hogno (20/21)	2:55.53 min	800m	Isaiah Bould (19/20)	2:54.60 min
1500m	Cate Hogno (20/21)	6:01.34 min	1500m	Isaiah Bould (19/20)	6:00.42 min
1500 Walk	Evangeline Wembri (18/19)	12:36.66 min	1500 Walk	Noah Burke (20/21)	11:01.84 min
Shot 3kg	Aliyah King (20/21)	7.26 m	Shot 3kg	Joshua Booth (20/21)	8.64 m
Discus 750g	Aliyah King (20/21)	24.81 m	Discus 750g	Joshua Booth (20/21)	23.69 m
Javelin 400g	Rheanna Hart (20/21)	18.21 m	Javelin 600g	Joshua Booth (20/21)	23.99 m
High Jump	Abbey Purcell (19/20)	1.25 m	High Jump	Rylan Shore (18/19)	1.30 m
L/J Tartan	Rheanna Hart (20/21)	4.30 m	L/J Tartan	Jake Kinsey (20/21)	4.69 m
T/J Tartan	Evangeline Wembri (18/19)	9.28 m	T/J Tartan	Jake Kinsey (20/21)	8.51 m

Event	Under 14 Girls	Result	Event	Under 14 Boys	Result
80H (76cm)	Reagan McMillan (19/20)	16.62 sec	90H (76cm)	Geordie Cowdroy (20/21)	14.53 sec
200H (76cm)	Sarah Carter (20/21)	35.60 sec	200H (76cm)	Geordie Cowdroy (20/21)	31.18 sec
100m	Reagan McMillan (19/20)	14.22 sec	100m	Geordie Cowdroy (20/21)	13.52 sec
200m	Reagan McMillan (19/20)	29.78 sec	200m	Geordie Cowdroy (20/21)	27.63 sec
400m	Lexi Peachey (20/21)	1:11.48 min	400m	Riley Wainwright (20/21)	1:10.41 sec
800m	Delaney Burke (18/19)	2:51.73 min	800m	Riley Wainwright (20/21)	2:38.53 min
1500m	Delaney Burke (18/19)	6:10.84 min	1500m	Ashton Wilson (19/20)	6:56.90 min
1500 Walk	Molly Gore (18/19)	10:16.36 min	1500 Walk	Riley Wainwright (20/21)	12:00.94 min
Shot 3kg	Reagan McMillan (19/20)	10.07 m	Shot 3kg	Geordie Cowdroy (20/21)	13.05 m
Discus 1kg	Reagan McMillan (19/20)	26.60 m	Discus 1kg	Geordie Cowdroy (20/21)	35.92 m
Javelin 400g	Reagan McMillan (19/20)	20.97 m	Javelin 600g	Geordie Cowdroy (20/21)	28.12 m
High Jump	Molly Gore (18/19)	1.30 m	High Jump	Geordie Cowdroy (20/21)	1.66 m
L/J Tartan	Delaney Burke (18/19)	4.63 m	L/J Tartan	Geordie Cowdroy (20/21)	5.15 m
T/J Tartan	Delaney Burke (18/19)	9.24 m	T/J Tartan	Geordie Cowdroy (20/21)	10.66 m
Event	Under 15 Girls	Result	Event	Under 15 Boys	Result

90H (76cm)	Delaney Burke (19/20)	18.17 sec	100H (76cm)	Sam Wainwright (20/21)	19.25 sec
300H(76cm)	Delaney Burke (19/20)	53.29 sec	200H (76cm)	Daniel Sippel (18/19)	33.47 sec
100m	Delaney Burke (19/20)	14.89 sec	100m	Sam Wainwright (20/21)	12.64 sec
200m	Delaney Burke (19/20)	30.68 sec	200m	Sam Wainwright (20/21)	26.53 sec
400m	Delaney Burke (19/20)	1:09.91 min	400m	Sam Wainwright (20/21)	1:06.02 sec
800m	Delaney Burke (19/20)	2:52.02 min	800m	Matthew Sippel (19/20)	2:37.88 min
1500m	Delaney Burke (19/20)	5:57.87 min	1500m	Matthew Sippel (19/20)	5:19.12 min
1500 Walk	Delaney Burke (19/20)	12:11.27 min	1500 Walk	Sam Wainwright (20/21)	10:53.23 min
Shot 3kg	Delaney Burke (19/20)	7.56 m	Shot 4kg	Sam Wainwright (20/21)	9.31 m
Discus 1kg	Delaney Burke (19/20)	15.28 m	Discus 1kg	Matthew Sippel (19/20)	32.30 m
Javelin 500g	Delaney Burke (19/20)	14.83 m	Javelin 700g	Daniel Sippel (18/19)	31.49 m
High Jump	Delaney Burke (19/20)	1.25 m	High Jump	Connor Larsen (18/19)	1.72 m
L/J Tartan	Delaney Burke (19/20)	4.69 m	L/J Tartan	Sam Wainwright (20/21)	5.49 m
T/J Tartan	Delaney Burke (19/20)	9.60 m	T/J Tartan	Daniel Sippel (18/19)	10.93 m

Event	Under 16 Girls	Result	Event	Under 16 Boys	Result
90H (76cm)	Tamaya Maher (18/19)	19.73 sec	100H (76cm)	Kalum Brown (20/21)	15.64 sec
			200H (76cm)	Riley Williams (18/19)	28.18 sec
300H(76cm)	Delaney Burke (20/21)	57.36 sec	300H (76cm)	Riley Williams (18/19)	46.05 sec
100m	Delaney Burke (20/21)	14.73 sec	100m	Kalum Brown (20/21)	12.20 sec
200m	Delaney Burke (20/21)	30.99 sec	200m	Kalum Brown (20/21)	24.73 sec
400m	Delaney Burke (20/21)	1:09.08 min	400m	Kalum Brown (20/21)	57.13 sec
800m	Delaney Burke (20/21)	2:49.18 min	800m	Matthew Sippel (20/21)	2:28.06 min
1500m	Delaney Burke (20/21)	6:22.10 min	1500m	Matthew Sippel (20/21)	5:22.71 min
1500 Walk	Charlie Ridgway (20/21)	14:36.91	1500 Walk	Matthew Sippel (20/21)	10:34.87 min
Shot Put 3kg	Delaney Burke (20/21)	8.05 m	Shot Put 4kg	Kalum Brown (20/21)	11.16 m
Discus 1kg	Tamaya Maher (18/19)	16.75 m	Discus 1kg	Kalum Brown (20/21)	38.72 m
Javelin 500g	Delaney Burke (20/21)	16.22 m	Javelin 700g	Kalum Brown (20/21)	36.72 m
High Jump	Delaney Burke (20/21)	1.30 m	High Jump	Connor Larsen (19/20)	1.80 m
L/J Tartan	Delaney Burke (20/21)	4.78 m	L/J Tartan	Kalum Brown (20/21)	6.16 m
T/J Tartan	Delaney Burke (20/21)	10.31 m	T/J Tartan	Kalum Brown (20/21)	12.72 m

Event	Under 17 Girls	Result	Event	Under 17 Boys	Result
100H (76cm)	Chloe Wainwright (20/21)	20.71 sec	110H (76cm)	Daniel Sippel (20/21)	17.34 sec
300H(76cm)	Chloe Wainwright (20/21)	1:01.07 min	300H (76cm)	Riley Williams (19/20)	44.93 sec
100m	Chloe Wainwright (20/21)	14.25 sec	100m	Aden Cowdroy (20/21)	11.62 sec
200m	Chloe Wainwright (20/21)	30.97 sec	200m	Aden Cowdroy (20/21)	24.46 sec
400m	Tamaya Maher (19/20)	1:26.69 min	400m	Daniel Sippel (20/21)	57.96 sec
800m	Chloe Wainwright (20/21)	3:32.62 min	800m	Riley Williams (19/20)	2:29.54 min
1500m			1500m	Daniel Sippel (20/21)	6:16.65 min
1500 Walk	Tamaya Maher (19/20)	12:19.40 min	1500 Walk	Daniel Sippel (20/21)	12:22.34 min
Shot Put 3kg	Tamaya Maher (19/20)	7.43 m	Shot Put 5kg	Aden Cowdroy (20/21)	10.32 m
Discus 1kg	Tamaya Maher (19/20)	15.97 m	Discus 1kg	Riley Williams (19/20)	36.90 m
Javelin 500g	Tamaya Maher (19/20)	15.10 m	Javelin 700g	Aden Cowdroy (20/21)	44.72 m
High Jump	Tamaya Maher (19/20)	1.05 m	HighJump	Connor Larsen (20/21)	1.93 m
L/J Tartan	Chloe Wainwright (20/21)	4.64 m	L/J Tartan	Daniel Sippel (20/21)	6.32 m

T/J Tartan Chloe Wainwright (20/21) 9.71 m T/J Tartan Daniel Sippel (20/21) 13.01 m

TLA Best Performances: Away

Event	Under 6 Girls	Result	Event	Under 6 Boys	Result
70m	Penelope Montgomery (19/20)	17.61 sec	70m	Joseph Booth (18/19)	15.22 sec
100m	Brooke Montgomery (20/21)	26.00 sec	100m	Joseph Booth (18/19)	21.68 sec
Shot 1kg	Penelope Montgomery (19/20)	2.52 m	Shot 1kg	Joseph Booth (18/19)	3.67 m
Discus 350g	Penelope Montgomery (19/20)	4.56 m	Discus 350g	Joseph Booth (18/19)	7.18 m
Long Jump	Addison Evans (19/20)	1.52 m	Long Jump	Joseph Booth (18/19)	2.24 m

Event	Under 7 Girls	Result	Event	Under 7 Boys	Result
70m	Eden Broksch (20/21)	13.62 sec	70m	Joseph Booth (19/20)	13.33 sec
100m	Matilda Daly (18/19)	19.61 sec	100m	Joseph Booth (19/20)	19.31 sec
200m	Violet Richardson (20/21)	40.07 sec	200m	Nate Bachmann (18/19)	39.29 sec
Shot 1kg	Violet Richardson (20/21)	4.07 m	Shot 1kg	Noah Montgomery (19/20)	6.06 m
Discus 350g	Matilda Daly (18/19)	12.80 m	Discus 350g	Noah Dunemann (18/19)	13.40 m
Long Jump	Matilda Daly (18/19)	2.50 m	Long Jump	Joseph Booth (19/20)	2.69 m

Event	Under 8 Girls	Result	Event	Under 8 Boys	Result
60H (45cm)	Mikayla Brasher (19/20)	14.21 sec	60H (45cm)	Joseph Booth (20/21)	13.22 sec
70m	Arabella Long (20/21)	12.96 sec	70m	Noah Dunemann (19/20)	12.77 sec
100m	Emily Carrigan (20/21)	17.83 sec	100m	Noah Dunemann (19/20)	17.61 sec
200m	Arabella Long (20/21)	40.11 sec	200m	Noah Montgomery (20/21)	36.94 sec
500m			500m	Joseph Booth (20/21)	2:17.14 min
Shot 1.5kg	Emily Carrigan (20/21)	6.35 m	Shot 1.5kg	Noah Dunemann (19/20)	5.44 m
Discus 500g	Emily Carrigan (20/21)	16.25 m	Discus 500g	Noah Dunemann (19/20)	15.87 m
Long Jump	Emily Carrigan (20/21)	2.71 m	Long Jump	Noah Dunemann (19/20)	3.02 m
			High Jump	Joseph Booth (20/21)	0.90 m

Event	Under 9 Girls	Result	Event	Under 9 Boys	Result
60H (45cm)	Isabella Daly (18/19)	12.11 sec	60H (45cm)	Daniel Booth (18/19)	11.91 sec
70m	Summer Kimmins (18/19)	11.0 sec	70m	Daniel Booth (18/19)	11.22 sec
100m	Summer Kimmins (18/19)	16.67 sec	100m	Daniel Booth (18/19)	15.80 sec
200m	Summer Kimmins (18/19)	35.94 sec	200m	Daniel Booth (18/19)	32.68 sec
400m	Kaylee Carroll (20/21)	1:30.46 min	400m	Ethan Bachmann (18/19)	1:22.45 min
800m	Isabella Daly (18/19)	3:21.17 min	800m	Daniel Booth (18/19)	3:08.80 min
700 Walk	Mikayla Brasher (20/21)	5:17.40 min	700 Walk	Hunter Watts (18/19)	5:41.72 min
Shot 2kg	Isabella Daly (18/19)	4.83 m	Shot 2kg	Hunter Watts (18/19)	6.61 m
Discus 500g	Isabella Daly (18/19)	14.34 m	Discus 500g	Hunter Watts (18/19)	20.89 m
Long Jump	Summer Kimmins (18/19)	3.38 m	Long Jump	Noah Dunemann (20/21)	3.36 m
High Jump	Summer Kimmins (18/19)	1.06 m	High Jump	Hunter Watts (18/19)	1.00 m
Tetrathlon	Summer Kimmins (18/19)	506 points	Tetrathlon	Daniel Booth (18/19)	615 points
Event	Under 10 Girls	Result	Event	Under 10 Boys	Result

60H (60cm)	Xanthee Watts (18/19)	13.69 sec	60H (60cm)	Daniel Booth (19/20)	12.01 sec
70m	Emma Walkington (20/21)	10.99 sec	70m	Daniel Booth (19/20)	11.01 sec
100m	Emma Walkington (20/21)	15.60 sec	100m	Daniel Booth (19/20)	15.26 sec
200m	Xanthee Watts (18/19)	32.51 sec	200m	Daniel Booth (19/20)	31.98 sec
400m	Emma Walkington (20/21)	1:19.07 min	400m	Dominic Dahler (18/19)	1:21.72 min
800m	Xanthee Watts (18/19)	3:01.74 min	800m	Jedd Fegan (18/19)	3:24.33 min
1100 Walk	Xanthee Watts (18/19)	8:15.80 min	1100 Walk	Hunter Watts (19/20)	8:41.23 min
Shot 2kg	Xanthee Watts (18/19)	6.91 m	Shot 2kg	Hunter Watts (19/20)	7.70 m
Discus 500g	Xanthee Watts (18/19)	25.07 m	Discus 500g	Hunter Watts (19/20)	23.42 m
Long Jump	Xanthee Watts (18/19)	3.82 m	Long Jump	Daniel Booth (19/20)	3.59 m
High Jump	Xanthee Watts (18/19)	1.17 m	High Jump	Flynn Rutherford (18/19)	1.15 m
Tetrathlon	Xanthee Watts (18/19)	802 points	Tetrathlon	Hunter Watts (19/20)	520 points

Event	Under 11 Girls	Result	Event	Under 11 Boys	Result
80H (60cm)	Dakota Chambers (20/21)	14.69 sec	80H (60cm)	Danny Booth (20/21)	14.67 sec
70m	Aliyah King (18/19)	10.82 sec	70m	Jake Kinsey (18/19)	10.60 sec
100m	Savannah Patterson (20/21)	14.43 sec	100m	Elliott Dawson (18/19)	14.84 sec
200m	Aliyah King (18/19)	29.69 sec	200m	Danny Booth (20/21)	30.14 sec
400m	Aliyah King (18/19)	1:11.02 min	400m	Xander Willemse (20/21)	1:10.58 min
800m	Xanthee Watts (19/20)	2:47.69 min	800m	Xander Willemse (20/21)	2:41.55 min
1500m	Evie Armstrong (18/19)	5:39.87 min	1500m	Xander Willemse (20/21)	5:24.96 min
1100 Walk	Xanthee Watts (19/20)	7:11.53 min	1100 Walk	Noah Burke (18/19)	7:04.52 min
Shot 2kg	Xanthee Watts (19/20)	8.07 m	Shot 2kg	Hunter Watts (20/21)	9.03 m
Discus 500g	Xanthee Watts (19/20)	23.47 m	Discus 500g	Hunter Watts (20/21)	27.00 m
Javelin 400g	Xanthee Watts (19/20)	14.38 m	Javelin 400g	Danny Booth (20/21)	17.04 m
Long Jump	Xanthee Watts (19/20)	4.00 m	Long Jump	Jake Kinsey (18/19)	4.00 m
High Jump	Xanthee Watts (19/20)	1.27 m	High Jump	Jake Kinsey (18/19)	1.15 m
Triple Jump	Xanthee Watts (19/20)	8.19 m	Triple Jump	Henry Gore (18/19)	8.69 m
Tetrathlon	Xanthee Watts (19/20)	889 points	Tetrathlon	Joshua Booth (18/19)	524 points
			800 Walk	Noah Burke (18/19)	5:44.52 min

Event	Under 12 Girls	Result	Event	Under 12 Boys	Result
80H (68cm)	Xanthee Watts (20/21)	14.91 sec	80H (68cm)	Jake Kinsey (19/20)	15.78 sec
70m	Paris Orr (18/19)	10.20 sec	70m	Jake Kinsey (19/20)	10.68 sec
100m	Hayley Wainwright (20/21)	13.68 sec	100m	Leon Smith (20/21)	14.58 sec
200m	Aliyah King (19/20)	28.48 sec	200m	Leon Smith (20/21)	30.05 sec
400m	Paris Orr (18/19)	1:06.70 min	400m	Leon Smith (20/21)	1:13.18 min
800m	Hayley Wainwright (20/21)	2:35.19 min	800m	Hunter Evans (20/21)	2:48.04 min
1500m	Zoe Pietsch (20/21)	5:54.32 min	1500m	Hunter Evans (20/21)	5:36.33 min
1500 Walk			1500 Walk		
Shot 2kg	Xanthee Watts (20/21)	10.32 m	Shot 2kg	Joshua Booth (19/20)	7.00 m
Discus 750g	Xanthee Watts (20/21)	30.47 m	Discus 750g	Joshua Booth (19/20)	18.91 m
Javelin 400g	Xanthee Watts (20/21)	28.88 m	Javelin 400g	Joshua Booth (19/20)	18.38 m
Long Jump	Xanthee Watts (20/21)	4.20 m	Long Jump	Leon Smith (20/21)	4.33 m
High Jump	Ava Youngberry (20/21)	1.40 m	High Jump	Leon Smith (20/21)	1.30 m
Triple Jump	Xanthee Watts (20/21)	9.05 m	Triple Jump	Leon Smith (20/21)	8.61 m

Pentathlon	Xanthee Watts (20/21)	1350 points	800 Walk	Noah Burke (19/20)	5:34.06 min
Multi-Class Triathlon	Taylah Chapman (20/21)	452 points			

Event	Under 13 Girls	Result	Event	Under 13 Boys	Result
80H (76cm)	Evangeline Wembri (18/19)	15.97 sec	80H (76cm)	Jake Kinsey (20/21)	13.94 sec
200H (68cm)	Millie Matthews (18/19)	41.16 sec	200H (68cm)		
70m	Abbey Purcell (19/20)	10.53 sec	70m	Isaiah Bould (19/20)	11.02 sec
100m	Aliyah King (20/21)	14.03 sec	100m	Jake Kinsey (20/21)	14.20 sec
200m	Aliyah King (20/21)	28.31 sec	200m	Jake Kinsey (20/21)	29.40 sec
400m	Evangeline Wembri (18/19)	1:07.89 min	400m	Noah Burke (20/21)	1:18.40 min
800m			800m		
1500m	Millie Matthews (18/19)	7:18.76 min	1500m		
1500 Walk			1500 Walk	Noah Burke (20/21)	11:10.05 min
Shot 3kg	Aliyah King (20/21)	6.79 m	Shot 3kg	Joshua Booth (20/21)	8.14 m
Discus 750g	Aliyah King (20/21)	22.40 m	Discus 750g	Joshua Booth (20/21)	20.72 m
Javelin 400g	Rheanna Hart (20/21)	17.99 m	Javelin 600g	Joshua Booth (20/21)	19.76 m
Long Jump	Siena Dawson (18/19)	4.23 m	Long Jump	Jake Kinsey (20/21)	4.48 m
High Jump			High Jump	Rylan Shore (18/19)	1.30 m
Triple Jump	Aliyah King (20/21)	8.27 m	Triple Jump	Rylan Shore (18/19)	8.52 m
			Jumps Triathlon	Peter Sippel (19/20)	463 points
			Throws Triathlon	Peter Sippel (19/20)	482 points

Event	Under 14 Girls	Result	Event	Under 14 Boys	Result
80H (76cm)	Molly Gore (18/19)	17.19 sec	90H (76cm)	Geordie Cowdroy (20/21)	14.44 sec
200H (76cm)	Delaney Burke (18/19)	33.24 sec	200H (76cm)	Geordie Cowdroy (20/21)	29.59 sec
100m	Reagan McMillan (19/20)	13.95 sec	100m	Geordie Cowdroy (20/21)	13.80 sec
200m	Evangeline Wembri (19/20)	29.63 sec	200m	Geordie Cowdroy (20/21)	38.43 sec
400m	Delaney Burke (18/19)	1:06.10 min	400m		
800m			800m	Peter Sippel (20/21)	4:03.95 min
1500m			1500m		
1500 Walk	Molly Gore (18/19)	10:45.58 min	1500 Walk		
Shot 3kg	Reagan McMillan (19/20)	10.10 m	Shot 3kg	Geordie Cowdroy (20/21)	13.04 m
Discus 1kg	Reagan McMillan (19/20)	27.42 m	Discus 1kg	Geordie Cowdroy (20/21)	36.80 m
Javelin 400g	Molly Gore (18/19)	15.97 m	Javelin 600g	Geordie Cowdroy (20/21)	28.64 m
Long Jump	Delaney Burke (18/19)	4.47 m	Long Jump	Geordie Cowdroy (20/21)	5.18 m
High Jump			High Jump	Geordie Cowdroy (20/21)	1.73 m
Triple Jump	Delaney Burke (18/19)	9.29 m	Triple Jump	Geordie Cowdroy (20/21)	10.73 m
800W	Delaney Burke (18/19)	5:48.67 min	Jumps Triathlon	Geordie Cowdroy (20/21)	1112 points
Jumps Triathlon	Sarah Carter (20/21)	682 points	Throws Triathlon	Geordie Cowdroy (20/21)	1181 points
Sprints Triathlon	Sarah Carter (20/21)	628 points			

Event	Under 15 Girls	Result	Event	Under 15 Boys	Result
90H (76cm)			100H (76cm)		
200H (76cm)			200H (76cm)		
100m	Madison Smith (20/21)	15.13 sec	100m	Sam Wainwright (20/21)	12.31
200m	Delaney Burke (19/20)	29.99 sec	200m		

400m	Delaney Burke (19/20)	1:07.77 min	400m		
800m			800m	Matthew Sippel (19/20)	2:28.69 min
1500m			1500m	Matthew Sippel (19/20)	5:06.43 min
1500 Walk			1500 Walk		
Shot 3kg			Shot 3kg	Matthew Sippel (19/20)	7.29 m
Discus 1kg			Discus 1kg	Daniel Sippel (18/19)	29.12 m
Javelin 500g			Javelin 700g	Daniel Sippel (18/19)	29.12 m
Long Jump	Delaney Burke (19/20)	4.88 m	Long Jump	Sam Wainwright (20/21)	5.28 m
High Jump			High Jump	Connor Larsen (18/19)	1.75 m
Triple Jump			Triple Jump	Sam Wainwright (20/21)	11.46 m
800W	Delaney Burke (19/20)	5:27.97 min	Jumps Triathlon	Daniel Sippel (18/19)	1185 points
			Throws Triathlon	Matthew Sippel (19/20)	948 points

Event	Under 16 Girls	Result	Event	Under 16 Boys	Result
90H (76cm)			100H (76cm)	Riley Williams (18/19)	14.83 sec
			110H (76cm)	Riley Williams (18/19)	14.98 sec
300H (76cm)			300H (76cm)	Riley Williams (18/19)	43.34 sec
100m			100m	Kalum Brown (20/21)	11.80 sec
200m			200m	Kalum Brown (20/21)	23.81 sec
400m	Delaney Burke (20/21)	1:05.39 min	400m	Riley Williams (18/19)	59.28 sec
800m			800m	Riley Williams (18/19)	2:21.04 sec
1500m			1500m	Matthew Sippel (20/21)	5:03.10 min
1500 Walk			1500 Walk		
Shot 3kg			Shot Put 4kg	Riley Williams (18/19)	9.55 m
Discus 1kg			Discus 1kg	Riley Williams (18/19)	41.50 m
Javelin 500g			Javelin 700g	Daniel Sippel (19/20)	33.19 m
Long Jump	Delaney Burke (20/21)	4.82 m	Long Jump	Kalum Brown (20/21)	6.29 m
High Jump			High Jump	Kalum Brown (20/21)	1.75 m
Triple Jump	Delaney Burke (20/21)	10.15 m	Triple Jump	Kalum Brown (20/21)	13.13 m
			Heptathlon	Riley Williams (18/19)	3685 points
			Jumps Triathlon	Kalum Brown (20/21)	1677 points
			Sprints Triathlon	Kalum Brown (20/21)	2218 points

Event	Under 17 Girls	Result	Event	Under 17 Boys	Result
100H (76cm)	Chloe Wainwright (20/21)	20.33 sec	110H (76cm)	Riley Williams (19/20)	16.55 sec
100m	Chloe Wainwright (20/21)	14.07 sec	300H (76cm)	Riley Williams (19/20)	42.59 sec
200m	Chloe Wainwright (20/21)	29.72 sec	100m	Aden Cowdroy (20/21)	11.51 sec
Triple Jump	Chloe Wainwright (20/21)	9.20 m	200m	Aden Cowdroy (20/21)	24.00 sec
			400m	Daniel Sippel (20/21)	1:03.81 min
			800m	Riley Williams (19/20)	2:25.27 sec
			Shot Put 5kg	Aden Cowdroy (20/21)	8.35 m
			Discus 1.5kg	Riley Williams (19/20)	32.22 m
			Javelin 700g	Aden Cowdroy (20/21)	47.41 m
			Long Jump	Daniel Sippel (20/21)	6.31 m
			Triple Jump	Daniel Sippel (20/21)	13.05 m
			High Jump	Connor Larsen (20/21)	2.00 m

Heptathlon	Riley Williams (19/20)	2816 points
Jumps Triathlon	Connor Larsen (20/21)	1500 points
Sprints Triathlon	Daniel Sippel (20/21)	1733 points

TLA Best Performances: Centre

(Superseded as of 17/18)

Event	Under 6 Girls	Result	Event	Under 6 Boys	Result
60m H	Georgie Pengilly (17/18)	13.58 sec	60m H	Corben Moodie (17/18)	13.56 sec
70m	Cathy-Anne Saunders (98/99)	12.6 sec	70m	Bodan Tattam (99/00)	12.5 sec
100m	Cathy-Anne Saunders (98/99)	18.4 sec	100m	Bodan Tattam (99/00)	17.4 sec
200m	Georgie Pengilly (17/18)	45.40 sec	200m	Alex Lucock (12/13)	44.20 sec
300m	Georgie Pengilly (17/18)	1.13.59 min	300m	Harrison Bolitho (17/18)	1.09.81 min
Shot 1 kg	Matilda Daly (17/18)	4.68 m	Shot 1 kg	Hayden Delaney (13/14)	6.35 m
Discus 350g	Georgie Pengilly (17/18)	10.63 m	Discus 350g	Logan Mason (01/02)	14.89 m
L/J Tartan	Georgie Pengilly (17/18)	2.78 m	L/J Tartan	Harrison Bolitho (17/18)	2.92 m

Event	Under 7 Girls	Result	Event	Under 7 Boys	Result
60mH	Ruby Reich (17/18)	13.42 sec	60mH	Hunter Watts (17/18)	12.35 sec
70m	Katrina Paterson (87/88)	11.9 sec	70m	Andrew Jackson (98/99)	11.5 sec
	Cathy-Anne Saunders (99/00)	11.9 sec	100m	Scott Garstang (93/94)	16.3 sec
100m	Kathy Gore (83/84)	16.4 sec	200m	Bodan Tattam (00/01)	34.8 sec
200m	Kathy Gore (83/84)	35.4 sec	300m	Lachlan Daley (15/16)	1.03.33 min
300m	Xanthee Watts (15/16)	1.06.17 min	500m	Hunter Watts (17/18)	2.00.55 min
500m	Faith McKay (17/18)	2.16.58 min	Shot 1 kg	Mathew Simpkin (11/12)	7.21 m
Shot 1 kg	Kathy Gore (83/84)	6.19 m	Discus 350g	Mathew Simpkin (11/12)	22.05 m
Discus 350g	Brianna Edwards (99/00)	15.63 m	L/J Tartan	Lachlan Rashleigh (17/18)	3.36 m
L/J Tartan	Xanthee Watts (15/16)	2.95 m			

Event	Under 8 Girls	Result	Event	Under 8 Boys	Result
60H (45cm)	Brianna Edwards (00/01)	12.0 sec	60H (45cm)	Mitchell McKeiver (01/02)	11.6 sec
	Cathy-Anne Saunders (00/01)	12.0 sec	70m	Andrew Jackson (99/00)	10.9 sec
70m	Brianna Edwards (00/01)	11.0 sec	100m	Casey Zielke (91/92)	15.0 sec
100m	Kathy Gore (84/85)	16.0 sec	200m	Casey Zielke (91/92)	32.5 sec
	Brianna Edwards (00/01)	16.0 sec	300 Walk	Gerome Burns (05/06)	1.51.5 min
200m	Brianna Edwards (00/01)	33.4 sec	700 Walk	Caleb Gudze (17/18)	5.58.21 min
300 Walk	Brianna Edwards (00/01)	2.00.1 min	500m	Andrew Uprichard-Green (12/13)	1.51.40 min
700 Walk	Summer Kimmins (17/18)	5.26.14 min	700m	Harry Elmes (16/17)	3.11.9 min
500m	Brooke Simpkin (11/12)	1.56.40 min	Shot 1.5kg	Mathew Simpkin (12/13)	7.79 m
700m	Pip Beveridge (16/17)	2.53.87min	Discus 500g	Jack Rasmussen (02/03)	23.14 m
Shot 1.5kg	Brooke Simpkin (11/12)	6.65 m	High Jump	Trent Jerome (00/01)	1.10 m
Discus 500g	Brooke Simpkin (11/12)	17.00 m	L/J Tartan	Andrew Uprichard-Green (12/13)	3.87 m

High Jump	Lisa Lynn (94/95)	1.00 m
	Lisa Coonan (94/95)	1.00 m
	Jenna Horswood (96/97)	1.00 m
	Jacinta Berry (00/01)	1.00 m
	Stella Suey (15/16)	1.00 m
L/J Tartan	Sian Costigan	3.52 m

Event	Under 9 Girls	Result	Event	Under 9 Boys	Result
60H (45cm)	Bianca Sheppard (01/02)	11.4 sec	60H (45cm)	Blake Achilles (00/01)	10.4 sec
70m	Charlene Ellis (91/92)	10.6 sec	70m	Blake Achilles (00/01)	10.1 sec
100m	Carley Howe (87/88)	14.9 sec		Jack Rasmussen (03/04)	10.1 sec
200m	Natalie Hedge (86/87)	31.9 sec	100m	Blake Achilles (00/01)	14.0 sec
400m	Brianna Edwards (01/02)	1.16.90 min	200m	Blake Achilles (00/01)	30.3 sec
800m	Brianna Edwards (01/02)	2.55.8 min	400m	Jeremy Collins (89/90)	1.15.50 min
700 Walk	Lauren McKeiver (04/05)	4.41.7 min	800m	Bodan Tattam (02/03)	2.49.8 min
Shot 2kg	Brooke Simpkin (12/13)	7.14 m	700 Walk	Bodan Tattam (02/03)	4.28.0 min
Discus 500g	Kathy Gore (85/86)	23.12 m	Shot 2kg	Jack Rasmussen (03/04)	7.49 m
High Jump	Courtney Middleton (12/13)	1.15 m	Discus	Bodan Tattam (02/03)	28.49 m
L/J Tartan	Ella Rashleigh (17/18)	3.70 m	500g	Bodan Tattam (02/03)	28.49 m
			High Jump	Derek Lipp (82/83)	1.20 m
			L/J Tartan	Billy Whittle (06/07)	3.87 m

Event	Under 10 Girls	Result	Event	Under 10 Boys	Result
60H (60cm)	Bianca Sheppard (02/03)	11.4 sec	60H (60cm)	Blake Achilles (01/02)	11.0 sec
70m	Bianca Sheppard (02/03)	10.4 sec	70m	Blake Achilles (01/02)	9.9 sec
100m	Shenae Ciesiolka (06/07)	14.6 sec	100m	Blake Achilles (01/02)	13.6 sec
200m	Shenae Ciesiolka (06/07)	31.2 sec	200m	Blake Achilles (01/02)	29.8 sec
400m	Carley Howe (88/89)	1.12.0 min	400m	Blake Achilles (01/02)	1.09.9 min
	Kathy Gore (86/87)	1.12.0 min	800m	Alexander Kerridge (99/00)	2.34.0 min
800m	Kathy Gore (86/87)	2.45.1 min	1100 Walk	Bodan Tattam (03/04)	6.44.0 min
1100 Walk	Nicole Murphy (00/01)	6.54.8 min	Shot 2kg	Beau Power (97/98)	9.77 m
Shot 2kg	Kathy Gore (86/87)	9.50 m	Discus	Jake Simpkin (11/12)	33.90 m
Discus 500g	Kylie Jones (86/87)	30.68 m	500g	Todd Garsden (00/01)	1.25 m
High Jump	Sienna Dawson (16/17)	1.40m	High Jump	Todd Garsden (00/01)	1.25 m
L/J Tartan	Alim Deng Abot (12/13)	4.09 m	L/J Tartan	Mitchell Dabin (15/16)	4.38 m

Event	Under 11 Girls	Result	Event	Under 11 Boys	Result
60H (60cm)	Danielle Ashe (03/04)	10.3 sec	60H (60cm)	Blake Achilles (02/03)	10.2 sec
100m	Bianca Sheppard (03/04)	13.9 sec	100m	Mark Cowan (84/85)	13.0 sec
200m	Danielle Ashe (03/04)	29.7 sec	200m	Black Achilles (02/03)	27.9 sec
400m	Phoebe Baird (14/15)	1:08.6 min	400m	Jason Ryan (87/88)	1:05.7 min
800m	Renae Van Schagen (88/89)	2.45.1 min	800m	Alexander Kerridge	2.39.8 min
1500m	Tammesen Ralph (02/03)	5.56.6 min	1500m	Alexander Kerridge	5.34.6 min
1100 Walk	Nicole Murphy (01/02)	6.33.5 min	1100 Walk	William Cox (13/14)	7.16.1 min
Shot 2kg	Kylie Jones (87/88)	10.96 m	Shot 2kg	Zain Carr (13/14)	11.24 m

Discus 750g	Brooke Simpkin (14/15)	32.00 m	Discus 750g	Jake Simpkin	32.47 m
Javelin 400g	Kylie Jones (87/88)	26.94 m	Javelin 400g	Ben Noller (95/96)	30.86 m
High Jump	Chloe Wainwright (15/16)	1.22 m	High Jump	Rylan Shore (17/18)	1.29 m
L/J Tartan	Shenae Ciesiolka (07/08)	4.59 m	L/J Tartan	Brayden Ruming (16/17)	4.71 m
T/J Tartan	Shenae Ciesiolka (07/08)	9.12 m	T/J Tartan	Jack Briskey (12/13)	9.99 m

Event	Under 12 Girls	Result	Event	Under 12 Boys	Result
60H (68cm)	Danielle Ashe (04/05)	10.3 sec	60H (68cm)	Caleb Ryan (01/02)	10.2 sec
100m	Danielle Ashe (04/05)	13.5 sec	100m	Mark Cowan (85/86)	13.0 sec
200m	Tina Andrews (85/86)	27.9 sec	200m	Tony Kingdom (87/88)	26.9 sec
	Danielle Ashe (04/05)	27.9 sec	400m	Ian Reardon (91/92)	1.03.3 min
400m	Kylie Jones (88/89)	1.07.0 min	800m	Stuart Lincoln (84/85)	2.28.0 min
800m	Kylie Jones (88/89)	2.39.7 min	1500m	Desmond Long (85/86)	5.12.0min
1500m	Courtney Taylor (11/12)	5.52.6 min	1500 Walk	Blake Jennings (04/05)	9.44.3 min
1500 Walk	Jessica Gordon (99/00)	8.32.1 min	Shot 3kg	Jake Simpkin (13/14)	10.72 m
Shot 2kg	Kylie Jones (88/89)	14.18 m	Discus 750g	Beau Power (99/00)	35.31 m
Discus 750g	Shanen Layden (10/11)	37.25 m	Javelin 400g	Darren Lucht (94/95)	31.94 m
Javelin 400g	Kylie Jones (88/89)	34.02 m	High Jump	Neil Ward (86/87)	1.52 m
High Jump	Anthea Moodie (11/12)	1.46 m	L/J Tartan	Jackson D'Arcy (12/13)	4.72 m
L/J Tartan	Bianca Sheppard (04/05)	4.82 m	T/J Tartan	Jackson D'Arcy (12/13)	9.98 m
T/J Tartan	Madeleine Lindemann (09/10)	9.90 m			

Event	Under 13 Girls	Result	Event	Under 13 Boys	Result
80H (76cm)	Kellie Petersen (02/03)	14.1 sec	80H (76cm)	Kieran Nielsen (00/01)	13.2 sec
200H (68cm)	Kellie Petersen (02/03)	31.6 sec	200H (68cm)	Dean Petersen (01/02)	30.0 sec
	Danielle Ashe (05/06)	31.6 sec	100m	Kieran Nielsen (00/01)	12.5 sec
100m	Tina Andrews (86/87)	13.1 sec	200m	Kieran Nielsen (00/01)	26.4 sec
	Danielle Ashe (05/06)	13.1 sec	400m	Adam Franklin (88/89)	1.00.7 min
200m	Danielle Ashe (05/06)	28.0 sec	800m	Adam Franklin (88/89)	2.21.0 min
400m	Phoebe Baird (16/17)	1.02.98 min	1500m	Adam Franklin (88/89)	4.51.2 min
800m	Jody Ryan (86/87)	2.29.4 min	1500W	Matthew Winter (96/97)	8.58.7 min
1500m	Jody Ryan (86/87)	4.54.2 min	Shot 3kg	Craig Dowling (99/00)	12.66 m
1500W	Ceara Tyrrell (97/98)	9.01.7 min	Discus 750g	Grant Kraaymaat (97/98)	34.58 m
Shot 3kg	Shanen Layden (11/12)	10.91 m		Jake Simpkin (14/15)	34.58 m
Discus 750g	Kylie Jones (89/90)	44.70 m	Javelin 600g	Brenton Halter (96/97)	32.66 m
Javelin 400g	Kylie Jones (89/90)	34.54 m	H/Jump	Neil Ward (87/88)	1.58 m
H/Jump	Shenae Ciesolka (09/10)	1.53 m	L/J Tartan	Trent Jerome (05/06)	5.06 m
L/J Tartan	Georgia Sharkey (11/12)	4.89 m	T/J Tartan	Trent Jerome (05/06)	11.27 m
T/J Tartan	Madeleine Lindemann (10/11)	10.46 m			

Event	Under 14 Girls	Result	Event	Under 14 Boys	Result
80H (76cm)	Kristen Armitage (94/95)	13.5 sec	80H (76cm)	Kieran Nielsen (01/02)	13.7 sec

200H (76cm)	Kellie Petersen (03/04)	30.5 sec	200H (76cm)	Kieran Nielsen (01/02)	28.8 sec
100m	Penny McCoy (88/89)	13.1 sec	100m	Kieran Nielsen (01/02)	12.4 sec
	Kellie Petersen (03/04)	13.1 sec	200m	Brendan Collins (88/89)	25.1 sec
200m	Penny McCoy (88/89)	27.6 sec	400m	Adam Franklin (89/90)	56.1 sec
400m	Kellie Petersen (03/04)	1.02.8 min	800m	Shaun McIntyre (06/07)	2.22.4 min
800m	Jody Ryan (87/88)	2.26.4 min	1500m	Adam Franklin (89/90)	4.38.1 min
1500m	Jody Ryan (87/88)	5.01.5 min	1500W	Blake Jennings (06/07)	8.22.5 min
1500W	Ceara Tyrrell (98/99)	8.51.2 min	Shot 3kg Discus	Rhys Carr (14/15)	12.44 m
Shot 3kg	Lara Nielsen (06/07)	11.57 m	1kg Javelin	Grant Kraaymaat (98/99)	41.05 m
Discus 1kg	Candice Kraaymaat (01/02)	34.03 m	600g	Adam Franklin (89/90)	38.72 m
Javelin 400g	Brooke Ronan (17/18)	21.38 m	H/Jump	Trent Jerome (06/07)	1.73 m
H/Jump	Kristen Armitage (94/95)	1.65 m	L/J Tartan	Thomas Gore (14/15)	5.61 m
L/J Tartan	Madeleine Lindemann (11/12)	4.91 m	T/J Tartan	Trent Jerome (06/07)	11.61 m

Event	Under 15 Girls	Result	Event	Under 15 Boys	Result
90H (76cm)	Kellie Petersen (04/05)	14.7 sec	100H (76cm)	Kieran Nielsen (02/03)	14.1 sec
300H(76cm)	Rekanna Taylor (16/17)	1.08.29min	300H(76cm)	Riley Williams (17/18)	48.06 sec
100m	Menetta Sinclair (97/98)	12.8 sec	100m	Kieran Nielsen (02/03)	11.8 sec
200m	Menetta Sinclair (97/98)	26.4 sec		Peter Bennett (04/05)	11.8 sec
400m	Kellie Petersen (04/05)	1.01.9 min		Caleb Ryan (04/05)	11.8 sec
800m	Kellie Petersen (04/05)	2.29.0 min	200m	Kieran Nielsen (02/03)	24.0 sec
1500m	Jody Ryan (88/89)	4.59.4 min	400m	Joshua West (00/01)	51.7 sec
1500W	Charlotte Lindemann (15/16)	9.31.06 min	800m	Brendan Collins (89/90)	2.13.0 min
Shot 3kg	Lara Nielsen (07/08)	13.21 m	1500m	Adam Franklin (90/91)	4.21.3 min
Discus 1kg	Lara Nielsen (07/08)	34.20 m	1500W	David Avery (86/87)	9.39.0 min
Javelin 500g	Shanen Layden (13/14)	20.36 m	Shot 4kg Discus	Adam Franklin (90/91)	15.04 m
H/Jump	Kristen Armitage (95/96)	1.62 m	1kg Javelin	Grant Kraaymaat (99/00)	53.15 m
L/J Tartan	Charlotte Lindemann (15/16)	5.10 m	700g	Thomas Gore (15/16)	40.88 m
T/J Tartan	Kellie Petersen (04/05)	9.96 m	H/Jump	Aaron Harth (96/97)	1.70 m
	Trixie Van Bael (08/09)	9.96 m		Trent Jerome (07/08)	1.70 m
			L/J Tartan	Thomas Gore (15/16)	6.07 m
			T/J Tartan	Trent Jerome (07/08)	12.35 m

Event	Under 16 Girls	Result	Event	Under 16 Boys	Result
90H (76cm)	Madeleine Lindemann (13/14)	15.6 sec	100H (76cm)	Thomas Gore (16/17)	16.12 sec
300H(76cm)	Charlotte Lindemann (16/17)	59.60 sec	300H(76cm)	Thomas Gore (16/17)	49.88 sec
100m	Charlotte Lindemann (16/17)	13.34sec	100m	Jaime Johnson (15/16)	11.30 sec
200m	Charlotte Lindemann (16/17)	28.05 sec	200m	Jaime Johnson (15/16)	24.18 sec
400m	Charlotte Lindemann (16/17)	1.03.12 min	400m	Jaime Johnson (15/16)	1:01.90 min
800m	Charlotte Lindemann (16/17)	2.36.22min	800m	Jaime Johnson (15/16)	2:35.38 min
1500m	Charlotte Lindemann (16/17)	5.42.97min	1500m	Jaime Johnson (15/16)	6:07.02 min
1500W	Charlotte Lindemann (16/17)	8.55.65 min	1500W	Jaime Johnson (15/16)	12:08.92 min
Shot Put 3kg	Madeleine Lindemann (13/14)	12.01 m	Shot Put 4kg	Thomas Gore (16/17)	13.07m
Discus 1kg	Courtney Taylor (15/16)	23.88 m	Discus 1kg	Thomas Gore (16/17)	41.56 m

Javelin 500g	Madeleine Lindemann (13/14)	26.62 m	Javelin 700g	Thomas Gore (16/17)	38.64m
H/Jump	Madeleine Lindemann (13/14)	1.50 m	H/Jump	Thomas Gore (16/17)	1.70 m
L/J Tartan	Madeleine Lindemann (13/14)	5.80 m	L/J Tartan	Thomas Gore (16/17)	6.12m
T/J Tartan	Madeleine Lindemann (13/14)	11.54 m	T/J Tartan	Jackson D'Arcy (16/17)	12.17 m

Event	Under 17 Girls	Result	Event	Under 17 Boys	Result
100H (76cm)	Charlotte Lindemann (17/18)	26.64 sec	110H (76cm)		
300H(76cm)	Courtney Taylor (16/17)	53.62sec	300H (76cm)		
100m	Courtney Taylor (16/17)	13.37sec	100m		
200m	Charlotte Lindemann (17/18)	27.36 sec	200m		
400m	Charlotte Lindemann (17/18)	1.03.12 min	400m		
800m	Charlotte Lindemann (17/18)	2.30.67 min	800m		
1500m	Charlotte Lindemann (17/18)	5.17.49 min	1500m		
1500W	Charlotte Lindemann (17/18)	9.13.12 min	1500W		
Shot 3kg	Madeleine Lindemann (14/15)	11.51m	Shot 4kg		
Discus 1kg	Madeleine Lindemann (14/15)	29.65m	Discus 1kg		
Javelin 500g	Madeleine Lindemann (14/15)	26.15m	Javelin 700g		
H/Jump	Madeleine Lindemann (14/15)	1.45m	H/Jump		
L/J Tartan	Madeleine Lindemann (14/15)	5.19m	L/J Tartan		
T/J Tartan	Madeleine Lindemann (14/15)	10.79m	T/J Tartan		

TLA Best Performances: Away

(Superseded as of 17/18)

Event	Under 6 Girls	Result	Event	Under 6 Boys	Result
70m	Summer Kimmins (15/16)	12.99 sec	70m	Jordan Wilson (15/16)	14.43 sec
100m	Xanthee Watts (14/15)	21.15 sec	100m	Andrew Green (11/12)	20.43 sec
Shot 1kg	Matilda Daly (17/18)	4.16 m	Shot 1kg	Hayden Delaney (13/14)	3.24 m
Discus 350g	Xanthee Watts (14/15)	6.82 m	Discus 350g	Adidev Arun (17/18)	7.43 m
L/Jump	Summer Kimmins (15/16)	2.12 m	L/Jump	Kobie Matthews (17/18)	2.24 m

Event	Under 7 Girls	Result	Event	Under 7 Boys	Result
70m	Cathy-Anne Saunders (99/00)	12.4 sec	70m	Bodan Tattam (00/01)	12.0 sec
100m	Cathy-Anne Saunders (99/00)	18.2 sec		Jack Rasmussen (01/02)	12.0 sec
200m	Cathy-Anne Saunders (99/00)	38.0 sec	100m	Beau Power (94/95)	16.7 sec
Shot 1kg	Alex Murphy (01/02)	5.10 m	200m	Bodan Tattam (00/01)	34.9 sec
Discus 350g	Xanthee Watts (15/16)	13.85 m	Shot 1kg	Matthew Simpkin (11/12)	7.72 m
L/Jump	Cathy-Anne Saunders (99/00)	2.86 m	Discus 350g	Matthew Simpkin (11/12)	20.51 m
			L/Jump	Lachlan Rashleigh (17/18)	3.33 m

Event	Under 8 Girls	Result	Event	Under 8 Boys	Result
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60H (45cm)	Amelia Charles (08/09)	12.4 sec	60H (45cm)	Mitchell Rands (93/94)	11.3 sec
70m	Cathy-Anne Saunders (00/01)	11.7 sec	70m	Bodan Tattam (01/02)	11.2 sec
	Brianna Edwards (00/01)	11.7 sec	100m	Bodan Tattam (01/02)	15.8 sec
100m	Brianna Edwards (00/01)	16.8 sec	200m	Bodan Tattam (01/02)	33.0 sec
200m	Brianna Edwards (00/01)	35.4 sec	Shot 1.5kg Discus 500g	Kian Verrall (12/13)	7.65 m
Shot 1.5kg	Brooke Simpkin (11/12)	6.13 m	L/Jump	Bodan Tattam (01/02)	22.36 m
Discus 500g	Brooke Simpkin (11/12)	17.76 m		Matthew Parker (94/95)	3.55 m
L/Jump	Brianna Edwards (00/01)	3.27 m			

Event	Under 9 Girls	Result	Event	Under 9 Boys	Result
60H (45cm)	Sophie Herbert	11.4 sec	60H (45cm)	Blake Achilles (00/01)	10.6 sec
70m	Bianca Sheppard (01/02)	11.0 sec	70m	Mitchell Rands (94/95)	10.4 sec
100m	Rebecca Dwan (98/99)	15.5 sec		Blake Achilles (00/01)	10.4 sec
200m	Jessica Wallace (12/13)	32.98 sec	100m	Blake Achilles (00/01)	14.6 sec
400m	Gracie Johnston (15/16)	1.16.60 min	200m	Bodan Tattam (02/03)	30.6 sec
800m	Brianna Edwards (01/02)	3.01.5 min	400m	Blake Achilles (00/01)	1.14.20 min
700W	Tammesen Ralph (00/01)	4.12.4 min	800m	Bodan Tattam (02/03)	2.43.6 min
Shot 2kg	Brooke Simpkin (12/13)	7.59 m	700W	Matthew Winter (92/93)	3.46.6 min
Discus 500g	Brooke Simpkin (12/13)	21.89 m	Shot 2kg Discus 500g	Matthew Simpkin (13/14)	7.63 m
L/Jump	Bianca Sheppard (01/02)	3.64 m	L/Jump	Jack Rasmussen (03/04)	26.35 m
H/Jump	Jessica Wallace (12/13)	1.21 m	H/Jump	Blake Achilles (00/01)	3.98 m
			H/Jump	Trent Jerome (01/02)	1.15 m

Event	Under 10 Girls	Result	Event	Under 10 Boys	Result
60H (60cm)	Bianca Sheppard (02/03)	11.5 sec	60H (60cm)	Jack Briskey (11/12)	10.58 sec
70m	Rebecca Negus (94/95)	10.2 sec	70m	Blake Achilles (01/02)	9.7 sec
100m	Rebecca Negus (94/95)	14.4 sec	100m	Blake Achilles (01/02)	13.9 sec
200m	Rebecca Negus (94/95)	30.6 sec	200m	Blake Achilles (01/02)	28.5 sec
400m	Danielle Staff (03/04)	1.12.7 min	400m	Blake Achilles (01/02)	1.06.2 min
800m	Zanthie Verrall (11/12)	2.49.48 min	800m	Blake Achilles (01/02)	2.36.4 min
1100W	Nicole Murphy (00/01)	6.02.3 min	1100W	Bodan Tattam (03/04)	7.00.6 min
Shot 2kg	Brooke Simpkin (13/14)	8.42 m	Shot 2kg Discus 500g	Jake Simpkin (11/12)	9.47 m
Discus 500g	Brooke Simpkin (13/14)	28.89 m	L/Jump	Jake Simpkin (11/12)	32.79 m
L/Jump	Shenae Ciesolka (06/07)	4.40 m	L/Jump	Jack Briskey (11/12)	4.29 m
H/Jump	Jessica Wallace (13/14)	1.24 m	H/Jump	Mitchell McKeiver (03/04)	1.22 m

Event	Under 11 Girls	Result	Event	Under 11 Boys	Result
70m	Sienna Dawson (17/18)	10.72 sec	60H (60cm)	Jack Briskey (12/13)	10.02 sec
60H (60cm)	Danielle Ashe (03/04)	10.0 sec	100m	Mitchell Rands (96/97)	13.1 sec
100m	Bianca Sheppard (03/04)	13.9 sec	200m	Mitchell Rands (96/97)	27.1 sec
200m	Danielle Ashe (03/04)	28.5 sec	400m	Blake Achilles (02/03)	1.02.4 min
400m	Martha Churchett (01/02)	1.09.9 min	800m	Blake Achilles (02/03)	2.32.8 min
800m	Zanthie Verrall (12/13)	2.47.35 min	1500m	Shaun McIntyre (03/04)	5.24.32 min
1500m	Emily Dearling (01/02)	5.42.5 min	1100W	William Cox (13/14)	6:17.13 min

1100W	Nicole Murphy (01/02)	5.56.6 min	Shot 2kg	Zain Carr (13/14)	11.50 m
Shot 2kg	Brooke Simpkin (14/15)	10.68 m	Discus	Jake Simpkin (12/13)	30.42 m
Discus 750g	Shanen Layden (09/10)	33.30 m	750g Javelin	Bodan Tattam (04/05)	27.23 m
Javelin 400g	Bianca Sheppard (03/04)	21.48 m	400g	Braeden Bingham (15/16)	1.25 m
L/Jump	Shenae Ciesiolka (07/08)	4.59 m	H/Jump	Braeden Bingham (15/16)	4.56 m
H/Jump	Sienna Dawson (17/18)	1.19 m	L/Jump	Jack Briskey (12/13)	9.61 m
T/Jump	Shenae Ciesiolka (07/08)	9.49 m	T/Jump		

Event	Under 12 Girls	Result	Event	Under 12 Boys	Result
60H (68cm)	Danielle Ashe (04/05)	10.2 sec	60H (68cm)	Jeromie Newnham (95/96)	10.0 sec
70m	Molly Gore (17/18)	11.64 sec	100m	Jeromie Newnham (95/96)	13.0 sec
100m	Danielle Ashe (04/05)	13.22 sec	200m	Ryan Nielsen (02/03)	27.8 sec
200m	Danielle Ashe (04/05)	26.85 sec	400m	Alex Kerridge (01/02)	1.02.9 min
400m	Phoebe Baird (15/16)	1.03.65 min	800m	Lachlan Stuart (02/03)	2.27.8 min
800m	Jillian Ruthenberg (01/02)	2.30.5 min	1500m	Lachlan Stuart (02/03)	5.02.4 min
1500m	Jodie Dobson (01/02)	5.19.6 min	1500W	Matthew Winter (95/96)	8.43.7 min
1500W	Nicole Murphy (02/03)	8.27.0 min	Shot 3kg	Jake Simpkin (13/14)	10.37 m
Shot 2kg	Shanen Layden (10/11)	12.42 m	Discus	Jake Simpkin (13/14)	35.61 m
Discus 750g	Shanen Layden (10/11)	39.18 m	750g Javelin	Darren Lucht (94/95)	28.68 m
Javelin 400g	Ellie Bowyer (11/12)	31.80 m	400g	Trent Jerome (04/05)	1.49 m
L/Jump	Bianca Sheppard (04/05)	4.89 m	H/Jump	Cameron Stedman (96/97)	4.92 m
H/Jump	Anthea Moodie (11/12)	1.46 m	L/Jump	Alex Kerridge (01/02)	9.87 m
T/Jump	Shenae Ciesiolka (08/09)	9.95 m	T/Jump		

Event	Under 13 Girls	Result	Event	Under 13 Boys	Result
80H(76cm)	Danielle Ashe (05/06)	13.07 sec	80H (76cm)	Kieran Nielsen (00/01)	12.9 sec
200H (68cm)	Danielle Ashe (05/06)	29.48 sec	200H (68cm)	Stewart Hintz (93/94)	29.8 sec
70m			70m	Braeden Bingham	10.38 sec
100m	Danielle Ashe (05/06)	12.92 sec	100m	Kieran Nielsen (00/01)	13.2 sec
200m	Danielle Ashe (05/06)	26.62 sec	200m	Kieran Nielsen (00/01)	26.6 sec
400m	Phoebe Baird (16/17)	1.00.86min	400m	Alex Kerridge (02/03)	59.8 sec
800m	Martha Churchett (03/04)	2.25.10 min	800m	Alex Kerridge (02/03)	2.24.2 min
1500m	Jodie Dobson (02/03)	5.16.8 min	1500m	Shaun McIntyre (05/06)	4.56.3 min
1500W	Nicole Murphy (03/04)	8.11.5 min	1500W	Matthew Winter (96/97)	8.44.8 min
Shot 3kg	Shanen Layden (11/12)	11.27 m	Shot 3kg	Craig Dowling (99/00)	12.00 m
Discus 750g	Shanen Layden (11/12)	41.14 m	Discus	Grant Kraaymaat (97/98)	36.52 m
Javelin 400g	Candice Kraaymaat (00/01)	32.95 m	1kg Javelin	Jake Simpkin (14/15)	33.46 m
L/Jump	Shenae Ciesiolka (09/10)	5.18 m	600g	Dylan Adamson (08/09)	1.50 m
H/Jump	Lisa Tucker (96/97)	1.42 m	H/Jump	Trent Jerome (05/06)	5.30 m
T/Jump	Madeleine Lindemann (10/11)	10.46 m	L/Jump	Dylan Adamson (08/09)	10.48 m
T/Jump			T/Jump		

Event	Under 14 Girls	Result	Event	Under 14 Boys	Result
80H (76cm)	Kellie Petersen (03/04)	12.7 sec	90H (76cm)	Kieran Nielsen (01/02)	13.4 sec
200H (76cm)	Kellie Petersen (03/04)	28.7 sec	200H (76cm)	Dean Petersen (02/03)	28.2 sec

100m	Kellie Petersen (03/04)	12.8 sec	100m	Kieran Nielsen (01/02)	12.4 sec
200m	Kellie Petersen (03/04)	26.2 sec		Caleb Ryan (03/04)	12.4 sec
400m	Kellie Petersen (03/04)	1.00.2 min		Peter Bennett (03/04)	12.4 sec
800m	Martha Churchett (04/05)	2.21.55 min	200m	Peter Bennett (03/04)	25.4 sec
1500m	Tahne Ralph (01/02)	5.25.3 min	400m	Peter Bennett (03/04)	57.8 sec
1500W	Nicole Murphy (04/05)	8.14.93 min	800m	Shaun McIntyre (06/07)	2.18.23 min
Shot 3kg	Lara Nielsen (06/07)	12.04 m	1500m	Shaun McIntyre (06/07)	4.48.79 min
Discus 1kg	Candice Kraaymaat (01/02)	32.00 m	1500W	Blake Jennings (06/07)	8.02.38 min
Javelin 400g	Shanen Layden (12/13)	21.15 m	Shot 3kg	Thomas Gore (14/15)	12.25 m
L/Jump	Madeleine Lindemann (11/12)	5.25 m	Discus	Beau Power (01/02)	39.17 m
H/Jump	Kristen Armitage (94/95)	1.70 m	1kg	Daniel Halter (95/96)	38.80 m
T/Jump	Madeleine Lindemann (11/12)	10.70 m	Javelin	Aaron Harth (95/96)	1.60 m
			600g	Thomas Gore (14/15)	1.60 m
			H/Jump	Jackson D'Arcy (14/15)	5.45 m
				Thomas Gore (14/15)	11.90 m
			L/Jump		
			T/Jump		

Event	Under 15 Girls	Result	Event	Under 15 Boys	Result
90H (76cm) 300H (76cm)	Kellie Petersen (04/05)	13.82 sec	100H (76cm) 300H (76cm)	Kieran Nielsen (02/03)	14.5 sec
100m	Menetta Sinclair (97/98)	12.3 sec	100m	Kieran Nielsen (02/03)	11.5 sec
200m	Menetta Sinclair (97/98)	25.2 sec	200m	Kieran Nielsen (02/03)	23.2 sec
400m	Menetta Sinclair (97/98)	58.2 sec	400m	Peter Bennett (04/05)	52.82 sec
800m	Lauren McAdam (01/02)	2.30.2 min	800m	Shaun McIntyre (07/08)	2.12.25 min
1500m	Kara Ison (98/99)	5.20.5 min	1500m	Shaun McIntyre (06/07)	4.36.86 min
1500W	Ceara Tyrrell (99/00)	8.35.8 min	1500W	Angus Young (04/05)	11.12.30 min
3000W	Tammee Van Bael (10/11)	22.54.34 min	Shot 4kg	Daniel Halter (96/97)	12.46 m
Shot 3kg	Lara Nielsen (07/08)	13.65 m	Discus	Grant Kraaymaat (99/00)	52.13 m
Discus 1kg	Lara Nielsen (07/08)	34.55 m	1kg	Riley Williams (17/18)	34.12 m
Javelin 500g	Rekanna Taylor (16/17)	17.07m	Javelin	Aaron Harth (96/97)	1.73 m
L/Jump	Kristen Armitage (95/96)	5.15 m	700g	Caleb Ryan (04/05)	5.97 m
H/Jump	Kristen Armitage (95/96)	1.70 m	H/Jump	Thomas Gore (15/16)	12.04 m
T/Jump	Kristen Armitage (95/96)	10.69 m	L/Jump	Thomas Gore (15/16)	2335 points
Pentathlon	Charlotte Lindemann (15/16)	2761 points	T/Jump		
			Pentathlon		

Event	Under 16 Girls	Result	Event	Under 16 Boys	Result
90H (76cm) 300H (76cm)	Courtney Taylor (15/16)	22.02 sec	100H (76cm) 300H (76cm)	Thomas Gore (16/17)	15.20 sec
100m	Courtney Taylor (15/16)	13.90 sec	100m	Jaime Johnson (15/16)	11.60 sec
200m	Madeleine Lindemann (13/14)	28.4 sec	200m	Jaime Johnson (15/16)	23.69 sec
400m	Charlotte Lindemann (16/17)	1.00.92min	400m	Jaime Johnson (15/16)	58.15 sec
800m	Charlotte Lindemann (16/17)	2.21.02min	800m		
1500m			1500m		
1500W	Charlotte Lindemann (16/17)	9.02.10min	1500W		
Shot 3kg	Madeleine Lindemann (13/14)	11.61 m	Shot Put	Thomas Gore (16/17)	12.96m
			4kg		

Discus 1kg	Courtney Taylor (15/16)	23.45 m	Discus 1kg	Thomas Gore (16/17)	39.15m
Javelin 500g			Javelin 700g	Thomas Gore (16/17)	43.31m
L/Jump	Madeleine Lindemann (13/14)	4.86 m	H/Jump	Jackson D'Arcy (16/17)	1.55m
H/Jump			L/Jump	Jaime Johnson (15/16)	5.65 m
T/Jump	Madeleine Lindemann (13/14)	11.19 m	T/Jump	Jackson D'Arcy (16/17)	12.53m

Event	Under 17 Girls	Result	Event	Under 17 Boys	Result
100H (76cm)			110H (76cm)		
300H (76cm)	Courtney Taylor (16/17)	52.30sec	300H (76cm)		
100m	Courtney Taylor (16/17)	13.12sec	100m		
200m	Courtney Taylor (16/17)	26.91sec	200m		
400m	Charlotte Lindemann (17/18)	1.00.51 min	400m		
800m	Charlotte Lindemann (17/18)	2.19.39 min	800m		
1500m	Charlotte Lindemann (17/18)	5.18.80 min	1500m		
1500W			1500W		
Shot 3kg	Madeleine Lindemann (14/15)	11.75 m	Shot 4kg		
Discus 1kg	Madeleine Lindemann (14/15)	27.82 m	Discus 1kg		
Javelin 500g			Javelin 700g		
L/Jump	Charlotte Lindemann (17/18)	5.07 m	H/Jump		
H/Jump			L/Jump		
T/Jump	Madeleine Lindemann (14/15)	10.67 m	T/Jump		

TLA Previously Superseded Records: Girls

These records are historical data from events that have changed and/or no longer part of the LAQ events list.

<u>Event</u>	<u>Under 6</u>	<u>Result</u>	<u>Event</u>	<u>Under 13</u>	<u>Result</u>
L/J grass	Cathy-Anne Saunders (02/03)	2.90m	80H	Tina Andrews (86/87)	14.0 secs
300W	Danielle Dwan (98/99)	2.17.3min	90H	Kylie Jones (89/90)	15.3 secs
			200H	Debbie Reardon (91/92)	33.4 secs
			400W	Kellie Wendt (91/92)	4.37.0 min
60H	Katrina Paterson (87/88)	12.7secs	700W	Chantal Bronkhurst (92/93)	4.20.0 min
300w	Brianna Edwards (99/00)	1.59.5min	800W	Kylie Jones (89/90)	4.43.9 min
80m	Carley Howe (85/86)	13.7secs	3000m	Lauren Whittle (08/09)	17.08.9 min
L/J grass	Cathy-Anne Saunders (99/00)	3.21 m	Shot	Kylie Jones (89/90)	15.84 m

			L/J grass	Louise Fogarty (96/97)	4.71 m
<u>Event</u>	<u>Under 8</u>	<u>Result</u>	T/J grass	Kellie Petersen (02/03)	10.07m
60H	Carley Howe (86/87)	11.2 secs			
	Charlene Ellis (90/91)	11.2 secs			
80m	Natalie Hedge (85/86)	12.8 secs			
Shot 2kg	Megan Toombs (82/83)	5.30 m	<u>Event</u>	<u>Under 14</u>	<u>Result</u>
Shot 1kg	Katrina Paterson (88/89)	6.63 m	80H	Julie Hedge (86/87)	15.1 secs
Discus 350g	Lisa Tucker (91/92)	13.78 m	90H	Penny McCoy (88/89)	15.2 secs
L/J grass	Brianna Edwards (00/01)	3.70 m	400W	Elsa Dent (91/92)	3.01.0 min
			700W	Nicole York (90/91)	4.21.0 min
<u>Event</u>	<u>Under 9</u>	<u>Result</u>	800W	Jody Ryan (87/88)	4.43.5 min
60H	Carley Howe (87/88)	10.8 secs	3000m	Lauren Whittle (09/10)	17.54.04 min
	Charlene Ellis (91/92)	10.8 secs	L/J grass	Kellie Petersen (03/04)	5.02 m
80m	Kylie Jones (85/86)	13.7 secs	T/J grass	Kellie Petersen (03/04)	10.40 m
400W	Donna Vengalia (88/89)	2.23.0 min	Javelin 600g	Candice Kraaymaat (01/02) Home	30.76 m
800W	Lorna Martin (85/86)	5.38.1 min		Candice Kraaymaat (01/02) Away	28.54 m
L/J grass	Natalie Hedge (86/87)	4.00 m			
<u>Event</u>	<u>Under 10</u>	<u>Result</u>	<u>Event</u>	<u>Under 15</u>	<u>Result</u>
60H	M Anderson (90/91)	10.6 secs	80H	Cathy Wendland (86/87)	13.5 secs
80m	Phillipa McCarron (86/87)	12.0 secs	90H	Penny McCoy (89/90)	15.2 secs
400W	Donna Venaglia (89/90)	2.23.4 min	200H(76cm)	Kellie Petersen (04/05) HOME	29.9 secs
700W	Amanda Orange (91/92)	4.55.6 min	200H(76cm)	Kellie Petersen (04/05) AWAY	28.45secs
800W	Wendy Mulqueen (88/89)	4.58.6 min	700W	Nicole York (91/92)	4.10.6 min
T/J grass	Frances Allam (95/96)	7.56 m	800W	Cathy Wendland (86/87)	4.44.1 min
T/J grass	Bianca Sheppard (02/03)	8.63 m	L/J grass	Kristen Armitage (95/96)	5.27 m
L/J grass	Bianca Sheppard (02/03)	4.14 m	T/J grass	Kellie Petersen (04/05)	10.76 m
<u>Event</u>	<u>Under 11</u>	<u>Result</u>	Javelin 600g	Jodie Pitt (99/00) Home	32.92 m
60H	Tina Andrew (84/85)	10.8 secs		Jodie Pitt (99/00) Away	31.98 m
700W	Wendi Hart (92/93)	5.03.00 min	<u>Event</u>	<u>Under 16</u>	<u>Result</u>

800W	Wendy Mulqueen (89/90)	4.37.3 min	200H(76cm)	Courtney Taylor	40.45secs
1500W	Wendy Mulqueen (89/90)	9.05.0 min			
	Amanda Orange (92/93) AWAY	12.18.9 min	Event	Under 17	Result
L/J grass	Bianca Sheppard (03/04)	4.58 m	200H(76cm)	Madeleine Lindemann (14/15)	32.90secs
T/J grass	Bianca Sheppard (03/04)	9.36 m			
H/J scissor	Shenae Ciesolka (07/08) HOME	1.28m	Event	Under 16/17- AWAY	Result
H/J scissor	Shenae Ciesolka (07/08) AWAY	1.35m	100m	Tam mee Van Bael (11/12)	16.90secs
			90H (76cm)	Tam mee Van Bael (11/12)	19.34secs
			200H(76cm)	Tam mee Van Bael (11/12)	40.60secs
			L/J	Tam mee Van Bael (11/12)	4.08m
			T/J	Tam mee Van Bael (11/12)	9.00m
Event	Under 12	Result			
	Tina Andrews (85/86)				
60H	Mardi Ellis (91/92)	9.6 secs			
400W	Mardi Ellis (91/92)	2.29.0 min	Event	Under 16/17- HOME	Result
700W	Katrina Nugent (86/87)	4.28.5 min	100m	Tam mee Van Bael (11/12)	15.30 secs
800W	Tina Andrews (85/86)	4.51.0 min	200m	Tam mee Van Bael (11/12)	37.20 secs
L/J grass		9.75 min	400m	Tam mee Van Bael (11/12)	1 :51.60 min
			90H(76cm)	Tam mee Van Bael (11/12)	18.90 secs
			200H(76cm)	Tam mee Van Bael (11/12)	39.50 secs
			H/J	Tam mee Van Bael (11/12)	1.23 m
			L/J	Tam mee Van Bael (11/12)	4.66 m
			T/J	Tam mee Van Bael (11/12)	9.61 m
			Shot 4kg	Tam mee Van Bael (11/12)	5.91 m
			Discus 1kg	Tam mee Van Bael (11/12)	18.26 m
			Javelin 600g	Tam mee Van Bael (11/12)	14.16 m

TLA Previously Superseded Records: Boys

<u>Event</u>	<u>Under 6</u>	<u>Result</u>	<u>Event</u>	<u>Under 13</u>	<u>Result</u>
Shot 1kg	Callum Souter (94/95) AWAY	1.89 m	90H	Neil Ward (87/88)	16.4 secs
L/J	Callum Souter (94/95) AWAY	2.63 m	700W	Joseph Van Bael (92/93)	4.20.4 min
L/J	Logan Mason (01/02)	2.99 m	800W	Michael Grant (83/84)	4.58.9 min
300W	Hayden Delaney	2.21.0min	3000m	Shaun McIntyre	11.27.8 min
			L/J	Craig Knauth (87/88)	4.95 m
			T/J	Luke Robinson (93/94)	10.0 m
<u>Event</u>	<u>Under 7</u>	<u>Result</u>	<u>Event</u>	<u>Under 14</u>	<u>Result</u>
60H	Anthony Skuja (92/93)	14.8 secs	90H	Brendan Collins (88/89)	14.6 secs
60H	Stephen Town (83/84)	12.7 secs	3000m	Jake Gill (08/09)	10.50.7min
80m	Joseph Van Bael (86/87)	12.8 secs	800W	David Avery (85/86)	5.08.0 min
300W	Hayden Delaney (11/12)	2.08.2min	L/J	Shane Ison (00/01)	5.54 m
Discus	Luke Douglas (86/87)	15.12 m	T/J	Brendan Collins (88/89)	11.63 m
L/J	Scott Garstang (93/94)	3.30 m	Shot 4kg	Beau Power (01/02) Away	12.04 m
	Bodan Tattam (00/01)	3.30 m		Craig Dowling (00/01) Home	12.58 m
	Jack Rasmussen (01/02)	3.30 m			
<u>Event</u>	<u>Under 8</u>	<u>Result</u>	<u>Event</u>	<u>Under 15</u>	<u>Result</u>
60H	Casey Zielke (91/92)	11.4 secs	90H	Brendan Collins (88/89)	14.3 secs
80m	Tom Robinson (86/87)	12.8 secs	200H(76cm)	Kieran Neilsen (02/03) HOME	27.4secs
Shot 2kg	Warwick Walsh (86/87)	6.23 m	200H(76cm)	Kieran Nielsen (02/03) AWAY	26.2secs
Shot 1kg	Daniel Halter (89/90)	9.35 m	3000m	Jake Gill (09/10)	12.15.20 min
Discus 350g	Brenton Halter (91/92)	19.68 m	700W	Scott Bronkhurst (91/92)	4.21.3 min
L/J	Trent Jerome (00/01)	3.94 m	800W	David Avery (86/87)	4.31.8 min
			L/J	Brendan Collins (89/90)	6.06 m
			T/J	Daniel Halter (96/97)	11.50 m
<u>Event</u>	<u>Under 9</u>	<u>Result</u>	Javelin 600g	Brenton Halter (98/99) Home	47.94 m
60H	Steven Schimke (86/87)	10.7 secs		Brenton Halter (98/99) Away	47.94 m
	Cobey Kimmins (89/90)	10.7 secs	<u>Event</u>	<u>Under 16</u>	<u>Result</u>
80m	Steven Schimke (86/87)	12.5 secs	200H(76cm)	Jamie Johnson (15/16) HOME	29.59secs
400W	Gareth Howe (89/90)	2.29.8 min	200H(76cm)	Jamie Johnson (15/16) AWAY	30.04secs
800W	N Morris (90/91)	5.30.0 min			
L/J	Andrew Jackson (00/01)	4.76 m	<u>Event</u>	<u>Under 16/17- AWAY</u>	<u>Result</u>
			800m	Shaun McIntyre (09/10)	2.24.70min
<u>Event</u>	<u>Under 10</u>	<u>Result</u>	1500m	Shaun McIntyre (09/10)	5.06.40min
60H	Sam Barnard (90/91)	10.0 secs	<u>Event</u>	<u>Under 16/17- HOME</u>	<u>Result</u>
80m	Jason Ryan (86/87)	11.6 secs	1500m	Shaun McIntyre (09/10)	5.17.50 min
400W	Damien Van Schagen (88/89)	2.16.0 min	H/Jump	Shaun McIntyre (09/10)	1.70 m
800W	Damien Van Schagen (88/89)	4.43.1 min	L/J	Shaun McIntyre (09/10)	6.25 m
T/J	Alexander Kerridge (99/00)	9.20 m	T/J	Shaun McIntyre (09/10)	11.64 m
L/J	Cobey Kimmins (90/91)	4.35 m			
<u>Event</u>	<u>Under 11</u>	<u>Result</u>			
60H	Sam Barnard (91/92)	10.3 secs			
700W	Sam Barnard (91/92)	4.16.3 min			
800W					
1500W	Mark Meldrum (83/84)	5.20.0 min			

L/J	Clint Mogg (84/85)	10.09.8 min
	Sam Barnard (91/92)	4.62 m
T/J	Alexander Kerridge (00/01)	4.62 m
H/Jump	Blake Achilles (02/03)	9.52 m
H/Jump	Neil Ward (85/86) scissors HOME	1.40 m
	Todd Garsden (01/02)	1.35 m
	scissors AWAY	

Event

	<u>Under 12</u>	<u>Result</u>
60H	Wayne Smith (89/90)	10.3 secs
700W	Joseph Van Bael (91/92)	4.46.1 min
Shot	David Allen (83/84)	4.52.4 min
L/J	Vaughn Shultz (90/91)	8.29 m
T/J	Wayne Smith (89/90)	4.96 m
	Alex Kerridge (01 /02)	10.30

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