



SURVIVAL GUIDE

2025/2026 SEASON



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Our 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.”

2025/26 TLA Volunteer Committee

Centre Manager	Sarah Coote	Assistant Centre Manager	Rebekah Ball
Secretary	Pauline Van Bael	Treasurer	Stephen Broksch
Recording Officer		Assistant Recording Officers	Brendan Carrigan Lisa Carrigan
Nominations Officer	Sarah Richardson	Coaching Coordinators	Jason Ryan
Grounds / Equipment Coordinators	Clint Richardson Shaun Cavanough	Grounds People	Clint Richardson Shaun Cavanough
Officials Coordinator	Shelley Ford	First Aid Officer	Shelley Ford
Canteen Coordinator	Emma Kizito	Tiny Tots Coordinator	Naomi Briton
Uniform Officer	Rebekah Ball	Public Relations	Sarah Richardson
General Committee	Sheryl Butler, Kirstin Coulston, Elizabeth Delvendiep, Yvette Copley, Margaret Brosch		
Grounds Assistants	Moses Kizito, Jason Davenport		

Contact Details

Competition Venue:	Glynis Nunn-Cearns Oval, O'Quinn Street, Toowoomba
Email:	General enquires: secretary@toowoombalittleathletics.com.au Results and carnival nominations: recorder@toowoombalittleathletics.com.au
Website:	www.toowoombalittleathletics.com.au
Little Athletics Qld (LAQ) Website:	www.laq.org.au

Honorary Members

Without the selfless dedication of our volunteers, Little Athletics would not exist as it does today. We thank all those who have contributed to the success of our club over the years.

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 – 2023/24
Danny Tattam	2001/02 -2005/06	Rebekah Ball	2024/2025

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, Richard Hart, Gavin Williams, Renea Reich

TLA 10 Year Service Award: Clinton & Rachel Watts

TLA 25 Year Service Award: Mike & Pauline Van Bael

TLA 30 Year Service Award: Pauline Van Bael

TLA 35 Year Service Award: Pauline Van Bael



The Toowoomba Little Athletics Story

Article written by Pauline Van Bael (TLA Life Member and current Secretary).

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 at O'Quinn Oval or 5:30pm Friday evening for Twilight programs.

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

Please Note: Centre Competition dates may change when Little Athletics Queensland events are held. Please check the [TLA website](#) and/or the [Facebook page](#) regularly for updates.

A	Age Groups:	<p>Birth certificates must be sighted for all athletes – please show at the clubhouse:</p> <table border="1"> <thead> <tr> <th>Age Group</th> <th>Date of Birth</th> </tr> </thead> <tbody> <tr> <td>Tiny Tots</td> <td>2021 & 2020 (Must be 3 years to join)</td> </tr> <tr> <td>U/6</td> <td>2019</td> </tr> <tr> <td>U/7</td> <td>2018</td> </tr> <tr> <td>U/8</td> <td>2017</td> </tr> <tr> <td>U/9</td> <td>2016</td> </tr> <tr> <td>U/10</td> <td>2015</td> </tr> <tr> <td>U/11</td> <td>2014</td> </tr> <tr> <td>U/12</td> <td>2013</td> </tr> <tr> <td>U/13</td> <td>2012</td> </tr> <tr> <td>U/14</td> <td>2011</td> </tr> <tr> <td>U/15</td> <td>2010</td> </tr> <tr> <td>U/16</td> <td>2009</td> </tr> <tr> <td>U/17</td> <td>2008</td> </tr> </tbody> </table> <p>Athletes compete in their own age groups at Centre Competitions and on Association Days. During weekly Centre competitions, male and female athletes will usually 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 must be followed when forming teams in age groups.</p>	Age Group	Date of Birth	Tiny Tots	2021 & 2020 (Must be 3 years to join)	U/6	2019	U/7	2018	U/8	2017	U/9	2016	U/10	2015	U/11	2014	U/12	2013	U/13	2012	U/14	2011	U/15	2010	U/16	2009	U/17	2008
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U/17	2008																													
Age Marshalls:	Each weekly Centre Competition is run by volunteering parents/guardians 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 or Assistant Centre Manager.																													
Association Days:	While away carnivals are optional, we encourage all athletes to attend the Association Days. Association Days are run by Little Athletics Queensland and consist of Coles Spring and Summer Carnivals, McDonalds Combined Event Championships, Regional & State Relays, and Regional & State Championships. Scheduled dates for each event can be found on the TLA and LAQ websites.																													
Awards:	All TLA registered athletes have the opportunity to receive a participation trophy at the end of the season. TLA perpetual trophies are also awarded to selected athletes based on defined performance criteria and voted on by committee. See awards criteria for details.																													
Behaviour:	It is expected that <i>athletes, parents, officials and spectators</i> behave in a manner consistent with the Little Athletics Code of Conduct . Any child who is discriminating against athletes or																													

B

Blue Cards:

behaving in a manner which will ultimately injure themselves or another athlete will be reported to the Centre Manager and action taken at the discretion of the committee. **BAD BEHAVIOUR AND LANGUAGE WILL NOT BE TOLERATED BY ANY ATHLETE, PARENT OR SPECTATOR.**

Queensland Little Athletics has a member protection policy and regulations that are aimed at fostering growth and development of athletes in the organisation in a safe and nurturing environment. This policy is compliant with LAQ policies and State Government Legislation. **The State Government Legislation ("Children and Young People Act 2000) stipulates that all members of an organisation who are in contact with children, should have a "Blue Card".**

The "Blue Card", which is issued by the Queensland Government, is evidence that a "Working with Children" Suitability Check has been undertaken by the Commission for Children and Young People and Child Guardian.

All Committee Members are required to hold a valid Blue Card in accordance with the [Little Athletics Queensland Blue Card Policy](#) prior to being allowed to volunteer their services to the Centre, Region and Association.

Blue Cards are issued free to volunteers. If you wish to apply for a "Blue Card", you can submit an application online at www.qld.gov.au/bluecard.

C

Calendar of Events:

The [2025/26 season calendar](#) can be found in this guide and on our [website](#). The calendar on our website is the most accurate source of information and will be updated throughout the season. Our [Facebook page](#) also provides regular updates and reminders throughout the season.

Canteen:

Run by our volunteer Canteen Coordinator, the canteen is open during each weekly Centre Competition. The canteen operates out of the clubhouse and sells a variety of food, drinks, chips and sweets. Any assistance from parents in the canteen is much appreciated. If you are able to lend a hand, please speak to our Canteen Coordinator.

Change of Details:

Updates to your own family details are to be completed online via the Sports80 portal. If you require assistance, please contact recorder@toowoombalittleathletics.com.au.

Christmas Break:

We have a few weeks break over the Christmas period. Please refer to the [calendar](#) for cessation and return dates.

Coaching Clinics:

LAQ runs optional coaching clinics and camps for registered members. It's a chance for athletes to receive quality high-level coaching, develop their skills and make new friends. For more details on upcoming events, visit the [LAQ website](#).

Coaching Accreditation:

LAQ and Queensland Athletics provide various coaching courses to parents, teachers and interested sports people. For more info, visit the [LAQ](#) and [Queensland Athletics](#) websites.

	<p>Competition Results:</p> <p>Complaints:</p>	<p>TLA Centre Competition results can be accessed through Results HQ. Live competition results for Association Day events are available on the LAQ website.</p> <p>ALL formal complaints <i>must go through the Centre Manager</i> who will deal with them in a timely manner. Please refer to the LAQ website for current policies and procedures. If you are experiencing any issues during one of our Centre Competitions, please don't hesitate to raise with the Centre Manager or Assistant Centre Manager. Any of our Committee Members (wearing the blue club polo shirt) will be able to point you in the right direction.</p>
E	<p>Equality:</p>	<p>Little Athletics Queensland (LAQ) aims to guarantee all children and adults access to a complete range of participation, training and competition opportunities and to ensure equity in all aspects of Athletics, including the provision of rewards and incentives, coaching, officiating and administration.</p> <p>LAQ recognises seven equity areas, which include: gender, disabilities, older adults, Aboriginal and Torres Strait Islanders, non-English speaker, employment status and isolated communities. For more information, visit the LAQ website.</p>
F	<p>Footwear:</p> <p>Fundraising:</p>	<p>All athletes must wear suitable enclosed footwear in all events at Centre Competitions and Association Days – there are no exceptions. For more information, please refer to the Footwear and Spikes policy on the LAQ website.</p> <p>Occasionally the club holds fundraising events to help purchase new equipment and resources. Our main fundraising activity is conducted in the off-season, providing equipment hire, line marking and canteens for school zone athletics carnivals. Callouts for assistance will usually be posted on the Club's Facebook page. Any assistance, no matter how small, is much appreciated and helps us to continue providing opportunities for our little athletes.</p>
G	<p>Grants:</p>	<p>Our Centre applies for grants from various community and government organisations. This helps offset major equipment purchases. If you would like to become involved in writing grant applications for our Centre or are aware of a grant which may be of benefit to the Centre, please see our Centre Manager.</p>
H	<p>Hats:</p> <p>Hydration:</p>	<p>All children must bring and wear a hat each week. Hats can be taken off when competing. Sunscreen is also essential. If you forget your sunscreen, we do have some available the clubhouse.</p> <p>All children must bring a water bottle each week. A water bottle refill tap and bubbler is available near the clubhouse. Cold water is also available for purchase at the canteen.</p>
I	<p>Injuries:</p> <p>Insurance:</p>	<p>Please report any injury to a Committee Member immediately. A first aid kit is available at the clubhouse and the club has a dedicated First Aid Officer.</p> <p>All registered athletes and officials are covered against injury. Note, parents who are not officiating at an event are not covered. Parents who participate in running, throwing, jumping</p>

		etc. are not covered. Please report any injury to a Committee Member immediately.
J	Javelin:	Only athletes in the U11- U17 age groups are permitted to participate in javelin. Some younger age groups will use foam javelins (rockets) to assist in the development of skills.
L	Little Athletics Queensland (LAQ):	All athletes are registered members of LAQ Inc. and Little Athletics Australia . LAQ events are promoted throughout the season on our Facebook page .
M	Medals:	At the end of season breakup 1 st , 2 nd , and 3 rd medals are awarded to boys and girls in each age group U6 - U17 who obtain the highest aggregated points for personal improvement during the season. See awards criteria . Medals are also awarded to placegetters at LAQ Association Days.
	Media:	ALL media, advertisements and photographs of TLA athletes must be processed through the Centre Manager to comply with the required regulations.
	Motto:	The Little Athletics motto is ' Family, fun and fitness '.
N	National Championships:	The Australian Little Athletics Championships consists of three separate Championships, all occurring simultaneously. <ul style="list-style-type: none"> • Australian Teams Championships – U13 & U13-U14 Multi-Class athletes. • Australian Junior Athletics Championships – U14 & U15-U16 Multi-Class athletes. • Australian Combined Events Championships – U15 athletes. <p>More information can be found on the LAA website.</p>
	Nominations:	Nomination fees are payable when nominating for optional away carnivals. Nominations for carnivals are processed through Results HQ except for Regional Relays which is done through the centre. All home Centre Competitions are included in the season registration fee.
O	Officials/ Official Accreditation:	These are volunteer parents/guardians of our athletes. 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	Pacing:	At competitive events, no person is allowed to run with a competing athlete on or off the track. LAQ states this is a form of pacing and athletes will be disqualified. At our Centre Competitions, parents can assist their children wherever required, however athletes being paced are not eligible for records.
	Parent Participation:	All parents or carers are expected to assist. Little Athletics is all about family, fun and fitness and is run by volunteers. Parents are required to supervise their children and help with their child's age group. Don't worry if you're new to athletics, we'll teach you everything you need to know and as a bonus

	<p>you get to hang out and watch your child compete. Athletics is different to many sports, providing you the opportunity to get fully involved in your child's sporting interests. All parents/carers are strongly encouraged to attend our Parent Training Day. See the calendar for details.</p> <p>Play On! Vouchers</p> <p>The Play On! program provided by the Queensland Government offers \$200 vouchers to use towards sport registration fees with registered activity providers (like us!). For more information, visit www.qld.gov.au</p> <p>Personal Best (PB) Certificates:</p> <p>Certificates are awarded to athletes who achieve 4 or more PB's at any competition. These certificates are awarded weekly after the first month of competition.</p> <p>Photographs:</p> <p>Photographs are often taken of athletes by a committee member for publication on our website and social media channels, in our survival guide, or local media. Please advise the Centre Manager if this is a concern for your athlete.</p> <p>Programmed Events:</p> <p>Each athlete participates in five scheduled events at each Centre Competition. Each weekly program features a mix of track and field events across each age group. See the weekly programs which can also be found on our website. The events may only be changed at the discretion of the Centre Manager. Recording will only be permitted for the programmed events.</p>
Q	<p>Queensland Athletics:</p> <p>U12+ athletes are also able to join Queensland Athletics (also known as 'QA') opening up further opportunities to compete. We have athletes that compete in both the Little Athletics and Queensland Athletics events.</p>
R	<p>Recording Results:</p> <p>Weekly TLA Centre Competition and LAQ Association Day event results are uploaded and available to view and print through Results HQ. Live results are available for Association Days.</p> <p>Records:</p> <p>Records are kept for Centre and Away meets. Away meets are LAQ State and Regional Championships and other carnivals hosted by Little Athletics clubs.</p> <p>All records must be ratified by the current committee at a general meeting. All field event records at Centre Competitions must be measured and confirmed by the Centre Manager or Delegated Official. Records are to be marked out by the Age Marshall at each Centre Competition and if it is believed a record is broken, the measuring spike must be left in and the Centre Manager, Assistant Manager or other official Recording Officer advised to measure and confirm. If a record is not confirmed at the time the record is achieved, it will not be recorded. See current records.</p> <p>Regional Relays:</p> <p>Regional Relays is a team-based competition open to all registered LAQ U7-U17 athletes. All eligible athletes are encouraged to nominate and represent TLA. If the team places 1st, 2nd or 3rd at the Regional Carnival they will qualify for State Relays to be held in Brisbane. More information can be found on our website.</p>

	<p>Regional Championships:</p> <p>Refunds:</p> <p>Registrations:</p>	<p>This is an LAQ Association Day carnival open to all registered athletes from U7-U17. Each athlete may nominate to compete in up to five events of their choice. There is no qualifying standard to compete, and all athletes who have attended a minimum of four Centre Competitions are encouraged to participate regardless of ability. It's a great chance to meet athletes from other clubs and enjoy two days of friendly competition. The event is also a qualifier for State Championships for athletes in the U9–U17 age groups. More information can be found on our website.</p> <p><i>No refunds are given on Centre Registration.</i> A two-week free trial is available for all new families to try before they register. A refund will only be given for nomination to a carnival if the carnival nomination has not closed or if the carnival is cancelled/rescheduled.</p> <p>Registration fees for the 2025/26 season are:</p> <ul style="list-style-type: none"> ▪ \$100 for Tiny Tots ▪ \$200 for U6–U17 registration <p>All registrations are to be completed online through Sports80.</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. An athlete's results will only be recorded once registration has been paid and processed. Athletes participating in the two-week free trial will not have their results recorded.</p>
S	<p>Smoking:</p> <p>Safety:</p> <p>Sponsors:</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. Some safety rules of particular note include:</p> <ul style="list-style-type: none"> ▪ Shot put and discus can be lethal weapons. Always walk behind the throwing circles. ▪ Athletes are to remain outside the discus cage when not throwing. ▪ Throwing implements are not to be touched by athletes unless it is their turn to throw. ▪ All athletes and parents must check that the track and long jump runway are clear before crossing over. ▪ U9 & U10 athletes competing at high jump must use the 'Scissors' technique to be a legal jump. The athlete must attempt to land on their feet. From U11+, athletes may use the 'Fosbury Flop' technique. ▪ The javelin area is "out of bounds" to all except the groups throwing and their officials. ▪ Chief Officials or Age Marshalls in charge of an event may withdraw a child from competition if the safety rules are not observed. <p>If you would like to become a sponsor of our Centre, please speak with the Centre Manager. Corporate sponsors will be promoted through the club, and we ask that you please support them where you can.</p>

	<p>Spikes:</p> <p>Starting Blocks:</p> <p>Sun Safe:</p>	<p>Athletes from the U11 age group and upwards are permitted to wear spikes at Centre level in the following events:</p> <ul style="list-style-type: none"> ▪ all laned running events (100m, 200m, 400m) ▪ jumps (long, triple, high) ▪ javelin. <p>This will always be at the Centre Manager's discretion. Athletes from U13 age group and upwards can also wear spikes for middle- and long-distance events (800m and 1500m).</p> <p>Spikes must be carried onto the track and to the field event areas and then removed on completion of the event.</p> <p>For LAQ Association Day rules, please refer to the Footwear and Spikes policy on the LAQ website.</p> <p>U11- U17 athletes can use starting blocks in laned events up to 400m, including the first leg of the relay race. The Centre has blocks available for athletes to use. Athletes can also provide their own blocks.</p> <p>As parents we have a responsibility to ensure our children are protected against the sun's UV rays. Please ensure all children wear sunscreen and a hat. If you forget your sunscreen, some is available at the clubhouse. Club hats are available for purchase. These are optional and athletes are welcome wear their own hat. We encourage athletes competing in crops and singlets, to wear the club polo shirt between events.</p>
<p>T</p>	<p>Time Keeping:</p> <p>Tiny Tots:</p> <p>Training:</p>	<p>All track events are timed using electronic timing gates. Results are uploaded to ResultsHQ.</p> <p>Our Centre runs a Tiny Tots Program for children aged 3 and 4 years. Tiny Tots participate in games and activities designed to develop gross motor skills. They do not engage in competition and no times or distances are recorded. Tiny Tots must have had their third birthday before joining. Tiny Tots runs for the first hour of our Centre Competitions.</p> <p>Athletes are provided the opportunity to practice and hone their skills and technique at our weekly Centre Competitions, along with designated training days throughout the season.</p> <p>Our Parent Training Day covers the how-to of officiating at each event, using the iPads and ResultsHQ to input results and basic technique/regulations for each event.</p> <p>Our athletes who compete at a high level also participate in regular training year-round with private coaches. If your child is interested in further training but you're not sure where to start or who to contact, get in touch as we may be able help you to find a suitable coach.</p> <p>If you are a qualified athletics coach who may be able to assist provide regular training to our athletes, please get in touch with the Centre Manager.</p>
<p>U</p>	<p>Uniforms:</p>	<p>LAQ have a strict uniform policy and it is important your athlete arrives at every competition wearing the correct TLA uniform.</p>

		<p>The Centre's mandatory uniform consists of –</p> <p>Top (athletes must have at least one of the following)</p> <ul style="list-style-type: none"> • a club polo shirt • club crop top • club singlet. <p>Bottom</p> <ul style="list-style-type: none"> • Either the club bike pants/shorts or PLAIN black shorts (small manufacturer logo permitted e.g. Impi or Nike). <p>Uniform price list –</p> <ul style="list-style-type: none"> • Club polo shirt: \$45.00 • Club bike pants or shorts: \$30.00 • Club crop or singlet: \$35.00 • Club bucket hat (optional) or cap: \$17.50 <p>For more details, visit our website.</p> <p>If your athlete competes in a crop or singlet, we do strongly recommend they also own a club polo shirt to wear between events for sun safety. This is particularly important at all-day carnival events.</p> <p>Upon registration, each athlete is issued a registration number, an age label and a sponsor's patch which must be correctly affixed to the uniform. Each athlete will be mailed their registration number which will have their age group on as well.</p> <ul style="list-style-type: none"> • Registration number must be attached to the front of the centre's shirt (sewn on, not pinned). • Sponsor's patch (Coles) to be sewn to the chest area on the right-hand side of the athlete's shirt above logo. • Red age label attached to the left sleeve of polo, or for athletes wearing a crop top or singlet, affix to left side of their shorts. <p>Uniforms are available for purchase at the clubhouse at Competition days.</p>
<p>V</p>	<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.</p> <p>Please lend a helping hand each week as this makes our Centre Competitions run smoother and on time. We always welcome new committee members. If you are interested in joining our committee, please talk with the Centre Manager.</p>
<p>W</p>	<p>Wet Days:</p> <p>Weekly Program:</p>	<p>If the weather is doubtful, please check our Facebook page for updates. Toowoomba Regional Council closes sporting fields, if it is deemed the grounds are too wet for competition.</p> <p>We operate on a five-week rotating program plus a Twilight Friday night program. View the weekly programs.</p>
<p>X</p>	<p>Extra Training:</p>	<p>It is up to individual athletes to seek extra training sessions to specialise in individual events. If your child is interested in further training but you're not sure where to start or who to contact, get in touch as we may be able help you to find a suitable coach.</p>

<p>Y</p>	<p>Youth Development Squad: (Selected athletes only)</p>	<p>Little Athletics Queensland organise a development tour to encourage our athletes to remain involved in Little Athletics throughout their senior years and into adulthood. Visit the LAQ website for full details.</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 help at Centre Competitions. We strongly encourage all parents to attend our Parent Training Day.**

Officials jobs may include:

Age Marshall	Escorting the group from one event to the next and overseeing the recording of field event results on an iPad. Monitoring children's behaviour and reporting any incidents to the Centre Manager or Assistant Centre Manager.
Canteen	We welcome any help you can provide at carnivals, during weekly centre competition days and in the off-season for school/zone athletics carnivals (this is our major fundraising activity for the year). Our canteen cannot sustainably run without volunteers to help.
Measurer	Measuring jumps and throws of individual athletes. Instructions are provided. Come along to our Parent Training Day to learn more.
Packing Up	Packing up of sports equipment and tents to the equipment shed on each centre competition day.
Setting Up	Setting up of equipment and tents to their designated areas on each centre competition day. Helping to set up hurdles, move and adjust heights for each age group and pack down during competition.
Spotter/ Spiker	Spotting and spiking where the throwing implements land.
Starter	Starting all track events using the starting device.
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 is provided throughout the season.

Each Centre Competition Day requires at least 50 parents to conduct the events smoothly and on time. We therefore ask you to arrive early and offer your assistance.

Don't worry if you're new to athletics. Many of the jobs are small and as a bonus, you get to hang out and watch your child compete. We'll happily teach you everything you need to know and also offer a Parent Training Day.

More information on Official Competition Rules can be found on the [LAQ website](#).



McDonald's Achievement Awards

McDonald's Achievement certificates are awarded on levels of performances at the end of each season. The McDonald's Achievement Levels are calculated from the averages of performances of Queensland's Little Athletes over the years.

- **Green Level** is a Good level of performance, one which is in reach of 95% of athletes.
- **Red Level** represents a Very Good performance, achievable by about 65% of athletes.
- **Blue Level** represents an Excellent performance, achievable by about 20% of athletes.
- **Gold Level** represents an Elite performance (U9-U17 only), achieved by 5-10% of athletes.

Recording

Points System:

One point awarded for competing in an event.

One point awarded for achieving a Personal Best.

One point awarded for a Record.

Three 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 Official 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 being awarded.
- Toowoomba Centre Best Performances: Refers to home ground Centre Competition.
- Toowoomba Away Best Performances: Refers to LAQ competitions such as LAQ State events, Association Days and carnivals hosted by other Little Athletics clubs.
- Programmed events only will be recorded.
- Maximum Events: Up to five events only are recorded each meet.
- Recording for each athlete will commence from the date fees are paid in full and their registration has been processed. Trial athlete results are not recorded.
- Timing Device Failure: At the Centre Manager's discretion these events will be re-run for athletes to receive a time.
- Timing Solutions: Parents and athletes can view individual athlete's results by logging on to [ResultsHQ](#).

Know Your Events

THROWS

Discus

Discus is one of the oldest field events, dating back to the ancient Olympics. The discus must be thrown from within the circle and land within the marked area. When the implement has landed, the athlete must leave from the back of the circle.



Shot Put

The shot is a round steel ball varying in weight 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 the throwing circle from the back.



Javelin

The javelin is a spear like instrument thrown from a runway into a sector area marked by two lines. To be a valid throw, the javelin must land within the designated area and the metal head must strike the ground before any other part of the javelin. The event is offered for athletes from U11's.



JUMPS

High Jump

The athlete's task is to run up from an approach area and jump over a crossbar supported between two uprights. Note that U8 – U10 athletes must use the 'Scissors' technique to be a legal jump. From U11 upwards, athletes may use the 'Fosbury Flop' technique. There are no vertical jumps events for Tiny Tots, U6 and U7's.



Long Jump

U6 to U10s run and jump from a ½ metre x 1 metre mat covered in sand. Measurement is taken from the front of the shoe print of the take-off mat to the nearest break in the landing area. U11 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.



Triple Jump

Like 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. 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 U11's up.



RUNNING

Sprints

Sprinting essentially involves running at full speed over the full race distance. Little Athletics sprint distances are 70m, 100m, 200m and 400m. Although technically a sprint for older athletes, the 400m is perhaps best considered a middle distance for most little athletes.



Middle Distance

In Little Athletics, middle distance running includes events run over 800m (U9 upwards) and 1500m (U11 upwards). 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.



Hurdles

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 and distances vary depending on the ages of the athletes, getting higher and running further distances as they get older.



Relays

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' and 'Medley' relays, involving runs of varying distances in the one race.



WALKS

Race Walking

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. Our athletes start learning walks from Tiny Tots.



TINY TOTS

Play Training

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.



Weekly Program – 2025/26 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	60H	Discus	400m	SP
u10	100m	60H	SP	Discus	800m
u11	100m	Javelin	80H	HJ (F)	800m
u12	Javelin	100m	80H	TJ	800m
u13-14	200H	TJ	Javelin	100m	800m
u15-17	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

Hurdles: T/T- u7 - Play hurdles; u8-u9 - 45cm ; u10-u11 – 60cm ;
u12-u13 – 68cm ; u14-u17 – 76cm

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

(S) - Scissor

(F) - Flop

Starter: Completes Block Colours

Starter: Can Call Field Events to Complete Track Event

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	*80/90H	Discus	200m	800m
u15-17	Discus	*90- 110H	200m	Javelin	800m

(P) – Play
Foam

(S) - Scissor

(F) - Flop

Starter: Completes Block Colours

Starter: Can Call Field Events to Complete Track Event

Hurdle heights: T/T-U7 – Play hurdles | U8-U9 – 45cm | U10-U11 – 60cm
U12 – 68cm | U13-U17 – 76cm

***Hurdle distances:** U13/U14G – 80m | U14B/U15G/U16G – 90m |
U15B/U16B/U17G – 100m | U17B – 110m

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	SP	200m	LJ	400m
u12	LJ	100m	SP	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 is subject to change at Centre Manager's discretion.

Calendar of Events – 2025/26

The below calendar of events is correct as of August 2025 and subject to change throughout the season. An up-to-date calendar is also available on the [Toowoomba Little Athletics website](#). For updates to away carnivals and LAQ Association Days and events, stay up-to-date via the [LAQ website](#) or [LAQ Facebook page](#).

Month	Date	Day	Event	Location
August	17	Sunday	Trial Day	O'Quinn St. Oval
	24	Sunday	Trial Day	O'Quinn St. Oval
September	7	Sunday	Athlete Skills Development Session 1	O'Quinn St. Oval
	14	Sunday	Centre Competition – Program 1	O'Quinn St. Oval
	20	Saturday	Coles Spring Carnival (U7-U17s)	Bundaberg LAC
	21	Sunday	LAQ Skills Session 10:30-12:30	O'Quinn St. Oval
	21	Sunday	Centre Competition – Program 2	O'Quinn St. Oval
	28	Sunday	Centre Competition – Program 3	O'Quinn St. Oval
October	5	Sunday	Centre Competition – Program 4	O'Quinn St. Oval
	11	Saturday	Ipswich Twilight	Ipswich LAC
	12	Sunday	Centre Competition – Program 5	O'Quinn St. Oval
	19	Sunday	Centre Competition – Program 1	O'Quinn St. Oval
	25	Saturday	LAQ Summer Carnival Series #1	SAF, Brisbane
	31	Friday	Twilight Centre Competition – Twilight Program	O'Quinn St. Oval
November	2	Sunday	DSW Summer Regional Relays	Laidley LAC
	9	Sunday	Centre Competition – Program 2	O'Quinn St. Oval
	16	Sunday	Centre Competition – Program 3	O'Quinn St. Oval
	21	Friday	Twilight Centre Competition – Twilight Program	O'Quinn St. Oval
	23	Sunday	LAQ Summer Carnival Series #2	Runaway Bay
	30	Sunday	Centre Competition – Program 4	O'Quinn St. Oval
	30	Sunday	Jimboomba Carnival	Jimboomba LAC
December	7	Sunday	Centre Competition – Program 5	O'Quinn St. Oval
	13	Saturday	McDonald's State Relay Championships	SAF, Brisbane
January	11	Sunday	Centre Competition – Program 1	O'Quinn St. Oval
	18	Sunday	Centre Competition – Program 2	O'Quinn St. Oval
	17	Saturday	Alger Little Athletics Carnival	Alger LAC
	25	Sunday	Centre Competition – Program 3	O'Quinn St. Oval

	31	Saturday	McDonald's Combined Event Championships & Race Walk Hit Out	SAF, Brisbane
February	1	Sunday	McDonald's Combined Event Championships & Race Walk Hit Out	SAF, Brisbane
	7	Saturday	Regional Championships – Day 1	O'Quinn St. Oval
	8	Sunday	Regional Championships – Day 2	O'Quinn St. Oval
	15	Sunday	Centre Competition – Program 4	O'Quinn St. Oval
	22	Sunday	Centre Competition – Program 5	O'Quinn St. Oval
March	1	Sunday	Centre Competition – Program 1	O'Quinn St. Oval
	8	Sunday	Centre Competition – Program 2	O'Quinn St. Oval
	15	Sunday	Final Centre Competition – Program 3	O'Quinn St. Oval
	20	Friday	McDonald's State Championships – Day 1	QSAC, Brisbane
	21	Saturday	McDonald's State Championships – Day 2	QSAC, Brisbane
	22	Sunday	McDonald's State Championships – Day 3	QSAC, Brisbane
April	19	Sunday	TLA End of Season Presentations & AGM	O'Quinn St. Oval



Association Days

More information about each of the below events can also be found on our [website](#).

REGIONAL RELAY DAY (U7 – U17 age groups)

Regional Relays provide friendly inter-club competition for all athletes in the U7's to U17's age groups and are the qualifier for the State Relay Championships.



- Track teams comprise of four athletes and field teams comprise the total number of nominated athletes for that age groups' event.
- For the U9 - U17's, all teams that place first, second and third in track events and 1st and 2nd in field events, advance to the State Relay Championships.
- For the U7's & U8's, it may be their first Regional competition and they do not progress to the State Championships.
- Please note: All athletes that nominate for Regional Relays must be available to compete at the State Finals should they qualify.
- There are no finals at either the Regional or State Relays - placing is decided on timed heats in track events or total distances/heights recorded for field events.
- Athletes can nominate in up to five events with teams formed in line with the LAQ relay rules and regulations.
- When nominations are opened, nominations are accepted at the clubhouse with a nomination fee payable per event. More information to be provided at Centre Competitions.

STATE RELAY CHAMPIONSHIPS (Qualifiers U9 – U17 from Regional Relays)

Held at the State Athletics Facility, Brisbane.

- Compete against the top teams from each Queensland Region.
- Please note: All athletes that nominate for Regional Relays must be available to compete at the State Finals.
- Medals are awarded to all members of teams placing in the top three.
- It is important that all members of teams arrive at the competition ground at least one hour before their event is scheduled as events can be brought forward 30 minutes.
- A nomination fee is payable per event.



NORDIC SPORT REGIONAL CHAMPIONSHIPS (U7 – U17 age groups) This competition is open to all registered athletes from U7 to U17.

- These are primarily non-championship days and provide an opportunity for all athletes 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 athletes from other centres.
- Athletes must attend four centre competition days to be eligible to nominate for Regional Championships. There are no other qualifying standards required.
- Each athlete may compete in up to five events of their choice.
- A pentathlon is also offered to athletes in the U15 to U17 age groups, including a 100m, 800m, 100 hurdles (boys), 90 hurdles (girls), long jump and discus. Athletes nominating for the pentathlon may also compete in any two individual events.
- All U7 & U8 competitors receive participation medals. U9's – U17's receive place medals for 1st, 2nd and 3rd.
- Nominations are completed in ResultsHQ with a nomination fee payable per event.

McDONALD'S STATE CHAMPIONSHIPS (U9 – U17 age groups)

State Championships is the final major event in the LAQ calendar and clubs come together from all over Queensland to compete.

- Athletes in the U9 – U17 age groups who place in the top four at Regional Championships (or achieve a set Qualifying Performance Level).
- Some events run heats and finals and others just straight finals. The first three placegetters in each final receive medals.
- The U13 State Team to compete at the Australian Little Athletics Championships is selected at these Championships.



COLES SUMMER CARNIVAL (U9 – U17 age groups)

The Coles Summer Carnival aims to give athletes in the U9 – U17 age groups the opportunity to take part in a large-scale competition, without any of the pressures associated with a Championship event.

- All registered athletes in the U9 – 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 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.



McDONALD'S COMBINED EVENTS CHAMPIONSHIPS

The Combined Event Championships is for U9 – U17's and offers participation for athletes in the U7 – U8 age groups.

- This event gives athletes the opportunity to compete in a number of different track and field events, earning points for their performance in each event.
- 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 participation in a wider range of events, rather than the early specialisation in one or two specific events.
- State Team selectors will refer to the U15 Heptathlon results when selecting athletes for the State Team.



Criteria for Centre Awards

At the end of each season, we hold our annual break-up and awards presentation.

All TLA registered athletes have the option to receive a participation trophy at the end of the season. 1st, 2nd, and 3rd medals are also awarded to boys and girls in each age group U6 - U17 who obtain the highest aggregated points for personal improvement during the season.

TLA perpetual trophies are awarded to selected athletes based on the defined performance criteria outlined below and voted on by committee. If sportsmanship is not obtained, then the trophy will be awarded to next suitable qualifying athlete. The award is not presented if no athlete meets the criteria.

Criteria for each award presentation are as follows:

TOOWOOMBA LITTLE ATHLETICS CENTRE AWARDS

➤ Highest Personal Best Performance Medals:

- Awarded to the top three boys and girls in each age group U6 – U17 who 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.
- Away carnivals hosted by other clubs are not included in the points score.

MAJOR 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. Points are allocated for PB's (1 point) and records (1 point).
- Must 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 – U11 age group.
- Obtain the highest aggregated points for personal improvement during the season for all home and away competitions.



- Points are allocated for PB's (1 point), participation (1 point) and records (1 point).

➤ **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 – U17 age group.
- Obtain the highest aggregated points for personal improvement during the season for all home and away competitions.
- Points are allocated for PB's (1 point), participation (1 point) and records (1 point).

➤ **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 minimum 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 & Judy Halter and family.

- The athlete must be in the U6 – U10 age group.
- Achieve the highest number of personal best performances at Centre Competition only. Away carnivals are not included in this award.
- Points are awarded for PB's (1 point) and participation of events (1 point).
- Must show respect to officials and competitors.
- Attendance % rate taken into consideration.

➤ **Toowoomba Little Athletics Ambassador Award:**

- The athlete must be in the U11 – U17 age group.
- Been involved in the Centre for minimum three consecutive years.
- Be a good ambassador for Toowoomba Little Athletics Centre and the sport.
- Attributes to include: Leadership, Respect, Perseverance, Resilience, Sportsmanship & Enthusiasm.
- Participate at all Centre, Regional and State Competitions and Association Days.
- Participate in all listed events on the program.
- Attendance % rate taken into consideration.

➤ **Centre Manager's Athlete Award:**

- Chosen by the Centre Manager, the athlete must have personal achievements at Centre, Regional and State Competitions (U9-U17) – results reflect an improvement throughout the season.
- Points allocated for PB's (1 point), participation of events (1 point) and records (1 point)
- 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 Suzanne 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 is 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.



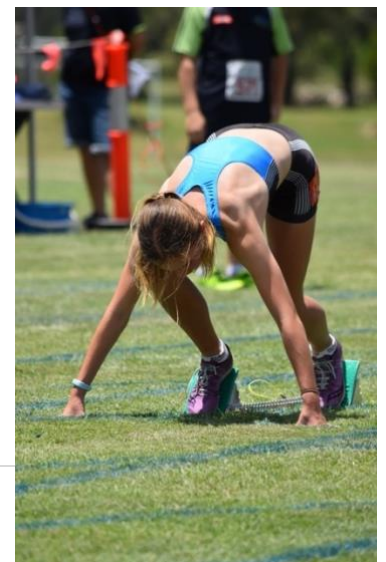
Past Trophy Recipients

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 Sippel	Xanthee Watts	Hunter Watts	Geordie Cowdroy	Peter Sippel	Flynn Moore
Season	Boys Achievement Award	Girls Achievement Award	Fairholme College Trophy	Toowoomba City Council Trophy	Van Bael Family	Podiatry Coach The Fast 800

					Encouragement Award	
2021-22	Geordie Cowdroy	Emily Carrigan	Eden Broksch	Xanthee Watts	Penelope Cavanaugh Penelope Montgomery	Connor Talbot
2022-23	Diego Ryan	Rheanna Hart	Eden Broksch	Xanthee Watts	Darren Holley	Violet Richardson
2023-24	Diego Ryan	Xanthee Watts	Hina Kapavale	Noah Mazlin	Kaylee Carroll	George Cherry
2024-25	Jayden Graham	Xanthee Watts	Hina Kapavale	Kaylee Carroll	Ehasi Kapavale	Mach Adol

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 Summer Kimmins Blake Wilson	Tessa Cox Kian Verrall Chloe Wainwright Charlotte Lindemann	Rachael Delany
2015-16	Kya Daley	Not Awarded	Phoebe Baird	Evie Armstrong	Not Awarded	Andrew Baird
2016-17	Faith McKay	William Cox Molly Gore	Phoebe Baird	Emaya Fegan	Carla Carroll Harry Wilson	Susan Baird Lisa Gore Jai Kimmins Sammy Kimmins
2017-18	Kobie Matthews	Not Awarded	Aliyah King	Taya Cunningham	Ethan Bachmann	Renea Reich
2018-19	Amellia Dunemann	Evie Armstrong	Daniel Booth	Ruby Richardson	Matthew Sippel	Clinton Watts
2019-20	Olivia Hancock	Xanthee Watts	Hunter Watts			

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
2020-21	Violet Richardson	Xanthee Watts Daniel Sippel	Zoe Pietsch	Rheanna Hart	Dakota Chambers	Richard Hart
2021-22	Jessica O'Neill	Ruby Richardson Xanthee Watts	Connor Talbot	Kaylee Carroll		Pauline Van Bael Rachel Watts Danielle Hart Clint Richardson
2022-23	Emily Carrigan	Geordie Cowdroy Xanthee Watts	Rylee Franke	Porscha Fenn Dominic Talbot		
2023-24	Micah Sharp	Xanthee Watts Geordie Cowdroy	Eden Broksch	Evelyn Krieg	Jayden Graham	Sarah Richardson
2024-25	Ruby Natalier	Abrielle Ball Charlie Krieg	Charlie Krieg	Cooper Howse	Charlotte McGettigan	Rebekah Ball



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	Caitlin Tania Moses (21/22)	20.32 sec	100m	Aiden Carrigan (22/23)	20.16 sec
200m	Arabella Long (18/19)	44.01 sec	200m	Aiden Carrigan (22/23)	43.11 sec
300m	Violet Richardson (19/20)	1:15.22 min	300m	Metui Pengilly (19/20)	1:09.35 min
Shot 1 kg	Alice Prust (21/22)	3.41 m	Shot 1 kg	Aiden Carrigan (22/23)	4.30 m
Discus 350g	Violet Richardson (19/20)	7.79 m	Discus 350g	Joseph Booth (18/19)	9.73 m
L/J Tartan	Caitlin Tania Moses (21/22)	2.70 m	L/J Tartan	Harry Whale (24/25)	2.78 m

Event	Under 7 Girls	Result	Event	Under 7 Boys	Result
60mH	Atong Ayii (24/25)	12.80 sec	60mH	Kuch Adol (24/25)	12.34 sec
70m	Viviann Adams (22/23)	13.32 sec	70m	Nate Bachmann (18/19)	12.70 sec
100m	Viviann Adams (22/23)	18.79 sec	100m	Aiden Carrigan (23/24)	18.08 sec
200m	Viviann Adams (22/23)	39.87 sec	200m	Aiden Carrigan (23/24)	39.12 sec
500m	Viviann Adams (22/23)	2:01.24 min	500m	Kuch Adol (24/25)	1:50.73 min
Shot 1 kg	Violet Richardson (20/21)	4.77 m	Shot 1 kg	Patrick Ridgway (21/22)	6.20 m
Discus 350g	Matilda Daly (18/19)	12.42 m	Discus 350g	Aiden Carrigan (23/24)	17.60 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)	Hina Kapavale (22/23)	13.17 sec	60H (45cm)	Diego Ryan (21/22)	12.45 sec
70m	Viviann Adams (23/24)	12.53 sec	70m	Diego Ryan (21/22)	11.70 sec
100m	Viviann Adams (23/24)	17.39 sec	100m	Diego Ryan (21/22)	16.23 sec
200m	Milli Gascoyne (18/19)	33.39 sec	200m	Diego Ryan (21/22)	35.35 sec
700 Walk	Violet Richardson (21/22)	4:42.10 min	700 Walk	Diego Ryan (21/22)	4:59.78 min
700m	Violet Richardson (21/22)	2:35.17 min	700m	Diego Ryan (21/22)	2:47.01 min
Shot 1.5kg	Emily Carrigan (20/21)	6.41 m	Shot 1.5kg	Noah Dunemann (19/20)	6.43 m
Discus 500g	Eden Broksch (21/22)	16.23 m	Discus 500g	Noah Dunemann (19/20)	18.66 m
High Jump	Zoe Phillips (24/25)	1.05 m	High Jump	Joseph Booth (20/21)	1.05 m
L/J Tartan	Zoe Phillips (24/25)	3.32 m	L/J Tartan	Diego Ryan (21/22)	3.54 m

Event	Under 9 Girls	Result	Event	Under 9 Boys	Result
60H (45cm)	Hina Kapavale (23/24)	11.97 sec	60H (45cm)	Diego Ryan (22/23)	11.72 sec
70m	Annabelle Pritchard (23/24)	11.56 sec	70m	Diego Ryan (22/23)	10.85 sec
100m	Hina Kapavale (23/24)	16.55 sec	100m	Daniel Booth (18/19)	15.79 sec
200m	Summer Kimmins (18/19)	33.95 sec	200m	Diego Ryan (22/23)	31.79 sec
400m	Violet Richardson (22/23)	1:19.44 min	400m	Diego Ryan (22/23)	1:15.37 min
800m	Violet Richardson (22/23)	2:52.89 min	800m	Mach Adol (24/25)	2:58.02 min
700 Walk	Eden Broksch (22/23)	4:31.84 min	700 Walk	Samuel Denaro (24/25)	4:52.90 min
Shot 2kg	Emily Carrigan (21/22)	7.18 m	Shot 2kg	Landon Broksch (24/25)	6.46 m
Discus 500g	Emily Carrigan (21/22)	21.58 m	Discus 500g	Noah Dunemann (20/21)	22.10 m
High Jump	Hina Kapavale (23/24)	1.08 m	High Jump	Diego Ryan (22/23)	1.10 m
L/J Tartan	Lara Phillips (24/25)	3.62 m	L/J Tartan	Diego Ryan (22/23)	4.06 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	Adelaide Adams (22/23)	11.13 sec	70m	Diego Ryan (23/24)	10.41 sec
100m	Emma Walkington (20/21)	16.03 sec	100m	Diego Ryan (23/24)	14.16 sec
200m	Adelaide Adams (22/23)	32.42 sec	200m	Diego Ryan (23/24)	29.03 sec
400m	Voilet Richardson (23/24)	1:15.07 min	400m	Diego Ryan (23/24)	1:10.06 min
800m	Voilet Richardson (23/24)	2:45.09 min	800m	Judah Margarey (22/23)	2:41.20 min
1100 Walk	Eden Broksch (18/19)	7:21.47 min	1100 Walk	George Cherry (24/25)	7:30.30 min
Shot 2kg	Emily Carrigan (22/23)	9.73 m	Shot 2kg	Hunter Watts (19/20)	8.14 m
Discus 500g	Emily Carrigan (22/23)	28.02 m	Discus 500g	Joseph Haggarty (22/23)	27.66 m
High Jump	Ajah Ayii (23/24)	1.14 m	High Jump	Diego Ryan (23/24)	1.22 m
L/J Tartan	Azahlee Blades (22/23)	3.75 m	L/J Tartan	Connor Talbot (22/23)	3.97 m

Event	Under 11 Girls	Result	Event	Under 11 Boys	Result
80H (60cm)	Ajah Ayii (24/25)	15.03 sec	80H (60cm)	Danny Booth (20/21)	14.93 sec
100m	Aliyah King (18/19)	14.45 sec	100m	Diego Ryan (24/25)	14.02 sec
200m	Aliyah King (18/19)	31.26 sec	200m	Diego Ryan (24/25)	29.37 sec
400m	Eden Broksch (24/25)	1:12.46 min	400m	Connor Talbot (23/24)	1:10.29 min
800m	Violet Richardson (24/25)	2:43.99 min	800m	Thomas Richards (24/25)	2:40.77 min
1500m	Violet Richardson (24/25)	5:28.52 min	1500m	Judah Magarey (23/24)	5:15.91 min
1100 Walk	Eden Broksch (24/25)	7:03.27 min	1100 Walk	Louis Johnson (24/25)	7:40.66 min
Shot 2kg	Emily Carrigan (23/24)	10.67 m	Shot 2kg	Dominic Talbot (23/24)	10.17 m
Discus 500g	Emily Carrigan (23/24)	36.94 m	Discus 500g	Joseph Haggarty (23/24)	34.17 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	Connor Talbot (23/24)	1.32 m
	Savannah Patterson (20/21)	1.28 m			
L/J Tartan	Dakota Chambers (20/21)	4.15 m	L/J Tartan	Diego Ryan (24/25)	4.89 m
T/J Tartan	Dakota Chambers (20/21)	8.85 m	T/J Tartan	Cohen Moore (22/23)	8.65 m

Event	Under 12 Girls	Result	Event	Under 12 Boys	Result
80H (68cm)	Abrielle Ball (22/23)	15.22 sec	80H (68cm)	Mason Francis (24/25)	15.15 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	Ace Utz (24/25)	30.71 sec
400m	Hayley Wainwright (20/21)	1:11.00 min	400m	Alex Duncan (22/23)	1:10.46 min
800m	Rose Stead (23/24)	2:47.46 min	800m	Nate Halpin (24/25)	2:38.19 min
1500m	Rose Stead (23/24)	5:31.14 min	1500m	Nate Halpin (24/25)	5:16.58 min
1500 Walk	Ariyah Alchin (24/25)	10:16.80 min	1500 Walk	Hayden Delaney (19/20)	10:09.01 min
Shot 2kg	Emily Carrigan (24/25)	12.00 m	Shot 2kg	Joseph Haggarty (24/25)	11.21 m
Discus 750g	Emily Carrigan (24/25)	34.15 m	Discus 750g	Joseph Haggarty (24/25)	40.68 m
Javelin 400g	Xanthee Watts (20/21)	28.00 m	Javelin 400g	Hunter Watts (21/22)	27.21 m
High Jump	Ava Youngberry (20/21)	1.35 m	High Jump	Connor Talbot (24/25)	1.40 m
L/J Tartan	Dakota Chambers (21/22)	4.36 m	L/J Tartan	Charlie Lewis (22/23)	4.59 m
T/J Tartan	Savannah Ward (24/25)	9.06 m	T/J Tartan	Charlie Lewis (22/23)	9.35 m

Event	Under 13 Girls	Result	Event	Under 13 Boys	Result
80H (76cm)	Dakota Chambers (22/23)	14.66 sec	80H (76cm)	Jake Kinsey (20/21)	14.04 sec
200H (68cm)	Xanthee Watts (21/22)	31.82 sec	200H (68cm)	Oliver Miller (22/23)	32.44 sec
100m	Siena Dawson (18/19)	13.88 sec	100m	Aimon Rowe (21/22)	13.59 sec
200m	Xanthee Watts (21/22)	28.84 sec	200m	Cohen Moore (24/25)	30.41 sec
400m	Xanthee Watts (21/22)	1:05.703 min	400m	Leon Smith (21/22)	1:10.41 min
800m	Amara Clemens (22/23)	2:34.19 min	800m	Riley Talbot (21/22)	2:49.51 min
1500m	Rose Stead (24/25)	5:29.38 min	1500m	Riley Talbot (21/22)	5:44.67 min
1500 Walk	Ruby Richardson (22/23)	9:51.92 min	1500 Walk	Charlie Krieg (22/23)	10:39.74 min
Shot 3kg	Xanthee Watts (21/22)	9.65 m	Shot 3kg	Oliver Miller (22/23)	9.20 m
Discus 750g	Xanthee Watts (21/22)	34.51 m	Discus 750g	Hunter Watts (22/23)	32.40 m
Javelin 400g	Xanthee Watts (21/22)	33.24 m	Javelin 600g	Oliver Miller (22/23)	27.06 m
High Jump	Jemma Franke (23/24)	1.43m	High Jump	Michael Alumara (21/22)	1.40 m
L/J Tartan	Xanthee Watts (21/22)	4.68 m	L/J Tartan	Cohen Moore (24/25)	4.95 m
T/J Tartan	Xanthee Watts (21/22)	9.68 m	T/J Tartan	Oliver Miller (22/23)	10.75 m

Event	Under 14 Girls	Result	Event	Under 14 Boys	Result
80H (76cm)	Abrielle Ball (24/25)	14.76 sec	90H (76cm)	Geordie Cowdroy (20/21)	14.53 sec
200H (76cm)	Abrielle Ball (24/25)	31.39 sec	200H (76cm)	Geordie Cowdroy (20/21)	31.18 sec
100m	Abrielle Ball (24/25)	13.60 sec	100m	Aimon Rowe (22/23)	12.63 sec
			MC 100m	Jayden Graham (23/24)	14.30sec
200m	Xanthee Watts (22/23)	28.17 sec	200m	Geordie Cowdroy (20/21)	27.63 sec
			MC 200m	Jayden Graham (23/24)	28.82sec
400m	Rylee Franke (22/23)	1:05.28 min	400m	Nate Temple-Watts (21/22)	1:04.89 sec
			MC400m	Jayden Graham (23/24)	1:08.35min
800m	Amara Clemens (23/24)	2:30.99 min	800m	Riley Wainwright (20/21)	2:38.53 min
			MC 800m	Jayden Graham (23/24)	2:36.06min
1500m	Ruby Richardson (23/24)	5:34.00 min	1500m	Shane Christie (21/22)	5:53.95 min
1500 Walk	Ruby Richardson (23/24)	9:31.60 min	1500 Walk	Charlie Krieg (23/24)	10:10.75 min
Shot 3kg	Dakota Chambers (23/24)	10.85 m	Shot 3kg	Geordie Cowdroy (20/21)	13.05 m
Discus 1kg	Xanthee Watts (22/23)	33.09 m	Discus 1kg	Geordie Cowdroy (20/21)	35.92 m
Javelin 400g	Xanthee Watts (22/23)	35.47 m	Javelin 600g	Geordie Cowdroy (20/21)	28.12 m
High Jump	Jemma Franke (24/25)	1.47 m	High Jump	Geordie Cowdroy (20/21)	1.66 m
L/J Tartan	Xanthee Watts (22/23)	4.68 m	L/J Tartan	Geordie Cowdroy (20/21)	5.15 m
T/J Tartan	Xanthee Watts (22/23)	10.11 m	T/J Tartan	Geordie Cowdroy (20/21)	10.66 m

Event	Under 15 Girls	Result	Event	Under 15 Boys	Result
90H (76cm)	Rylee Franke (23/24)	16.08 sec	100H (76cm)	Charlie Krieg (24/25)	14.95 sec
			200H (76cm)	Daniel Sippel (18/19)	33.47 sec
300H(76cm)	Xanthee Watts (23/24)	49.95 sec	300H (76cm)	Charlie Krieg (24/25)	45.03 sec
100m	Xanthee Watts (23/24)	13.18 sec	100m	Charlie Krieg (24/25)	12.46 sec
200m	Xanthee Watts (23/24)	26.57 sec	200m	Charlie Krieg (24/25)	25.75 sec
400m	Xanthee Watts (23/24)	1:05.68min	400m	Jayden Graham (24/25)	59.97 sec
800m	Xanthee Watts (23/24)	2:51.11 min	800m	Jayden Graham (24/25)	2:25.41 min
1500m	Isla Pascoe (24/25)	5:39.04 min	1500m	Jayden Graham (24/25)	5:14.53 min
1500 Walk	Ruby Richardson (24/25)	11:34.84 min	1500 Walk	Charlie Krieg (24/25)	9:08.04 min

Shot 3kg	Dakota Chambers (24/25)	11.12 m	Shot 4kg	Geordie Cowdroy (21/22)	12.32 m
Discus 1kg	Xanthee Watts (23/24)	35.60 m	Discus 1kg	Geordie Cowdroy (21/22)	46.29 m
Javelin 500g	Xanthee Watts (23/24)	30.93 m	Javelin 700g	Geordie Cowdroy (21/22)	34.48 m
High Jump	Katie Cross (23/24)	1.50 m	High Jump	Geordie Cowdroy (21/22)	1.81 m
L/J Tartan	Rheanna Hart (22/23)	4.88 m	L/J Tartan	Geordie Cowdroy (21/22)	6.13 m
T/J Tartan	Rheanna Hart (22/23)	10.05 m	T/J Tartan	Geordie Cowdroy (21/22)	11.75 m

Event	Under 16 Girls	Result	Event	Under 16 Boys	Result
90H (76cm)	Xanthee Watts (24/25)	15.24 sec	100H (76cm)	Geordie Cowdroy (22/23)	15.37 sec
			200H (76cm)	Riley Williams (18/19)	28.18 sec
300H(76cm)	Xanthee Watts (24/25)	48.10 sec	300H (76cm)	Riley Williams (18/19)	46.05 sec
100m	Xanthee Watts (23/24)	12.79 sec	100m	Kalum Brown (20/21)	12.20 sec
200m	Xanthee Watts (23/24)	25.57 sec	200m	Kalum Brown (20/21)	24.73 sec
400m	Xanthee Watts (24/25)	1:00.90 min	400m	Kalum Brown (20/21)	57.13 sec
800m	Rylee Franke (24/25)	2:36.17 min	800m	Jack Wilson (22/23)	2:18.08 min
1500m	Rylee Franke (24/25)	5:42.68 min	1500m	Jack Wilson (22/23)	4:54.28 min
1500 Walk	Xanthee Watts (24/25)	11:34.32	1500 Walk	Jack Wilson (22/23)	9:16.39 min
Shot Put 3kg	Xanthee Watts (24/25)	10.95 m	Shot Put 4kg	Geordie Cowdroy (22/23)	12.54 m
Discus 1kg	Xanthee Watts (24/25)	37.61 m	Discus 1kg	Geordie Cowdroy (22/23)	45.42 m
Javelin 500g	Xanthee Watts (24/25)	36.52 m	Javelin 700g	Geordie Cowdroy (22/23)	37.87 m
High Jump	Xanthee Watts (24/25)	1.40 m	High Jump	Geordie Cowdroy (22/23)	1.90 m
L/J Tartan	Xanthee Watts (24/25))	5.00 m	L/J Tartan	Kalum Brown (20/21)	6.16 m
T/J Tartan	Xanthee Watts (24/25)	10.60 m	T/J Tartan	Kalum Brown (20/21)	12.72 m

Event	Under 17 Girls	Result	Event	Under 17 Boys	Result
100H (76cm)	Delaney Burke (21/22)	19.10 sec	110H (76cm)	Geordie Cowdroy (23/24)	16.59 sec
300H(76cm)	Delaney Burke (21/22)	56.40 sec	300H (76cm)	Kalum Brown (21/22)	43.95 sec
100m	Chloe Wainwright (20/21)	14.25 sec	100m	Aden Cowdroy (20/21)	11.62 sec
200m	Delaney Burke (21/22)	30.64 sec	200m	Aden Cowdroy (20/21)	24.46 sec
400m	Delaney Burke (21/22)	1:09.94 min	400m	Kalum Brown (21/22)	55.26 sec
800m	Delaney Burke (21/22)	2:53.49 min	800m	Riley Williams (19/20)	2:29.54 min
1500m	Rheanna Hart (24/25)	7:25.51 min	1500m	Matthew Sippel (21/22)	5:32.99 min
1500 Walk	Tamaya Maher (19/20)	12:19.40 min	1500 Walk	Matthew Sippel (21/22)	10:05.24 min
Shot Put 3kg	Delaney Burke (21/22)	8.36 m	Shot Put 5kg	Geordie Cowdroy (23/24)	12.10 m
Discus 1kg	Delaney Burke (21/22)	19.31 m	Discus 1kg	Riley Williams (19/20)	36.90 m
Javelin 500g	Rheanna Hart (24/25)	24.72 m	Javelin 700g	Aden Cowdroy (20/21)	44.72 m
High Jump	Rheanna Hart (24/25)	1.26 m	High Jump	Connor Larsen (20/21)	1.93 m
L/J Tartan	Rheanna Hart (24/25)	4.88 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	Aiden Carrigan (22/23)	13.81 sec
100m	Brooke Montgomery (20/21)	26.00 sec	100m	Aiden Carrigan (22/23)	19.54 sec
Shot 1kg	Penelope Montgomery (19/20)	2.52 m	Shot 1kg	Aiden Carrigan (22/23)	4.01 m
Discus 350g	Penelope Montgomery (19/20)	4.56 m	Discus 350g	Aiden Carrigan (22/23)	7.41 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	Hina Kapavale (21/22)	13.16 sec	70m	Kuch Adol (24/25)	13.19 sec
100m	Hina Kapavale (21/22)	18.53 sec	100m	Kuch Adol (24/25)	18.85 sec
200m	Violet Richardson (20/21)	40.07 sec	200m	Kuch Adol (24/25)	38.68 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	Zavier Hanshaw (21/22)	14.56 m
Long Jump	Hina Kapavale (21/22)	2.69 m	Long Jump	Joseph Booth (19/20)	2.69 m

Event	Under 8 Girls	Result	Event	Under 8 Boys	Result
60H (45cm)	Hina Kapavale (22/23)	13.04 sec	60H (45cm)	Diego Ryan (21/22)	11.85 sec
70m	Hina Kapavale (22/23)	12.17 sec	70m	Diego Ryan (21/22)	11.32 sec
100m	Hina Kapavale (22/23)	17.22 sec	100m	Diego Ryan (21/22)	15.81 sec
200m	Violet Richardson (21/22)	36.73 sec	200m	Diego Ryan (21/22)	33.28 sec
500m	Narvaez Dwyer (22/23)	3:09.57 min	500m	Joseph Booth (20/21)	2:17.14 min
Shot 1.5kg	Emily Carrigan (20/21)	6.35 m	Shot 1.5kg	Landon Broksch (23/24)	6.02 m
Discus 500g	Emily Carrigan (20/21)	16.25 m	Discus 500g	Aiden Carrigan (24/25)	17.31 m
Long Jump	Zoe Phillips (24/25)	3.32 m	Long Jump	Diego Ryan (21/22)	3.33 m
High Jump	Halliana Fenn (22/23)	0.65 m	High Jump	Joseph Booth (20/21)	0.90 m
	Narvaez Dwyer (22/23)	0.65 m			

Event	Under 9 Girls	Result	Event	Under 9 Boys	Result
60H (45cm)	Hina Kapavale (23/24)	11.47 sec	60H (45cm)	Callum Drew (22/23)	11.42 sec
70m	Summer Kimmins (18/19)	11.0 sec	70m	Callum Drew (22/23)	10.93 sec
100m	Hina Kapavale (23/24)	15.40 sec	100m	Diego Ryan (22/23)	14.40 sec
200m	Hina Kapavale (23/24)	33.50 sec	200m	Diego Ryan (22/23)	29.93 sec
400m	Violet Richardson (22/23)	1:13.03 min	400m	Diego Ryan (22/23)	1:10.02 min
800m	Violet Richardson (22/23)	2:43.51 min	800m	Connor Talbot (21/22)	2:48.06 min
700 Walk	Eden Broksch (22/23)	4:47.96 min	700 Walk	Dominic Talbot (21/22)	4:56.99 min
Shot 2kg	Emily Carrigan (21/22)	7.62 m	Shot 2kg	Hunter Watts (18/19)	6.61 m
Discus 500g	Emily Carrigan (21/22)	16.37 m	Discus 500g	Hunter Watts (18/19)	20.89 m
Long Jump	Eden Broksch (20/23)	3.42 m	Long Jump	Diego Ryan (22/23)	3.77 m
High Jump	Hina Kapavale (23/24)	1.08 m	High Jump	Diego Ryan (22/23)	1.10 m
Tetrathlon	Hina Kapavale (23/24)	619 points	Tetrathlon	Landon Broksch (24/25)	700 points

Event	Under 10 Girls	Result	Event	Under 10 Boys	Result
60H (60cm)	Ajah Ayii (23/24)	12.39 sec	60H (60cm)	Daniel Booth (19/20)	12.01 sec

70m	Adelaide Adams (22/23)	10.44 sec	70m	Diego Ryan (23/24)	9.92 sec
100m	Adelaide Adams (22/23)	14.83 sec	100m	Diego Ryan (23/24)	13.92 sec
200m	Adelaide Adams (22/23)	30.31 sec	200m	Diego Ryan (23/24)	39.23 sec
400m	Adelaide Adams (22/23)	1:12.02 min	400m	Diego Ryan (23/24)	1:05.92 min
800m	Xanthee Watts (18/19)	2:38.49 min	800m	Judah Margarey (22/23)	2:31.29 min
1100 Walk	Eden Broksch (23/24)	7:39.53 min	1100 Walk	Hunter Watts (19/20)	8:41.23 min
Shot 2kg	Emily Carrigan (22/23)	9.79 m	Shot 2kg	Hunter Watts (19/20)	7.70 m
Discus 500g	Emily Carrigan (22/23)	28.81 m	Discus 500g	Joseph Haggarty (22/23)	26.21 m
Long Jump	Azahlee Blades (22/23)	3.84 m	Long Jump	Diego Ryan (23/24)	4.48 m
High Jump	Hina Kapavale (24/25)	1.18 m	High Jump	Connor Talbot (22/23)	1.20 m
Tetrathlon	Eden Broksch (23/24)	843 points	Tetrathlon	Connor Talbot (22/23)	815 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	Emily Young (24/25)	14.38 sec	100m	Diego Ryan (24/25)	13.46 sec
MC 100m	Laylah Francis (24/25)	26.17 sec			
200m	Emily Young (24/25)	29.57 sec	200m	Diego Ryan (24/25)	27.36 sec
400m	Violet Richardson (24/25)	1:06.23 min	400m	Diego Ryan (24/25)	1:04.16 min
800m	Violet Richardson (24/25)	2:31.93 min	800m	Thomas Richards (24/25)	2:33.28 min
1500m	Violet Richardson (24/25)	5:11.22 min	1500m	Thomas Richards (24/25)	5:06.84 min
1100 Walk	Ariyah Alchin (23/24)	6:46.88 min	1100 Walk	Noah Burke (18/19)	7:04.52 min
Shot 2kg	Emily Carrigan (23/24)	10.67 m	Shot 2kg	Dominic Talbot (23/24)	9.68 m
Discus 500g	Emily Carrigan (23/24)	32.33 m	Discus 500g	Joseph Haggarty (23/24)	33.85 m
Javelin 400g	Xanthee Watts (19/20)	14.38 m	Javelin 400g	Charlie Lewis (21/22)	24.56 m
Long Jump	Eden Broksch (24/25)	4.01 m	Long Jump	Diego Ryan (24/25)	4.70 m
MC Long Jump	Laylah Francis (24/25)	1.50 m			
High Jump	Xanthee Watts (19/20)	1.27 m	High Jump	Connor Talbot (23/24)	1.28m
Triple Jump	Eden Broksch (24/25)	8.55 m	Triple Jump	Henry Gore (18/19)	8.69 m
Tetrathlon	Xanthee Watts (19/20)	889 points	Tetrathlon	Diego Ryan (24/25)	1093 points
MC Tetrathlon	Laylah Francis	145 points			
			800 Walk	Noah Burke (18/19)	5:44.52 min

Event	Under 12 Girls	Result	Event	Under 12 Boys	Result
80H (68cm)	Dakota Chambers (21/22)	14.12 sec	80H (68cm)	Noah Mazlin (23/24)	15.60 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	Charlie Lewis (22/23)	14.31 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	Ace Utz (24/25)	1:08.17 min
800m	Rose Stead (23/24)	2:34.33 min	800m	Nate Halpin (24/25)	2:34.98 min
1500m	Rose Stead (23/24)	5:13.54 min	1500m	Nate Halpin (24/25)	5:11.00 min
1500 Walk	Ariyah Alchin (24/25)	8:35.71 min	1500 Walk		
Shot 2kg	Emily Carrigan (24/25)	13.34 m	Shot 2kg	Joseph Haggarty (24/25)	12.87 m
Discus 750g	Emily Carrigan (24/25)	34.89 m	Discus 750g	Joseph Haggarty (24/25)	42.11 m
Javelin 400g	Xanthee Watts (20/21)	28.88 m	Javelin 400g	Charlie Lewis (22/23)	26.61 m
Long Jump	Xanthee Watts (20/21)	4.20 m	Long Jump	Noah Richardson (22/23)	4.47 m

High Jump	Ava Youngberry (20/21)	1.40 m	High Jump	Connor Talbot (24/25)	1.49 m
Triple Jump	Xanthee Watts (20/21)	9.05 m	Triple Jump	Charlie Lowis (22/23)	9.20 m
Pentathlon	Xanthee Watts (20/21)	1350 points	Pentathlon	Noah Mazlin	1021 points
MC Triathlon	Taylah Chapman (20/21)	452 points			
			800 Walk	Noah Burke (19/20)	5:34.06 min

Event	Under 13 Girls	Result	Event	Under 13 Boys	Result
80H (76cm)	Dakota Chambers (22/23)	14.12 sec	80H (76cm)	Jake Kinsey (20/21)	13.94 sec
200H (68cm)	Dakota Chambers (22/23)	33.66 sec	200H (68cm)	Noah Mazlin (24/25)	33.55 sec
70m	Abbey Purcell (19/20)	10.53 sec	70m	Isaiah Bould (19/20)	11.02 sec
100m	Xanthee Watts (21/22)	13.41 sec	100m	Aimon Rowe (21/22)	13.80 sec
			MC 100m	Jonah McGorm (24/25)	16.66 sec
200m	Aliyah King (20/21)	28.31 sec	200m	Aimon Rowe (21/22)	28.70 sec
			MC 200m	Jonah McGorm (24/25)	36.03 sec
400m	Xanthee Watts (21/22)	1:02.54 min	400m	Leon Smith (21/22)	1:08.51 min
			MC 400m	Jonah McGorm (24/25)	1:21.69 min
800m	Amara Clemens (22/23)	2:28.15 min	800m	Riley Talbot (21/22)	2:46.26 min
			MC 800m	Jonah McGorm (24/25)	3:07.95 min
1500m	Rose Stead (24/25)	5:11.09 min	1500m	Riley Talbot (21/22)	5:30.61 min
1500 Walk			1500 Walk	Noah Burke (20/21)	11:10.05 min
Shot 3kg	Xanthee Watts (21/22)	9.84 m	Shot 3kg	Oliver Miller (22/23)	8.92 m
Discus 750g	Xanthee Watts (21/22)	36.88 m	Discus 750g	Oliver Miller (22/23)	32.83 m
Javelin 400g	Xanthee Watts (21/22)	33.16 m	Javelin 600g	Oliver Miller (22/23)	28.59 m
Long Jump	Amara Clemens (22/23)	4.48 m	Long Jump	Cohen Moore (24/25)	4.94 m
High Jump	Jemma Franke (23/24)	1.45 m	High Jump	Oliver Miller (22/23)	1.46 m
Triple Jump	Xanthee Watts (21/22)	9.05 m	Triple Jump	Oliver Miller (22/23)	10.38 m
Pentathlon	Xanthee Watts (21/22)	1154 points	Pentathlon	Noah Mazlin (23/24)	1020 points
Jumps Triathlon	Jemma Franke (23/24)	779 points	Jumps Triathlon	Darren Holley (22/23)	651 points
Sprints Triathlon	Abrielle Ball (23/24)	816 points	Sprints Triathlon		
Throws Triathlon	Tiffany Holley	563 points	Throws Triathlon	Hunter Watts (22/23)	505 points

Event	Under 14 Girls	Result	Event	Under 14 Boys	Result
80H (76cm)	Abrielle Ball (24/25)	13.82 sec	90H (76cm)	Geordie Cowdroy (20/21)	14.44 sec
200H (76cm)	Abrielle Ball (24/25)	31.85 sec	200H (76cm)	Geordie Cowdroy (20/21)	29.59 sec
100m	Xanthee Watts (22/23)	13.18 sec	100m	Nate Temple-Watts (21/22)	12.61 sec
			MC 100m	Jayden Graham (23/24)	13.99 sec
200m	Xanthee Watts (22/23)	26.00 sec	200m	Nate Temple-Watts (21/22)	26.63 sec
			MC 200m	Jayden Graham (23/24)	29.25 sec
400m	Amara Clemens (23/24)	1:01.63 min	400m	Nate Temple-Watts (21/22)	1:03.00 min
			MC 400m	Jayden Graham (23/24)	1:04.04 min
800m	Rylee Franke (22/23)	2:20.04 min	800m	Jayden Graham (23/24)	2:43.96 min
			MC 800m	Jayden Graham (23/24)	2:34.50
1500m	Ruby Richardson (23/24)	5:19.66 min	1500m	Jayden Graham (23/24)	5:34.84 min
1500 Walk	Molly Gore (18/19)	10:45.58 min	1500 Walk		
Shot 3kg	Xanthee Watts (22/23)	10.49 m	Shot 3kg	Geordie Cowdroy (20/21)	13.04 m
Discus 1kg	Xanthee Watts (22/23)	33.48 m	Discus 1kg	Geordie Cowdroy (20/21)	36.80 m

Javelin 400g	Xanthee Watts (22/23)	36.01 m	Javelin 600g	Geordie Cowdroy (20/21)	28.64 m
Long Jump	Xanthee Watts (22/23)	4.92 m	Long Jump	Geordie Cowdroy (20/21)	5.18 m
			MC Long Jump	Jayden Graham (23/24)	3.60 m
High Jump	Rylee Franke (22/23)	1.61 m	High Jump	Geordie Cowdroy (20/21)	1.73 m
Triple Jump	Jemma Franke (24/25)	10.35 m	Triple Jump	Geordie Cowdroy (20/21)	10.73 m
Pentathlon	Rylee Franke (22/23)	1461 points	Pentathlon		
Jumps Triathlon	Jemma Franke (24/25)	887 points	Jumps Triathlon	Geordie Cowdroy (20/21)	1112 points
Sprints Triathlon	Abrielle Ball (24/25)	744 points	Sprints Triathlon	Charlie Krieg (23/24)	889 points
Throws Triathlon	Xanthee Watts (22/23)	1127 points	Throws Triathlon	Geordie Cowdroy (20/21)	1181 points
800 Walk	Delaney Burke (18/19)	5:48.67 min			

Event	Under 15 Girls	Result	Event	Under 15 Boys	Result
90H (76cm)	Xanthee Watts (23/24)	15.26 sec	100H (76cm)	Charlie Krieg (24/25)	14.35 sec
300H (76cm)	Ruby Richardson (24/25)	51.898 sec	300H (76cm)	Geordie Cowdroy (21/22)	46.32 sec
100m	Xanthee Watts (23/24)	12.25 sec	100m	Sam Wainwright (20/21)	12.31 sec
			MC 100m	Jayden Graham (24/25)	13.32 sec
200m	Xanthee Watts (23/24)	25.67 sec	200m	Charlie Krieg (24/25)	24.69 sec
			MC 200m	Jayden Graham (24/25)	25.45 sec
400m	Xanthee Watts (23/24)	58.79 sec	400m		
			MC 400m	Jayden Graham (24/25)	56.81 sec
800m	Rylee Franke (23/24)	2:24.97	800m	Matthew Sippel (19/20)	2:28.69 min
			MC 800m	Jayden Graham (24/25)	2:17.59 min
1500m	Ruby Richardson (24/25)	5:35.11 min	1500m	Jayden Graham (24/25)	4:46.76 min
1500 Walk			1500 Walk		
Shot 3kg	Xanthee Watts (23/24)	10.88 m	Shot 3kg	Geordie Cowdroy (21/22)	11.80 m
Discus 1kg	Xanthee Watts (23/24)	36.35 m	Discus 1kg	Geordie Cowdroy (21/22)	44.21 m
Javelin 500g	Xanthee Watts (23/24)	32.66 m	Javelin 700g	Geordie Cowdroy (21/22)	34.48 m
Long Jump	Xanthee Watts (23/24)	5.06 m	Long Jump	Geordie Cowdroy (21/22)	6.18 m
			MC Long Jump	Jayden Graham (24/25)	5.23 m
High Jump	Rylee Franke (23/24)	1.55 m	High Jump	Geordie Cowdroy (21/22)	1.85 m
Triple Jump	Rheanna Hart (22/23)	9.54 m	Triple Jump	Geordie Cowdroy (21/22)	12.08 m
Heptathlon	Xanthee Watts (23/24)	4581 points	Heptathlon	Geordie Cowdroy (21/22)	2519 points
Jumps Triathlon			Jumps Triathlon	Charlie Krieg (24/25)	1288 points
Sprints Triathlon	Jazmine Mazlin	1305 points	Sprints Triathlon	Charlie Krieg (24/25)	1843
Throws Triathlon			Throws Triathlon	Matthew Sippel (19/20)	948 points
800 Walk	Delaney Burke (19/20)	5:27.97 min	800 Walk		

Event	Under 16 Girls	Result	Event	Under 16 Boys	Result
90H (76cm)	Xanthee Watts (24/25)	13.96 sec	100H (76cm)	Geordie Cowdroy (22/23)	14.47 sec
			110H (76cm)	Riley Williams (18/19)	14.98 sec
300H (76cm)	Xanthee Watts (24/25)	47.27 sec	300H (76cm)	Riley Williams (18/19)	43.34 sec
100m	Xanthee Watts (24/25)	12.41 sec	100m	Kalum Brown (20/21)	11.80 sec
200m	Xanthee Watts (24/25)	24.74 sec	200m	Kalum Brown (20/21)	23.81 sec
400m	Xanthee Watts (24/25)	56.19 sec	400m	Riley Williams (18/19)	59.28 sec
800m	Rylee Franke (24/25)	2:24.74 min	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	Xanthee Watts (24/25)	10.91m	Shot Put 4kg	Geordie Cowdroy (22/23)	13.16 m
Discus 1kg	Xanthee Watts (24/25)	36.82 m	Discus 1kg	Geordie Cowdroy (22/23)	47.52 m
Javelin 500g	Xanthee Watts (24/25)	32.50 m	Javelin 700g	Geordie Cowdroy (22/23)	38.20 m
Long Jump	Xanthee Watts (24/25)	5.20 m	Long Jump	Kalum Brown (20/21)	6.29 m
High Jump	Rylee Franke (24/25)	1.60 m	High Jump	Geordie Cowdroy (22/23)	1.98 m
Triple Jump	Delaney Burke (20/21)	10.15 m	Triple Jump	Kalum Brown (20/21)	13.13 m
Heptathlon	Xanthee Watts (24/25)	4837 points	Heptathlon	Geordie Cowdroy (22/23)	4156 points
Jumps Triathlon			Jumps Triathlon	Kalum Brown (20/21)	1677 points
Sprints Triathlon			Sprints Triathlon		
Throws Triathlon			Throws 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	100H (76cm)	Kalum Brown (21/22)	15.61 sec
100m	Chloe Wainwright (20/21)	14.07 sec	110H (76cm)	Riley Williams (19/20)	16.55 sec
200m	Chloe Wainwright (20/21)	29.72 sec	300H (76cm)	Riley Williams (19/20)	42.59 sec
400m	Delaney Burke (21/22)	1:05.79 sec	100m	Aden Cowdroy (20/21)	11.51 sec
800m	Delaney Burke (21/22)	2:52.06 min	200m	Aden Cowdroy (20/21)	24.00 sec
1500m			400m	Peter Sippel (23/24)	58.59 sec
1500m Walk			800m	Riley Williams (19/20)	2:25.27 sec
Shot Put 3kg	Delaney Burke (21/22)	8.34 m	1500m	Matthew Sippel (21/22)	5:09.14 min
Discus 1kg	Delaney Burke (21/22)	20.40 m	1500m Walk	Peter Sippel (23/24)	11:06.81min
Javelin 700g	Rheanna Hart (24/25)	25.44 m	Shot Put 5kg	Geordie Cowdroy (20/21)	12.00 m
Long Jump	Delaney Burke (21/22)	4.79 m	Discus 1.5kg	Geordie Cowdroy (23/24)	35.64 m
Triple Jump	Delaney Burke (21/22)	10.09 m	Javelin 700g	Aden Cowdroy (20/21)	47.41 m
High Jump			Long Jump	Geordie Cowdroy (23/24)	6.32 m
Heptathlon			Triple Jump	Daniel Sippel (20/21)	13.05 m
Jumps Triathlon			High Jump	Connor Larsen (20/21)	2.00 m
Sprints Triathlon			Heptathlon	Riley Williams (19/20)	2816 points
Throws Triathlon			Jumps Triathlon	Geordie Cowdroy (23/24)	1838 points
			Sprints Triathlon	Daniel Sippel (20/21)	1733 points
			Throws Triathlon	Geordie Cowdroy (23/24)	1493 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 500g	Bodan Tattam (02/03)	28.49 m
L/J Tartan	Ella Rashleigh (17/18)	3.70 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 500g	Jake Simpkin (11/12)	33.90 m
Discus 500g	Kylie Jones (86/87)	30.68 m	High Jump	Todd Garsden (00/01)	1.25 m
High Jump	Sienna Dawson (16/17)	1.40m	L/J Tartan	Mitchell Dabin (15/16)	4.38 m
L/J Tartan	Alim Deng Abot (12/13)	4.09 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	Jake Simpkin	32.47 m
Discus 750g	Brooke Simpkin (14/15)	32.00 m	Javelin 400g	Ben Noller (95/96)	30.86 m
Javelin 400g	Kylie Jones (87/88)	26.94 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	Beau Power (99/00)	35.31 m
Discus 750g	Shanen Layden (10/11)	37.25 m	750g Javelin	Darren Lucht (94/95)	31.94 m
Javelin 400g	Kylie Jones (88/89)	34.02 m	400g	Darren Lucht (94/95)	31.94 m
High Jump	Anthea Moodie (11/12)	1.46 m	High Jump	Neil Ward (86/87)	1.52 m
L/J Tartan	Bianca Sheppard (04/05)	4.82 m	L/J Tartan	Jackson D'Arcy (12/13)	4.72 m
T/J Tartan	Madeleine Lindemann (09/10)	9.90 m	T/J Tartan	Jackson D'Arcy (12/13)	9.98 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	Grant Kraaymaat (97/98)	34.58 m
Shot 3kg	Shanen Layden (11/12)	10.91 m	750g	Grant Kraaymaat (97/98)	34.58 m
Discus 750g	Kylie Jones (89/90)	44.70 m	Javelin	Jake Simpkin (14/15)	34.58 m
Javelin 400g	Kylie Jones (89/90)	34.54 m	600g	Brenton Halter (96/97)	32.66 m
H/Jump	Shenae Ciesolka (09/10)	1.53 m	H/Jump	Neil Ward (87/88)	1.58 m
L/J Tartan	Georgia Sharkey (11/12)	4.89 m	L/J Tartan	Trent Jerome (05/06)	5.06 m
T/J Tartan	Madeleine Lindemann (10/11)	10.46 m	T/J Tartan	Trent Jerome (05/06)	11.27 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	Rhys Carr (14/15)	12.44 m
Shot 3kg	Lara Nielsen (06/07)	11.57 m	Discus	Grant Kraaymaat (98/99)	41.05 m
Discus 1kg	Candice Kraaymaat (01/02)	34.03 m	1kg	Adam Franklin (89/90)	38.72 m
Javelin 400g	Brooke Ronan (17/18)	21.38 m	Javelin	Adam Franklin (89/90)	38.72 m
H/Jump	Kristen Armitage (94/95)	1.65 m	600g	Adam Franklin (89/90)	38.72 m
L/J Tartan	Madeleine Lindemann (11/12)	4.91 m	H/Jump	Trent Jerome (06/07)	1.73 m
			L/J Tartan	Thomas Gore (14/15)	5.61 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	Adam Franklin (90/91)	15.04 m
H/Jump	Kristen Armitage (95/96)	1.62 m	Discus	Grant Kraaymaat (99/00)	53.15 m
L/J Tartan	Charlotte Lindemann (15/16)	5.10 m	1kg	Thomas Gore (15/16)	40.88 m
T/J Tartan	Kellie Petersen (04/05)	9.96 m	Javelin	Thomas Gore (15/16)	40.88 m
	Trixie Van Bael (08/09)	9.96 m	700g	Aaron Harth (96/97)	1.70 m
			H/Jump	Trent Jerome (07/08)	1.70 m
				Thomas Gore (15/16)	6.07 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	Thomas Gore (16/17)	13.07m
Discus 1kg	Courtney Taylor (15/16)	23.88 m	4kg	Thomas Gore (16/17)	13.07m
Javelin 500g	Madeleine Lindemann (13/14)	26.62 m	Discus	Thomas Gore (16/17)	41.56 m
H/Jump	Madeleine Lindemann (13/14)	1.50 m	1kg	Thomas Gore (16/17)	41.56 m
L/J Tartan	Madeleine Lindemann (13/14)	5.80 m	Javelin	Thomas Gore (16/17)	38.64m
			700g	Thomas Gore (16/17)	38.64m
			H/Jump	Thomas Gore (16/17)	1.70 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
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	Kian Verrall (12/13)	7.65 m
Shot 1.5kg	Brooke Simpkin (11/12)	6.13 m	Discus 500g	Bodan Tattam (01/02)	22.36 m
Discus 500g	Brooke Simpkin (11/12)	17.76 m	L/Jump	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	Matthew Simpkin (13/14)	7.63 m
L/Jump	Bianca Sheppard (01/02)	3.64 m	Discus 500g	Jack Rasmussen (03/04)	26.35 m
H/Jump	Jessica Wallace (12/13)	1.21 m	L/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	Jake Simpkin (11/12)	9.47 m
Discus 500g	Brooke Simpkin (13/14)	28.89 m	Discus 500g	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 750g	Jake Simpkin (12/13)	30.42 m
Discus 750g	Shanen Layden (09/10)	33.30 m	Javelin 400g	Bodan Tattam (04/05)	27.23 m
Javelin 400g	Bianca Sheppard (03/04)	21.48 m	H/Jump	Braeden Bingham (15/16)	1.25 m
L/Jump	Shenae Ciesiolka (07/08)	4.59 m	L/Jump	Braeden Bingham (15/16)	4.56 m
H/Jump	Sienna Dawson (17/18)	1.19 m	T/Jump	Jack Briskey (12/13)	9.61 m
T/Jump	Shenae Ciesiolka (07/08)	9.49 m			

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 750g	Jake Simpkin (13/14)	35.61 m
Discus 750g	Shanen Layden (10/11)	39.18 m	Javelin 400g	Darren Lucht (94/95)	28.68 m
Javelin 400g	Ellie Bowyer (11/12)	31.80 m	H/Jump	Trent Jerome (04/05)	1.49 m
L/Jump	Bianca Sheppard (04/05)	4.89 m	L/Jump	Cameron Stedman (96/97)	4.92 m

H/Jump	Anthea Moodie (11/12)	1.46 m	T/Jump	Alex Kerridge (01/02)	9.87 m
T/Jump	Shenae Ciesiolka (08/09)	9.95 m			

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 1kg	Grant Kraaymaat (97/98)	36.52 m
Javelin 400g	Candice Kraaymaat (00/01)	32.95 m	Javelin 600g	Jake Simpkin (14/15)	33.46 m
L/Jump	Shenae Ciesiolka (09/10)	5.18 m	H/Jump	Dylan Adamson (08/09)	1.50 m
H/Jump	Lisa Tucker (96/97)	1.42 m	L/Jump	Trent Jerome (05/06)	5.30 m
T/Jump	Madeleine Lindemann (10/11)	10.46 m	T/Jump	Dylan Adamson (08/09)	10.48 m

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 1kg	Beau Power (01/02)	39.17 m
H/Jump	Kristen Armitage (94/95)	1.70 m	Javelin 600g	Daniel Halter (95/96)	38.80 m
T/Jump	Madeleine Lindemann (11/12)	10.70 m	H/Jump	Aaron Harth (95/96)	1.60 m
				Thomas Gore (14/15)	1.60 m
			L/Jump	Jackson D'Arcy (14/15)	5.45 m
			T/Jump	Thomas Gore (14/15)	11.90 m

Event	Under 15 Girls	Result	Event	Under 15 Boys	Result
90H (76cm)	Kellie Petersen (04/05)	13.82 sec	100H (76cm)	Kieran Nielsen (02/03)	14.5 sec
300H (76cm)			300H (76cm)		
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	T/Jump	Thomas Gore (15/16)	2335 points
Pentathlon	Charlotte Lindemann (15/16)	2761 points	Pentathlon	Thomas Gore (15/16)	2335 points

Event	Under 16 Girls	Result	Event	Under 16 Boys	Result
90H (76cm)	Courtney Taylor (15/16)	22.02 sec	100H (76cm)	Thomas Gore (16/17)	15.20 sec
300H (76cm)			300H (76cm)		
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
Discus 1kg	Courtney Taylor (15/16)	23.45 m	4kg	Thomas Gore (16/17)	39.15m
Javelin 500g			Discus	Thomas Gore (16/17)	43.31m
L/Jump	Madeleine Lindemann (13/14)	4.86 m	1kg	Jackson D'Arcy (16/17)	1.55m
H/Jump			Javelin	Jaime Johnson (15/16)	5.65 m
T/Jump	Madeleine Lindemann (13/14)	11.19 m	700g	Jackson D'Arcy (16/17)	12.53m
			H/Jump		
			L/Jump		
			T/Jump		

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		
Javelin 500g			1kg		
L/Jump	Charlotte Lindemann (17/18)	5.07 m	Javelin		
H/Jump			700g		
T/Jump	Madeleine Lindemann (14/15)	10.67 m	H/Jump		
			L/Jump		
			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
			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
			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>
			80H	Cathy Wendland (86/87)	13.5 secs
60H	M Anderson (90/91)	10.6 secs	90H	Penny McCoy (89/90)	15.2 secs
80m	Phillipa McCarron (86/87)	12.0 secs	200H(76cm)	Kellie Petersen (04/05) HOME	29.9 secs
400W	Donna Venaglia (89/90)	2.23.4 min	200H(76cm)	Kellie Petersen (04/05) AWAY	28.45secs
700W	Amanda Orange (91/92)	4.55.6 min	700W	Nicole York (91/92)	4.10.6 min
800W	Wendy Mulqueen (88/89)	4.58.6 min	800W	Cathy Wendland (86/87)	4.44.1 min
T/J grass	Frances Allam (95/96)	7.56 m	L/J grass	Kristen Armitage (95/96)	5.27 m
T/J grass	Bianca Sheppard (02/03)	8.63 m	T/J grass	Kellie Petersen (04/05)	10.76 m
L/J grass	Bianca Sheppard (02/03)	4.14 m	Javelin 600g	Jodie Pitt (99/00) Home	32.92 m
<u>Event</u>	<u>Under 11</u>	<u>Result</u>		Jodie Pitt (99/00) Away	31.98 m
60H	Tina Andrew (84/85)	10.8 secs	<u>Event</u>	<u>Under 16</u>	<u>Result</u>
700W	Wendi Hart (92/93)	5.03.00 min	200H(76cm)	Courtney Taylor	40.45secs
800W	Wendy Mulqueen (89/90)	4.37.3 min			
1500W	Wendy Mulqueen (89/90)	9.05.0 min	<u>Event</u>	<u>Under 17</u>	<u>Result</u>
	Amanda Orange (92/93) AWAY	12.18.9 min	200H(76cm)	Madeleine Lindemann (14/15)	32.90secs
L/J grass	Bianca Sheppard (03/04)	4.58 m			
T/J grass	Bianca Sheppard (03/04)	9.36 m	<u>Event</u>	<u>Under 16/17- AWAY</u>	<u>Result</u>
H/J scissor	Shenae Ciesolka (07/08) HOME	1.28m	100m	Tammee Van Bael (11/12)	16.90secs
H/J scissor	Shenae Ciesolka (07/08) AWAY	1.35m	90H (76cm)	Tammee Van Bael (11/12)	19.34secs
			200H(76cm)	Tammee Van Bael (11/12)	40.60secs
			L/J	Tammee Van Bael (11/12)	4.08m
			T/J	Tammee Van Bael (11/12)	9.00m
<u>Event</u>	<u>Under 12</u>	<u>Result</u>			
	Tina Andrews (85/86)				
60H	Mardi Ellis (91/92)	9.6 secs	<u>Event</u>	<u>Under 16/17- HOME</u>	<u>Result</u>
400W	Mardi Ellis (91/92)	2.29.0 min	100m	Tammee Van Bael (11/12)	15.30 secs
700W	Katrina Nugent (86/87)	4.28.5 min	200m	Tammee Van Bael (11/12)	37.20 secs
800W	Tina Andrews (85/86)	4.51.0 min	400m	Tammee Van Bael (11/12)	1 :51.60 min
L/J grass		9.75 min	90H(76cm)	Tammee Van Bael (11/12)	18.90 secs
			200H(76cm)	Tammee 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
			Javelin 600g	Brenton Halter (98/99) Home	47.94 m
				Brenton Halter (98/99) Away	47.94 m
<u>Event</u>	<u>Under 9</u>	<u>Result</u>	<u>Event</u>	<u>Under 16</u>	<u>Result</u>
60H	Steven Schimke (86/87)	10.7 secs	200H(76cm)	Jamie Johnson (15/16) HOME	29.59secs
	Cobey Kimmins (89/90)	10.7 secs	200H(76cm)	Jamie Johnson (15/16) AWAY	30.04secs
80m	Steven Schimke (86/87)	12.5 secs			
400W	Gareth Howe (89/90)	2.29.8 min			
800W	N Morris (90/91)	5.30.0 min			
L/J	Andrew Jackson (00/01)	4.76 m			
<u>Event</u>	<u>Under 10</u>	<u>Result</u>	<u>Event</u>	<u>Under 16/17- AWAY</u>	<u>Result</u>
60H	Sam Barnard (90/91)	10.0 secs	800m	Shaun McIntyre (09/10)	2.24.70min
80m	Jason Ryan (86/87)	11.6 secs	1500m	Shaun McIntyre (09/10)	5.06.40min
400W	Damien Van Schagen (88/89)	2.16.0 min			
800W	Damien Van Schagen (88/89)	4.43.1 min			
T/J	Alexander Kerridge (99/00)	9.20 m			
L/J	Cobey Kimmins (90/91)	4.35 m			
<u>Event</u>	<u>Under 11</u>	<u>Result</u>	<u>Event</u>	<u>Under 16/17- HOME</u>	<u>Result</u>
60H	Sam Barnard (91/92)	10.3 secs	1500m	Shaun McIntyre (09/10)	5.17.50 min
700W	Sam Barnard (91/92)	4.16.3 min	H/Jump	Shaun McIntyre (09/10)	1.70 m
800W			L/J	Shaun McIntyre (09/10)	6.25 m
			T/J	Shaun McIntyre (09/10)	11.64 m

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



Toowoomba Little Athletics Application for Centre Captain and Vice Captains

Each Season, one male and one female athlete in U15 and above are selected as Captains and one male and one female athlete in U15 and above are selected as Vice Captains by the TLA Committee using the following criteria:

- Has been a TLA athlete for three or more years.
- Meets the age criteria (Under 15 and above).
- Attends one of each of the following: Regional Relay and Regional Championships.
- Willing to be a leader and volunteer with younger age groups.
- Parents are actively involved with the centre, including active participation at Centre Competitions.
- Participate in 60% of Centre Competitions.
- Demonstrates professional behaviour whilst representing TLA (follows the Athletes Code of Conduct)

The expectations of the Captains and Vice Captains:

- Be available to attend all Centre Competitions and at least one Regional Relay, Regional Championship and one Carnival (eg. Summer).
- Lead by example- wear your uniform with pride and demonstrate exceptional sportsmanship.
- Encourage and support all athletes.
- Lead all athletes in a warm-up before each Centre Competition.

If you would like to apply for a Centre Captain and Vice Captain position, please complete the following and return to the Centre Manager – Sarah Coote by 3rd September, 2025 via email- centremanager@toowoombalittleathletics.com.au
Captains and Vice Captains will be announced at the first Centre Competition of the season.

Name of applicant:

Previous achievement and representation at LAQ carnival championships. Please list the event and result.

Year	LAQ Regional Relays	LAQ Regional Championships	LAQ State Relays	LAQ State Championships

How would you support the TLA this season as one of the Captains/ Vice Captains?