

GIN GIN  
LITTLE  
ATHLETICS  
2021  
Handbook



# Gin Gin Little Athletics Committee 2021

|                            |  |                               |
|----------------------------|--|-------------------------------|
| <b>Centre Manager:</b>     | Melanie Morton                                 | 0456 112 161                  |
| <b>Secretary:</b>          | Jay Pershouse                                  | 0424 146 546                  |
| <b>Treasurer:</b>          | Amy Milton                                     | 0455 684 050                  |
| <b>Registrar:</b>          | Amy Milton                                     | 0455 684 050                  |
| <b>Programme:</b>          | Committee                                      |                               |
| <b>Technical Officer:</b>  | Malcolm Milton<br>Neil Rumpf                   | 0402 367 074<br>0408 359 928  |
| <b>Records Officer:</b>    | Amy Milton                                     | 0455 684 050                  |
| <b>Canteen Convenor:</b>   | Jay Pershouse                                  | 0424 146 546                  |
| <b>First Aide Officer:</b> | Melanie Morton                                 | 0456 112 161                  |
| <b>Active Coaches:</b>     | Melanie Morton<br>Amy Milton<br>Malcolm Milton | Level 2<br>Level 2<br>Level 2 |



# Centre Managers Report 2021

Welcome back for another fantastic year with Gin Gin Athletics Club. Once again, our athletes have had some excellent results in Little Athletics competitions and the highly competitive School Sports Championships.

Throughout the season, athletes will be asked to compete at the best of their abilities and with respect for other athletes and officials. If you are a new athlete, do not be surprised to be offered assistance with events you are unfamiliar with, and do not be afraid to ask.

Parents will be asked to be Age Managers or assist at events - it may be to rake the sand pit, retrieve a shot or replace a high jump bar, we cannot operate without the support of parents. Whatever the role, you will not only be rewarded with a free tea or coffee, but this is also the best way to see your children in their sport and they like nothing more than you to be involved.

An important aspect of Little Athletics is an emphasis on encouraging athletes to strive for Personal Best performances (PB's) each week. Points are accumulated throughout the home season for improvements on athletes' own performances - not for winning a race or throwing further than your fellow athletes. I ask all parents to support us in this by celebrating willingness to have a go, effort, and encouraging PB's.

Athletes from under 9's to under 17's will be given the opportunity to gain a taste of competition at the next level at the Central North Regional Championships in Biloela this year. Those who do well in their chosen events will then gain the opportunity to compete at the Queensland Little Athletics State Championship in Brisbane next year should they so desire.

In closing, I would like to thank our sponsors, as without them our club could not operate. Please support those who support our Centre and your children's sport. Our sponsors will be celebrated on our Facebook page throughout the year. We would also like to say a special thank you to ESA International Gin Gin Branch who kindly donates to our club every year. Their support is very much appreciated.

Well that is enough from me I wish you all well in the coming season, be your best and remember Rule No 1 – HAVE FUN.

Yours in athletics

**Melanie Morton**

**Centre Manager**

**2021**

# 2021 Calendar

|                 |                                     |                                 |
|-----------------|-------------------------------------|---------------------------------|
| <b>APRIL</b>    | 24th                                | Sign On                         |
| <b>MAY</b>      | 8th                                 | Week 1                          |
|                 | 15th                                | Week 2                          |
|                 | 22 <sup>nd</sup>                    | Week 3                          |
|                 | 29 <sup>th</sup>                    | Week 4                          |
| <b>JUNE</b>     | 5 <sup>th</sup>                     | Week 5                          |
|                 | 12 <sup>th</sup>                    | Week 6                          |
|                 | 19 <sup>th</sup>                    | Week 7                          |
|                 | 26 <sup>th</sup>                    | Week 18                         |
| <b>JULY</b>     | 17 <sup>th</sup>                    | Week 9                          |
|                 | 24 <sup>th</sup>                    | Week 10                         |
|                 | 31 <sup>st</sup>                    | Week 11                         |
| <b>AUGUST</b>   | 7 <sup>th</sup>                     | Week 12                         |
|                 | 14 <sup>th</sup>                    | Week 13                         |
|                 | 21 <sup>st</sup>                    | Week 14                         |
|                 | 28 <sup>th</sup>                    | Week 15                         |
| <b>SEPTMBER</b> | 4 <sup>th</sup>                     | Week 16                         |
|                 | 11 <sup>th</sup> & 12 <sup>th</sup> | North Coast Regionals - Biloela |
|                 | 18 <sup>th</sup>                    | Week 17                         |
|                 | 25 <sup>th</sup>                    | LAQ Spring Carnival Bundaberg   |
| <b>OCTOBER</b>  | 9 <sup>th</sup>                     | Week 18                         |
|                 | 16 <sup>th</sup>                    | Week 19                         |
|                 | 23 <sup>rd</sup>                    | Week 20                         |
|                 | 30 <sup>th</sup> & 31 <sup>st</sup> | Club Championships              |

These dates are approximate.



Family, Fun & Fitness

# PROGRAM

|               |           |           |           |           |            |               |               |               |               |               |                |
|---------------|-----------|-----------|-----------|-----------|------------|---------------|---------------|---------------|---------------|---------------|----------------|
| <b>WEEK 1</b> | <b>U6</b> | <b>U7</b> | <b>U8</b> | <b>U9</b> | <b>U10</b> | <b>U11</b>    | <b>U12</b>    | <b>U13</b>    | <b>U14</b>    | <b>U15</b>    | <b>SENIORS</b> |
|               | 70m       | 70m       | 70m       | 70m       | 70m        | Shot          | Shot          | Shot          | Shot          | Shot          | Shot           |
|               | Long Jump | Long Jump | Long Jump | Long Jump | Long Jump  | 1500m<br>700m | 1500m<br>700m | 1500m<br>700m | 1500m<br>700m | 1500m<br>700m | 1500m<br>700m  |
|               | Discus    | Discus    | Discus    | Discus    | Discus     | Triple        | Triple        | Triple        | Triple        | Triple        | Triple         |
|               | 200m      | 200m      | 200m      | 200m      | 200m       | 70m           | 70m           | 70m           | 70m           | 70m           | 70m            |
|               |           | 800m      | 800m      | 800m      | Javelin    | Javelin       | Javelin       | Javelin       | Javelin       | Javelin       |                |

|               |           |           |           |           |            |            |            |            |            |               |                |
|---------------|-----------|-----------|-----------|-----------|------------|------------|------------|------------|------------|---------------|----------------|
| <b>WEEK 2</b> | <b>U6</b> | <b>U7</b> | <b>U8</b> | <b>U9</b> | <b>U10</b> | <b>U11</b> | <b>U12</b> | <b>U13</b> | <b>U14</b> | <b>U15/16</b> | <b>SENIORS</b> |
|               | 100m      | 100m      | 100m      | 100m      | 100m       | Discus     | Discus     | Discus     | Discus     | Discus        | Discus         |
|               | Flexi bar | Flexi bar | High jump | High jump | High jump  | 800m       | 800m       | 800m       | 800m       | 800m          | 800m           |
|               | Shot Put  | Shot Put  | Shot Put  | Shot Put  | Shot Put   | Long Jump  | Long Jump  | Long Jump  | Long Jump  | Long Jump     | Long Jump      |
|               | Javelin   | Javelin   | Javelin   | Javelin   | Javelin    | 100m       | 100m       | 100m       | 100m       | 100m          | 100m           |
|               |           | 700m<br>W | 700m<br>W | 700m<br>W | High Jump  | High Jump  | High Jump  | High Jump  | High Jump  | High Jump     |                |

|               |           |              |              |              |            |            |            |            |            |            |                |
|---------------|-----------|--------------|--------------|--------------|------------|------------|------------|------------|------------|------------|----------------|
| <b>WEEK 3</b> | <b>U6</b> | <b>U7</b>    | <b>U8</b>    | <b>U9</b>    | <b>U10</b> | <b>U11</b> | <b>U12</b> | <b>U13</b> | <b>U14</b> | <b>U15</b> | <b>SENIORS</b> |
|               | 70m       | 70m          | 70m          | 70m          | 70m        | Javelin    | Javelin    | Javelin    | Javelin    | Javelin    | Javelin        |
|               | Long Jump | Long Jump    | Long Jump    | Long Jump    | Long Jump  | 200m       | 200m       | 200m       | 200m       | 200m       | 200m           |
|               | Discus    | Discus       | Discus       | Discus       | Discus     | Triple     | Triple     | Triple     | Triple     | Triple     | Triple         |
|               | Hurdles   |              |              |              |            |            |            |            |            |            |                |
|               |           | 1500m<br>W/R | 1500m<br>W/R | 1500m<br>W/R | Shot Put   | Shot Put   | Shot Put   | Shot Put   | Shot Put   | Shot Put   |                |

|               |           |           |           |           |            |            |            |            |            |            |                |
|---------------|-----------|-----------|-----------|-----------|------------|------------|------------|------------|------------|------------|----------------|
| <b>WEEK 4</b> | <b>U6</b> | <b>U7</b> | <b>U8</b> | <b>U9</b> | <b>U10</b> | <b>U11</b> | <b>U12</b> | <b>U13</b> | <b>U14</b> | <b>U15</b> | <b>SENIORS</b> |
|               | 100m      | 100m      | Shot      | Shot      | Shot       | Discus     | Discus     | Discus     | Discus     | Discus     | Discus         |
|               | Flexi bar | Flexi bar | 400m      | 400m      | 400m       | 400m       | 400m       | 400m       | 400m       | 400m       | 400m           |
|               | Shot      | Shot      | Jav       | Jav       | Jav        | Long Jump  | Long Jump  | Long Jump  | Long Jump  | Long Jump  | Long Jump      |
|               | Jav       | Jav       | 100m      | 100m      | 100m       | 100m       | 100m       | 100m       | 100m       | 100m       | 100m           |
|               |           | Shot      | Shot      | Shot      | High Jump  | High Jump  | High Jump  | High Jump  | High Jump  | High Jump  |                |

# General Information

**CENTRE HOME GROUNDS:** Gin Gin Sport & Recreational Ground, Range View Rd.

**COMPETITION TIMES:** Saturday mornings 8.30am for warm ups to approximately 11.30am.

**CENTRE FORMATION:** 16<sup>th</sup> March 1997

**COMMITTEE MEETINGS:** TBA

**REGISTRATION:** The centre is a branch of Queensland Little Athletics and also Queensland Athletics. All athletes are registered members of QLA. QLA is affiliated with Australian Little Athletics or QA affiliated with Athletics Australia.

**INSURANCE:** All registered athletes are covered by insurance for competition. The centre is covered by public liability. The centre is covered for litigation. We now have equipment insurance with QLAA.

**WET WEATHER:** Cancellation will be advised via Facebook or text.

**CENTRE UNIFORM:** Purple and yellow shirt and black shorts.

**HATS:** Must be worn at all times.

**REGISTRATION NUMBERS:** On registering, the athlete will receive a registration number; this is to be attached securely to the front of their shirt and visible when shirt is tucked in. There will also be an age group patch, this is to be sewn on the LEFT sleeve and visible from side on. This should be left open at the top as to make a pocket for the athletes to put their performance tickets in. The Coles badge is to be sewn on the RIGHT chest.

**FOOTWEAR:** It is compulsory that footwear be worn at all times.

**SPIKES:** Only athletes in the Under 11 age group and older are allowed to wear spikes, this is for landed events, jumps and javelin only – at no other times are they to be worn. The U15 and older age groups may wear spikes in unlanded events where the event is for those age groups only, i.e. not in events with age groups mixed with younger athletes.

**WATER BOTTLES:** Should be carried by each athlete.

**COACHING:** Your club has several qualified coaches and training is available to athletes during the week.

**OFFICIALS EXAMS:** Very easy multiple-choice open book test. To run effectively we need qualified officials.

**CERTIFICATES:** Registered athletes will receive the following certificates.

**Centre Best Performances:** As available

**McDonalds Awards:** Presented 3 times per season.

**TROPHIES:**

**Plaques:** for all athletes who have at least 60% attendance from registration for their first year and handed in at the end of season for a new badge.

**Point Score Champion:** boy and girl, 6-15 years and seniors. This is calculated at:

1 point for each event completed

2 points for each improvement

3 points for each Centre Best Performance.

5 points for Zone representation plus 1point for each event competed in at that level.

**Overall Point Score Champion:** Boy and Girl

**Most Improved Age champions:** Boy or Girl, 6-17 years

**Overall Most Improved:** Boy and Girl

**200 Club:** Athletes with over 200 points after 20 weeks

**Clubmanship Awards – Senior –** Anyone involved in the club including athletes and helpers, who has shown they have initiative, willingness to get in there and help and near perfect behaviour.

**Clubmanship Awards – Junior –** Any athlete under the age of 18 who has shown excellent behaviour, goes out of their way to help others, is generally a good sport, will have a go, and is willing to take the initiative and almost 100% attendance.

**REGISTRATION FEES:**

|             |                    |
|-------------|--------------------|
| TINY TOTS:  | \$ 50.00           |
| UNDER 6-15: | \$150.00           |
| SENIORS:    | \$150.00           |
| GROUND FEE: | \$50.00 PER FAMILY |



**IMPLEMENT WEIGHTS:****MALE:**

| EVENT    | U7          | U8              | U9            | U10           | U11           | U12           | U13          | U14          | U15        |
|----------|-------------|-----------------|---------------|---------------|---------------|---------------|--------------|--------------|------------|
| SHOT PUT | 1kg<br>blue | 1.5kg<br>yellow | 2kg<br>orange | 2kg<br>orange | 2kg<br>orange | 2kg<br>orange | 3kg<br>white | 3kg<br>white | 4kg<br>red |
| DISCUS   | 350g        | 500g            | 500g          | 500g          | 500g          | 750g          | 750g         | 1kg          | 1kg        |
| JAVELIN  |             |                 |               |               | 400g          | 400g          | 600g         | 600g         | 700g       |

| EVENT    | UNDER 16/17 | UNDER 18    | UNDER 20           | OPEN             |
|----------|-------------|-------------|--------------------|------------------|
| SHOT PUT | 4kg<br>red  | 5kg<br>blue | 6kg<br>green/black | 7.25kg<br>Yellow |
| DISCUS   | 1kg/1.5kg   | 1.5kg       | 1.75kg             | 2kg              |
| JAVELIN  | 700g        | 700g        | 800g               | 800g             |
| HAMMER   | 4kg         | 5kg         | 6kg                | 7.25kg           |

**FEMALE:**

| EVENT    | U7          | U8              | U9            | U10           | U11           | U12           | U13          | U14          | U15          |
|----------|-------------|-----------------|---------------|---------------|---------------|---------------|--------------|--------------|--------------|
| SHOT PUT | 1kg<br>blue | 1.5kg<br>yellow | 2kg<br>orange | 2kg<br>orange | 2kg<br>orange | 2kg<br>orange | 3kg<br>white | 3kg<br>white | 3kg<br>white |
| DISCUS   | 350g        | 500g            | 500g          | 500g          | 500g          | 750g          | 750g         | 1kg          | 1kg          |
| JAVELIN  |             |                 |               |               | 400g          | 400g          | 400g         | 500g         | 500g         |

| EVENT    | UNDER 16/17  | UNDER 18     | UNDER 20   | OPEN       |
|----------|--------------|--------------|------------|------------|
| SHOT PUT | 3kg<br>white | 3kg<br>white | 4kg<br>red | 4kg<br>Red |
| DISCUS   | 1kg          | 1kg          | 1kg        | 1kg        |
| JAVELIN  | 500g         | 500g         | 600g       | 600g       |
| HAMMER   | 3kg          | 3kg          | 4kg        | 4kg        |

**Play training**

Centres are required to provide play-training activities. These activities are recognized as the best way of introducing young children (U6 age group) to the sport. Centres should continue some level of these activities through to U7's and U8's as well. The limited number of events considered appropriate by athletics authorities for the Under 6's in particular plus the requirement to teach them adequate motor skills in a 'fun' way means "Play Training" has become a large part of Little Athletics for this group, and a limited but definite flow-on to older ages should also become evident.



# Track

**Sprints:** Sprinting essentially involves running at full speed over the full race distance. Little Athletics sprint distances are 70, 100, 200, 300, 400, 500 and 700 metres, although U6's do not run more than 100 metres, and U7/8's don't run 400 metres. Although technically a sprint for older athletes the 400 metres is perhaps best considered a middle-distance race for most Little Athletes.

**Distance:** In Little Athletics these are events run over 800m (U9 and older) and 1500m (U11 and older). Greater endurance levels are required and the running style has to be considerably less vigorous than for the sprints. They are in general run from a pack start in an anti-clockwise direction on the circular track.

**Hurdles:** U8's to U15's are offered Hurdle events at Centre and Association competitions. The event is run over 60m (6 flights), 80m (9 flights), 90m (9 flights) or 100m (10 flights) and 200m (5 flights) - depending on the age group. Heights vary from 45cm for the U8/U9's through 60cm for U10/11, 68cm for U12 to 76cm for U13-U15's. Hurdles are built to tumble easily, when knocked, provided they are hurdled from the correct direction. Hurdles must never be jumped from the reverse direction as they will not tumble and could cause serious injury.

**Relays:** Two types may be run - circular and shuttle. In the circular relay, all children run in the same direction around the track with the baton being carried in the right hand (1st runner) left hand (2nd runner) right hand (3rd runner) and left hand (4th runner). Runners 2 and 4 should be towards the outside of the lane when moving the baton. If this is done, changing hands with the baton is not necessary so the possibility of dropping it is reduced. In the shuttle, runners face each other from opposite ends of the straight and pass the baton as they reach their partner waiting at the other end of the straight.

**Walks:** Race Walking is a progression of steps, so taken that the walker makes contact with the ground, so that no visible (to the human eye) loss of contact occurs. The advancing leg shall be straightened (i.e not bent at the knee) from the moment of first contact with the ground until the vertical upright position. It is strongly recommended that footwear (not spikes) be worn in all walking events.

# Field

**Shot Put:** The shot is put from the shoulder with one hand only. At the time an athlete takes a stance in the circle to commence a put, the shot shall touch or be in close proximity to the neck or chin and the hand shall not be dropped below this position during the action of putting. The shot shall not be taken behind the line of the shoulders. The shot is PUSHED out to land within the marked angle. When the shot has landed, the athlete must leave so that their first step outside the circle is behind the line extending from the sides of the circle.

**Discus:** This is one of the oldest field events, dating back to the ancient Olympics. In Little Athletics, a moulded rubber disk is used. The discus must be thrown from within the circle and land within the marked area. When the implement has landed, the athlete must leave so that their first step outside the circle is behind the line extending from the sides of the circle.

**Javelin:** The javelin is a spear like implement that is thrown from a runway 4 metres in width into a sector area marked by two lines. The event is only offered to athletes in the U11 to U15's age groups. The throw must be completed from within the confines of the runway and the javelin nose must be the first part to hit the ground within the throwing sector. The competitor may then leave the runway from behind the arc and lines on the runway. All throwing implements must be carried back to the throwing area, not thrown. These events are strictly supervised but all must appreciate the dangers of flying implements.

**High Jump:** The athlete's task is to run up from an approach area and jump over a crossbar supported between two uprights. The crossbar is raised after each round and competitors remain in the competition until eliminated by three consecutive failures. Athletes must take off from one foot only. Note, that up to U11 Scissors technique only can be used. Old foam rubber mattresses can be used as landing mats for scissors jumpers but only proper high jump mats for fosbury flop jumpers in the older age groups. QLAA recommended high jump mat specifications may be obtained by contacting the Association Office.

**Long Jump:** Little Athletics uses a 1 x 1/2 metre take-off area for the U7 to U12. Children simply run in and jump from the metre square into a sand pit. The distance is measured point to point from the front of the take-off point to the nearest break in the landing area. The U13 to U15's use a conventional 20cm take-off board and measurements are taken in the conventional way - i.e. from the FRONT of the board - and at right angles to the front of the board (or half metre "square") to the nearest break in the landing area.

**Triple Jump:** This is the old "hop, step and jump" and that accurately describes the action involved. The rest of the rules are basically the same as for Long Jump. This event is only offered and conducted for athletes in the U11 - U15 age groups.



# Blue Card Policy

## Background

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 QLAA policies and State Government Legislation. The State Legislation [Working with Children (Risk Management and Screening) 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 Chief Executives of the Working with Children (Risk Management and Screening) Act 2000.

Any volunteers who **do not** have children registered and participating in the Centre activities must provide proof of their current Blue Card prior to being allowed to volunteer their services to the centre, Region and Association.

QLAA is primarily concerned with the protection of its members – principally children in this case. This policy is not meant in any way to imply that those individuals who do not have a Blue Card must have a Blue Card. This policy is designed as a reasonable and responsible response to regular questions from QLAA Centres on who should have a Blue Card.

## Policy

The Association and the Commission for Children and Young People and Child Guardian advises that all Centre Management Committee members must have a Blue Card. The Association strongly recommends that Canteen Convenors, Chief Officials and Team Managers should hold a Blue Card. The Association requires that all Region Committees, Competition Referees, Chiefs, Key Officials, Coaches, Course Presenters, CAPS Coordinators and State Team Personnel must provide evidence of their current Blue Card when applying for a position with the Association. No person will be appointed to such a position if this evidence is not provided.

As of 1st September 2004, all Centre Team Managers when signing on at Association competitions may be asked to provide evidence of their current Blue Card.

As per current 2020 Blue Card legislation changes No Card, No Start law, any person wishing to volunteer must already possess a valid card. There is no longer a grace period whilst your application is approved.



# CODES 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 to 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 during competition days.
- Accept responsibility for all actions taken.
- Avoid any form of verbal conflict 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.
- Do not engage in unsportsmanlike language, harassment or aggressive behaviour.
- 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 Competition Manager and/or other competition day officials.
- Never arrive at a Little Athletics competition under the influence of alcohol or drugs. Never bring alcohol or drugs to a Little Athletics competition or training.

# GIN GIN ATHLETICS CLUB

## CENTRE BEST PERFORMANCES

### UNDER 6 GIRLS

|            |                |        |          |
|------------|----------------|--------|----------|
| 60 metres  | Chelsea Walker | 12.5   | 29/07/06 |
| 70 metres  | Jessica Galea  | 14.5   | 28/02/03 |
| 100 metres | Chelsea Walker | 20.8   | 26/08/06 |
| 200 metres |                |        |          |
| 300m walk  | Rhiannon Cook  | 2.34.3 | 16/07/05 |
| Discus     | Jessica Galea  | 8.72   | 13/03/04 |
| Shot put   | Chelsea Walker | 4.31   | 26/08/06 |
| Long jump  | Jessica Galea  | 2.28   | 20/03/04 |

### UNDER 6 BOYS

|                   |        |          |
|-------------------|--------|----------|
| Joshua Middleton  | 12.7   | 08/10/05 |
| Joshua Middleton  | 15.1   | 10/09/05 |
| Tee-Jay Passman   | 21.8   | 21/06/14 |
| Tee-Jay Passman   | 51.5   | 31/05/14 |
| Joshua Middleton  | 2.30.2 | 16/07/05 |
| Harley Lange      | 10.74  | 01/08/15 |
| Daniel Drinkwater | 4.61   | 17/09/05 |
| Harley Lange      | 2.42   | 15/08/15 |

### UNDER 7 GIRLS

|            |                  |        |          |
|------------|------------------|--------|----------|
| 60 metres  | Danalee Wilson   | 11.6   | 15/10/05 |
| 70 metres  | Jessica Galea    | 12.1   | 18/09/04 |
| 100 metres | Jessica Galea    | 18.0   | 05/03/05 |
| 200 metres | Ruby Haas        | 48.0   | 05/07/14 |
| 300m walk  | Maddison Schulke | 2.10.1 | 16/07/05 |
| Discus     | Chelsea Walker   | 13.85  | 16/06/07 |
| Shot put   | Jessica Galea    | 5.31   | 29/01/05 |
| Long jump  | Jessica Galea    | 2.98   | 05/03/05 |

### UNDER 7 BOYS

|                 |       |          |
|-----------------|-------|----------|
| Riley Clark     | 11.3  | 15/10/05 |
| Jordon Evens    | 13.6  | 18/09/04 |
| Joshua Grogan   | 19.4  |          |
| Riley Clark     | 19.4  | 01/10/05 |
| Dylan Storey    | 46.2  | 13/07/13 |
| Ben Mingin      | 2.09  | 16/07/05 |
| Jordon Evans    | 17.17 | 05/03/05 |
| William Coleman | 5.90  | 09/11/02 |
| Jordon Evans    | 2.49  | 09/10/04 |

### UNDER 8 GIRLS

|              |                   |       |          |
|--------------|-------------------|-------|----------|
| 60 metres    | Jessica Galea     | 10.3  | 04/06/05 |
| 70 metres    | Jessica Galea     | 12.0  | 08/10/05 |
| 100 metres   | Jessica Galea     | 17.6  | 30/07/05 |
| 200 metres   | Jessica Galea     | 37.7  | 01/10/05 |
| 300 m walk   | Indyanna Bengston | 2.05  | 16/07/05 |
| 60 m hurdles | Jessica Galea     | 12.7  | 15/10/05 |
| Discus       | Jessica Galea     | 11.74 | 30/07/05 |
| Shot put     | Chloe Neill       | 5.07  | 12/08/06 |
| High jump    | Jessica Galea     | 1.04  | 30/07/05 |
| Long jump    | Jessica Galea     | 3.28  | 10/09/05 |

### UNDER 8 BOYS

|                 |        |          |
|-----------------|--------|----------|
| Dean Craib      | 11.9   | 04/06/05 |
| Dann Kitt       | 11.9   | 24/04/10 |
| John-Paul Galea | 12.3   | 11/01/03 |
| John-Paul Galea | 17.3   | 08/03/03 |
| John-Paul Galea | 37.2   | 15/02/03 |
| Brodie Dix      | 2.00.2 | 28/08/10 |
| Liam Tacon      | 13.1   | 22/02/03 |
| John-Paul Galea | 16.45  | 14/12/02 |
| John-Paul Galea | 6.28   | 01/02/03 |
| Liam Tacon      | .97    | 14/12/02 |
| Liam Tacon      | 2.99   | 15/02/03 |

# GIN GIN LITTLE ATHLETICS

## CENTRE BEST PERFORMANCES

### UNDER 9 GIRLS

|            |                  |        |          |
|------------|------------------|--------|----------|
| 60 metres  | Jessica Galea    | 9.8    | 09/09/06 |
| 70 metres  | Kameeka Johnson  | 11.7   | 13/03/04 |
| 100 metres | Jessica Galea    | 16.1   | 26/08/06 |
| 200 metres | Kameeka Johnson  | 36.4   | 13/12/03 |
| 400 metres | Jessica Galea    | 1.27.7 | 02/09/06 |
| 800 metres | Tegan Wright     | 3.34.6 | 01/09/12 |
| 300m walk  | Sarah Tobin      | 2.04.8 | 16/07/05 |
| 700 m walk | Saskia Knable    | 5.14.1 | 22/10/05 |
| 60m Hurdle | Christine Walker | 12.2   | 15/10/05 |
| Discus     | Gabrielle Galea  | 15.09  | 27/09/08 |
| Turbo Jav  | Chloe Thomson    | 13.46  | 22/05/10 |
| Shot Put   | Chloe Neill      | 5.60   | 04/08/07 |
| High Jump  | Jessica Galea    | 1.15   | 29/07/06 |
| Long jump  | Jessica Galea    | 3.53   | 19/08/06 |

### UNDER 9 BOYS

|                    |        |          |
|--------------------|--------|----------|
| William Schulke    | 10.9   | 09/09/06 |
| John-Paul Galea    | 11.7   | 13/03/04 |
| John-Paul Galea    | 15.4   | 18/10/03 |
| John-Paul Galea    | 32.3   | 06/09/03 |
| John-Paul Galea    | 1.22.3 | 18/10/03 |
| Dallas Mollenhagen | 3.25.3 | 19/07/14 |
| Tedd Millett       | 2.04.1 | 16/07/05 |
| Steven Collier     | 3.52.6 | 01/02/03 |
| John-Paul Galea    | 12.7   | 28/02/04 |
| John-Paul Galea    | 18.34  | 13/03/04 |
| Steven Collier     | 19.82  | 11/01/03 |
| John-Paul Galea    | 6.76   | 18/10/03 |
| Drew Kitt          | 1.01   | 03/08/13 |
| John-Paul Galea    | 3.27   | 29/11/03 |

### UNDER 10 GIRLS

|             |                             |        |          |
|-------------|-----------------------------|--------|----------|
| 60 metres   | Felicity Drinkwater         | 10.0   | 20/05/06 |
|             | Gabrielle Galea             | 10.0   | 25/03/09 |
| 70 metres   | Jessica Galea               | 11.1   | 11/08/07 |
| 100 metres  | Jessica Galea               | 16.2   | 09/06/07 |
| 200 metres  | Jessica Galea               | 34.1   | 21/07/07 |
| 400 metres  | Jessica Galea               | 1.20.6 | 19/05/07 |
| 800 metres  | Jessica Galea               | 3.08.1 | 21/07/07 |
| 1100 m walk | Kristie Hollingworth-Treble | 7.52.1 | 30/07/11 |
| 60 m hurdle | Gabrielle Galea             | 12.1   | 09/05/09 |
| Discus      | Caitlin Turnbull            | 22.13  | 15/09/07 |
| Turbo Jav   | Tegan Moller                | 16.53  | 13/03/04 |
| Shot put    | Chloe Neill                 | 7.64   | 27/09/08 |
| High jump   | Jessica Galea               | 1.20   | 28/07/07 |
| Long jump   | Kameeka Johnson             | 3.67   | 02/10/04 |

### UNDER 10 BOYS

|                 |        |          |
|-----------------|--------|----------|
| Sam Patrono     | 10.6   | 20/05/06 |
| John-Paul Galea | 11.3   | 18/11/04 |
| John-Paul Galea | 15.6   | 05/03/05 |
| John-Paul Galea | 33.1   | 11/12/04 |
| John-Paul Galea | 1.20.6 | 11/09/04 |
| William Schulke | 3.09.2 | 26/05/07 |
| Jordon Evans    | 7.51.8 | 01/09/07 |
| John-Paul Galea | 13.1   | 12/03/05 |
| Steven Collier  | 13.1   | 29/11/03 |
| John-Paul Galea | 22.93  | 05/03/05 |
| Steven Collier  | 20.73  | 13/12/03 |
| John-Paul Galea | 8.31   | 11/12/04 |
| Drew Kitt       | 1.10   | 04/10/14 |
| John-Paul Galea | 3.56   | 02/10/04 |

# GIN GIN LITTLE ATHLETICS

## CENTRE BEST PERFORMANCES

### UNDER 11 GIRLS

|             |                   |        |          |
|-------------|-------------------|--------|----------|
| 60 metres   | Isobel Drinkwater | 10.6   | 17/09/05 |
|             | Gabrielle Galea   | 10.6   | 24/04/10 |
| 70 metres   | Jessica Cantwell  | 10.9   | 09/10/04 |
|             | Jessica Galea     | 10.9   | 20/09/08 |
| 100 metres  | Jessica Galea     | 15.2   | 06/09/08 |
|             | Gabrielle Galea   | 15.2   | 17/04/10 |
| 200 metres  | Jessica Galea     | 32.7   | 26/07/08 |
| 400 metres  | Jessica Galea     | 1.16.2 | 17/05/08 |
| 800 metres  | Jessica Galea     | 3.00.0 | 28/06/08 |
| 1500 metres | Mikayla Thiele    | 6.46.6 | 02/08/08 |
| 1100m walk  | Caitlin Turnbull  | 7.29.5 | 02/08/08 |
| 60m hurdle  | Jessica Galea     | 11.9   | 17/05/08 |
| Discus      | Chloe Neill       | 21.83  | 08/08/09 |
| Javelin     | Chloe Neill       | 18.00  | 29/08/09 |
| Shot put    | Chloe Neill       | 8.40   | 08/08/09 |
| High jump   | Jessica Galea     | 1.22   | 21/06/08 |
| Long jump   | Jessica Galea     | 3.96   | 23/08/08 |
| Triple jump | Jessica Galea     | 8.53   | 06/09/08 |

### UNDER 11 BOYS

|                   |        |          |
|-------------------|--------|----------|
| John-Paul Galea   | 9.7    | 30/07/05 |
| John-Paul Galea   | 10.8   | 04/06/05 |
| Luke Tacon        | 15.6   | 23/11/03 |
| John-Paul Galea   | 15.6   | 15/10/05 |
| Luke Tacon        | 32.8   | 11/01/03 |
| John-Paul Galea   | 1.17.3 | 29/10/05 |
| William Schulke   | 3.02.0 | 28/06/08 |
| William Schulke   | 6.27.8 | 05/07/08 |
| Ben Mingin        | 7.17.6 | 29/08/09 |
| Sam Bernstrom     | 11.5   | 22/02/03 |
| Sam Bernstrom     | 28.05  | 22/02/03 |
| Mathew Broderick  | 26.80  | 21/02/04 |
| Sam Bernstrom     | 10.13  | 18/01/03 |
| Sam Bernstrom     | 1.15   | 22/02/03 |
| William Sckulke   | 1.15   | 20/09/08 |
| Luke Tacon        | 3.79   | 09/11/02 |
| Matthew Broderick | 8.17   | 13/03/04 |

### UNDER 12 GIRLS

|             |                  |         |          |
|-------------|------------------|---------|----------|
| 70 metres   | Lisa Williamson  | 10.3    | 13/12/03 |
| 100 metres  | Lisa Williamson  | 14.3    | 13/03/04 |
| 200 metres  | Jessica Galea    | 30.3    | 05/09/09 |
| 400 metres  | Jessica Galea    | 1.12.0  | 19/09/09 |
| 800 metres  | Cassandra Mingin | 3.02.3  | 26/07/08 |
| 1500 metres | Mikayla Thiele   | 6.30.9  | 20/06/09 |
| 1500m walk  | Caitlin Turnbull | 10.53.0 | 18/07/09 |
| 60m hurdle  | Jessica Galea    | 11.5    | 12/09/09 |
| Discus      | Chloe Neill      | 26.70   | 28/08/10 |
| Javelin     | Caitlin Turnbull | 21.24   | 19/09/09 |
| Shot put    | Emma Leather     | 9.97    | 14/12/02 |
| High jump   | Jessica Galea    | 1.40    | 19/09/09 |
| Long jump   | Jessica Galea    | 4.38    | 12/09/09 |
| Triple jump | Jessica Galea    | 8.86    | 26/09/09 |

### UNDER12 BOYS

|                   |        |          |
|-------------------|--------|----------|
| Levi Wesley       | 10.3   | 01/08/09 |
| Levi Wesley       | 14.4   | 26/09/09 |
| Levi Wesley       | 30.0   | 27/06/09 |
| Reece Zwynenberg  | 1.12.2 | 24/09/11 |
| William Schulke   | 2.46.5 | 12/09/09 |
| William Schulke   | 5.55.1 | 26/09/09 |
| Ben Mingin        | 9.12.1 | 28/08/10 |
| Joel Nicholson    | 11.8   | 26/02/05 |
| Harley Ward       | 29.53  | 20/03/04 |
| Shaun Proctor     | 30.38  | 05/02/05 |
| Shaun Proctor     | 8.72   | 15/01/05 |
| William Collier   | 1.30   | 29/11/03 |
| Brandon Galea     | 4.00   | 01/11/03 |
| Matthew Broderick | 9.55   | 05/03/05 |



# GIN GIN LITTLE ATHLETICS

## CENTRE BEST PERFORMANCES

### UNDER 13 GIRLS

|             |                     |         |          |
|-------------|---------------------|---------|----------|
| 70 metres   | Melissa Haigh       | 10.2    | 12/09/09 |
| 100 metres  | Lisa Williamson     | 13.4    | 23/10/04 |
| 200 metres  | Lisa Williamson     | 28.6    | 11/12/04 |
| 400 metres  | Jessica Galea       | 1.11.6  | 21/08/10 |
| 800 metres  | Emogen Witt         | 3.04.8  | 12/07/14 |
| 1500 metres | Cassandra Mingin    | 6.27.5  | 26/09/09 |
| 1500m walk  | Morgan Engstrom     | 10.46.3 | 06/09/08 |
| 80m hurdle  | Melissa Haigh       | 16.2    | 01/08/09 |
| Discus      | Chloe Neill         | 30.44   | 13/08/11 |
| Javelin     | Klarrisa Onoprienko | 24.70   | 22/02/03 |
| Shot put    | Chloe Neill         | 9.58    | 06/08/11 |
| High jump   | Jessica Galea       | 1.40    | 10/07/10 |
| Long jump   | Jessica Galea       | 4.35    | 21/08/10 |
| Triple jump | Jessica Galea       | 9.24    | 28/08/10 |

### UNDER 13 BOYS

|                   |         |          |
|-------------------|---------|----------|
| Matthew Broderick | 10.2    | 30/07/05 |
| Brenton Thiele    | 10.2    | 16/08/08 |
| Harley Ward       | 13.9    | 25/09/04 |
| Harley Ward       | 28.8    | 26/02/04 |
| Brenton Thiele    | 1.09.9  | 26/07/08 |
| Reece Zwynenberg  | 2.46.0  | 29/09/12 |
| Brenton Thiele    | 5.43.9  | 05/07/08 |
| Brenton Thiele    | 10.41.6 | 06/09/08 |
| Sam Bernstrom     | 15.7    | 05/02/05 |
| Sam Bernstrom     | 32.81   | 05/03/05 |
| Matthew Broderick | 31.33   | 16/07/05 |
| Sam Bernstrom     | 11.10   | 05/03/05 |
| William Collier   | 1.50    | 05.02.05 |
| Brandon Galea     | 4.42    | 11/09/04 |
| Matthew Broderick | 9.64    | 17/09/05 |

### UNDER 14 GIRLS

|              |                     |         |          |
|--------------|---------------------|---------|----------|
| 70 metres    | Lisa Williamson     | 9.5     | 17/09/05 |
| 100 metres   | Lisa Williamson     | 13.4    | 15/10/05 |
| 200 metres   | Lisa Williamson     | 28.0    | 08/10/05 |
| 400 metres   | Annelise Wesley     | 1.06.8  | 13/06/09 |
| 800 metres   | Cassandra Mingin    | 2.45.7  | 14/08/10 |
| 1500 metres  | Tamara Millet       | 6.23.9  | 18/06/05 |
| 1500m walk   | Amy Stallan-Stritch | 10.37.8 | 25/10/03 |
| 80m hurdle   | Gabrielle Galea     | 14.1    | 22/06/13 |
| 90m hurdle   |                     |         |          |
| Discus       | Chloe Neill         | 26.83   | 14/07/12 |
| Javelin 400g | Morgan Engstrom     | 22.52   | 04/07/09 |
| 500g         | Gabrielle Galea     | 26.52   | 27/07/13 |
| Shot put 4kg | Jessica Allen       | 10.02   | 20/08/05 |
| 3kg          | Chloe Neill         | 10.83   | 21/07/12 |
| High jump    | Melissa Haigh       | 1.45    | 07/08/10 |
| Long jump    | Lisa Williamson     | 4.70    | 01/10/05 |
| Triple jump  | Jessica Galea       | 10.18   | 08/10/11 |

### UNDER 14 BOYS

|                   |        |          |
|-------------------|--------|----------|
| John-Paul Galea   | 9.0    | 20/09/08 |
| Reece Zwynenberg  | 13.3   | 14/09/13 |
| Reece Zwynenberg  | 27.0   | 14/09/13 |
| Reece Zwynenberg  | 1.02.1 | 24/08/13 |
| Brenton Thiele    | 2.39.6 | 12/09/09 |
| Brenton Thiele    | 5.39.5 | 18/07/09 |
| Josiah Richards   | 8.11.5 | 25/09/04 |
| Brenton Thiele    | 15.5   | 23/05/09 |
| Joel Nicholson    | 15.7   | 03/06/06 |
| John-Paul Galea   | 35.20  | 20/09/08 |
| Reece Zwynenberg  | 32.56  | 14/09/13 |
| William Collier   | 11.10  | 03/09/05 |
| William Collier   | 1.60   | 15/10/05 |
| William Collier   | 4.68   | 01/10/05 |
| Matthew Broderick | 10.09  | 29/04/06 |

# GIN GIN LITTLE ATHLETICS CENTRE BEST PERFORMANCES

## UNDER 15 GIRLS

|             |                  |         |          |
|-------------|------------------|---------|----------|
| 70 metres   | Annelise Wesley  | 9.7     | 14/08/10 |
| 100 metres  | Lisa Williamson  | 13.6    | 20/05/06 |
|             | Penny Haapakoski | 13.6    | 15/09/07 |
|             | Annelise Wesley  | 13.6    | 15/05/10 |
|             | Jessica Galea    | 13.6    | 22/09/12 |
| 200 metres  | Annelise Wesley  | 27.9    | 26/06/10 |
| 400 metres  | Annelise Wesley  | 1.06.1  | 26/06/10 |
| 800 metres  | Gabrielle Galea  | 2.32.8  | 21/06/14 |
| 1500 metres | Morgan Engstrom  | 6.47.3  | 08/05/10 |
| 1500m walk  | Penny Haapakoski | 10.07.4 | 01/09/07 |
| 90m hurdle  | Gabrielle Galea  | 15.3    | 07/06/14 |
| 100 hurdle  |                  |         |          |
| Discus      | Penny Haapakoski | 38.58   | 28/04/07 |
| Javelin     | Penny Haapakoski | 34.90   | 15/09/07 |
| Shot put    | Penny Haapakoski | 12.05   | 01/09/07 |
| High jump   | Jessica Galea    | 1.50    | 18/08/12 |
| Long jump   | Jessica Galea    | 4.61    | 28/07/12 |
|             | Gabrielle Galea  | 4.61    | 04/10/14 |
| Triple jump | Jessica Galea    | 10.06   | 15/09/12 |

## UNDER 15 BOYS

|                 |        |          |
|-----------------|--------|----------|
| Mark Wedel      | 9.0    | 08/03/03 |
| Brenton Thiele  | 9.0    | 14/08/10 |
| Brenton Thiele  | 12.7   | 31/07/10 |
| Mark Wedel      | 26.0   | 01/02/03 |
| John-Paul Galea | 59.5   | 19/09/09 |
| Brenton Thiele  | 2.28.6 | 14/08/10 |
| Brandon Galea   | 5.49.2 | 22/04/06 |
| Steven Collier  | 8.09.9 | 07/06/08 |
| Brenton Thiele  | 16.0   | 17/07/10 |
| John-Paul Galea | 41.16  | 29/08/09 |
| John-Paul Galea | 39.91  | 19/09/09 |
| John-Paul Galea | 12.84  | 26/09/09 |
| Brenton Thiele  | 1.63   | 10/07/10 |
| David Watling   | 5.38   | 09/10/04 |
| David Watling   | 10.88  | 05/03/05 |

## UNDER 16 GIRLS

|             |                 |         |          |
|-------------|-----------------|---------|----------|
| 70 metres   | Annelise Wesley | 9.7     | 07/05/11 |
| 100 metres  | Annelise Wesley | 13.4    | 06/08/11 |
| 200 metres  | Annelise Wesley | 28.4    | 10/09/11 |
|             | Jessica Galea   | 28.4    | 14/09/13 |
| 400metres   | Jessica Galea   | 1.09.2  | 27/07/13 |
| 800 metres  |                 |         |          |
| 1500 metres | Elly Engstrom   | 7.47.0  | 11/09/04 |
| 1500m walk  | Annie Murphy    | 10.33.7 | 22/11/03 |
| 90m Hurdle  | Megan Neill     | 18.3    | 19/04/08 |
| 100m Hurdle |                 |         |          |
| Discus      | Angela Wright   | 35.51   | 25/08/12 |
| Javelin     | Megan Neill     | 29.50   | 27/09/08 |
| Shot Put    | Chloe Neill     | 11.78   | 21/06/14 |
| High Jump   | Jessica Galea   | 1.52    | 14/09/13 |
| Long Jump   | Jessica Galea   | 4.76    | 20/07/13 |
| Triple Jump | Jessica Galea   | 10.10   | 08/06/13 |

## UNDER 16 BOYS

|                   |        |          |
|-------------------|--------|----------|
| Brenton Thiele    | 8.7    | 09/07/11 |
| Brenton Thiele    | 11.9   | 06/08/11 |
| Brenton Thiele    | 24.3   | 20/08/11 |
| Brenton Thiele    | 55.8   | 20/08/11 |
| Brandon Galea     | 2.30.9 | 16/06/07 |
| Brandon Galea     | 5.15.0 | 28/07/07 |
| Joshua Dyke       | 9.48.7 | 29/01/05 |
| Brenton Thiele    | 14.9   | 09/07/11 |
| John-Paul Galea   | 43.58  | 18/09/10 |
| Matthew Broderick | 40.54  | 24/05/08 |
| William Collier   | 13.29  | 01/09/07 |
| Mark Wedel        | 1.71   | 31/01/04 |
| David Watling     | 5.61   | 30/07/05 |
| David Watling     | 10.97  | 11/06/05 |

# GIN GIN LITTLE ATHLETICS

## CENTRE BEST PERFORMANCES

### UNDER 17 GIRLS

|             |                  |         |          |
|-------------|------------------|---------|----------|
| 70 metres   | Annelise Wesley  | 9.2     | 25/08/12 |
| 100 metres  | Annelise Wesley  | 12.9    | 18/08/12 |
| 200 metres  | Annelise Wesley  | 27.2    | 18/08/12 |
| 400 metres  | Jessica Galea    | 1.07.4  | 14/06/14 |
| 800 metres  | Melissa Haigh    | 3.36.0  | 27/04/13 |
| 1500 metres | Penny Haapakoski | 7.03.3  | 20/06/09 |
| 1500m walk  | Annie Murphy     | 10.39.4 | 05/03/05 |
| 100m Hurdle | Melissa Haigh    | 17.2    | 25/05/13 |
| Discus      | Penny Haapakoski | 36.80   | 09/05/09 |
| Javelin     | Penny Haapakoski | 32.77   | 30/05/09 |
| Shot Put    | Angela Wright    | 12.45   | 14/09/13 |
| High Jump   | Melissa Haigh    | 1.50    | 13/07/13 |
|             | Jessica Galea    | 1.50    | 10/05/14 |
| Long Jump   | Jessica Galea    | 4.75    | 10/05/14 |
| Triple Jump | Jessica Galea    | 10.40   | 28/06/14 |

### UNDER 17 BOYS

|                 |        |          |       |
|-----------------|--------|----------|-------|
| Brandon Galea   | 8.7    | 19/04/08 |       |
| David Watling   | 12.0   | 10/09/05 |       |
| John-Paul Galea | 12.0   | 08/10/11 |       |
| Brandon Galea   | 25.4   | 26/04/08 |       |
| John-Paul Galea | 25.4   | 24/09/11 |       |
| Brandon Galea   | 59.9   | 24/05/08 |       |
| Brandon Galea   | 2.30.0 | 20/09/08 |       |
| Brandon Galea   | 5.15.0 | 02/08/08 |       |
| William Collier | 37.10  | 02/08/08 | 1.5kg |
| John-Paul Galea | 46.47  | 03/09/11 | 1 kg  |
| John-Paul Galea | 38.12  | 02/07/11 |       |
| William Collier | 12.68  | 13/09/08 | 5 kg  |
| John-Paul Galea | 13.69  | 08/10/11 | 4 kg  |
| Mark Wedel      | 1.72   | 05/02/05 |       |
| Mark Wedel      | 6.49   | 13/11/04 |       |
| Brandon Galea   | 11.48  | 27/09/08 |       |

## SENIORS BEST PERFORMANCES

### UNDER 18 GIRLS

|             |                     |         |          |
|-------------|---------------------|---------|----------|
| 70 metres   | Annelise Wesley     | 9.7     | 25/05/13 |
| 100 metres  | Annelise Wesley     | 13.2    | 13/07/13 |
| 200 metres  | Annelise Wesley     | 27.2    | 13/07/13 |
| 400 metres  | Elly Engstrom       | 1.16.5  | 20/05/06 |
| 800 metres  | Annie Murphy        | 3.13.3  | 11/06/05 |
| 1500 metres | Annie Murphy        | 7.13    | 18/06/05 |
| 1500m walk  | Amy Stallan-Stritch | 10.06.7 | 24/06/06 |
| 90m hurdle  | Annie Murphy        | 19.5    | 20/08/05 |
| 100m hurdle |                     |         |          |
| Discus      | Angela Wright       | 34.28   | 12/07/14 |
| Javelin     | Megan Neill         | 32.00   | 24/07/10 |
| Shot put    | Angela Wright       | 10.23   | 26/07/14 |
| High jump   | Megan Neill         | 1.50    | 11/09/10 |
|             | Jessica Galea       | 1.50    | 06/06/15 |
| Long jump   | Jessica Galea       | 4.96    | 28/03/15 |
| Triple jump | Jessica Galea       | 10.61   | 11/04/15 |

### UNDER 18 BOYS

|                 |        |          |
|-----------------|--------|----------|
| Brandon Galea   | 8.9    | 19/04/08 |
| Mark Lawrence   | 11.8   | 13/11/04 |
| Brandon Galea   | 11.8   | 26/09/09 |
| Brandon Galea   | 24.4   | 19/09/09 |
| Brandon Galea   | 57.4   | 11/07/09 |
| Brandon Galea   | 2.27.2 | 09/05/09 |
| Brandon Galea   | 5.15.0 | 02/08/09 |
| Josh Dyke       | 9.48.7 | 25/09/04 |
| Mark Lawrence   | 15.4   | 22/01/05 |
| William Collier | 36.34  | 07/06/09 |
| Mark Wedel      | 37.07  | 29/11/03 |
| William Collier | 13.75  | 29/08/09 |
| Mark Lawrence   | 1.82   | 05/02/05 |
| Mark Lawrence   | 6.49   | 13/11/04 |
| Mark Wedel      | 6.49   | 13/11/04 |
| Mark Lawrence   | 13.19  | 05/03/05 |

**UNDER 23 GIRLS**

|                    |                 |         |          |
|--------------------|-----------------|---------|----------|
| 70 metres          | Megan Neill     | 10.2    | 09/07/11 |
| 100 metres         | Megan Neill     | 13.4    | 08/10/11 |
| 200 metres         | Megan Neill     | 29.3    | 24/09/11 |
| 400 metres         | Jessica Watling | 1.13.7  | 30/10/04 |
| 800 metres         | Annie Murphy    | 3.10.2  | 14/07/07 |
| 1500 metres        | Annie Murphy    | 6.51.3  | 11/09/07 |
| 1500m walk         | Annie Murphy    | 10.57.4 | 30/06/07 |
| 90m hurdle<br>100m | Jessica Watling | 16.6    | 22/01/05 |
| Discus             | Angela Wright   | 31.68   | 14/03/15 |
| Javelin            | Megan Neill     | 29.45   | 20/08/11 |
| Shot put           | Angela Wright   | 9.01    | 23/05/15 |
| High jump          | Megan Neill     | 1.40    | 30/04/11 |
| Long jump          | Megan Neill     | 4.48    | 09/07/11 |
| Triple jump        | Megan Neill     | 9.70    | 08/10/11 |

**UNDER 23 BOYS**

|                   |        |          |
|-------------------|--------|----------|
| Mark Lawrence     | 8.0    | 11/08/07 |
| Mark Lawrence     | 11.2   | 30/06/07 |
| Mark Lawrence     | 23.4   | 15/09/07 |
| Mark Lawrence     | .58    | 04/06/05 |
| Mark Lawrence     | 2.42.5 | 16/06/07 |
| Mark Lawrence     | 8.29.2 | 05/05/07 |
| Mark Lawrence     | 15.7   | 21/04/07 |
| Brendan Gaut-taye | 27.27  | 01/10/05 |
| Mark Lawrence     | 37.15  | 29/07/07 |
| Mark Lawrence     | 10.83  | 17/06/06 |
| Mark Lawrence     | 2.00   | 20/05/06 |
| Mark Lawrence     | 6.90   | 25/06/05 |
| Mark Lawrence     | 14.19  | 30/07/05 |

**MASTERS LADIES**

|             |                 |        |          |
|-------------|-----------------|--------|----------|
| 70 metres   | Lisa Paolini    | 11.7   | 13/09/03 |
| 100metres   | Lisa Paolini    | 16.2   | 11/09/04 |
| 200 metres  | Lisa Paolini    | 34.4   | 16/10/04 |
| 400 metres  | Lisa Paolini    | 1.17.3 | 11/12/04 |
| 800 metres  | Lisa Paolini    | 2.52.5 | 18/09/04 |
| 1500 metres | Lisa Paolini    | 5.56   | 11/10/03 |
| 1500m walk  | Lisa Paolini    | 8.13.7 | 05/03/05 |
| Discus      | Kerry Collier   | 20.26  | 03/07/10 |
| Javelin     | Kerry Collier   | 15.52  | 24/07/10 |
| Shot put    | Kerry Collier   | 7.24   | 21/05/11 |
| High jump   | Kerry Collier   | 1.10   | 09/05/09 |
| Long jump   | Chezlee Johnson | 3.06   | 13/06/09 |
| Triple jump | Lisa Paolini    | 6.90   | 05/03/05 |

**MASTER MEN**

|             |         |          |
|-------------|---------|----------|
| Andrew Cay  | 9.6     | 22/11/03 |
| David Hills | 13.5    | 28/07/07 |
| David Hills | 27.6    | 04/08/07 |
| David Hills | 1.01.9  | 26/04/08 |
| David Hills | 2.25.6  | 19/07/08 |
| David Hills | 5.17    | 28/07/07 |
| Andrew Cay  | 11.36.8 | 20/01/05 |
| Andrew Cay  | 23.48   | 17/06/06 |
| David Hills | 33.99   | 26/05/07 |
| David Hills | 8.81    | 29/08/09 |
| Luke Mate   | 1.57    | 04/09/04 |
| David Hills | 4.66    | 19/07/08 |
| David Hills | 8.77    | 14/07/07 |

Following is a list of our sponsors for this year. We would like to thank every one of them and hope that you can support them whenever possible. Without their support we would not be able to have such a successful club and do so many things for our children. We would also like to say a special thank you to **ESA International Gin Gin Branch** who kindly donates to our club every year. Their support is very much appreciated.





Mulgrave Street  
PH: 4157 2106



**NORDIC  
SPORT**  
AUSTRALIA

