



Gosnells & Districts Little Athletics Centre Year Book 2019-20



2019 ALAC Athlete

Alessia Andritsos State Team Captain



2019 LAWA U14/15 International Team Athletes, Malaysia

Left to Right: Cameron Colyer, Ryan Myburgh, Brooke Mortimore, Shevana Pado, Cassidy Fernandes, Kodi Teague

SUPPORTING LITTLE ATHLETICS



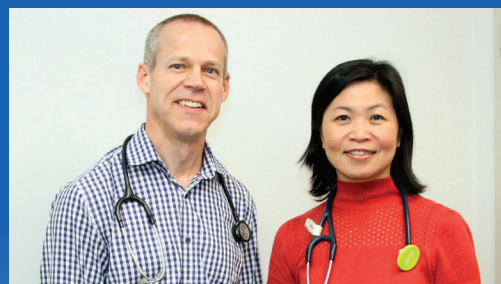
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ODE TO VOLUNTEERS

Many will be shocked to find
When the day of judgment nears
That there is a special place in Heaven
Set aside for volunteers

Furnished with big recliners
Satin cushions and footstools
Where there is no committee chairman
No group leader or car pool

No eager team that needs a coach
No bazaar and no cake sale
Nothing to staple, nothing to fold
Nothing to put in the mail

Telephone lists will be outlawed
But a finger snap will bring
Cool drinks and gourmet dinners
And rare treats for a King

You ask, who will serve this privileged few?
Who will work for all their worth?
Why, those that reap the benefits
And not once volunteered on Earth!



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Gosnells & Districts Little Athletics Centre

Life Members

WT (Bill) Tucker	Jim MacPherson*	Alan Woolmer	Arthur Chrystie*
Barry Wrighton*	Grace Jackson*	Dave Smith	Lyn Patchett
Graham Gordon	Terry Smith	Robyn Swain	Brian Rowcroft
Veronica Carr	Barbara Rowcroft	Ian MacNeall*	Julie Lane
Wayne Morris	Joe D'Agnone	Sonia Stafrace	Wade Starkie
Bruce Kaszanski*	Andrew Bull*	Greg Knott	Ixchel Wood
Nicci Hush	Nicole Parnaby	Carmela Henson	Trevor Lane
Cheryl McDonald	Leo McDonald		
* Deceased			

Patrons

WT (Bill) Tucker – Life Member
Olwen Searle – Councillor, City of Gosnells

2019-2020 Centre Executive Committee

Chairperson	Paul Sheppard
Treasurer	Sharlene Ricci
Secretary	Carmen Ricci
Registrar	Brenda Almstrom
Recorder	Sharon Mortimore (pro tem)
Announcer	Neelu Maharjan
Arena Manager	Fiona Squiers / Holly Collins
Championships Officer	Position Vacant
Technical Officer	Peter Kelly
Field Referee	Joe D'Agnone
Volunteers Coordinator	Position Vacant
Winter Officer	Stacey Mallard

All correspondence to: **P.O. Box 146 Thornlie WA 6988**

Centre Captains and Vice-Captains 2019-2020

Boy Captain: Campbell Squiers (South Thornlie)

Girl Captain: Richelle Morales (Maddington)

Boy Vice-Captain: Rafael Sheppard (Southern River)

Girl Vice-Captain: Nina Yeats (Southern River)

Centre Uniform

The Centre uniform is a yellow shirt with royal blue piping on neck, arms and sleeve and featuring royal blue swoosh across back and front with royal blue shorts.

Centre uniform is compulsory for all State events. The Uniform can be purchased from the Centre Uniforms Officer two weeks prior to each event.

Message from the Chairperson

Gosnells & Districts Little Athletics Centre enjoyed another successful year last season. As usual, there were countless PBs and successes both at Centre level and at State events, and in representing State teams.

Congratulations to Cassidy Fernandes (Silver and Bronze), Brooke Mortimore (Gold), Shevana Pado (2 Bronze), Cameron Colyer, Ryan Myburgh and Kodi Teague (Silver) on their selection for the LAWA U14/U15 International Team to Malaysia. Congratulations also to Alessia Andritsos not only on being selected to represent the LAWA ALAC Team in Hobart, Tasmania, but also on being nominated ALAC Team Captain, matching her sister's achievement two years ago.

Last year witnessed a distinct drop in numbers in Little Athletics across the whole of Western Australia. However, although we too experienced the drop, a much higher percentage of our athletes competed throughout the whole season, so we did not see the usual drop in numbers after the Christmas break, which is very encouraging for the future of our Centre.

We were successful in obtaining a \$5000 grant from Coles to buy new high-quality high jump mats to replace the old and tattered mats we had been using for many years. More importantly, we now meet the new high jump specifications required for the coming season, and our athletes will enjoy a better experience in competition.

This year, a change to the hurdles event specifications will affect the U11 and U12 age groups; the distance will move from 60m to 80m, but the height of the hurdles will remain unchanged.

I am looking forward to another successful season for all our athletes at Gosnells & Districts Little Athletics Centre and wish them all the best for the coming season.

Club Details

Maddington

Chair: **Holly Collins** 0413 358 008 Secretary: To be confirmed
Manager: **Karen Schokker** 0413 671 182 Registrar: **Penny Walmsley** 0400 789 863
Uniform: Maroon top with gold trim, maroon shorts / briefs / bike pants; body suit in appropriate colours.

Olympians

Chair: **Louie Ragno** 0400 417 210 Secretary: **Vicky Warwick** 0403 179 439
Manager: **Madison Caswell** 0402 715 215 Registrar: **Niki Paton** 0433 713 398
Uniform: Gold top with royal blue sleeves & collar/neck, royal blue shorts / briefs / bike pants; body suit in appropriate colours.

South Thornlie

Chair: **Penny Holland** 0406 260 675 Secretary: **Cheng Rolfe** 0410 482 299
Manager: **Mark Potthast** 0402 061 615 Registrar: **Carmen Ricci** 0411 306 795
Uniform: Light blue top with royal blue trim, royal blue shorts / briefs / bike pants; body suit in appropriate colours.

Southern River

Chair: **Paul Sheppard** 0406 646 785 Secretary: **Helene Yates** 0404 241 752
Manager: **Skye Khaira** 0413 455 428 Registrar: **Neelu Maharjan** 0411 844 909
Uniform: Black/teal singlet/shirt with teal trim/collar and lettering in white. Black shorts /briefs/bike pants or black/teal body suit.

Gosnells & Districts Little Athletics Centre

Weeks	Date	Grounds	Roster	Day	Type	Note/comments
	08/09/2019	Registration Day		Sun		Langford 2.00-4.00 pm
1	05/10/2019	Program 1	1 A	Sat	Regular	
1	12/10/2019	Program 2	1 B	Sat	Regular	
2	19/10/2019	Program 1	2 A	Sat	Regular	
2	26/10/2019	Program 2	2 B	Sat	Regular	March Past
3	02/11/2019	Program 1	3 A	Sat	Regular	PCH crazy sock & hair day
3	09/11/2019	Program 2	3 B	Sat	Regular	
4	16/11/2019	Program 1	4 A	Sat	Regular	
	17/11/2019	Junior Athletics Carnival		Sun	Regular	Published on LAWA website
4	23/11/2019	Program 2	4 B	Sat	Regular	
5	30/11/2019	Program 1	5 A	Sat	Regular	
5	07/12/2019	Program 2	5 B	Sat	Regular	
	14/12/2019	State Relay Championships		S	Sat	Published on LAWA website
6	15/12/2019	Program 1	6 A	Sun	Regular	
		** Christmas Break**				
	04/01/2020	Centre Combined Events	CE	Sat	Twilight	Gosnells Invitational Combined Events
6	11/01/2020	Program 2	6 B	Sat	Regular	
7	18/01/2020	Program 1	7 A	Sat	Regular	
7	25/01/2020	Program 2	7 B	Sat	Regular	Australia Day Long Weekend
	01/02/2020	Centre P1	C 1	Sat	Regular	Centre Championships P1
	02/02/2020	Centre P1	C 1	Sun	Regular	Centre Championships P2
	08/02/2020	State Combined Event Championships		S	Sat	Published on LAWA website
	09/02/2020	State Combined Event Championships		S	Sun	Published on LAWA website
	15/02/2020	Zones Quarter Finals		Sat	Regular	Venue Langford
	16/02/2020	Zones Quarter Finals		Sun	Regular	Venue Langford
	29/02/2020	Nitro Event		Sat	Regular	Venue Langford
	07/03/2020	AGM and Centre Windup		Sat		Cockburn Ice Arena
	13/03/2020	State Championships	S	Fri		Published on LAWA website
	14/03/2020	State Championships	S	Sat		Published on LAWA website
	15/03/2020	State Championships	S	Sun		Published on LAWA website

Executive and Delegates, Meeting Room and Hall

Wed	16/10/2019	Langford Oval, Exec Room	Exe		Evening	7:30 - 9.30 pm
Wed	20/11/2019	Langford Oval, Exec Room	Exe	D	Evening	7:30 - 9.30 pm
Wed	18/12/2019	Langford Oval, Exec Room	Exe		Evening	7:30 - 9.30 pm
Wed	15/01/2020	Langford Oval, Exec Room	Exe	D	Evening	7:30 - 9.30 pm
Wed	19/02/2020	Langford Oval, Exec Room	Exe		Evening	7:30 - 9.30 pm
Wed	15/04/2020	Langford Oval, Exec Room	Exe		Evening	7:30 - 9.30 pm
Wed	20/05/2020	Langford Oval, Exec Room	Exe	D	Evening	7:30 - 9.30 pm
Wed	17/06/2020	Langford Oval, Exec Room	Exe		Evening	7:30 - 9.30 pm
Wed	15/07/2020	Langford Oval, Exec Room	Exe	D	Evening	7:30 - 9.30 pm

Weekly Club Planner 2019 - 2020

Week	A or B	Set-up	Pack Away	Raffle	Javelin	Discus	Shot put	Triple Jump	Long Jump	High Jump	Marshalling
1	A	C	C	C	O	SR	TK	C	M	ST	C
1	B	C	C	C	O	SR	TK	C	M	ST	C
2	A	SR	ST	SR	TK	O	ST	C	SR	M	C
2	B	ST	M	ST	TK	O	ST	C	SR	M	C
3	A	M	O	M	ST	TK	M	C	O	SR	C
3	B	O	TK	O	ST	TK	M	C	O	SR	C
4	A	TK	SR	TK	M	ST	SR	C	TK	O	C
4	B	SR	ST	SR	M	ST	SR	C	TK	O	C
5	A	ST	M	ST	SR	M	O	C	ST	TK	C
5	B	M	O	M	SR	M	O	C	ST	TK	C
6	A	O	TK	O	O	SR	TK	C	M	ST	C
6	B	TK	SR	TK	O	SR	TK	C	M	ST	C
7	A	SR	ST	SR	TK	O	ST	C	SR	M	C
7	B	ST	M	ST	TK	O	ST	C	SR	M	C
M	MULTIS	C	C	C		M/O	SR		ST/TK		C
C	CHAMPS	C	C	C	O	SR	TK	C	M	ST	C
C	CHAMPS	C	C	C	TK	O	SR	C	ST	M	C
	Triple Jump		Club rosters for this site will be issued at the start of the season								
S	State Competitions		Parents of athletes competing at State events must assist on the day.								
S	State Competitions		At least two parents from each club are required to set up								
	NOTE		-Sites must be set up by the Club rostered onto that site prior to 7.30am on competition days -Centre Sites are set up by the club on set up duty and packed away by the club on pack away duty -All clubs must provide three officials to run time stands -Athletes will be escorted to site from marshalling by the Site Key Official or Representative from that site.								

Special Events

Throughout the year a variety of events are held that encourage closer ties and friendship between different areas, and give athletes a greater breadth of competition than might otherwise be available. In some cases, special selection may be necessary.

Junior Athletics Carnival

Sun 17 Nov 2019 - at Ern Clarke Athletics Centre

Athletes at this carnival will learn many vital skills in multiple events as well as participating in fun, educational based activities. **This event is open to Tiny Tots (Ages 3 & 4), U6, U7 & U8.** Tiny Tots registrations are only open to siblings of current registered Little Athletics WA athletes.

More details are available online at walittleathletics.com.au

All athletes must register to participate in this event at a cost of \$10 per athlete.

State Track & Field Relay Championships

Sat 14 Dec 2019 - at WA Athletics Stadium

Attire: Centre uniform with athlete registration numbers, age tags & sponsorship tags

The **State Track Relay Championships**

Teams from all Centres compete in 4 x 100m relay (U8 – U17) and either 4 x 200m relay (U8 – U10) or 4 x 400m relay (U11 – U17). Interested athletes in each age group will be asked to nominate and will be selected after practice sessions. U6 and U7 age groups do not participate in the State Relay Championships.

The **State Field Relay Championships**

Teams from all Centres compete 4 field events for the U10 – U17 age groups. Please see the online information events guide for full details.

There can be one team from each age group. Each athlete in the team may compete in no more than 2 events. **Athletes competing in the Field Relay may not compete in track events or vice versa.**

NOTE: As this is a team event every effort should be made to attend all training sessions to allow the athletes to train together as a team.

Gosnells Centre Combined Event Competition (Invitational)

Sat 4 Jan 2020 – at Langford Oval – TWILIGHT MEET (2pm Set-up, 3pm Start)

Attire: Club uniform with athlete registration numbers, age tags and sponsorship tags

NOTE: Medals are awarded to the top 3 point scorers in each age group for boys and girls. Each athlete is required to compete in all 5 events to be eligible for medal.

Centre Combined Competition - Events

Under 6		70m	100m	Discus	Long Jump
Under 7		70m	100m	Discus	Long Jump
Under 8	60mh	70m	500m	Discus	Long Jump
Under 9	60mh	100m	800m	Discus	Long Jump
Under 10	60mh	100m	800m	Discus	Long Jump
Under 11	80mh	100m	800m	Shot	Long Jump
Under 12	80mh	100m	800m	Shot	Long Jump
Under 13	80mh	100m	800m	Shot	Long Jump
Under 14 Boys	90mh	100m	800m	Discus	Long Jump
Under 14 Girls	80mh	200m	800m	Shot	Long Jump
Under 15 Boys	100mh	100m	800m	Discus	Long Jump
Under 15 Girls	90mh	200m	800m	Shot	Long Jump
Under 16 Boys	100mh	100m	800m	Shot	Long Jump
Under 16 Girls	90mh	100m	800m	Shot	Long Jump
Under 17 Boys	110mh	100m	800m	Shot	Long Jump
Under 17 Girls	100mh	100m	800m	Shot	Long Jump

Centre Championships

Sat 1 & Sun 2 Feb 2020 – at Langford Oval

Attire: Club uniform with athlete registration numbers, age tags and sponsorship tags

All athletes can nominate to compete in a *maximum* of 6 events and must not compete in any more than 4 events on any one-day.

NOTE: Medals are awarded to the top 3 placegetters in each age group for boys and girls. A nomination fee is required – further information will be available at a later date.

State Combined Event Championships

Sat 8 & Sun 9 Feb 2020 - at WA Athletics Stadium

Attire: Centre uniform with athlete registration numbers, age tags and sponsorship tags

The competition is open to the U11 to U17 age groups. U11-U13 age groups compete in 5 events. U14-U17 age groups compete in 7 events. See the Little Athletics WA website for more event information walittleathletics.com.au. There are unlimited entries from each Centre but only the top five athletes scores will be used to calculate the winning centre trophy.

PLEASE NOTE: Medals are awarded to the top 3-point scorers in each age group for boys and girls.

Competitors in the U14 and U15 age groups who win a medal will be eligible to be a member of the International State Team for the following July.

Zones Competition

Sat 15 & Sun 16 Feb 2020 – Venue – Langford Oval, Gosnells

Attire: Centre uniform with athlete registration numbers, age tags & sponsorship tags

This meet is the heats and quarterfinals for the State Track & Field Championships. Athletes nominate their preferred events and compete against other centres within their zone for positions in the State Track and Field Championships.

U7 and U8 age groups will compete in their finals at Zones and will not go on to State Championships at the WA Athletics Stadium. Medals will be awarded to the first three placegetters in each event from these age groups on the day. U16 and U17 athletes must nominate to compete at State Championships.

NOTE: **Athletes may choose their events (up to 6 events depending on the age group). Parents are REQUIRED help all state events that their athletes are competing in.**

Centre Wind-up & Presentation

Sat 7 March 2020 – Cockburn Ice Arena 5pm – 7pm.

State Track & Field Championships

Fri 13, Sat 14 & Sun 15 March 2020 - at WA Athletics Stadium

Attire: Centre uniform with athlete registration numbers, age tags and sponsorship tags.

Winter Competition – Cross Country and Road walking

Attire: Centre uniform with athlete registration numbers, age tags and sponsorship tags.

Competition commences in early May with cross country running and road walking events on alternate Saturday afternoons at different venues throughout the metropolitan area against other centres.

Programme One

BOYS

Under 6	100m	Disc	LJ				
Under 7	70m	200m	Disc	LJ			
Under 8	70m	100m	200m	Disc	LJ		
Under 9	70m	200m	800m	Disc	LJ	HJ	
Under 10	100m	200m	800m	Disc	LJ	HJ	
Under 11	100m	400m	1500m	Disc	LJ	HJ	
Under 12	100m	400m	1500m	Disc	LJ	HJ	
Under 13	100m	400m	1500m	Disc	LJ	HJ	200mh
Under 14	100m	400m	1500m	Disc	LJ	HJ	200mh
Under 15	100m	400m	1500m	Disc	LJ	HJ	300mh
Under 16	100m	400m	1500m	Disc	LJ	HJ	300mh
Under 17	100m	400m	1500m	Disc	LJ	HJ	300mh

GIRLS

Under 6	70m	Shot	Jav				
Under 7	100m	300m	Shot	Jav			
Under 8	Hurdles	500m	Shot	Jav			
Under 9	Hurdles	700mw	100m	400m	Shot	Jav	
Under 10	Hurdles	1100mw	70m	400m	Shot	Jav	
Under 11	Hurdles	1100mw	200m	800m	Shot	Jav	TJ
Under 12	Hurdles	1500mw	200m	800m	Shot	Jav	TJ
Under 13	Hurdles	1500mw	200m	800m	Shot	Jav	TJ
Under 14	Hurdles	1500mw	200m	800m	Shot	Jav	TJ
Under 15	Hurdles	1500mw	200m	800m	Shot	Jav	TJ
Under 16	Hurdles	1500mw	200m	800m	Shot	Jav	TJ
Under 17	Hurdles	1500mw	200m	800m	Shot	Jav	TJ

Programme Two

BOYS

Under 6	70m	Shot	Jav				
Under 7	100m	300m	Shot	Jav			
Under 8	Hurdles	500m	Shot	Jav			
Under 9	Hurdles	700mw	100m	400m	Shot	Jav	
Under 10	Hurdles	1100mw	70m	400m	Shot	Jav	
Under 11	Hurdles	1100mw	200m	800m	Shot	Jav	TJ
Under 12	Hurdles	1500mw	200m	800m	Shot	Jav	TJ
Under 13	Hurdles	1500mw	200m	800m	Shot	Jav	TJ
Under 14	Hurdles	1500mw	200m	800m	Shot	Jav	TJ
Under 15	Hurdles	1500mw	200m	800m	Shot	Jav	TJ
Under 16	Hurdles	1500mw	200m	800m	Shot	Jav	TJ
Under 17	Hurdles	1500mw	200m	800m	Shot	Jav	TJ

GIRLS

Under 6	100m	Disc	LJ				
Under 7	70m	200m	Disc	LJ			
Under 8	70m	100m	200m	Disc	LJ		
Under 9	70m	200m	800m	Disc	LJ	HJ	
Under 10	100m	200m	800m	Disc	LJ	HJ	
Under 11	100m	400m	1500m	Disc	LJ	HJ	
Under 12	100m	400m	1500m	Disc	LJ	HJ	
Under 13	100m	400m	1500m	Disc	LJ	HJ	200mh
Under 14	100m	400m	1500m	Disc	LJ	HJ	200mh
Under 15	100m	400m	1500m	Disc	LJ	HJ	300mh
Under 16	100m	400m	1500m	Disc	LJ	HJ	300mh
Under 17	100m	400m	1500m	Disc	LJ	HJ	300mh

Gosnells Equipment Specifications

Shot put

1 kg	Blue	Under 6, 7 Boys & Girls
1.5 kg	Yellow	Under 8 Boys & Girls
2 kg	Orange	Under 9, 10, 11, 12 Boys & Girls
3 kg	White	Under 13 & 14 Boys – Under 13, 14, 15, 16 & 17 Girls
4 kg	Red	Under 15 & 16 Boys
5 kg	Black	Under 17 Boys

Discus

350 gm	Under 6, 7 Boys & Girls
500 gm	Under 8, 9, 10, 11 Boys & Girls
750 gm	Under 12, 13 Boys & Girls
1 kg	Under 14, 15 & 16 Boys – Under 14, 15, 16 & 17 Girls
1.5 kg	Under 17 Boys

Javelin

Turbo Javelin	Under 6, 7, 8, 9 & 10 Boys & Girls
400 gm	Under 11 & 12 Boys – Under 11, 12, 13 & 14 Girls
500 gm	Under 15, 16 & 17 Girls
600 gm	Under 13 & 14 Boys
700 gm	Under 15, 16 & 17 Boys

High jump

Starting Heights

	Girls	State	Boys	State
Under 9	70cm	95cm	75cm	100cm
Under 10	80cm	100cm	85cm	105cm
Under 11	85cm	105cm	90cm	110cm
Under 12	95cm	115cm	100cm	120cm
Under 13	100cm	120cm	105cm	125cm
Under 14	105cm	125cm	110cm	130cm
Under 15	110cm	130cm	115cm	135cm
Under 16	115cm	135cm	120cm	140cm
Under 17	120cm	140cm	125cm	145cm

Triple jump

Mat Standards	U11	U12	U13	U14	U15	U16	U17
Girls	5.00	6.00	6.00	7.00	7.00	7.00	7.00
	6.00*	7.00*	7.00*	8.00*	8.00*	8.00*	8.00*
	7.00	8.00	8.00	9.00	9.00	9.00	9.00
Boys	6.00	6.00	7.00	7.00	8.00	8.00	8.00
	7.00*	7.00*	8.00*	8.00*	9.00*	9.00*	9.00*
	8.00	8.00	9.00	9.00	10.00	10.00	10.00

*State Starting mat

Hurdles

Age	Distance	Height	Run In	Between	Run Out	Flights
U8, U9 Boys & Girls	60m	45cm	12m	7m	13m	6
U10 Boys & Girls	60m	60cm	12m	7m	13m	6
U11 Boys & Girls	80m	60cm	12m	7m	12m	9
U12 Boys & Girls	80m	68cm	12m	7m	12m	9
U13 Boys; U13,14 Girls	80m	76cm	12m	7m	12m	9
U14 Boys; U15,16 Girls	90m	76cm	13m	8m	13m	9
U15,16 Boys; U17 Girls	100m	76cm	13m	8.5m	10.5m	10
U17 Boys	110m	76cm	13.72m	9.14m	14.02m	10
U13 Boys & Girls	200m	68cm	20m	35m	40m	5
U14 Boys & Girls	200m	76cm	20m	35m	40m	5

Rules for Competition



1. Rules for competition are to be the same as LAWA competition rules except for the following local rules as set out in the Rules and By-laws of the Centre.
2. All competitors must wear correct club uniform with the registration number, age tag and other required LAWA tags securely fastened to the uniform as per LAWA requirements.
3. Athletes must compete only in their age groups unless at the discretion of the Arena Manager.
4. Athletes that use starting blocks are responsible for collecting their own blocks immediately after the event.
5. High jump – the bar will be raised by 5 cm increments until there are six (6) or fewer competitors remaining, and then by 2 cm increments until only one competitor remains. When only one competitor remains, that competitor may choose the increments. If there is a tie for any place after a count back, then 2 medals will be awarded.
6. Competitors and Officials must walk around the outside of the track to reach their field sites/starting lines. Only competing athletes, officials and helpers are allowed in the centre of the arena.
7. At the completion of the straight track events, athletes are to stay in their lanes until escorted from the track in lane order to the Straight Track Recorder.
8. Misbehaviour by any competitor could result in disqualification from an event and/or suspension for a period to be decided by the Arena Manager. Competitors handling implements in the absence of officials may be disqualified from that event.
9. Protests and appeals are to be lodged in writing with the Club Protest Officer, to the Arena Manager together with a fee of \$50.00. The fee of \$50.00 will be forfeited if the protest or appeal is dismissed.
10. Parents/family/friends are not permitted to be on site unless in an official capacity.
11. In the event of rain the programme will continue. The exception will be events that are considered by the Arena Manager to be unsafe.
12. First call will be 15 minutes prior to the official start time e.g. 1st call at 7.45 am – events scheduled to commence at 8:00am.
13. Departure from these rules is at the discretion of the Arena Manager.

Code of Safety for Wearing Spikes

1. Shoes capable of wearing spikes are NOT to be worn by the U6 – U10 age groups. U11-U17 age groups may wear spike shoes for events run entirely in lanes, LJ, TJ, HJ and javelin. U13-U17 age groups may also wear spike shoes for 800m and 1500m.
2. Shoes will carry a maximum needle length of 7mm for synthetic track; 9mm for jumps and 12 mm for grass surfaces.
3. Spiked shoes must not be worn in the spectator areas, including the club tent area, off the track.
4. Spiked shoes should only be donned prior to the start of an event and only at the starting end of that event NOT IN THE MARSHALLING AREA.
5. At the completion of a Track event, shoes must be immediately removed and carried (spikes facing inwards) before the athlete moves from the track.
6. Spiked shoes should be carried with spikes/soles facing inwards in order to prevent accidental injury.
7. At the completion of a Field event, spiked shoes must be immediately removed and carried (spikes facing inwards) before the athlete leaves the site.
8. Spiked shoes must be placed in a safe place when not in use and not left where other people may be injured.



State Combined Event Championships 2018/19

Gosnells Overall Championship Winners

	Boys	Girls
Under 13	Joshua Myburgh (Silver)	
Under 15		Shevana Pado (Silver)
Under 16	Ryan Mitchell (Gold)	Chanelle Myburgh (Bronze)

Centre Combined Event Championships 2018-19

BOYS



GIRLS

Under 6	1 st	Nate Jamieson (STH)	13.38	1 st	Sarah Byers (STH)	67.87
	2 nd			2 nd	Cyri-Layne Mallard (MAD)	12.25
Under 7	1 st	Nathaniel Khaira (SR)	104.54	1 st	Ivy Elle Ricci (STH)	133.89
	2 nd	Felix Engler (STH)	91.48	2 nd	Elizabeth Ancliffe (SR)	94.89
	3 rd	Jake Baker (STH)	72.60	3 rd	Gurleen Kaur Brar (SR)	37.83
Under 8	1 st	Noah Potthast (STH)	135.68	1 st	Ilse Bongers (TK)	140.90
	2 nd	Riloh Teio (MAD)	85.49	2 nd	Aleeah Gronow (OLY)	140.69
	3 rd	Jax Scrimshaw (SR)	84.35	3 rd	Sophie Ross-Parker (OLY)	139.53
Under 9	1 st	Deshaun Khaira (SR)	141.33	1 st	Chelsea Natta (SR)	167.32
	2 nd	Hudson Tottman (OLY)	132.58	2 nd	Amber Lin Ricci (STH)	150.49
	3 rd	Benjamin Milczuk (OLY)	121.59	3 rd	Matilda Engler (STH)	142.19
Under 10	1 st	Dashiell Van Ingen (MAD)	154.99	1 st	Mikayla Paton (OLY)	156.34
	2 nd	Jackson Almstrom (MAD)	154.22	2 nd	Shyrelle Jones (OLY)	134.08
	3 rd	Arli Brian Andrews (MAD)	132.61	3 rd	Katica Borsic (MAD)	133.26
Under 11	1 st	Kyan Maharjan (SR)	141.67	1 st	Bianca Gwynne (MAD)	157.07
	2 nd	Cayne Rayment (OLY)	126.95	2 nd	Ava Natta (SR)	147.61
	3 rd	Timothy Alone (MAD)	116.27	3 rd	Haily Collins (MAD)	144.31
Under 12	1 st	Blake Thomas (MAD)	148.44	1 st	Charli Almstrom (MAD)	109.48
	2 nd	Matthew Woodhouse (TK)	128.18	2 nd	Sariek Bongers (TK)	107.49
	3 rd	Ethan Evans (OLY)	91.54	3 rd	Mischa Gwynne (MAD)	99.94
Under 13	1 st	Joshua Myburgh (SR)	147.52	1 st	Alessia Andritsos (STH)	132.96
	2 nd	Jacob Eddington (MAD)	144.75	2 nd	Uriel Seillier (STH)	132.14
	3 rd	Cyril Jones (OLY)	110.09	3 rd	Hasna Nurfadhilah (SR)	122.67
Under 14	1 st	Kodi Teague (MAD)	142.52	1 st	Kayla Bongers (TK)	114.78
	2 nd	Ryan Myburgh (SR)	127.78	2 nd	Chloe Almstrom (MAD)	111.00
	3 rd	Tyroe Muhafidin (MAD)	121.30	3 rd	Brooke Mortimore (MAD)	108.46
Under 15	1 st	Sebastian Davin (MAD)	159.10	1 st	Shevana Pado (MAD)	148.54
	2 nd	Cameron Colyer (MAD)	109.53	2 nd	Sienna Andritsos (STH)	137.54
	3 rd	Elijah Ballantyne (STH)	104.37	3 rd	Holly Giles (STH)	125.69
Under 16	1 st	Jake Teague (MAD)	182.85	1 st	Chanelle Myburgh (SR)	166.51
	2 nd	Rafael Sheppard (SR)	155.33	2 nd	Nina Yeats (SR)	123.99
	3 rd	James Hartwig (STH)	153.94	3 rd	Beyankah Brunt (MAD)	73.98
Under 17	1 st	Luke De Luis (STH)	176.25	1 st	Jachinta Muhafidin (MAD)	41.47
	2 nd	Calum Murphy (MAD)	51.15			



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Under 6		BOYS		GIRLS		 	
70m	1 st	Zaid Khaiata (SR)	16.34	1 st	Sarah Byers (STH)	16.21	
	2 nd	Nate Jamieson (STH)	17.18	2 nd	Cyri-Layne Mallard (MAD)	21.72	
	3 rd	Marco Keyter (SR)	17.34				
100m	1 st	Marco Keyter (SR)	25.99	1 st	Sarah Byers (STH)	23.2	
				2 nd	Cyri-Layne Mallard (MAD)	30.63	
Discus	1 st	Marco Keyter (SR)	3.49	1 st	Sarah Byers (STH)	5.15	
				2 nd	Cyri-Layne Mallard (MAD)	3.54	
Long Jump	1 st	Marco Keyter (SR)	1.65	1 st	Sarah Byers (STH)	2.11	
				2 nd	Cyri-Layne Mallard (MAD)	1.27	
Shot Put	1 st	Marco Keyter (SR)	3.45	1 st	Sarah Byers (STH)	2.47	
	2 nd	Nate Jamieson (STH)	2.41	2 nd	Cyri-Layne Mallard (MAD)	1.19	
	3 rd	Zaid Khaiata (SR)	2.32				
Vortex Javelin	1 st	Zaid Khaiata (SR)	8.64	1 st	Sarah Byers (STH)	6.13	
	2 nd	Marco Keyter (SR)	7.82	2 nd	Cyri-Layne Mallard (MAD)	3.64	
	3 rd	Nate Jamieson (STH)	5.82				

Under 7		BOYS		GIRLS		
70m	1 st	Nathaniel Khaira (SR)	14.35	1 st	Ivy Elle Ricci (STH)	13.64
	2 nd	Chayce Quinn (SR)	14.81	2 nd	Gurleen Kaur Brar (SR)	15.3
	3 rd	Felix Engler (STH)	14.88			
100m	1 st	Nathaniel Khaira (SR)	18.56	1 st	Ivy Elle Ricci (STH)	18.45
	2 nd	Chayce Quinn (SR)	19.98	2 nd	Elizabeth Ancliffe (SR)	19.91
	3 rd	Jake Baker (STH)	20.93	3 rd	Gurleen Kaur Brar (SR)	22.01
200m	1 st	Nathaniel Khaira (SR)	38.37	1 st	Ivy Elle Ricci (STH)	40.81
	2 nd	Felix Engler (STH)	45.15	2 nd	Elizabeth Ancliffe (SR)	42
	3 rd	Jake Baker (STH)	46.85	3 rd	Gurleen Kaur Brar (SR)	46.96
300m	1 st	Nathaniel Khaira (SR)	1:01.05	1 st	Elizabeth Ancliffe (SR)	1:14.07
	2 nd	Drazan Borsic (MAD)	1:16.52	2 nd	Gurleen Kaur Brar (SR)	1:20.72
	3 rd	Taj Dickinson (OLY)	1:16.83			
Discus	1 st	Felix Engler (STH)	15.31	1 st	Ivy Elle Ricci (STH)	12.41
	2 nd	Nathaniel Khaira (SR)	13.1	2 nd	Elizabeth Ancliffe (SR)	8.05
	3 rd	Chayce Quinn (SR)	11.5			
Long Jump	1 st	Felix Engler (STH)	2.82	1 st	Ivy Elle Ricci (STH)	2.69
	2 nd	Nathaniel Khaira (SR)	2.67	2 nd	Elizabeth Ancliffe (SR)	2.38
	3 rd	Chayce Quinn (SR)	2.36	3 rd	Gurleen Kaur Brar (SR)	1.89
Shot Put	1 st	Chayce Quinn (SR)	4.52	1 st	Gurleen Kaur Brar (SR)	3.27
	2 nd	Taj Dickinson (OLY)	4.51			
	3 rd	Jake Baker (STH)	4.23			
Vortex Javelin	1 st	Chayce Quinn (SR)	16.09	1 st	Ivy Elle Ricci (STH)	16.12
	2 nd	Felix Engler (STH)	13.7	2 nd	Elizabeth Ancliffe (SR)	12.65
	3 rd	Taj Dickinson (OLY)	11.9			

Under 8		BOYS		GIRLS	
70m	1 st	Samaran Balamurugan (MAD)	11.95	1 st	Sophie Ross-Parker (OLY) 13
	2 nd	Noah Potthast (STH)	13.65	2 nd	Taniesia Rayment (OLY) 13.81
	3 rd	Yahya Omran (SR)	16.15	3 rd	Aizlyn Paton (OLY) 14.17
100m	1 st	Samaran Balamurugan (MAD)	17.43	1 st	Sophie Ross-Parker (OLY) 18.02
	2 nd	Cooper Gillett (SR)	21.07	2 nd	Charlee Matthews (OLY) 19.27
	3 rd			3 rd	Taniesia Rayment (OLY) 19.38
200m	1 st	Samaran Balamurugan (MAD)	36.01	1 st	Sophie Ross-Parker (OLY) 38.63
	2 nd	Noah Potthast (STH)	42.39	2 nd	Ilse Bongers (TK) 39.9
	3 rd	Jax Scrimshaw (SR)	48.35	3 rd	Maddysha Jones (OLY) 40.18
500m	1 st	Samaran Balamurugan (MAD)	1:46.65	1 st	Ilse Bongers (TK) 1:58.66
	2 nd	Noah Potthast (STH)	2:09.67	2 nd	Sophie Ross-Parker (OLY) 1:58.92
	3 rd	Jax Scrimshaw (SR)	2:25.08	3 rd	Maddysha Jones (OLY) 2:03.83
60m Hurdles	1 st	Samaran Balamurugan (MAD)	12.96	1 st	Sophie Ross-Parker (OLY) 13.36
	2 nd	Noah Potthast (STH)	13.74	2 nd	Taniesia Rayment (OLY) 13.55
	3 rd	Yahya Omran (SR)	16.34	3 rd	Maddysha Jones (OLY) 14.6
Discus	1 st	Jax Scrimshaw (SR)	11.11	1 st	Sophie Ross-Parker (OLY) 10.25
	2 nd	Cooper Gillett (SR)	7.15	2 nd	Charlee Matthews (OLY) 9.62
	3 rd	Yahya Omran (SR)	5.9	3 rd	Maddysha Jones (OLY) 9.48
Long Jump	1 st	Samaran Balamurugan (MAD)	3.38	1 st	Ilse Bongers (TK) 2.63
	2 nd	Noah Potthast (STH)	2.93	2 nd	Maddysha Jones (OLY) 2.59
	3 rd	Cooper Gillett (SR)	2.48	3 rd	Charlee Matthews (OLY) 2.56
Shot Put	1 st	Noah Potthast (STH)	3.7	1 st	Aizlyn Paton (OLY) 3.72
	2 nd	Jax Scrimshaw (SR)	2.74	2 nd	Ilse Bongers (TK) 2.93
				3 rd	Maddysha Jones (OLY) 2.89
Turbo Javelin	1 st	Jax Scrimshaw (SR)	10.54	1 st	Aizlyn Paton (OLY) 7.65
	2 nd	Cooper Gillett (SR)	7.83	2 nd	Ilse Bongers (TK) 6.5
	3 rd	Yahya Omran (SR)	6.23	3 rd	Taniesia Rayment (OLY) 5.95

Under 9		BOYS		GIRLS		
70m	1 st	Carlo Keyter (SR)	13.15	1 st	Chelsea Natta (SR)	12.12
				2 nd	Janeequa Jones (OLY)	14.11
				3 rd	Azarya Bali (MAD)	15.63
100m	1 st	Deshaun Khaira (SR)	17.05	1 st	Chelsea Natta (SR)	17.09
	2 nd	Seth Donovan (MAD)	18.75	2 nd	Janeequa Jones (OLY)	20.88
	3 rd	Osama Khaiata (SR)	19.6	3 rd	Azarya Bali (MAD)	21.89
200m	1 st	Deshaun Khaira (SR)	35.66	1 st	Chelsea Natta (SR)	36.07
	2 nd	Carlo Keyter (SR)	40.29	2 nd	Amber Lin Ricci (STH)	36.85
				3 rd	Janeequa Jones (OLY)	41.55
400m	1 st	Deshaun Khaira (SR)	1:18.45	1 st	Chelsea Natta (SR)	1:29.53
	2 nd	Hudson Tottman (OLY)	1:30.78	2 nd	Willo Star Mckinnon Andrews (MAD)	1:44.72
	3 rd	Seth Donovan (MAD)	1:33.76	3 rd	Azarya Bali (MAD)	2:12.80
800m	1 st	Deshaun Khaira (SR)	2:57.89	1 st	Chelsea Natta (SR)	3:20.21
	2 nd	Hudson Tottman (OLY)	3:26.50			
	3 rd	Seth Donovan (MAD)	3:31.80			
700m Walk	1 st	Hudson Tottman (OLY)	5:55.95	1 st	Matilda Engler (STH)	5:48.71
	2 nd	Osama Khaiata (SR)	6:56.96	2 nd	Aliera Miller (OLY)	7:52.60
60m Hurdles	1 st	Deshaun Khaira (SR)	11.57	1 st	Matilda Engler (STH)	12.32
	2 nd	Hudson Tottman (OLY)	13.76	2 nd	Janeequa Jones (OLY)	15.29
				3 rd	Azarya Bali (MAD)	16.04
Discus	1 st	Carlo Keyter (SR)	15.13	1 st	Amber Lin Ricci (STH)	14.57
				2 nd	Janeequa Jones (OLY)	8.23
				3 rd	Aliera Miller (OLY)	4.88
High Jump	1 st	Hudson Tottman (OLY)	0.8	1 st	Matilda Engler (STH)	0.94
Long Jump	1 st	Deshaun Khaira (SR)	3.44	1 st	Chelsea Natta (SR)	3.62
	2 nd	Hudson Tottman (OLY)	3.02	2 nd	Matilda Engler (STH)	3.25
	3 rd	Carlo Keyter (SR)	2.88	3 rd	Amber Lin Ricci (STH)	3.22
Shot Put				1 st	Matilda Engler (STH)	4.47
				2 nd	Amber Lin Ricci (STH)	3.73
				3 rd	Willo Star Mckinnon Andrews (MAD)	3.61
Turbo Javelin				1 st	Matilda Engler (STH)	15.82
				2 nd	Willo Star Mckinnon Andrews (MAD)	12.64
				3 rd	Amber Lin Ricci (STH)	11.27

Under 10		BOYS		GIRLS		
70m	1 st	Eamon Daly (SR)	12.02	1 st	Shyrelle Jones (OLY)	11.3
	2 nd	Joel Baker (STH)	12.21	2 nd	Kira Ross-Parker (OLY)	12.2
	3 rd	Tristian Saunders (MAD)	12.5	3 rd	Shabira Muhafidin (MAD)	12.5
100m	1 st	Jackson Almstrom (MAD)	15.92	1 st	Mikayla Paton (OLY)	17.62
	2 nd	Chad Giles (STH)	17.33	2 nd	Shyrelle Jones (OLY)	17.71
	3 rd	Joel Baker (STH)	17.8	3 rd	Kira Ross-Parker (OLY)	19
200m	1 st	Jackson Almstrom (MAD)	33.37	1 st	Mikayla Paton (OLY)	35.88
	2 nd	Arli Brian Andrews (MAD)	36.82	2 nd	Shyrelle Jones (OLY)	38.37
	3 rd			3 rd	Payton Paige de Wind (STH)	38.55
400m	1 st	Jackson Almstrom (MAD)	1:17.25	1 st	Mikayla Paton (OLY)	1:28.05
	2 nd	Arli Brian Andrews (MAD)	1:18.40	2 nd	Shyrelle Jones (OLY)	1:28.56
	3 rd	Chad Giles (STH)	1:20.90	3 rd	Payton Paige de Wind (STH)	1:31.92
800m	1 st	Dashiell Van Ingen (MAD)	2:52.62	1 st	Katica Borsic (MAD)	3:00.98
	2 nd	Jackson Almstrom (MAD)	2:56.39	2 nd	Mikayla Paton (OLY)	3:10.50
	3 rd	Arli Brian Andrews (MAD)	3:03.40	3 rd	Kiara-Maree Dickinson (OLY)	3:11.11
1100m Walk	1 st	Jackson Almstrom (MAD)	6:40.98	1 st	Katica Borsic (MAD)	7:01.08
	2 nd	Alex Gillett (SR)	7:55.26	2 nd	Kiara-Maree Dickinson (OLY)	7:15.22
				3 rd	Jayde Colyer (MAD)	8:36.45
60m Hurdles	1 st	Alex Gillett (SR)	12.37	1 st	Mikayla Paton (OLY)	13.39
	2 nd	Joel Baker (STH)	12.64	2 nd	Payton Paige de Wind (STH)	13.66
	3 rd	Eamon Daly (SR)	12.68	3 rd	Shyrelle Jones (OLY)	13.69
Discus	1 st	Alex Gillett (SR)	16.64	1 st	Katica Borsic (MAD)	14.38
	2 nd	Arli Brian Andrews (MAD)	15.76	2 nd	Kiara-Maree Dickinson (OLY)	12.97
	3 rd	Chad Giles (STH)	14.39	3 rd	Kira Ross-Parker (OLY)	10.76
High Jump Scissor	1 st	Dashiell Van Ingen (MAD)	1.12	1 st	Katica Borsic (MAD)	1.02
	2 nd	Alex Gillett (SR)	1.05	2 nd	Kiara-Maree Dickinson (OLY)	0.94
	3 rd	Arli Brian Andrews (MAD)	1	2 nd	Payton Paige de Wind (STH)	0.92
Turbo Javelin	1 st	Alex Gillett (SR)	19.76	1 st	Katica Borsic (MAD)	11.97
	2 nd	Jackson Almstrom (MAD)	19.19	2 nd	Kiara-Maree Dickinson (OLY)	11.38
	3 rd	Arli Brian Andrews (MAD)	16.37	3 rd	Payton Paige de Wind (STH)	11.04
Long Jump	1 st	Dashiell Van Ingen (MAD)	3.85	1 st	Mikayla Paton (OLY)	3.29
	1 st	Alex Gillett (SR)	3.54	2 nd	Shyrelle Jones (OLY)	2.96
	3 rd	Eamon Daly (SR)	3.39	3 rd	Jayde Colyer (MAD)	2.72
Shot Put	1 st	Eamon Daly (SR)	5.18	1 st	Katica Borsic (MAD)	5.95
	2 nd	Chad Giles (STH)	4.7	2 nd	Kiara-Maree Dickinson (OLY)	4.64
	3 rd	Tristian Saunders (STH)	4.1	3 rd	Shabira Muhafidin (MAD)	4.15

Under 11		BOYS		GIRLS	
100m	1 st	Kyan Maharjan (SR)	14.93	1 st	Ava Natta (SR) 15.84
	2 nd	Jesstine Morales (MAD)	15.29	2 nd	Serah Waqanivavalagi (SR) 15.91
	3 rd			3 rd	Alina Kelly (STH) 16.92
200m	1 st	Jesstine Morales (MAD)	32.24	1 st	Ava Natta (SR) 32.39
	2 nd	Ryder Donovan (MAD)	32.43	2 nd	Alina Kelly (STH) 35.2
	3 rd	Kyan Maharjan (SR)	33.84		
400m	1 st	Ryder Donovan (MAD)	1:19.99	1 st	Ava Natta (SR) 1:14.95
	2 nd	Kade Baker (STH)	1:37.64	2 nd	Alina Kelly (STH) 1:24.70
	3 rd	Daryan Bali (MAD)	2:17.69	3 rd	Ayesha Omran (SR) 1:34.60
800m	1 st	Ryder Donovan (MAD)	3:02.18	1 st	Ava Natta (SR) 2:48.54
	2 nd	Kade Baker (STH)	3:32.02		
1500m	1 st	Ryder Donovan (MAD)	6:12.23	1 st	Ava Natta (SR) 6:03.50
	2 nd	Benjamin Walmsley (MAD)	6:31.69		
	3 rd	Cayne Rayment (OLY)	6:43.16		
1100m Walk	1 st	Jesstine Morales (MAD)	6:26.66	1 st	Emmelleine Claridge (MAD) 7:46.79
	2 nd	Benjamin Walmsley (MAD)	7:13.88	2 nd	Taliah Quinn (SR) 9:29.30
60m Hurdles	1 st	Kyan Maharjan (SR)	11.75	1 st	Haily Collins (MAD) 12.03
	2 nd	Cayne Rayment (OLY)	13	2 nd	Alina Kelly (STH) 12.58
	3 rd	Kade Baker (STH)	13.61	3 rd	Serah Waqanivavalagi (SR) 13.52
Discus	1 st	Kyan Maharjan (SR)	20.89	1 st	Haily Collins (MAD) 23.88
	2 nd	Kade Baker (STH)	16.54	2 nd	Serah Waqanivavalagi (SR) 22.44
	3 rd	Benjamin Walmsley (MAD)	16.04	3 rd	Taliah Quinn (SR) 16.95
High Jump Scissor	1 st	Jesstine Morales (MAD)	1.14	1 st	Haily Collins (MAD) 1.15
Javelin	1 st	Cayne Rayment (OLY)	14.49	1 st	Serah Waqanivavalagi (SR) 16.41
	2 nd	Benjamin Walmsley (MAD)	13.85	2 nd	Haily Collins (MAD) 13.99
	3 rd	Jesstine Morales (MAD)	11.53	3 rd	Taliah Quinn (SR) 8.62
Long Jump	1 st	Kyan Maharjan (SR)	4.14	1 st	Alina Kelly (STH) 3.78
	2 nd	Ryder Donovan (MAD)	3.67	2 nd	Haily Collins (MAD) 3.67
	3 rd	Jesstine Morales (MAD)	3.5	3 rd	Serah Waqanivavalagi (SR) 3.59
Shot Put	1 st	Benjamin Walmsley (MAD)	6.56	1 st	Haily Collins (MAD) 8.52
	2 nd	Kade Baker (STH)	6.08	2 nd	Emmelleine Claridge (MAD) 4.09
	3 rd	Daryan Bali (MAD)	4.49	3 rd	Ayesha Omran (SR) 3.03
Triple Jump	1 st	Kyan Maharjan (SR)	8.5	1 st	Ava Natta (SR) 7.22
	2 nd	Benjamin Walmsley (MAD)	6.46	2 nd	Alina Kelly (STH) 7.15
	3 rd	Cayne Rayment (OLY)	6.36	3 rd	Ayesha Omran (SR) 5.63

Under 12		BOYS		GIRLS		
100m	1 st	Ian Schokker (MAD)	16.54	1 st	Charli Almstrom (MAD)	15.62
	2 nd	Connor Daly (SR)	18.71	2 nd	Skye Thomas (MAD)	16.13
	3 rd	Brock Thomasz (OLY)	44.32	3 rd	Zoe Giles (STH)	16.82
200m	1 st	Matthew Woodhouse (TK)	34.34	1 st	Charli Almstrom (MAD)	31.58
	2 nd	Ian Schokker (MAD)	35.85	2 nd	Sariek Bongers (TK)	32.43
	3 rd	Kieran Doherty (SR)	41.02	3 rd	Skye Thomas (MAD)	33.88
400m	1 st	Blake Thomas (MAD)	1:21.72	1 st	Sariek Bongers (TK)	1:13.35
	2 nd	Matthew Woodhouse (TK)	1:26.40	2 nd	Casey Mortimore (MAD)	1:17.90
	3 rd	Kobe Stuhr (MAD)	1:40.49	3 rd	Dakota Debbie de Wind (STH)	1:38.66
800m	1 st	Matthew Woodhouse (TK)	3:13.19	1 st	Charli Almstrom (MAD)	2:47.51
	2 nd	Kobe Stuhr (MAD)	3:30.81	2 nd	Casey Mortimore (MAD)	2:48.78
	3 rd	Ethan Evans (OLY)	3:35.82	3 rd	Sariek Bongers (TK)	2:53.82
1500m	1 st	Matthew Woodhouse (TK)	6:29.67	1 st	Charli Almstrom (MAD)	5:35.20
	2 nd	Kieran Doherty (SR)	7:02.97	2 nd	Casey Mortimore (MAD)	5:45.58
	3 rd	Ethan Evans (OLY)	7:06.52	3 rd	Aya Van Ingen (MAD)	6:21.66
1500m Walk	1 st	Ethan Evans (OLY)	10:50.49	1 st	Casey Mortimore (MAD)	7:56.50
	2 nd	Connor Daly (SR)	10:51.29	2 nd	Aya Van Ingen (MAD)	8:48.15
60m Hurdles	1 st	Blake Thomas (MAD)	11.44	1 st	Sariek Bongers (TK)	12.6
	2 nd	Kieran Doherty (SR)	14.09	2 nd	Zoe Giles (STH)	13.39
	3 rd	Kobe Stuhr (MAD)	14.18	3 rd	Casey Mortimore (MAD)	14.47
Discus	1 st	Blake Thomas (MAD)	23.34	1 st	Skye Thomas (MAD)	18.59
	2 nd	Sebastian Warwick (OLY)	19.1	2 nd	Haylie Kendrick (OLY)	16.82
	3 rd	Kieran Doherty (SR)	16.14	3 rd	Zoe Giles (STH)	14.38
High Jump Fosbury	1 st	Blake Thomas (MAD)	1.25	1 st	Skye Thomas (MAD)	1.15
	2 nd	Connor Daly (SR)	1.2	2 nd	Casey Mortimore (MAD)	1.1
	3 rd	Kieran Doherty (SR)	1	3 rd	Jasmine Kaur Brar (SR)	1.05
Javelin	1 st	Sebastian Warwick (OLY)	22.1	1 st	Haylie Kendrick (OLY)	23.32
	2 nd	Ethan Evans (OLY)	17.35	2 nd	Sariek Bongers (TK)	18
	3 rd	Kieran Doherty (SR)	14.3	3 rd	Skye Thomas (MAD)	14.94
Long Jump	1 st	Matthew Woodhouse (TK)	3.95	1 st	Charli Almstrom (MAD)	3.9
	2 nd	Sebastian Warwick (OLY)	3.81	2 nd	Sariek Bongers (TK)	3.86
	3 rd	Ian Schokker (MAD)	3.34	3 rd	Haylie Kendrick (OLY)	3.81
Shot Put	1 st	Blake Thomas (MAD)	10.53	1 st	Skye Thomas (MAD)	8.51
	2 nd	Sebastian Warwick (OLY)	7.21	2 nd	Zoe Giles (STH)	6.89
	3 rd	Ethan Evans (OLY)	6.95	3 rd	Haylie Kendrick (OLY)	6.71
Triple Jump	1 st	Blake Thomas (MAD)	8.48	1 st	Charli Almstrom (MAD)	8.48
	2 nd	Matthew Woodhouse (TK)	8.21			
	3 rd	Sebastian Warwick (OLY)	8.18			

Under 13		BOYS		GIRLS	
100m	1 st	Jacob Eddington (MAD)	14.8	1 st	Nala Woodhouse (TK) 17.31
	2 nd	Cyril Jones (OLY)	15.01	2 nd	Elysia Maharjan (SR) 17.4
	3 rd				
200m	1 st	Jacob Eddington (MAD)	30.32	1 st	Nala Woodhouse (TK) 37.38
	2 nd	Cyril Jones (OLY)	32.43	2 nd	Elysia Maharjan (SR) 40.38
	3 rd				
400m	1 st	Joshua Myburgh (SR)	1:15.97	1 st	Nala Woodhouse (TK) 1:29.03
	2 nd	Cyril Jones (OLY)	1:24.05		
	3 rd				
800m	1 st	Joshua Myburgh (SR)	2:30.50	1 st	Alessia Andritsos (STH) 3:05.30
	2 nd	Cyril Jones (OLY)	3:10.26	2 nd	Nala Woodhouse (TK) 3:31.56
	3 rd	Ezekiel Borsic (MAD)	3:18.22		
1500m	1 st	Joshua Myburgh (SR)	5:55.88	1 st	Alessia Andritsos (STH) 6:11.55
	2 nd	Cyril Jones (OLY)	6:41.38		
	3 rd	Ezekiel Borsic (MAD)	7:44.96		
1500m Walk	1 st	Tyler Ragno (OLY)	10:33.02	1 st	Alessia Andritsos (STH) 8:39.48
80m Hurdles	1 st	Jacob Eddington (MAD)	14.13		
200m Hurdles	1 st	Joshua Myburgh (SR)	31.54	1 st	Hasna Nurfadhilah (SR) 33.19
	2 nd	Jacob Eddington (MAD)	32.37		
	3 rd	Jason Seiler (OLY)	32.64		
Discus	1 st	Tyler Ragno (OLY)	23.75	1 st	Alessia Andritsos (STH) 17.99
	2 nd	Ezekiel Borsic (MAD)	17.2	2 nd	Nala Woodhouse (TK) 12.43
	3 rd	Jason Seiler (OLY)	10.59	3 rd	Elysia Maharjan (SR) 11.1
High Jump Fosbury	1 st	Joshua Myburgh (SR)	1.3	1 st	Alessia Andritsos (STH) 1.25
	2 nd	Jason Seiler (OLY)	1.2		
	3 rd	Ezekiel Borsic (MAD)	1.15		
Javelin	1 st	Ezekiel Borsic (MAD)	21.9	1 st	Alessia Andritsos (STH) 29.12
				2 nd	Hasna Nurfadhilah (SR) 20.53
Long Jump	1 st	Jacob Eddington (MAD)	4.61	1 st	Hasna Nurfadhilah (SR) 4.26
				2 nd	Elysia Maharjan (SR) 2.91
Shot Put	1 st	Ezekiel Borsic (MAD)	7.82	1 st	Hasna Nurfadhilah (SR) 6.35
	2 nd	Tyler Ragno (OLY)	7.37	2 nd	Elysia Maharjan (SR) 4.07
Triple Jump	1 st	Joshua Myburgh (SR)	9.65	1 st	Hasna Nurfadhilah (SR) 9.54
	2 nd	Jacob Eddington (MAD)	9.04	2 nd	Elysia Maharjan (SR) 5.93
	3 rd	Cyril Jones (OLY)	8.23		

Under 14		BOYS		GIRLS	
100m	1 st	Kodi Teague (MAD)	13.67	1 st	Brooke Mortimore (MAD) 15.27
	2 nd	Max York (MAD)	14.19	2 nd	Kiara Abraham (STH) 16.64
	3 rd	Tyroe Muhafidin (MAD)	15.12		
200m	1 st	Kodi Teague (MAD)	26.95	1 st	Brooke Mortimore (MAD) 30.93
	2 nd	Max York (MAD)	28.99	2 nd	Kayla Bongers (TK) 33.85
	3 rd	Korbin Maskiell (MAD)	32.64		
400m	1 st	Kodi Teague (MAD)	1:01.17	1 st	Brooke Mortimore (MAD) 1:10.25
				2 nd	Kayla Bongers (TK) 1:16.70
800m	1 st	James Henley (STH)	2:41.34	1 st	Chloe Almstrom (MAD) 2:48.19
	2 nd	Korbin Maskiell (MAD)	3:08.45	2 nd	Kayla Bongers (TK) 2:49.16
	3 rd	Jacob Gillett (SR)	3:24.60		
1500m	1 st	James Henley (STH)	5:29.69	1 st	Chloe Almstrom (MAD) 5:37.74
	2 nd	Korbin Maskiell (MAD)	6:16.83	2 nd	Kayla Bongers (TK) 5:48.26
	3 rd	Jacob Gillett (SR)	7:16.15		
1500m Walk	1 st	Korbin Maskiell (MAD)	10:33.27	1 st	Brooke Mortimore (MAD) 7:36.47
	2 nd	Jacob Gillett (SR)	13:03.69	2 nd	Chloe Almstrom (MAD) 8:49.91
				3 rd	Izabella Thompson (MAD) 9:30.06
80m Hurdles				1 st	Kayla Bongers (TK) 17.26
				2 nd	Kiara Abraham (STH) 18.5
90m Hurdles	1 st	Jacob Gillett (SR)	21.68		
200m Hurdles	1 st	Kodi Teague (MAD)	30.15	1 st	Brooke Mortimore (MAD) 37.75
	2 nd	Ryan Myburgh (SR)	33.04	2 nd	Kayla Bongers (TK) 38.13
	3 rd	Tyroe Muhafidin (MAD)	34.19		
Discus	1 st	Ryan Myburgh (SR)	23.11	1 st	Izabella Thompson (MAD) 16.78
	2 nd	Tyroe Muhafidin (MAD)	18.48	2 nd	Kiara Abraham (STH) 12.85
High Jump Fosbury	1 st	Ryan Myburgh (SR)	1.43	1 st	Chloe Almstrom (MAD) 1.3
	2 nd	Tyroe Muhafidin (MAD)	1.35	2 nd	
	3 rd	Max York (MAD)	1.3	3 rd	
Javelin	1 st	Ryan Myburgh (SR)	33.97	1 st	Izabella Thompson (MAD) 26.32
	2 nd	Max York (MAD)	5.28	2 nd	Chloe Almstrom (MAD) 22.63
Long Jump	1 st	Kodi Teague (MAD)	5.4	1 st	Chloe Almstrom (MAD) 4.07
	2 nd	Max York (MAD)	4.67	2 nd	Izabella Thompson (MAD) 3.62
	3 rd	Ryan Myburgh (SR)	4.64		
Shot Put	1 st	Harley Thomas (MAD)	10.64	1 st	Izabella Thompson (MAD) 7.13
				2 nd	Kiara Abraham (STH) 6.18
Triple Jump	1 st	Kodi Teague (MAD)	10.42	1 st	Brooke Mortimore (MAD) 9.17
	2 nd	Ryan Myburgh (SR)	9.83	2 nd	Izabella Thompson (MAD) 8.06
	3 rd	Max York (MAD)	9.18		

Under 15		BOYS		GIRLS	
100m	1 st	Sebastian Davin (MAD)	12.71	1 st	Shevana Pado (MAD) 13.89
	2 nd	Elijah Ballantyne (STH)	13.63	2 nd	Mamiko Kobayashi (STH) 15.3
	3 rd	Rick Meyer (STH)	13.64		
200m	1 st	Cameron Colyer (MAD)	30.26	1 st	Shevana Pado (MAD) 27.83
400m	1 st	Ezekiel Paton (OLY)	1:17.40	1 st	Sienna Andritsos (STH) 1:07.23
	2 nd			2 nd	Mamiko Kobayashi (STH) 1:14.78
	3 rd			3 rd	Kristi Taylor (STH) 1:16.76
800m	1 st	Cameron Colyer (MAD)	2:55.70	1 st	Sienna Andritsos (STH) 2:40.33
	2 nd			2 nd	Kristi Taylor (STH) 3:09.97
1500m	1 st	Cameron Colyer (MAD)	5:24.67	1 st	Sienna Andritsos (STH) 5:55.13
	2 nd	Rick Meyer (STH)	5:44.12	2 nd	Kristi Taylor (STH) 6:32.01
	3 rd	Elijah Ballantyne (STH)	6:07.35		
1500m Walk	1 st	Cameron Colyer (MAD)	9:21.96	1 st	Sienna Andritsos (STH) 8:19.96
	2 nd	Jack Andrews (MAD)	10:07.23		
90m Hurdles				1 st	Shevana Pado (MAD) 15.43
				2 nd	Kristi Taylor (STH) 19.71
100m Hurdles	1 st	Cameron Colyer (MAD)	18.7		
	2 nd	Ezekiel Paton (OLY)	21.48		
	3 rd	Jack Andrews (MAD)	22.98		
300m Hurdles	1 st	Sebastian Davin (MAD)	44.43	1 st	Shevana Pado (MAD) 49.3
	2 nd	Cameron Colyer (MAD)	53.02		
	3 rd	Ezekiel Paton (OLY)	56.88		
Discus	1 st	Sebastian Davin (MAD)	31.98	1 st	Sienna Andritsos (STH) 19.21
	2 nd	Rick Meyer (STH)	29.4	2 nd	Kristi Taylor (STH) 13.08
	3 rd	Elijah Ballantyne (STH)	22.7		
High Jump Fosbury	1 st	Sebastian Davin (MAD)	1.55	1 st	Teegan Lidster (STH) 1.3
	1 st	Ezekiel Paton (OLY)	1.55		
Javelin	1 st	Jack Andrews (MAD)	24.37	1 st	Sienna Andritsos (STH) 24.87
	2 nd	Ezekiel Paton (OLY)	24.03		
	3 rd	Sebastian Davin (MAD)	21.32		
Long Jump	1 st	Elijah Ballantyne (STH)	4.28	1 st	Shevana Pado (MAD) 5.05
	2 nd	Ezekiel Paton (OLY)	4.12	2 nd	Mamiko Kobayashi (STH) 3.4
Shot Put	1 st	Jack Andrews (MAD)	7.7	1 st	Kristi Taylor (STH) 5.39
Triple Jump	1 st	Sebastian Davin (MAD)	11.09	1 st	Shevana Pado (MAD) 10.58

Under 16		BOYS		GIRLS		
100m	1 st	Jake Baker (MAD)	11.98	1 st	Chanelle Myburgh (SR)	13.49
	2 nd	James Hartwig (STH)	12.43	2 nd	Nina Yeats (SR)	14.12
				3 rd	Cassidy Fernandes (STH)	15.57
200m	1 st	Jake Baker (MAD)	24.73	1 st	Chanelle Myburgh (SR)	27.64
	2 nd	James Hartwig (STH)	25.45	2 nd	Nina Yeats (SR)	28.57
				3 rd	Beyankah Brunt (MAD)	31.7
400m	1 st	Rafael Sheppard (SR)	1:00.46	1 st	Chanelle Myburgh (SR)	1:01.01
				2 nd	Nina Yeats (SR)	1:02.16
				3 rd	Richelle Morales (MAD)	1:17.30
800m	1 st	Rafael Sheppard (SR)	2:28.73	1 st	Nina Yeats (SR)	2:25.46
	2 nd	Jake Baker (MAD)	2:42.51	2 nd	Richelle Morales (MAD)	2:45.17
				3 rd		
1500m	1 st	Rafael Sheppard (SR)	5:09.40	1 st	Nina Yeats (SR)	5:09.37
	2 nd	Jeremiah Borsic (MAD)	6:27.99	2 nd	Richelle Morales (MAD)	5:42.10
				3 rd	Melanie Schokker (MAD)	7:15.96
1500m Walk	1 st	Campbell Squiers (STH)	8:41.56	1 st	Richelle Morales (MAD)	7:44.26
	2 nd	Jeremiah Borsic (MAD)	10:23.96	2 nd	Melanie Schokker (MAD)	12:26.26
				3 rd	Michaela Patterson (MAD)	12:26.53
90m Hurdles				1 st	Chanelle Myburgh (SR)	15.5
				2 nd	Richelle Morales (MAD)	16.56
				3 rd	Melanie Schokker (MAD)	19.34
100m Hurdles	1 st	James Hartwig (STH)	14.76			
	2 nd	Ryan Mitchell (OLY)	15.11			
	3 rd	Rafael Sheppard (SR)	15.36			
300m Hurdles	1 st	James Hartwig (STH)	42.23	1 st	Chanelle Myburgh (SR)	46.95
				2 nd	Nina Yeats (SR)	48.75
				3 rd	Cassidy Fernandes (STH)	1:15.22
Discus	1 st	Ryan Mitchell (OLY)	42.99	1 st	Cassidy Fernandes (STH)	29.55
	2 nd	Jeremiah Borsic (MAD)	33.44	2 nd	Amanda Mitchell (OLY)	28.26
	3 rd	Jake Baker (MAD)	28.66	3 rd	Amy Holland (STH)	20.87
High Jump Fosbury	1 st	Ryan Mitchell (OLY)	1.75	1 st	Amanda Mitchell (OLY)	1.6
	2 nd	Rafael Sheppard (SR)	1.7	2 nd	Richelle Morales (MAD)	1.35
	3 rd	Jeremiah Borsic (MAD)	1.45			
Javelin		Ryan Mitchell (OLY)	51.69	1 st	Cassidy Fernandes (STH)	26.65
		James Hartwig (STH)	31.82	2 nd	Amy Holland (STH)	25.78
		Campbell Squiers (STH)	21.14	3 rd	Amanda Mitchell (OLY)	25.28
Long Jump	1 st	Ryan Mitchell (OLY)	5.73	1 st	Amanda Mitchell (OLY)	4.99
	2 nd	James Hartwig (STH)	5.63	2 nd	Chanelle Myburgh (SR)	4.7
	3 rd	Jake Baker (MAD)	5.6	3 rd	Beyankah Brunt (MAD)	3.96
Shot Put	1 st	Jake Teague (MAD)	10.31	1 st	Cassidy Fernandes (STH)	10.12
	2 nd	Jeremiah Borsic (MAD)	10.25	2 nd	Amanda Mitchell (OLY)	9.5
	3 rd	Jake Baker (MAD)	9.98	3 rd	Michaela Patterson (MAD)	8.52
Triple Jump	1 st	Ryan Mitchell (OLY)	12.35	1 st	Amanda Mitchell (OLY)	10.24
	2 nd	Rafael Sheppard (SR)	11.86	2 nd	Melanie Schokker (MAD)	8.07
	3 rd	Jeremiah Borsic (MAD)	8.76	3 rd	Beyankah Brunt (MAD)	7.97

Under 17		BOYS		GIRLS	
100m	1 st	Luke De Luis (STH)	12.05	1 st	Jachinta Muhafidin (MAD) 16.93
200m	1 st	Callum Walmsley (MAD)	31.43	1 st	Ashleigh Pringle (MAD) 31.32
				2 nd	Jachinta Muhafidin (MAD) 36.35
400m	1 st	Callum Walmsley (MAD)	1:00.10		
800m	1 st	Callum Walmsley (MAD)	2:14.46		
1500m	1 st	Callum Walmsley (MAD)	5:29.39		
1500m Walk	1 st	Calum Murphy (MAD)	7:42.29		
100m Hurdles					
110m Hurdles	1 st	Luke De Luis (STH)	16.42		
300m Hurdles	1 st	Luke De Luis (STH)	43.99		
	2 nd	Calum Murphy (MAD)	54.01		
Discus	1 st	Calum Murphy (MAD)	16.56	1 st	Jachinta Muhafidin (MAD) 15.32
High Jump Fosbury	1 st	Calum Murphy (MAD)	1.5		
Javelin	1 st	Callum Walmsley (MAD)	33.84	1 st	Ashleigh Pringle (MAD) 20.51
Long Jump	1 st	Luke De Luis (STH)	6.1	1 st	Jachinta Muhafidin (MAD) 3.19
	2 nd	Callum Walmsley (MAD)	2.6		
Shot Put	1 st	Luke De Luis (STH)	10.53	1 st	Ashleigh Pringle (MAD) 7.82
				2 nd	Jachinta Muhafidin (MAD) 6.57
Triple Jump	1 st	Luke De Luis (STH)	12.26	1 st	Jachinta Muhafidin (MAD) 7.12
	2 nd	Calum Murphy (MAD)	9.81		



2018/19 Centre

Trophy Winners

Under 6 Participation Trophies

Boys

Nate Jamieson (STH)

Marco Keyter (SR)

Zaid Khaiata (SR)

Girls

Cyri-Layne Mallard (MAD)

Sarah Byers (STH)

Centre Age Champions, Runners Up & Improvement Awards

Under 7 Boys		Under 7 Girls	
Age Champion	Nathaniel Khaira (SR)	Age Champion	Ivy Ricci (STH)
1st Runner up	Felix Engler (STH)	1st Runner up	Elizabeth Ancliffe (SR)
2nd Runner up	Chayce Quinn (SR)	2nd Runner up	Gurleen Kaur Brar (SR)
Most Improved	Taj Dickinson (OLY)	Most Improved	Charlize Hoddle (SR)

Under 8 Boys		Under 8 Girls	
Age Champion	Noah Potthast (STH)	Age Champion	Ilse Bongers (TK)
1st Runner up	Jax Scrimshaw (SR)	1st Runner up	Sophie Ross-Parker (OLY)
2nd Runner up	Samaran Balamurugan (MAD)	2nd Runner up	Aizlyn Paton (OLY)
Most Improved	- no award	Most Improved	Maddysha Jones (OLY)

Under 9 Boys		Under 9 Girls	
Age Champion	Deshaun Khaira (SR)	Age Champion	Chelsea Natta (SR)
1st Runner up	Hudson Tottman (OLY)	1st Runner up	Matilda Engler (STH)
2nd Runner up	Benjamin Milczuk (OLY)	2nd Runner up	Willo Mckinnon-Andrews (MAD)
Most Improved	Seth Donovan (MAD)	Most Improved	Janeequa Jones (OLY)

Under 10 Boys		Under 10 Girls	
Age Champion	Jackson Almstrom (MAD)	Age Champion	Mikayla Paton (OLY)
1st Runner up	Dashiell Van Ingen (MAD)	1st Runner up	Katica Borsic (MAD)
2nd Runner up	Alex Gillett (SR)	2nd Runner up	Kiara-Maree Dickinson (OLY)
Most Improved	Joel Baker (STH)	Most Improved	Payton de Wind (STH)

Under 11 Boys		Under 11 Girls	
Age Champion	Kyan Maharjan (SR)	Age Champion	Ava Natta (SR)
1st Runner up	Ryder Donovan (MAD)	1st Runner up	Haily Collins (MAD)
2nd Runner up	Benjamin Walmsley (MAD)	2nd Runner up	Serah Waqanivavalagi (SR)
Most Improved	Kade Baker (STH)	Most Improved	Bianca Gwynne (MAD)

Under 12 Boys		Under 12 Girls	
Age Champion	Blake Thomas (MAD)	Age Champion	Charli Almstrom (MAD)
1st Runner up	Matthew Woodhouse (TK)	1st Runner up	Sariek Bongers (TK)
2nd Runner up	Sebastian Warwick (OLY)	2nd Runner up	Mischa Gwynne (MAD)
Most Improved	Ethan Evans (OLY)	Most Improved	Casey Mortimore (MAD)

Under 13 Boys		Under 13 Girls	
Age Champion	Jacob Eddington (MAD)	Age Champion	Alessia Andritsos (STH)
1st Runner up	Joshua Myburgh (SR)	1st Runner up	Hasna Nurfadhilah (SR)
2nd Runner up	Cyril Jones (OLY)	2nd Runner up	Uriel Seillier (STH)
Most Improved	Jason Seiler (OLY)	Most Improved	Nala Woodhouse (TK)

Under 14 Boys		Under 14 Girls	
Age Champion	Kodi Teague (MAD)	Age Champion	Brooke Mortimore (MAD)
1st Runner up	Korbin Maskiell (MAD)	1st Runner up	Chloe Almstrom (MAD)
2nd Runner up	Ryan Myburgh (SR)	2nd Runner up	Kayla Bongers (TK)
Most Improved	Luke Mcdermott (MAD)	Most Improved	Izabella Thompson (MAD)

Under 15 Boys		Under 15 Girls	
Age Champion	Sebastian Davin (MAD)	Age Champion	Shevana Pado (MAD)
1st Runner up	Rick Meyer (STH)	1st Runner up	Sienna Andritsos (STH)
2nd Runner up	Cameron Colyer (MAD)	2nd Runner up	Kristi Taylor (STH)
Most Improved	Elijah Ballantyne (STH)	Most Improved	Teegan Lidster (STH)

Under 16 Boys		Under 16 Girls	
Age Champion	Ryan Mitchell (OLY)	Age Champion	Chanelle Myburgh (SR)
1st Runner up	Rafael Sheppard (SR)	1st Runner up	Nina Yeats (SR)
2nd Runner up	James Hartwig (STH)	2nd Runner up	Amanda Mitchell (OLY)
Most Improved	Jeremiah Borsic (MAD)	Most Improved	Richelle Morales (MAD)

Under 17 Boys		Under 17 Girls	
Age Champion	Luke De Luis (STH)	Age Champion	Jachinta Muhafidin (MAD)
1st Runner up	Calum Murphy (MAD)	1st Runner up	Ashleigh Pringle (MAD)
2nd Runner up	- no award	2nd Runner up	- no award
Most Improved	- no award	Most Improved	- no award

Centre Overall Trophy Winners

JUNIOR BOY
OVERALL CHAMPION – Age 8-12

Jackson Almstrom (MAD)

JUNIOR GIRL
OVERALL CHAMPION – Age 8-12

Chelsea Natta (SR)

SENIOR BOY
OVERALL CHAMPION – Age 13-17

Ryan Mitchell (OLY)

SENIOR GIRL
OVERALL CHAMPION – Age 13-17

Shevana Pado (MAD)

Centre Overall PB Award

Rick Meyer (STH) & Sienna Andritsos (STH)

JUDYTH WATSON AWARD

GIRL – Shabira Muhafidin (MAD)
BOY – Seth Donovan (MAD)

RITCHIE SMITH AWARD

GIRL – Alina Kelly (STH)
BOY – Brayden Abraham (STH)

DOUG HANCY AWARD NOMINATIONS

GIRL – Melanie Schokker (MAD)
BOY – Callum Walmsley (MAD)

ATHLETE OF THE YEAR AWARD NOMINATION

OVERALL CLUB RESULTS

Champion Club: Southern River LAC

Walks Shield: Maddington LAC

Multi Shield: Olympians LAC



Winter Competition



Some important notes regarding winter competition are detailed below. However, for full details including the rules, please refer to the LAWA winter booklet available at the start of the season from the Centre's Winter Officer or at each LAWA winter event.

The West Australian Little Athletics (LAWA) winter season is from early May to late August.

Competition is alternated with runs and walks each Saturday afternoon from **1.00pm** for all events (except for the State Championships which are held from **12pm** Saturdays) at various locations throughout the metropolitan area. (see winter program booklet when available for competition locations).

Distances - Runs U7-U9 1500m	U10-U12 2000m	U13 - U17 3000m
Distances - Walks U7-U9 1000m	U10-U12 1500m	U13-U17 2000m

Medals are awarded to 1st, 2nd and 3rd placegetters in State Championships

To qualify for Cross Country State Championships, athletes must have already competed in a **minimum of 5** LAWA held cross country runs (note Ritchie Smith Memorial Shield run not included as a qualifying run).

To qualify for Road Walking State Championships athletes must have already competed in a **minimum of 4** LAWA held road walks (note Barbara Rowcroft Inter-centre Road Walking Trophy walk not included).

LAWA 2019 Winter State Championship Medalists

Girls Cross Country

U16 Nina Yeats – Silver

Girls Road Walking

U13 Alessia Andritsos	Silver
U15 Sienna Andritsos	Gold
U16 Richelle Morales	Gold

Boys Cross Country

Boys Road Walking

U10 Jackson Almstrom	Gold
U15 Cameron Colyer	Silver
U17 Calum Murphy	Silver

Gosnells & Districts Honour Roll

Doug Hancy Award Winners

2000	Bianca D'Agnone	Maddington
	Ben Armstrong	Forest Lakes
2003	Katherine Putz	South Thornlie
2012	Lachlan McDonald	TK Harriers
2013	Brenda McDonald	TK Harriers

Athlete of the Year

1986	Brad Smith	Maddington
1989	Cliff Hannaford	Maddington
1993	Michael Andrews	Forest Lakes
2005	Anthony Lipari	Forest Lakes
2014	Sean Davis	Maddington

State Team Representatives

UNDER 12

1974	Bob McDonald (TK)	Sydney	
1975	Jim Stevenson (Bec)	Perth	
1976	Kim McBride (TK)	Adelaide	Silver 1500m Walk
1977	Garry Parker (TK)	Melbourne	Silver 100m Bronze 200m Bronze Relay Bronze Relay
	Andrew Brown (OLY)	Melbourne	
	Neil Wilkinson (OLY)	Melbourne	
	Nola Martin (OLY)	Melbourne	
1979	Keli McBride (OLY)	Perth	Bronze 1500m Walk
1981	Cassandra Trinder (MAD)	Brisbane	
1982	Nick Ward (TK)	Hobart	Bronze 1500m
1984	Brad Smith (MAD)	Perth	Silver 400m
	James Ferguson (LANG)	Perth	
	Paula Silvertown (MAD)	Perth	
1986	Cliff Hannaford (MAD)	Adelaide	Bronze 1500m Bronze 800m Bronze 60m Hurdles
	Kabba Forster-Jones(HILLS)	Adelaide	
1987	Valentino Rebello (LANG)	Darwin	
1988	Sharon Rowcroft (MAD)	Sydney	Silver 1500m Walk
	Natalie Goode (OLY)	Sydney	
	Michael Redhead (LANG)	Sydney	
1989	Amanda Crean (Bec)	Brisbane	
1990	Stacey Gurney (MAD)	Launceston	
	Sarah Modra (OLY)	Launceston	
	Michael Andrews (OLY)	Launceston	
1991	Emma Radley (OLY)	Canberra	Silver Relay
	Jane Thompson (FL)	Canberra	Silver Relay
	Jeremy Rimmer (OLY)	Canberra	
1992	Donna Webb (OLY)	Perth	Silver 200m
	Janine O'Connell (LANG)	Perth	
	Andrew Rowcroft (MAD)	Perth	

UNDER 13

1993	Kellie Gurney (FL)	Melbourne	
	Andrew Rowcroft (MAD)	Melbourne	
1995	Scott Joseph (TK)	Darwin	
1999	Daniel Wright (TK)		
2001	Kyle Chrystie (MAD)	Melbourne	
	Yolanda Zaw (STH)	Melbourne	Gold Triple Jump
	Graham McNamara (FL)	Brisbane	
2004	Glenn Ormesher (FL)	Sydney	Bronze 4x100m Relay
	Ashleigh Bailey (OLY)	Sydney	
2005	Ryan Bailey (LANG)	Hobart	
2006	James Hush (MAD)	Canberra	Silver 200m
2008	Jordan Hodgson (STH)	Melbourne	
	Ryan Fullgrabe (MAD)	Melbourne	Silver High Jump
	Titilayo Wright (TK)	Melbourne	Bronze Shot Put
2009	Mercedes Putz (STH)	Melbourne	
2010	David O'Brien (MAD)	Brisbane	
	Brody Walker (MAD)	Brisbane	
	Yemi Wright (TK)	Brisbane	
2011	Bradley Fullgrabe (MAD)	Sydney	Silver Javelin
	Chloe Priest (MAD)	Sydney	
	Dylan Thomas (MAD)	Sydney	
2012	Morgan Doecke (STH)	Hobart	
	Shania West (STH)	Hobart	
2013	Thomas McDonald (TK)	Canberra	
2014	Tiahna Ruane (STH)	Melbourne	Silver 1500m Walk
	Samara Harding (TIT)	Melbourne	
2015	Semisi Amato (OLY)	Perth	Bronze Shot Put
2016	Jake Teague (OLY)	Adelaide	Gold 100m
	Richelle Morales (MAD)	Adelaide	
	Ryan Mitchell (OLY)	Adelaide	
2017	Sienna Andritsos (STH)	Sydney	Bronze 1500m Walk
2018	Brooke Mortimore (MAD)	Gold Coast	
2019	Alessia Andritsos (STH)	Hobart, Tasmania	

UNDER 15 STATE MULTI EVENT TEAM

1993	Sarah Modra (OLY)	Melbourne	
2003	Kyle Chrystie (MAD)	Brisbane	
2016	Duena Gale (MAD)	Adelaide	Silver Mixed 4x100m
	Corey Cullen (MAD)	Adelaide	Silver Mixed 4x100m
2018	Callum Walmsley (MAD)	Gold Coast	

UNDER 14 & 15 INTERNATIONAL EVENTS

1986 Singapore

C Hannaford (MAD) Gold	Juanita Playle (OLY) Gold
B Smith (MAD) Gold, Silver (2), Bronze	Christine Bean (TK) Silver
Andrew Stapleton (MAD) Gold (2), Silver	Michelle Thurston (OLY) Bronze

1987 Singapore

Gavin Mellowship (MAD) Gold, Silver	Michelle Thurston (OLY) Silver
Natasha Soklich (MAD) Gold	Michael Simm (OLY) Bronze
Phillip Vaughan (HILLS) Gold	Brad Smith (MAD) Silver (2), Bronze
Andrea Jonker (MAD) Silver	Darren Gordon (OLY) Silver
Juanita Playle (OLY) Gold	

1988 Singapore

Cliff Hannaford (MAD) Gold (2)
Nicole Mawby (LANG) Gold, Bronze (2)
Natasha Soklich (MAD) Gold, Silver

Michael Moore (YALE)
Adam Vegvary (OLY)

1989 Singapore

Cliff Hannaford (MAD) Gold (3)
Dean Margetts (MAD) Silver
Nicole Mawby (LANG) Gold, Bronze (5)
Nicole Hunt (OLY) Gold, Silver, Bronze

Kabba Forster-Jones (HILLS) Gold (3), Silver
Stuart Ford (OLY)
Samantha Tickner (OLY) Gold (3), Silver, Bronze

1990 Singapore

Natalie Goode (OLY) Gold, Bronze
Alyson Stevens (MAD) Bronze
Michael Redhead (LANG) Silver, Bronze (2)
Peter Rayner (BEC)

Sharon Rowcroft (MAD) Gold
Amanda Crean (BEC) Silver
Benjamin Chan (LANG) Gold (2), Silver
Nicole Hunt (OLY) Gold

1991 Singapore

Brad Strachan (TK) Gold
Benjamin Chan (LANG) Gold (3)
Michael Redhead (LANG) Silver (2), Bronze

Amanda Crean (BEC) Silver, Bronze (2)
Sharon Rowcroft (MAD) Gold, Silver, Bronze
Michael Janeczek (TK) Silver (2)

1992 Kuala Lumpur

Stacey Gurney (FL) Gold (3), Silver, Bronze

1993 Singapore

Sarah Modra (OLY) Gold (2), Silver
Justin Bayles (FL) Gold, Bronze (2)
Vanessa Rayner (FL) Bronze
Jeremy Rimmer (OLY) Silver
Stephen MacNeill (OLY)

Stacey Gurney (FL) Gold, Silver
Michael Andrews (FL) Silver (2)
Emma Radley (OLY) Gold, Silver, Bronze
Matthew Gordon (FL)

1994 Kuala Lumpur

Connor Freeburn (OLY) Silver, Bronze
Matthew Gordon (FL)
Kellie Gurney (FL) Bronze

Andrew Rowcroft (MAD) Bronze
Sasha Zarebski (OLY) Silver

1995 Singapore

Andrew Rowcroft (MAD) Bronze

1996 Kuala Lumpur

Scott Joseph (TK) Gold, Silver
Ben Mooney (TK) Silver, Bronze (2)

Michael Craven (MAD) Bronze
Eleisha Summerfield (FL) Bronze (2)

1997 Singapore

Gillian Dunlop (LANG)
Scott Joseph (TK)
Beau Anderson (MAD)

Brett Claudius (TK)
Michael Craven (MAD)

1998 Kuala Lumpur

Gillian Dunlop (LANG)
Amy Johnstone (STH)

Luke Oxley (BEC)
Kelly Morris (LANG)

1999 Singapore

Evan Swan (STH)

2000 Kuala Lumpur

Bianca D'Agnone (MAD)

George Rhind (STH)

2001 Singapore

Bradley Chrystie (MAD)

Evan Jarvis (MAD)

David Staszczyn (TK)

Oliver Crockford (FL)

2002 Kuala Lumpur

Evan Jarvis (MAD)

Brendan Longman (MAD)

Kyle Chrystie (MAD)

Warrick Svendsen (MAD)

Nathan Morfea (FL)

Katherine Putz (STH)

2003 Singapore (Cancelled)

Alison Beard (FL)

Kyle Chrystie (MAD)

Daniel Evans (MAD)

Warrick Svendsen (MAD)

Iain Gray (TK)

2004 Singapore

Alison Beard (FL) Silver (4), Bronze (1)

Jesse Jones (LANG) **Athlete of the Meet**

Gold, Silver (2)

Gabrielle D'Agnone (MAD) Gold, Bronze

Luke Eatwell (LANG)

Ashleigh Webb (TK) Bronze

Iain Gray (LANG) Bronze

Natalie Bailey (LANG)

2005 Kuala Lumpur

Ashlyn Chiera (FL) Bronze (2)

Glenn Ormesher (FL) Gold, Silver, Bronze

Gabrielle D'Agnone (MAD) Silver, Bronze

Jesse Jones (LANG) Gold, Silver, Bronze

Kemi Wright (TK) Gold (2), Silver, Bronze (3)

Aaron Smith (LANG) Silver

Ashleigh Bailey (OLY) Gold, Bronze

Timothy Miller (MAD) Bronze

David Bull (MAD) Silver, Bronze

2006 Singapore

Ashlyn Chiera (FL) Silver

Glenn Ormesher (FL) Silver, Bronze

Ashleigh Bailey (OLY) Bronze (2)

Aaron Smith (FL)

Emily Pyke (MAD)

Timothy Miller (MAD) Bronze

Megan Kaszanski (OLY)

James Watson (MAD) Bronze

2007 Kuala Lumpur

Robert Walus (MAD)

James Hush (MAD) Silver

Jennifer Davis (MAD) Silver, Bronze

Cody Chrystie (MAD)

Ashleigh Cockman (MAD) Gold, Silver

Emily Pyke (MAD) Silver

Kevin Higgins (MAD) Bronze

Ryan Bailey (TLAC) **New Record Javelin** Gold

Carisse Priest (MAD) Gold, Bronze

Kate King (MAD) Bronze (2)

2008 Singapore

Cody Davis (TLAC)

Lexi Hamilton-Smith (TLAC) Gold, Bronze

Carisse Priest (MAD) Bronze

James Hush (MAD)

Jennifer Davis (MAD) Bronze (2), Silver

Kate King (MAD) Silver

2009 Kuala Lumpur

Dylan Smith (STH)

Tiffany D'Agnone (MAD)

Cody Davis (TLAC) Silver (2) Bronze (2)

Emily King (MAD)

Ross Daley (STH) Bronze

Titilayo Wright (TK) Gold (2), Silver

Ryan Fullgrave (MAD)

Shelby Lane (STH)

Jordan Hodgson (STH) Silver, Bronze

Ayden Wood-Stribley (MAD)

2010 Singapore

Tiffany D'Agnone (MAD) Gold
Katie Squiers (STH) Silver
Ayden Wood-Stribley (MAD) Gold
Leilani Cullen (MAD)

Titilayo Wright (TK) **Athlete of the Meet**
Gold (3)
Shelby Lane (STH) Silver, Bronze (2)
Brandon Hush (MAD) Silver
Jacob Priest (MAD) Silver, Bronze

2011 Kuala Lumpur

Lachlan McDonald (TK) Bronze
Brody Walker (MAD) Silver, Bronze
Jazmin Nash (MAD) Gold, Gold, Gold

David O'Brien (MAD)
Yemi Wright (TK)

2012 Singapore

TJ Tarr (MAD) Gold (2)
Lachlan McDonald (TK) Bronze (2)
Arnold Underwood (MAD) Silver
Brenda McDonald (TK)

David O'Brien (MAD) Gold, Silver, Bronze
Yemi Wright (TK) Silver
Gabryell Davin (MAD) Silver

2013 Kuala Lumpur

Gabryell Davin (MAD)
Arnold Underwood (MAD) Gold
Sean Davies (MAD) Gold, Bronze(4)

Sophie Williams (STH) Gold, Bronze
Morgan Doecke (STH) Gold

2014 Singapore

Thomas MacDonald (TK)
Sean Davies (MAD)

Kiara Davin (MAD)
Luke English (STH)

2015 Kuala Lumpur

Benjamin Reid (STH) Gold
Corey Cullen (MAD)
Chloe Bodini (STH) Silver, Bronze (2)

Tiahna Ruane (STH) Gold
Duena Gale (MAD) Bronze
Carly Meyer (STH)

2016 Singapore

Aeden Hale
Benjamin McDonald (TK)
Benjamin Reid (STH) Gold
Corey Cullen (MAD) Bronze (2)
Tiahna Ruane (STH) Silver

Chloe Bodini (STH) Silver (3)
Duena Gale (MAD) Silver
Kaitlyn Moore (MAD) Bronze
Samara Harding (TIT) Bronze

2017 Malaysia

Joseph Hall (MAD) Bronze
Jake Teague (OLY) Gold, Silver, Bronze
Campbell Squiers (STH)

Chanelle Myburgh (SR) Silver
Hayley Ruane (STH) Bronze
Richelle Morales (MAD) Bronze

2018 Singapore

Jake Teague (MAD) **Athlete of the Meet**
Silver, Bronze (2)
Joseph Hall (MAD) Bronze
Campbell Squiers (STH)
Chanelle Myburgh (SR) Silver
Richelle Morales (OLY) Gold
Sienna Andritsos (STH) Gold

Shevana Pado (MAD) **Athlete of the Meet**
Silver (3), Bronze
Mason Golding (STH)
Cassidy Fernandes (STH) Silver, Bronze
Nina Yeats (SR) Gold (2)
Hayley Ruane (STH) Bronze

2019 Malaysia

Cameron Colyer (MAD)
Kodi Teague (MAD) Silver
Shevana Pado (MAD) Bronze (2)

Cassidy Fernandes (STH) Silver, Bronze
Brooke Mortimore (MAD) Gold
Ryan Myburgh (SR)

Centre Records

Boys

60m	Under 7	15-02-03	D O'Brien	Maddington	10.26
70m	Under 6	22-02-14	D Manahi	Maddington	12.90
	Under 7	16-02-91	M Spicer	Forest Lakes	11.51
	Under 8	28-02-87	N Forster Jones	Hills	10.75
	Under 9	28-02-87	P Davies	Beckenham	10.01
	Under 10	11-11-17	K Maharjan	Southern River	9.19
100m	Under 6	13-02-16	O Sio	Maddington	19.29
	Under 7	25-02-95	M Van De Klashorst	Forest Lakes	16.40
	Under 8	25-02-89	S Loughheed	Beckenham	14.98
	Under 9	07-03-87	P Davies	Beckenham	14.19
	Under 10	02-12-06	D O'Brien	Maddington	13.85
	Under 11	20-11-04	R Etherington	Olympians	13.28
	Under 12	19-02-00	K Chrystie	Maddington	13.09
	Under 13	13-02-16	J Teague	Olympians	12.33
	Under 14	17-12-88	A Van Der Hoeven	Yale	11.82
	Under 15	28-11-92	J Bayles	Forest Lakes	11.30
	Under 16	19-11-05	A Lipari	Forest Lakes	11.41
	Under 17	02-12-06	A Lipari	Forest Lakes	11.27
200m	Under 6	07-12-13	I Schokker	Maddington	38.24
	Under 7	15-10-83	M Berndout	Langford	34.95
	Under 8	15-02-73	E Smith	Beckenham	31.00
	Under 9	22-02-75	E Smith	Beckenham	29.20
	Under 10	08-03-75	A Brown	Olympians	28.00
	Under 11	19-02-77	A Masters	Beckenham	27.70
	Under 12	19-02-77	G Parker	TK Harriers	26.90
	Under 13	23-01-16	J Teague	Olympians	25.17
	Under 14	15-10-88	A Van Der Hoeven	Yale	23.95
	Under 15	06-01-90	A Van Der Hoeven	Yale	23.34
	Under 16	27-10-18	J Teague	Maddington	23.53
	Under 17	25-11-06	A Lipari	Forest Lakes	23.10
300m	Under 7	10-02-19	N Khaira	Southern River	1:01.05
	Under 8	22-02-92	M Spicer	Forest Lakes	52.10
	Under 9	14-11-92	M Spicer	Forest Lakes	49.20
400m	Under 9	10-02-19	D Khaira	Southern River	1:18.45
	Under 10	24-11-79	N Ward	TK Harriers	1:05.80
	Under 11	20-02-82	S Bell	Yale	1:04.10
	Under 12	21-11-81	N Ward	TK Harriers	1:02.10
	Under 13	24-02-79	A Fehrman	Hills	58.40
	Under 14	20-02-82	M Richards	Olympians	56.20
	Under 15	09-02-91	B Chan	Langford	53.96
	Under 16	19-01-19	J Teague	Maddington	52.81
	Under 17	12-02-05	D DeBoer	Langford	53.12
500m	Under 8	10-02-19	S Balamurugan	Maddington	1:46.65

800m	Under 9	14-12-02	R Brett	Forest Lakes	2:43.57
	Under 10	27-02-88	P Davies	Beckenham	2:31.67
	Under 11	07-03-87	M Redhead	Langford	2:24.46
	Under 12	09-03-74	K Mathres	Olympians	2:20.90
	Under 13	15-12-84	B Smith	Maddington	2:16.23
	Under 14	14-02-87	G Mellowship	Maddington	2:10.94
	Under 15	13-02-93	M Andrews	Forest Lakes	2:04.76
	Under 16	20-02-16	L English	South Thornlie	2:11.62
	Under 17	22-02-03	B Chrystie	Maddington	2:09.55
1500m	Under 11	07-03-81	N Ward	TK Harriers	4:45.30
	Under 12	20-02-88	M Redhead	Langford	4:41.75
	Under 13	21-11-92	C Freeburn	Olympians	4:54.54
	Under 14	12-02-94	C Freeburn	Olympians	4:30.88
	Under 15	21-11-92	M Andrews	Forest Lakes	4:20.46
	Under 16	09-02-08	E Costello	Maddington	4:40.60
	Under 17	10-11-07	J Cowhen	Olympians	4:37.83
60m Hurdles	Under 7	28-02-09	B McDonald	TK Harriers	11.96
	Under 8	15-01-00	M Wishnowsky	South Thornlie	10.88
	Under 9	24-02-01	M Wishnowsky	South Thornlie	10.36
	Under 10	25-11-06	D O'Brien	Maddington	10.30
	Under 11	24-02-01	C Crisafio	Forest Lakes	9.92
	Under 12	23-02-02	C Crisafio	Forest Lakes	9.72
80m Hurdles	Under 13	14-10-06	R Etherington	Forest Lakes	12.67
90m Hurdles	Under 14	25-02-89	A Van Der Hoeven	Yale	13.11
100m Hurdles	Under 15	18-11-89	A Van Der Hoeven	Yale	13.43
	Under 16	11-02-18	J Jones	Maddington	13.38
	Under 17	05-12-98	S Joseph	TK Harriers	14.14
110m Hurdles	Under 17	14-10-17	C Cullen	Maddington	13.96
200m Hurdles	Under 13	17-02-01	K Chrystie	Maddington	28.30
	Under 14	10-11-07	R Etherington	Maddington	27.31
	Under 15	08-02-03	K Chrystie	Maddington	25.80
	Under 16	27-01-07	G Ormesher	Forest Lakes	25.38
	Under 17	02-12-06	J Jones	Titans	25.33
300m Hurdles	Under 15	16-12-17	M Golding	South Thornlie	43.72
	Under 16	16-12-17	J Jones	Maddington	40.76
	Under 17	21-10-17	C Cullen	Maddington	42.40
300m Walk	Under 6	23-01-16	J Woods	Titans	2:26.30
	Under 7	02-12-00	J McGovern	Forest Lakes	1:36.59
500m Walk	Under 8	17-10-01	J McGovern	Forest Lakes	2:33.63
700m Walk	Under 8	12-11-16	D Van Ingen	Maddington	4:45.39
	Under 9	12-01-02	J Brockwell	Maddington	3:36.86
1100m Walk	Under 10	27-11-10	C Cullen	Maddington	5:35.47
	Under 11	12-11-11	C Cullen	Maddington	5:38.60

Centre Records

1500m Walk	Under 12	29-11-14	J Hall	Maddington	7:23.12
	Under 13	03-02-90	B Strachan	TK Harriers	7:16.48
	Under 14	03-11-90	B Strachan	TK Harriers	6:55.03
	Under 15	28-11-15	B Reid	South Thornlie	6:47.50
	Under 16	17-11-12	D O'Brien	Maddington	6:51.29
	Under 17	11-02-18	B Reid	South Thornlie	6:39.23
Discus	Under 6	25-01-14	D Manahi	Maddington	14.79
	Under 7	18-02-17	C Lillii	Olympians	22.44
	Under 8	24-02-80	R Burke	Olympians	22.53
	Under 9	10-02-79	K Sneddon	Olympians	25.48
	Under 10	09-02-80	K McRoberts	Hills	33.82
500g	Under 11	06-10-18	K Maharjan	Southern River	22.80
750g	Under 11	09-02-80	P McRoberts	Hills	35.32
	Under 12	16-02-02	A Lipari	Forest Lakes	38.02
750g	Under 13	15-12-18	J Seiler	Olympians	28.94
1kg	Under 13	14-02-15	S Amato	Maddington	41.40
	Under 14	13-02-16	S Amato	Maddington	48.93
	Under 15	12-02-05	A Lipari	Forest Lakes	53.92
	Under 16	11-02-06	A Lipari	Forest Lakes	55.12
	Under 17	02-12-06	A Lipari	Forest Lakes	44.86
Shot Put	Under 6	12-12-15	C Lillii	Olympians	5.31
	Under 7	25-02-17	O Sio	Olympians	8.88
	Under 8	28-02-87	R Reilly	Olympians	7.59
	Under 9	12-12-87	R Reilly	Olympians	8.07
	Under 10	21-11-92	M Newey	Langford	9.71
	Under 11	28-10-95	D Reardon	Maddington	11.64
2kg	Under 12	08-12-18	B Thomas	Maddington	11.31
3kg	Under 12	26-01-02	A Lipari	Forest Lakes	11.71
	Under 13	25-01-03	A Lipari	Forest Lakes	13.59
3kg	Under 14	23-01-16	S Amato	Maddington	15.39
4kg	Under 14	23-01-88	K Forster-Jones	Hills	14.51
	Under 15	25-02-89	K Forster-Jones	Hills	15.87
	Under 16	18-02-06	J Jones	Titans	16.16
	Under 17	28-10-06	J Jones	Titans	14.62
Vortex	Under 6	11-02-18	F Engler	South Thornlie	16.43
	Under 7	28-01-17	C Lillii	Olympians	25.91
	Under 6	18-01-14	D Manahi	Maddington	10.33
Turbo Javelin	Under 7	17-02-07	N Van De Klashorst	South Thornlie	16.35
	Under 8	11-12-04	D O'Brien	Maddington	19.93
	Under 9	10-02-01	R Bailey	Langford	26.82
	Under 10	11-02-18	S Warwick	Olympians	22.13

Javelin	Under 10	26-02-89	G Pomersbach	Yale	31.48
	Under 11	24-02-80	S Noteboom	Maddington	34.28
	Under 12	22-02-88	P Davies	Beckenham	38.05
	Under 13	07-03-87	B Pilkington	Olympians	42.38
	Under 14	18-02-06	R Bailey	Langford	49.61
	Under 15	17-02-07	R Bailey	Langford	58.20
	Under 16	18-02-06	A Lipari	Forest Lakes	55.90
600g	Under 15	09-12-17	R Mitchell	Olympians	45.36
700g	Under 16	18-02-06	A Lipari	Forest Lakes	55.90
	Under 17	28-10-06	J Jones	Titans	57.07
Long Jump	Under 6	25-01-14	B Sturch	Olympians	3.26
	Under 7	31-01-04	D O'Brien	Maddington	3.40
	Under 8	23-01-88	C Bosenbacker	Yale	3.87
	Under 9	28-02-87	J Bayles	Olympians	4.39
	Under 10	08-12-12	M Golding	South Thornlie	4.50
	Under 10	22-02-88	P Davies	Beckenham	4.50
	Under 11	29-10-88	P Davies	Beckenham	4.83
	Under 12	06-02-88	C Ellis	Maddington	5.31
	Under 13	15-02-03	A Lipari	Forest Lakes	5.61
	Under 14	14-02-04	A Lipari	Forest Lakes	6.44
	Under 15	12-02-05	A Lipari	Forest Lakes	6.91
	Under 16	11-02-06	A Lipari	Forest Lakes	6.88
	Under 17	04-11-06	A Lipari	Forest Lakes	6.70
	Under 9	16-12-17	P Osasumwen	Olympians	1.13
	Under 10	08-12-07	R Fullgrave	Maddington	1.35
High Jump	Under 11	06-12-08	B Fullgrave	Maddington	1.45
	Under 12	04-12-99	K Chrystie	Maddington	1.52
	Under 13	31-01-04	G Ormesher	Forest Lakes	1.65
	Under 14	23-10-04	G Ormesher	Forest Lakes	1.77
	Under 15	19-11-11	D O'Brien	Maddington	1.82
	Under 16	13-10-12	D O'Brien	Maddington	1.97
	Under 17	15-02-14	D O'Brien	Maddington	1.96
	Under 10	27-02-88	P Davies	Beckenham	9.44
Triple Jump	Under 11	21-02-87	A Kelly	Yale	10.03
	Under 12	10-03-84	B Smith	Maddington	10.67
	Under 13	07-02-04	G Ormesher	Forest Lakes	11.73
	Under 14	20-12-03	A Lipari	Forest Lakes	13.08
	Under 15	22-01-05	A Lipari	Forest Lakes	12.78
	Under 16	18-02-06	A Lipari	Forest Lakes	13.82
	Under 17	25-11-06	A Lipari	Forest Lakes	13.24

Girls

60m	Under 7	01-10-89	B Currie	Langford	10.46
70m	Under 6	21-10-17	C Ehioghae	Olympians	11.97
	Under 7	26-11-83	N D'Rosario	Langford	11.22
	Under 8	07-03-87	E Radley	Olympians	10.72
	Under 9	27-02-88	E Radley	Olympians	10.46
	Under 10	25-02-89	E Radley	Olympians	9.97
100m	Under 6	25-11-17	C Ehioghae	Olympians	15.68
	Under 7	19-11-94	L Smith	Maddington	16.70
	Under 8	28-02-87	B Byfield	Olympians	15.53
	Under 9	30-01-88	B Byfield	Olympians	14.54
	Under 10	10-03-84	B Neale	Maddington	14.20
	Under 11	24-02-90	E Radley	Olympians	13.66
	Under 12	23-02-91	J Thomson	Forest Lakes	13.11
	Under 13	24-02-01	Y Zaw	South Thornlie	12.84
	Under 14	20-02-93	E Radley	Olympians	12.67
	Under 15	20-02-93	S Modra	Olympians	12.55
	Under 16	28-02-09	J Davis	Maddington	12.74
	Under 17	26-11-16	K Davin	Maddington	12.54
200m	Under 6	10-01-15	J Johnson	Titans	40.27
	Under 7	19-11-94	L Smith	Maddington	36.28
	Under 8	28-02-87	B Byfield	Olympians	32.31
	Under 9	19-02-77	N Crooke	TK Harriers	31.10
	Under 10	28-10-00	C Minter	Maddington	29.93
	Under 11	28-10-00	P Keely	South Thornlie	28.44
	Under 12	16-02-91	J Thomson	Forest Lakes	27.03
	Under 13	27-11-93	T Catalano	Beckenham	26.47
	Under 14	24-11-12	S Williams	South Thornlie	26.29
	Under 15	21-11-92	S Gurney	Forest Lakes	26.41
	Under 16	19-01-19	C Myburgh	Southern River	27.02
	Under 17	09-11-13	J Leurs	Maddington	27.06
300m	Under 7	19-11-16	M Paton	Olympians	1:04.02
	Under 8	09-02-91	R Haywood	Forest Lakes	57.09
	Under 9	24-10-92	T Coster	Forest Lakes	51.75
400m	Under 9	10-11-12	A Holland	South Thornlie	1:21.55
	Under 10	26-11-83	K Weaven	Langford	1:11.50
	Under 11	23-02-85	G Shipley	Forest Lakes	1:06.56
	Under 12	23-02-91	J Thomson	Forest Lakes	1:03.71
	Under 13	18-01-92	J Thomson	Forest Lakes	1:03.13
	Under 14	13-12-14	Duena Gale	Maddington	1:01.29
	Under 15	14-11-92	S Gurney	Forest Lakes	1:00.94
	Under 16	10-02-19	C Myburgh	Southern River	1:01.01
	Under 17	21-02-15	S Tipu	Olympians	1:02.00
500m	Under 8	20-01-18	M Paton	Olympians	1:49.70

800m	Under 9	23-02-13	A Holland	South Thornlie	2:55.64
	Under 10	17-02-90	K Gurney	Maddington	2:44.48
	Under 11	02-03-85	G Shipley	Langford	2:34.72
	Under 12	17-02-90	S Gurney	Maddington	2:31.30
	Under 13	16-02-91	S Gurney	Maddington	2:27.88
	Under 14	23-11-91	S Gurney	Maddington	2:26.60
	Under 15	02-12-17	N Yeats	Southern River	2:23.10
	Under 16	15-12-18	N Yeats	Southern River	2:25.45
	Under 17	10-02-06	L Ricci	Maddington	2:34.41
1500m	Under 11	26-02-77	L Molyneux	Beckenham	5:20.60
	Under 12	03-03-76	K McBride	TK Harriers	5:12.90
	Under 13	26-02-77	K McBride	TK Harriers	5:07.70
	Under 14	21-02-82	C Turner	Yale	5:06.70
	Under 15	03-12-94	S Zarebski	Olympians	5:05.47
	Under 16	10-02-19	N Yeats	Southern River	5:09.37
	Under 17	15-10-05	G D'Agnone	Maddington	5:36.36
60m Hurdles	Under 7	18-02-95	E Nelson	Forest Lakes	12.89
	Under 8	18-11-06	J Manning	South Thornlie	11.93
	Under 9	21-11-98	P Keeley	South Thornlie	11.16
	Under 10	12-02-00	P Keeley	South Thornlie	11.41
	Under 11	20-01-01	C Keeley	South Thornlie	10.22
	Under 12	15-01-11	A Pedrotti	South Thornlie	10.43
80m Hurdles	Under 13	14-01-12	S Williams	South Thornlie	13.59
	Under 14	18-02-17	C Myburgh	Southern River	13.36
90m Hurdles	Under 15	22-02-92	S Sutherland	Maddington	14.00
	Under 16	02-12-18	C Myburgh	Southern River	13.94
100m Hurdles	Under 17	03-12-11	S Lane	South Thornlie	15.97
200m Hurdles	Under 13	26-11-11	A Pedrotti	South Thornlie	30.07
	Under 14	23-11-02	Z Marsden-Youll	Forest Lakes	30.47
	Under 15	28-11-15	D Gale	Maddington	29.75
	Under 16	21-02-04	K Lear	South Thornlie	29.76
	Under 17	12-11-05	K Chrystie	Maddington	29.77
300m Hurdles	Under 15	25-11-17	C Myburgh	Southern River	47.41
	Under 16	10-02-19	C Myburgh	Southern River	46.95
	Under 17	15-10-16	K Davin	Maddington	53.58
300m Walk	Under 6	06-12-14	K Borsic	Maddington	2:01.29
	Under 7	24-11-01	T D'Agnone	Maddington	1:45.03
500m Walk	Under 8	10-03-84	R Hume	Maddington	2:45.22
700m Walk	Under 8	21-01-17	K Borsic	Maddington	4:21.18
	Under 9	24-10-03	T D'Agnone	Maddington	3:37.21
1100m Walk	Under 10	06-11-04	T D'Agnone	Maddington	5:41.26
	Under 11	10-02-18	C Mortimore	Maddington	5:37.47

1500m Walk	Under 12	26-01-13	T Ruane	South Thornlie	7:29.43
	Under 13	26-01-08	T D'Agnone	Maddington	7:08.93
	Under 14	14-02-15	T Ruane	South Thornlie	6:46.91
	Under 15	12-02-05	G D'Agnone	Maddington	7:04.97
	Under 16	04-10-10	T D'Agnone	Maddington	7:10.00
	Under 17	19-11-11	T D'Agnone	Maddington	7:05.19
Discus	Under 6	18-01-14	S Waqanivavalagi	Southern River	10.61
	Under 7	19-02-00	E Mackintosh	Maddington	16.62
	Under 8	25-02-84	R Hume	Maddington	19.51
	Under 9	02-03-85	R Hume	Maddington	26.30
	Under 10	10-12-16	R Wihone-Mackey	Maddington	27.01
	Under 11	26-01-19	H Collins	Maddington	24.93
500g 750g	Under 11	07-02-04	D Savanovic	Maddington	27.32
	Under 12	17-02-07	T Wright	TK Harriers	40.10
	Under 13	01-12-07	T Wright	TK Harriers	37.63
	Under 14	28-02-09	T Wright	TK Harriers	35.40
	Under 15	14-11-09	T Wright	TK Harriers	38.63
	Under 16	19-02-11	T Wright	TK Harriers	41.66
Shot Put	Under 17	21-01-12	T Wright	TK Harriers	42.36
	Under 6	05-11-16	J Whaiapu	Maddington	4.70
	Under 7	15-01-11	A Holland	South Thornlie	5.28
	Under 8	06-12-97	K Wright	TK Harriers	6.42
	Under 9	02-02-85	R Hume	Maddington	7.71
	Under 10	14-02-15	D Kirianu	Maddington	9.32
	Under 11	11-02-06	T Wright	TK Harriers	10.28
	Under 12	10-02-07	T Wright	TK Harriers	12.73
	Under 13	12-01-08	T Wright	TK Harriers	11.70
	Under 14	11-10-08	T Wright	TK Harriers	12.94
	Under 15	21-11-09	T Wright	TK Harriers	13.80
	Under 16	24-11-12	J Nash	Maddington	13.02
3kg	Under 16	29-01-11	T Wright	TK Harriers	12.29
4kg	Under 17	15-02-14	J Nash	Maddington	13.45
3kg	Under 17	28-01-12	T Wright	TK Harriers	13.10
Vortex	Under 6	13-02-16	M Paton	Olympians	12.64
	Under 7	09-02-19	I E Ricci	South Thornlie	16.12
Turbo Javelin	Under 6	07-12-13	S Waqanivavalagi	Southern River	9.02
	Under 7	09-02-08	M Harris	Olympians	12.50
	Under 8	10-02-18	M Engler	South Thornlie	17.00
	Under 9	26-01-08	M Doecke	Olympians	20.40
	Under 10	20-01-18	A Natta	Southern River	18.41

Javelin	Under 10	21-01-17	R Wihone-Mackey	Maddington	24.22
	Under 11	28-01-06	T Wright	TK Harriers	29.87
	Under 12	22-08-12	T Wright	TK Harriers	31.12
	Under 13	17-01-04	A Bailey	Olympians	35.68
400g	Under 14	08-12-12	M Doecke	Titans	37.40
500g	Under 14	21-02-09	T Wright	TK Harriers	35.50
500g	Under 15	26-10-13	M Doecke	Titans	40.89
600g	Under 15	21-11-09	T Wright	TK Harriers	38.31
500g	Under 16	08-12-12	J Nash	Maddington	36.41
600g	Under 16	13-01-07	R Millard	Maddington	38.90
500g	Under 17	20-01-18	C Bodini	South Thornlie	37.42
600g	Under 17	26-01-13	K Batt	Maddington	31.40
Long Jump	Under 6	27-01-18	C Ehioghae	Olympians	3.30
	Under 7	30-01-99	K Newton	Maddington	2.97
	Under 8	07-03-87	E Radley	Olympians	3.85
	Under 9	27-02-88	B Byfield	Olympians	3.97
	Under 10	14-02-87	S Sutherland	Maddington	4.31
	Under 11	05-12-98	Y Zaw	South Thornlie	4.53
	Under 12	16-02-85	A Jonker	Maddington	4.91
	Under 13	10-02-01	Y Zaw	South Thornlie	5.06
	Under 14	24-11-90	S Sutherland	Maddington	5.25
	Under 15	27-10-18	S Pado	Maddington	5.40
	Under 16	28-10-06	A Chiera	Forest Lakes	5.21
	Under 17	16-11-13	J Leurs	Maddington	5.16
High Jump	Under 9	28-11-15	S Amato	Maddington	1.13
	Under 10	10-02-01	C Minter	Maddington	1.17
	Under 11	27-01-01	P Keeley	South Thornlie	1.26
	Under 12	20-02-93	C Noblet	Beckenham	1.44
	Under 13	25-02-89	N Goode	Olympians	1.52
	Under 14	21-02-87	J Van Der Meulen	Olympians	1.58
	Under 15	21-11-87	J Van Der Meulen	Olympians	1.66
	Under 16	10-11-18	A Mitchell	Olympians	1.66
	Under 17	25-11-06	C Antunovich	Maddington	1.60
Triple Jump	Under 10	05-11-88	L Janeczek	TK Harriers	8.92
	Under 11	17-02-01	C Keeley	South Thornlie	9.49
	Under 12	21-02-87	R Lee	Titans	9.85
	Under 13	17-02-01	Y Zaw	South Thornlie	10.47
	Under 14	12-02-05	A Chiera	Forest Lakes	10.69
	Under 15	16-12-17	C Myburgh	Southern River	10.62
	Under 16	03-11-18	A Mitchell	Olympians	10.40
	Under 17	14-02-04	R Carlton	Forest Lakes	10.55

Open Records

Boys

60m	Under 7	30-12-02	J Zeller	Sth Dist	11.12
70m	Under 7	03-12-83	J Tyson	Sth Dist	11.69
	Under 8	22-11-86	B Smith	Northam	11.31
	Under 9	10-11-79	M Gadsby	Fremantle	10.4
		10-11-79	R Simm	Fremantle	10.4
	Under 10	03-12-83	S Lennon	Sth Dist	9.77
100m	Under 7	13-01-90	M Newey	Gosnells	16.39
	Under 8	13-01-90	A Janeczek	Gosnells	16.3
	Under 9	13-01-90	E Lawrie	Gosnells	14.8
	Under 10	10-01-04	S RunDalee	Katanning	14.34
	Under 11	08-12-79	P Browne	Perry Lakes	13.7
	Under 12	03-01-15	A Vargiolu	Belmont	13.39
	Under 13	10-01-04	G Ormesher	Gosnells	12.56
	Under 14	06-01-07	C Beermier	Katanning	12.22
	Under 15	06-01-18	J Teague	Gosnells	11.58
	Under 16	16-11-02	N Morfea	Curtin	11.56
	Under 17	05-01-19	S Norman	Belmont	11.60
200m	Under 7	08-01-05	J Young	Eastern Hills	35.4
	Under 8	22-11-86	B Smith	Northam	33.79
	Under 9	22-11-86	P Davies	Gosnells	30.68
	Under 10	22-11-86	A McLellan	Northam	29.7
	Under 11				
	Under 12				
	Under 13				
	Under 14				
	Under 15	05-01-08	J Hush	Gosnells	24.65
	Under 16	30-11-02	N Morfea	Sth Dist	22.96
	Under 17	08-01-05	D deBoer	Gosnells	23.39
300m	Under 8	08-01-05	D O'Brien	Gosnells	52.6
400m	Under 8	21-03-81	H Possi	Fremantle	1:11.1
	Under 9	21-03-81	N Boardman	Fremantle	1:10.3
	Under 10	04-12-99	R Williams	Bayswater	1:15.9
	Under 11	22-11-86	M Janeczek	Gosnells	1:09.0
	Under 12	22-03-80	F James	Eastern Hills	1:00.5
	Under 13	10-02-91	N Westhead	Kingsway	1:02.5
	Under 14	10-02-91	D Strachan	Cockburn	59.15
	Under 15	10-02-91	J Waters	Melville	52.29
	Under 16	16-11-02	D Krebs	Dale	59.7
	Under 17	30-11-02	B Chrystie	Gosnells	55.38

800m	Under 9	06-01-18	Z Freemantle	Bunbury	2:45.16
	Under 10	07-01-12	T Sears	Bunbury	2:40.6
	Under 11	07-01-12	J Watson	Bunbury	2:34.7
	Under 12	05-01-13	J Watson	Bunbury	2:30.4
	Under 13	22-11-86	K Forster-Jones	Gosnells	2:15.8
	Under 14	22-11-86	G Mellowship	Gosnells	2:11.2
	Under 15	17-12-94	C Freeburn	Gosnells	2:09.6
	Under 16	10-01-04	K Chrystie	Gosnells	2:10.9
	Under 17	08-01-11	T Quaife	Bunbury	2:03.9
1500m	Under 11	22-03-80	M Devlin	Fremantle	4:52.3
	Under 12	13-02-82	N Ward	Gosnells	4:47.5
	Under 13	10-02-91	N Westland	Kingsway	4:59.9
	Under 14	16-11-02	T McSwain	Gosnells	5:18.1
	Under 15	10-02-91	M Presley	Sth Dist	4:26.4
	Under 16	05-01-02	B Chrystie	Gosnells	4:45.1
	Under 17	16-11-02	B Chrystie	Gosnells	4:41.6
60m Hurdles	Under 7	10-01-04	D O'Brien	Gosnells	12.37
	Under 8	08-01-05	D O'Brien	Gosnells	11.57
	Under 9	05-01-08	L Creighton	Bunbury	10.84
	Under 10	03-12-93	S Lennon	Sth Dist	9.77
	Under 11	05-01-13	T Sears	Bunbury	10.38
	Under 12	07-01-06	R Etherington	Gosnells	9.87
80m Hurdles	Under 13	06-01-07	R Etherington	Gosnells	13.57
90m Hurdles	Under 14	08-01-05	S Miller	Dale	13.59
100m Hurdles	Under 15	13-02-90	A Van Der Hoeven	Gosnells	13.26
	Under 16	10-01-04	K Chrystie	Gosnells	13.47
110m Hurdles	Under 17	08-01-05	K Chrystie	Gosnells	15.13
200m Hurdles	Under 13	30-11-02	T Saintangel	Joondalup	28.71
	Under 14	30-11-02	L Antica	Gosnells	28.83
	Under 15	30-11-02	K Chrystie	Gosnells	25.4
	Under 16	16-11-02	D Krebs	Dale	27.06
	Under 17	30-11-02	B Chrystie	Gosnells	25.4
300m Walk	Under 7	18-12-99	J McDowell	Sth Dist	2:33.3
500m Walk	Under 8	13-01-90	M Janeczek	Gosnells	2:50.9
700m Walk	Under 9	17-12-80	N D'Angelo	Fremantle	3:45.0
1100m Walk	Under 10	16-03-02	B Barden	Gosnells	6:42.9
	Under 11	16-03-02	A Smith	Gosnells	8:02.2

1500m Walk	Under 12	18-02-80	J Leflang	Hamersley	7:37.6
	Under 13	14-02-81	R Crockett	Belmont	7:08.2
	Under 14	10-02-91	R O'Shea	Hamersley	7:44.1
	Under 15	10-02-91	D Lowe	Melville	8:24.8
	Under 16				
	Under 17				
Discus	Under 6	09-01-16	C Lillii		9.13
	Under 7	03-01-15	J Doyle	Gosnells	16.16
	Under 8	08-01-11	M Golding	Gosnells	17.6
	Under 9	03-01-15	T Smith	Rockingham	25.23
	Under 10	06-01-07	B Phillips	Ridgewood	32.36
	Under 11	02-01-10	K Mastrangelo	Bunbury	26.51
	Under 12	16-03-02	A Smith	Gosnells	27.8
	Under 13	11-01-03	A Lipari	Gosnells	35.41
	Under 14	02-01-10	B Phillips	Ridgewood	48.88
	Under 15	07-01-17	S Amato	Gosnells	53.42
	Under 16	07-01-06	A Lipari	Gosnells	43.72
	Under 17	03-01-09	L Vincent	Bunbury	38.48
Shot	Under 7	06-01-07	N Van De Klashorst	Gosnells	6.26
	Under 8	22-11-86	R Riley	Gosnells	7.02
	Under 9	06-01-07	B Fullgrabe	Northam	7.78
	Under 10	07-01-06	B Phillips	Ridgewood	10.65
	Under 11	04-01-14	R Kennedy	Bunbury	10.33
	Under 12	05-01-19	B Thomas	Gosnells	10.60
	(new Weight)				
	Under 12	16-03-02	J Jones	Gosnells	10.48
	Under 13	04-01-14	R Teirney	Dale	13.07
	Under 14	05-12-81	M Richards	Gosnells	12.95
	Under 15				
	Under 16	08-01-11	J Hodgson	Gosnells	15.15
	Under 17	04-01-14	D O'Brien	Gosnells	13.06
Turbo Javelin	Under 7				
	Under 8	16-03-02	A Hoddy	Gosnells	19.26
	Under 9	18-12-99	J McDowell	Sth Dist	11.7
Javelin	Under 10				
	Under 11				
	Under 12	16-03-02	R Bailey	Gosnells	23.82
	Under 13	10-11-79	N Wilson	Fremantle	34.3
	Under 14	12-01-80	A Cummings	Belmont	37.46
	Under 15	16-03-02	B Jarvis	Belmont	28.52
	Under 16	13-01-90	B Henderson	Gosnells	45.8
	Under 17				

Long Jump	Under 6	05-01-19	B Clarke	Baldivis	2.31
	Under 7	08-01-05	B Fullgrabe	Northam	3.23
	Under 8	07-01-06	B Fullgrabe	Northam	3.85
	Under 9	07-10-06	B Tucker	Sth Dist	4.01
	Under 10	03-01-15	H Galvin-Dawson	Gosnells	4.32
	Under 11	05-01-13	T Sears	Bunbury	4.78
	Under 12	03-01-15	J Teague	Gosnells	5.09
	Under 13	11-01-03	A Lipari	Gosnells	5.31
	Under 14	08-01-11	TJ Tarr	Gosnells	5.98
	Under 15	11-01-03	W Svendsen	Gosnells	5.97
	Under 16	07-01-06	A Lipari	Gosnells	6.88
	Under 17	05-01-19	J Smith	Ridgewood	6.62
High Jump	Under 10	30-11-02	J Hush	Gosnells	1.14
	Under 11	30-11-02	B Barden	Gosnells	1.18
		30-11-02	R Loxley	Gosnells	1.18
	Under 12	16-03-02	F Buli	Gosnells	1.4
	Under 13	30-11-02	T Saintangeli	Joondalup	1.6
	Under 14	03-12-83	P Tinker	Dale	1.63
	Under 15	30-11-02	K Chrystie	Gosnells	1.64
	Under 16	05-01-02	B Chrystie	Gosnells	1.7
	Under 17	30-11-02	B Chrystie	Gosnells	1.8
Triple Jump	Under 7	13-01-90	D Kovack	CF	6.39
	Under 8	13-01-90	A Janeczek	Gosnells	7.07
	Under 9				
	Under 10	16-03-02	M Buxton	Belmont	8.16
	Under 11	22-11-86	R Kennedy	Eastern Hills	9.11
	Under 12	22-11-86	A Van Der Hoeven	Gosnells	9.38
	Under 13	16-02-85	B Smith	Gosnells	10.97
	Under 14	22-11-86	G Mellowship	Gosnells	10.56
	Under 15	22-11-86	B Smith	Gosnells	11.40
	Under 16				
	Under 17				

Open Records

Girls

70m	Under 7	12-11-94	S Read	Gosnells	12.54
	Under 8	03-12-83	L Miller	Melville	11.17
	Under 9	10-11-79	J Sokol	Gosnells	11.1
	Under 10	03-12-83	B Neale	Gosnells	10.08
100m	Under 7	03-12-83	N D'Rozario	Gosnells	17.03
	Under 8	13-01-90	V Bell	Cockburn	15.87
	Under 9	13-01-90	K McGarvey	Cockburn	15.89
	Under 10	12-11-94	S Morgan	Gosnells	15.52
	Under 11	13-01-90	E Radley	Gosnells	13.78
	Under 12	03-12-83	P Silvertown	Gosnells	13.49
	Under 13	03-12-83	G Cleggart	Gosnells	13.1
	Under 14	03-12-83	J O'Hannlon	Melville	12.74
	Under 15	08-01-11	B Dixon	Bunbury	13.1
	Under 16	30-11-02	R Thorpe	Gosnells	13.04
	Under 17	02-01-10	J Davis	Gosnells	13.55
200m	Under 7	11-01-03	K Milner	Eastern Hills	37.69
	Under 8	03-12-83	L Miller	Melville	33.15
	Under 9	22-11-86	M McKay	Eastern Hills	33.96
	Under 10	30-11-02	T Lind	Gosnells	31.93
	Under 11	30-11-02	A Warry	Joondalup	31.21
	Under 12	30-11-02	N Palmer	Joondalup	29.9
	Under 13	30-11-02	K Lear	Gosnells	30.68
	Under 14	03-01-15	D Gale	Gosnells	27.56
	Under 15	09-01-16	D Gale	Gosnells	27.02
	Under 16	07-01-06	P Keeley	Sth Dist	26.66
	Under 17	07-01-06	K Chrystie	Gosnells	27.18
300m	Under 8	04-01-14	O Dodds	Dale	57.07
	Under 9	30-11-02	M Luis	Gosnells	57.01
400m	Under 8	23-03-80	P Silvertown	Gosnells	01:16.4
	Under 9				
	Under 10				
	Under 11	03-01-83	M Smart	Dale	1:07.0
	Under 12	08-12-79	J King	Perry Lakes	1:07.0
	Under 13	10-02-91	R Cockrane		1:05.3
	Under 14	10-02-91	E Farrell		1:07.9
	Under 15	10-02-91	M King	Perry Lakes	1:05.8
	Under 16				
	Under 17				

800m	Under 9	03-01-15	S Ryall	Rockingham	2:48.3
	Under 10	13-01-90	K Gurney	Gosnells	2:44.5
	Under 11	02-01-10	S West	Gosnells	2:50.4
	Under 12	03-01-15	E Davies	Eastern Hills	2:34.2
	Under 13	14-02-81	N Hunt-Massen	Sth Dist	2:25.0
	Under 14	07-01-17	N Yeats	Gosnells	2:27.9
	Under 15	10-01-04	T Woodward	Bunbury	2:30.9
	Under 16	05-01-18	N Yeats	Gosnells	2:28.3
	Under 17	08-01-11	A Hall	Bunbury	2:33.0
1500m	Under 11	13-03-82	G Cleggart	Gosnells	5:13.8
	Under 12	13-01-80	K Hoskins	Cockburn	5:41.4
	Under 13	10-02-91	S Ferguson	Bayswater	5:36.9
	Under 14	13-03-82	C Turner	Gosnells	5:02.0
	Under 15	10-02-91	F Gibb	Bayswater	5:11.8
	Under 16				
	Under 17				
300m Walk	Under 7	30-11-02	S Lavell	Gosnells	2:03.8
500m Walk	Under 8	30-01-80	S Seaman	Sth Dist	2:59.6
700m Walk	Under 9	16-02-80	V Regan	Dale	3:55.6
1100m Walk	Under 10	30-11-02	K Fitzsimmons	Joondalup	6:14.5
	Under 11	30-11-02	A Warry	Joondalup	5:53.3
1500m Walk	Under 12	17-12-80	P Kennedy	Kingsway	7:37.0
	Under 13	10-02-80	D Carr	Eastern Hills	8:09.4
	Under 14	10-02-91	A Wilking	Eastern Hills	7:59.7
	Under 15	16-11-02	C Simpson	Melville	7:55.8
	Under 16	16-11-02	R Thorpe	Gosnells	8:34.8
	Under 17	16-11-02	S McSwain	Gosnells	9:37.9
60m Hurdles	Under 7	03-12-83	E Leaman	Gosnells	12.67
	Under 8	03-12-83	R Hume	Gosnells	10.76
	Under 9	08-01-05	N Gilham	Eastern Hills	11.27
	Under 10	05-01-19	S Van Beek	Belmont	11.75
	Under 11	30-11-02	M Crosby	Joondalup	10.17
	Under 12	03-01-15	J Davies	Eastern Hills	10.25
80m Hurdles	Under 13	03-01-15	Z Jolly	Rockingham	13.77
	Under 14	16-11-02	K Crierie	Melville	13.42
90m Hurdles	Under 15	16-11-02	H Wills	Melville	13.94
	Under 16	02-01-10	G Braund	Bunbury	14.23
100m Hurdles	Under 17	10-01-04	K Putz	Gosnells	16.58

200m Hurdles	Under 13				
	Under 14	16-03-02	S Simpkins	Belmont	34.1
	Under 15				
	Under 16				
	Under 17				
Discus	Under 6	07-01-17	J Whaiapu	Gosnells	10.00
	Under 7	03-01-15	M Paton	Gosnells	11.88
	Under 8	03-01-15	R Wihone-Mackey	Gosnells	15.71
	Under 9	09-01-16	R Wihone-Mackey	Gosnells	19.56
	Under 10	07-01-17	R Wihone-Mackey	Gosnells	24.66
	Under 11	21-03-81	V French	Belmont	30.06
	Under 12	13-03-82	V French	Belmont	35.82
	Under 13	05-01-08	T Wright	Gosnells	35.79
	Under 14	04-01-14	I Taylor	Melville	30.33
	Under 15	02-01-10	T Wright	Gosnells	37.27
	Under 16	06-01-07	A Bailey	Gosnells	31.09
	Under 17	03-01-09	A Cockman	Gosnells	32.44
Shot	Under 7	08-01-05	J Webb	Joondalup	5.66
	Under 8	30-11-02	M Putz	Gosnells	8.09
	Under 9	07-01-06	I Howes	Sth Dist	6.15
	Under 10	06-01-07	S West	Gosnells	7.68
	Under 11	08-01-11	R Robertson	Northam	8.46
	Under 12	13-03-82	V French	Belmont	13.2
	Under 13	03-01-15	Z Jolly	Rockingham	10.04
	Under 14	03-01-15	S Harding	Gosnells	9.53
	Under 15	16-11-02	L Smith	Gosnells	11.9
	Under 16	08-01-11	T Wright	Gosnells	12.68
	Under 17	07-01-12	T Wright	Gosnells	10.98
Turbo Javelin	Under 7	30-11-02	T Thorne	Joondalup	7.35
	Under 8	30-11-02	H Spitalny	Gosnells	12.38
	Under 9	16-03-02	D Boyne	Gosnells	13.39
Javelin	Under 10	21-03-81	S Riley	Belmont	23.2
	Under 11	30-11-02	L Scott	Joondalup	19.2
	Under 12	13-01-90	J Deluca	Cockburn	28.86
	Under 13	30-11-02	L McGovern	Gosnells	25.44
	Under 14	03-12-83	W Balding	Gosnells	30.64
	Under 15	16-11-02	S Wassell	Melville	32.34
	Under 16	16-11-02	K Putz	Gosnells	32.7
	Under 17	16-11-02	J Kaszanski	Gosnells	16.47

Long Jump	Under 7	05-01-19	A Bell	Belmont	2.89
	Under 8	04-01-14	M Campbell	Narrogin	3.35
		04-01-14	O Dodds	Dale	3.35
	Under 9	05-01-02	S Roberts	Gosnells	3.55
	Under 10	03-12-83	S Bradley	Melville	4.04
	Under 11	05-01-19	R Henshall	Belmont	4.33
	Under 12	04-01-14	S White	Melville	4.94
	Under 13	10-02-91	J Deluca	Cockburn	5.01
	Under 14	04-01-14	M Whittington	Narrogin	4.92
	Under 15	08-01-11	B Dixon	Bunbury	5.33
	Under 16	07-01-06	P Keeley	Sth Dist	5.46
	Under 17	07-01-12	S Lane	Gosnells	5.14
High Jump	Under 10				
	Under 11				
	Under 12	13-01-82	J Deluca	Cockburn	1.34
	Under 13	13-12-83	L Shenstone	Melville	1.52
	Under 14	16-03-02	C Saville	Belmont	1.47
	Under 15				
	Under 16	05-01-02	Z Hall	Kwinana	1.41
	Under 17	05-01-02	B D'Agnone	Gosnells	1.38
Triple Jump	Under 7	13-01-90	L Fraser	Cockburn	4.88
	Under 8	13-01-90	B Reid	Gosnells	6.36
	Under 9				
	Under 10	30-11-02	T Lind	Gosnells	7.65
	Under 11	30-11-02	C Barham	Gosnells	8.09
	Under 12	22-11-86	R Lee	Gosnells	9.44
	Under 13	22-11-86	L Atherton	Bunbury	10.71
	Under 14	16-11-02	J McKinnon	Melville	9.67
	Under 15	10-02-91	M Tobin	Kingsway	10.84
	Under 16	16-11-02	K Putz	Gosnells	9.67
	Under 17	16-11-02	S McSwain	Gosnells	9.39

History Pages

1999 – 2000

JUNIOR CHAMPION BOY
Cameron Crisafio (FL)

JUNIOR CHAMPION GIRL
Kemi Wright (TK)

SENIOR CHAMPION BOY
Kyle Chrystie (MAD)

SENIOR CHAMPION GIRL
Caitlyn Riley (MAD)

MULTI EVENT SHIELD
Maddington

WALKS SHIELD
Forest Lakes

CHAMPION CLUB
Maddington

2000 – 2001

JUNIOR CHAMPION BOY
Brett Porter (MAD)

JUNIOR CHAMPION GIRL
Morgan Payne (MAD)

SENIOR CHAMPION BOY
Kyle Chrystie (MAD)

SENIOR CHAMPION GIRL
Paris Keeley (STH)

MULTI EVENT SHIELD
South Thornlie

WALKS SHIELD
South Thornlie

CHAMPION CLUB
South Thornlie

2001 – 2002

JUNIOR CHAMPION BOY
Julian Anthony (STH)

JUNIOR CHAMPION GIRL
Emily Mackintosh (MAD)

SENIOR CHAMPION BOY
Kyle Chrystie (MAD)

SENIOR CHAMPION GIRL
Alison Beard (FL)

MULTI EVENT SHIELD
Forest Lakes

WALKS SHIELD
Maddington

CHAMPION CLUB
Maddington

2002 – 2003

JUNIOR CHAMPION BOY
Rhys Brett (FL)

JUNIOR CHAMPION GIRL
Shelby Lane (MAD)

SENIOR CHAMPION BOY
Bradley Chrystie (MAD)

SENIOR CHAMPION GIRL
Alison Beard (FL)

MULTI EVENT SHIELD
South Thornlie

WALKS SHIELD
Maddington

CHAMPION CLUB
Maddington

2003 – 2004

JUNIOR CHAMPION BOY
Rhys Brett (FL)

JUNIOR CHAMPION GIRL
Shelby Lane (MAD)

SENIOR CHAMPION BOY
Kyle Chrystie (MAD)

SENIOR CHAMPION GIRL
Alison Beard (FL)

MULTI EVENT SHIELD
Langford Titans

WALKS SHIELD
South Thornlie

CHAMPION CLUB
Langford Titans

2004 - 2005

JUNIOR CHAMPION BOY
David O'Brien (MAD)

JUNIOR CHAMPION GIRL

SENIOR CHAMPION BOY
Kyle Chrystie (MAD)

SENIOR CHAMPION GIRL
Shannan Stafrace (MAD)

MULTI EVENT SHIELD
Maddington

WALKS SHIELD
Maddington

CHAMPION CLUB
Maddington

2005 - 2006

JUNIOR CHAMPION BOY
David O'Brien (MAD)

JUNIOR CHAMPION GIRL
Marrisa Holcz (Oly)

SENIOR CHAMPION BOY
Jack Bechelli (FL)

SENIOR CHAMPION GIRL
Krystal Chrystie (MAD)

MULTI EVENT SHIELD
Forest Lakes

WALKS SHIELD
Maddington

CHAMPION CLUB
Maddington

2006 - 2007

JUNIOR CHAMPION BOY
David O'Brien (MAD)

JUNIOR CHAMPION GIRL
Marrisa Holcz (Oly)

SENIOR CHAMPION BOY
David Bull (MAD)

SENIOR CHAMPION GIRL
Mercedes Putz (STH)

MULTI EVENT SHIELD
Forest Lakes

WALKS SHIELD
Maddington

CHAMPION CLUB
Maddington

2007-2008

JUNIOR CHAMPION BOY
Jacob Hand (TK)

JUNIOR CHAMPION GIRL
Jenna-Maree Manning (STH)

SENIOR CHAMPION BOY
Jordan Hodgson (STH)

SENIOR CHAMPION GIRL
Rebecca Tonkin (MAD)

MULTI EVENT SHIELD
Olympians

WALKS SHIELD
South Thornlie

CHAMPION CLUB
Maddington

2008-2009

JUNIOR CHAMPION BOY
Thomas McDonald (TK)

JUNIOR CHAMPION GIRL
Jenna-Maree Manning (STH)

SENIOR CHAMPION BOY
Jordan Hodgson (STH)

SENIOR CHAMPION GIRL
Sharntelle West (STH)

MULTI EVENT SHIELD
Titans

WALKS SHIELD
South Thornlie

CHAMPION CLUB
South Thornlie

2009-2010

JUNIOR CHAMPION BOY
Jakob Hand (MAD)

JUNIOR CHAMPION GIRL
Jenna-Maree Manning (STH)

SENIOR CHAMPION BOY
Brody Walker (MAD)

SENIOR CHAMPION GIRL
Sharntelle West (STH)

MULTI EVENT SHIELD
Titans

WALKS SHIELD
Titans

CHAMPION CLUB
Titans

2010-2011

JUNIOR CHAMPION BOY
Corey Cullen (MAD)

JUNIOR CHAMPION GIRL
Shania West (STH)

SENIOR CHAMPION BOY
Lachlan McDonald (TK)

SENIOR CHAMPION GIRL
Chloe Priest (MAD)

MULTI EVENT SHIELD
Titans

WALKS SHIELD
South Thornlie

CHAMPION CLUB
South Thornlie

2011-2012

JUNIOR CHAMPION BOY
Mason Golding (STH)

JUNIOR CHAMPION GIRL
Reanne Morrison (TIT)

SENIOR CHAMPION BOY
David O'Brien (MAD)

SENIOR CHAMPION GIRL
Ashlyn Pedrotti (STH)

MULTI EVENT SHIELD
South Thornlie

WALKS SHIELD
TK Harriers

CHAMPION CLUB
South Thornlie

2012-2013

JUNIOR CHAMPION BOY
Benjamin McDonald (TK)

JUNIOR CHAMPION GIRL
Reanne Morrison (TIT)

SENIOR CHAMPION BOY
Sean Davis (MAD)

SENIOR CHAMPION GIRL
Cameron Pickett (TIT)

MULTI EVENT SHIELD
TK Harriers

WALKS SHIELD
TK Harriers

CHAMPION CLUB
South Thornlie

2013-2014

JUNIOR CHAMPION BOY
Jiddan Muhafidin (MAD)

JUNIOR CHAMPION GIRL
Amy Holland (STH)

SENIOR CHAMPION BOY
David O'Brien (MAD)

SENIOR CHAMPION GIRL
Cameron Pickett (TIT)

MULTI EVENT SHIELD
TK Harriers

WALKS SHIELD
TK Harriers

CHAMPION CLUB
TK Harriers

2014-2015

JUNIOR CHAMPION BOY
Jiddan Muhafidin (MAD)

SENIOR CHAMPION BOY
Sean Davis (MAD)

MULTI EVENT SHIELD
Titans

CHAMPION CLUB
TK Harriers

JUNIOR CHAMPION GIRL
Amy Holland - (STH)

SENIOR CHAMPION GIRL
Tiahna Ruane (STH)

WALKS SHIELD
Maddington

2015-2016

JUNIOR CHAMPION BOY
Kyan Maharjan (SR)

SENIOR CHAMPION BOY
Corey Cullen (MAD)

MULTI EVENT SHIELD
Maddington

CHAMPION CLUB
Maddington

JUNIOR CHAMPION GIRL
Sienna Andritsos (STH)

SENIOR CHAMPION GIRL
Duena Gale (MAD)

WALKS SHIELD
Maddington

2016-2017

JUNIOR CHAMPION BOY
Oscar Sio (OLY)

SENIOR CHAMPION BOY
Corey Cullen (MAD)

MULTI EVENT SHIELD
Maddington

CHAMPION CLUB
Maddington

JUNIOR CHAMPION GIRL
Selemana Amato (MAD)

SENIOR CHAMPION GIRL
Sienna Andritsos (STH)

WALKS SHIELD
Maddington

2017-2018

JUNIOR CHAMPION BOY
Joshua Myburgh (SR)

SENIOR CHAMPION BOY
Jiddan Muhafidin (MAD)

MULTI EVENT SHIELD
Southern River

CHAMPION CLUB
Maddington

JUNIOR CHAMPION GIRL
Ava Natta (SR)

SENIOR CHAMPION GIRL
Chanelle Myburgh (SR)

WALKS SHIELD
Maddington

2018-2019

JUNIOR CHAMPION BOY
Jackson Almstrom (MAD)

SENIOR CHAMPION BOY
Ryan Mitchell (OLY)

MULTI EVENT SHIELD
Olympians

CHAMPION CLUB
Southern River

JUNIOR CHAMPION GIRL
Chelsea Natta (SR)

SENIOR CHAMPION GIRL
Shevana Pado (MAD)

WALKS SHIELD
Maddington

Centre Club Awards

Champion Club Shield

The Champion Club is decided by dividing the total number of points achieved by a Club's athletes, by the number of registered athletes in the Club. If an athlete has never competed at all, but is still registered they will not be included. However it is the responsibility of each Clubs Registrar to advise the Centre Recorder if a registered athlete has not competed at all.

Club Walks Shield

All athletes competing in walking events during Saturday competition receive points. Athletes who compete but are disqualified receive one point. The winning Club is decided when the total points received by a Club is divided by the number of registered athletes in the Club

Centre Combined Event Shield

The Multi-Event Shield is decided by dividing the total number of points achieved by a Club's athletes during the Centre Multi-Event Championship, by the number of athletes that competed on that particular day.

Individual Awards - Championship Awards

Participation Awards

Participation trophies are awarded to all boy and girl U6 athletes. This age group do not receive age champion trophies.

Age Champions

Trophies are awarded to Champions and Runner-ups in each age group U7 to U17.

To be eligible athletes must reach a minimum number of points. The minimum is 1000 points for U7, U8, U9, U10 age groups and 1200 points for U11, U12, U13, U14, U15, U16, and U17 age groups.

If athletes do not reach the minimum points a Best Performer trophy will be presented to the highest point scorer for that age group and no runner-up or 2nd runner-up trophies will be given.

Junior-Senior Champion Boy-Girl

The total number of points achieved by the Champion athlete of each particular age group is calculated and divided by the number of possible events they can participate in for their particular age group. The highest point Boy - Girl scorers, for the U7 to U11 age groups after the calculation, are awarded Junior Champion Boy - Girl. The highest point Boy - Girl scorers, for the U12 to U17 age groups after the calculation, are awarded Senior Champion Boy - Girl.

Endeavour Award

This award is given to the athlete with the most personal bests for the season in each age group, provided they did not win an age champion trophy. To be eligible an athlete must have achieved a minimum of 15 personal bests for the season.

Years of Service Award

Athletes who are competing in their 5th, 7th, 9th or 11th year with the Gosnells and Districts Little Athletics Centre are entitled to receive the years of service awards. An athlete shall receive the year service award for the year they are currently competing following submission for the award to the Centre by the Club. The trophy is only for recognition of years competing with the Gosnells and Districts Little Athletics Centre.

Sportsmanship Awards

The intent of these awards is for the recipient to be recognised for endeavour and sportsmanship and is not to be a high achiever, in terms of winning medals and trophies.

Judyth Watson Awards

Each Club nominates two athletes, a Boy and a Girl from the age groups U7 to U10, and their names are presented with a resume to the Gosnells and District Little Athletics Centre Executive Committee. The Executive Committee select the Boy and Girl award winners from the athletes nominated. To be eligible for the award athletes may be in their first season of athletic competition; may be a winner of a Team State medal (Track or Field Relays); should be an athlete who attempts all events and tries their best while enjoying athletics; should be a good Club member willing to offer assistance to other athletes and adults; should be a good sportsperson but not necessarily a champion; and cannot be a winner of an age group trophy.

Ritchie Smith Awards

Each Club nominates two athletes, a Boy and a Girl from the age groups U11 to U17, and their names are presented with a resume to the Gosnells and Districts Little Athletics Centre Executive Committee. The Executive Committee select the Boy and Girl award winners from the athletes nominated. To be eligible for the award athletes must be in at least their second year of athletics competition with the Gosnells and Districts Little Athletic Centre; may be a winner of a Team State medal (Track or Field Relays) but not a winner of an individual State medal; should be an athlete who attempts all events and tries their best while enjoying athletics; should be a good Club member willing to offer assistance to other athletes and adults; should be a good sportsperson but not necessarily a champion; and cannot be a winner of an age group trophy.

Life Membership

Members nominated for Life Membership must have completed eight (8) years' service. The eight (8) years shall consist of a minimum of four (4) years on the Executive Committee, plus an additional four (4) years on Executive and or Club Committees. Years of service as Key Official at the Centre may be considered in place of years on Club Committees.

Points System

The Centre Recorder uses the Timing Solutions Programme, provided by LAWA, to calculate points for Centre competition days. Points are awarded to each athlete, for each event they compete in, calculated on either the time - height - or distance achieved in comparison to the State Record for that event.

Should an athlete achieve a Centre Record in an event on competition day, an additional 5 points is awarded to that athlete



The Athlete and the Sun

Exposure to the sun's harmful ultraviolet radiation leads to changes in the skin and can lead to skin cancer. Prevention and early detection are the keys to reducing the risk of developing cancer. While it is recommended that you stay out of the sun during the middle of the day (10.00am – 2.00 pm) athletics meetings and many other sporting events do not always allow this to happen. For effective protection from the sun and its harmful ultraviolet rays while at Little Athletics events you should:

- use shade wherever possible
- wear tight weave clothing that covers the body
- wear wide brimmed hats
- wear close fitting, wrap-around sunglasses that meet the Australian Standard
- apply a broad spectrum SPF 30+ sunscreen

Always remember to:

SLIP on a shirt
SLAP on a hat

SLOP on SPF 30+ sunscreen
WRAP on some UVR resistant sunglasses

Codes of Behaviour

Athletes

- Compete according to the rules
- Any form of cheating is unacceptable
- Never argue with an official. If you disagree with an official, have your club protest officer, coach or manager follow the appropriate procedure in order to question the decision
- Control your temper. Verbal or physical abuse of officials or other athletes, deliberately distracting or provoking another athlete is not acceptable or permitted
- Work equally hard for yourself and-or for your club-centre as both will benefit
- Be a good sport. Applaud all good performances whether they are by your club-centre, your opponent or the other club-centre
- Treat all athletes as you would like to be treated. Do not interfere with, bully or take unfair advantage of another athlete.
- Co-operate with your coach, club-mates and opponents. Without them, there would be no competition.
- Compete for the "fun of it" and not just to please parents, coaches and spectators
- Avoid the use of bad language, and-or derogatory language based on gender, race, colour or religion
- Substance abuse of any kind is unacceptable
- Be prepared to be accountable for your actions

Parents

Encourage children to participate, if they are interested. However, if a child is not willing, do not force them

- Remember that children are involved in Little Athletics for their enjoyment, not yours
- Focus upon the child's efforts and performance rather than the overall outcome of the event. This assists the child in setting realistic goals related to their ability by reducing the emphasis on winning
- Teach children that an honest effort is as important as victory, so that the result of each event is accepted without undue disappointment
- Encourage children to always participate according to the rules
- Never ridicule or yell at a child for making a mistake or losing an event
- Remember that children learn best from example. Applaud participation by all athletes
- If you disagree with an official, raise the issue through the appropriate channels rather than questioning the official's judgment and honesty in public. Remember that officials give their time and effort for your child's involvement

- Support all efforts to remove verbal and physical abuse from sporting activities
- Recognise the value and importance of volunteer coaches. They give of their time and resources to provide recreational activities for the children and deserve your support.
- Avoid the use of bad language and-or derogatory language based on gender, race, colour or religion
- Demonstrate appropriate social behaviour by not harassing athletes, coaches or officials, smoking in competition areas, or being intoxicated
- Substance abuse of any kind is unacceptable
- Turn defeat into victory by encouraging your child to work toward skill improvement, good sportsmanship, and attaining personal best performances

Spectators

- Remember that children participate in Little Athletics for fun. They are not competing for the entertainment of spectators, nor are they miniature professionals
- Applaud good performances and efforts from each athlete. Congratulate all participants upon their performance regardless of the events outcome
- Respect the official's decisions. If there is a disagreement, follow the appropriate procedure in order to question the decision and teach the children to do likewise
- Never ridicule or scold a child for making a mistake during competition. Positive comments are motivational
- Condemn the use of violence in any form, be it by spectators, coaches, officials or athletes
- Show respect for each athlete. Without them, there would be no competition
- Encourage athletes to follow the rules and the official's decisions
- Demonstrate appropriate social behaviour by not harassing athletes, coaches, or officials, smoking in competition areas, or being intoxicated
- Avoid the use of bad language and-or derogatory language based on gender, race, colour or religion
- Substance abuse of any kind is unacceptable
- Keep to designated spectator areas and do not encroach onto the arena or other competition areas

Officials

- Complement all athletes on their efforts. Commend honest effort, not just performance excellence
- Encourage all athletes equally
- Encourage the principles of participation for fun and enjoyment
- Be consistent, objective and courteous in calling all infractions
- Officiate according to the rules and where subjective judgment is necessary, decide on the basis of what is fair to all athletes
- Where appropriate, explain rules and-or decisions to athletes
- Condemn unsporting behaviour and promote respect for all opponents
- Use common sense to ensure that the "spirit of the competition" for children is not lost by over officiating
- Ensure that your behaviour is consistent with the principles of good sporting behaviour. Actions speak louder than words
- Ensure equipment and facilities meet safety standards and are appropriate to the age and ability of the athletes
- Where a breach of any Code of Behaviour occurs and a verbal warning is not deemed to be appropriate, or does not have the desired effect, then the Arena Manager is to be notified immediately
- Make a personal commitment to keep yourself informed of sound officiating principles and rule changes
- Co-operate with other officials to discourage improper conduct by athletes and-or spectators
- Demonstrate appropriate social behaviour by not smoking during events, or being intoxicated

- Avoid the use of bad language, and-or derogatory language based on gender, race, colour or religion
- Substance abuse of any kind is unacceptable
- Ensure that all equipment and facilities are safe and appropriate to the ability level of participating athletes
- Ensure rules, equipment, events and training schedules take into consideration the age, ability and maturity level of the participating athletes
- Ensure adequate supervision is provided by competent coaches and officials capable of developing appropriate positive behaviour and skill technique
- Involve where appropriate, athletes in the planning, leadership, and decision making related to the activity
- Remember athletes participate for enjoyment and play down the importance of rewards
- Focus on the needs of the athletes rather than the enjoyment of the spectators
- Provide clinics aimed at improving the standards of coaching and officiating with the emphasis on appropriate behaviour and skill technique
- Assist with the development of administration
- Avoid the use of bad language, and-or derogatory language based on gender, race, colour or religion
- Substance abuse of any kind is unacceptable

Coaches

- Be reasonable in your demands on athlete's time, energy and enthusiasm
- Take into consideration the maturity level of the athletes when scheduling and determining the length of training times and selection of events
- Teach athletes the rules of Little Athletics are mutual agreements which no one should evade or break
- Group athletes according to age and physical maturity wherever possible to give a reasonable chance of success
- Avoid over-coaching the better performing athletes. All athletes deserve and need equal time
- Remember children participate for fun and enjoyment and winning is only part of their motivation. Never ridicule or yell at children for making mistakes or losing an event
- Ensure equipment and facilities meet safety standards and are appropriate to the age and ability of the athletes
- Develop athletes to have a respect for the ability of other athletes as well as for the judgment of officials and coaches
- Follow the advice of a physician when determining when an injured athlete is ready to recommence training or competition
- Make a personal commitment to keep yourself informed of sound coaching principles and the principles of growth and development of children
- Remember that athletes need a coach they can respect. Be generous with your praise when it is deserved for effort and skill. Set a good example, not only with your behaviour, but also with dress and equipment
- Demonstrate appropriate social behaviour by not harassing athletes, other coaches or officials, smoking or being intoxicated at Little Athletics
- Avoid the use of bad language, and-or derogatory language based on gender, race, colour or religion
- Substance abuse of any kind is unacceptable

Breaches of Code of Behaviour

Any breach of a code of behaviour, should be reported to the Arena Manager who will investigate the alleged breach, and take whatever action is deemed to be appropriate. Where the Arena Manager is not present, the report should be lodged with the Field Referee or the Centre Protest Officer.

Breaches of codes of behaviour may be dealt with as detailed below:

Athletes

- Explanation of actions requested
- Verbal warning
- The athlete's parents or coach informed conduct and of this warning
- Written warning to athlete and-or club
- Disqualification from the particular event
- Disqualification from all remaining events on that day
- Disqualification from competition for a period deemed to be appropriate

Parent-Spectator

- Explanation of actions requested
- Verbal warning
- Request for apology
- Request to leave competition area for a cooling off period
- Request to leave the competition area for the remainder of the days competition
- Ban from the competition area for a period as deemed to be appropriate
- Police presence requested

Official

- Explanation of actions requested
- Verbal warning
- Release from officiating duties
- Ban from officiating duties for a period deemed to be appropriate
- Ban from competition area for a period deemed to be appropriate

The competition area is defined as the entire grounds used for competition up to and including all boundary fences-lines, and including club tents, spectators area, canteen, toilets and change rooms, but excludes car park area and Softball area.

Administrator

- Explanation of actions requested
- Verbal warning
- Request for resignation from Centre Executive
- Dismissal from Centre Executive

Any actions in relation to breaches of code of behaviour by an administrator shall be made at an Executive Meeting.

Coaches

- Explanation of actions requested
- Verbal warning
- If official coach for the Centre, dismissal from coach position
- If club coach, details of breach advised to respective club for their action

Protests and Appeals

Enquiry

An athlete may make an enquiry to an Official regarding the running of an event, the rules applicable to the event, interpretations of the rules, or a decision by the Official. All contacts with officials shall be courteous and polite, and no public disagreement or argument shall be tolerated.

Protest

A protest may be lodged for a number of reasons including, but not limited to the following:

- Breach of rules
- Breach of a code of behaviour
- Interference in an event
- Bullying
- Disqualification in an event
- Decisions of Officials

Appeal

An appeal may be lodged following the dismissal of a protest, or to appeal a decision of the Arena Manager.

Final Appeal

A final appeal may be lodged with the Appeal Panel following the dismissal of an appeal.

Lodging of Protests and Appeals

- Protests and appeals may only be lodged by the clubs Protest Officer, or in their absence, the Club Manager or Coach
- Protests and appeals are to be lodged in writing with the Centre Protest Officer, or the Arena Manager, together with a fee of \$50.00.
- Fee of \$50.00 will be forfeited if the protest or appeal is dismissed
- The lodging of an appeal or a final appeal following an unsuccessful protest or appeal, shall not incur any additional fee.

Hearing of Protests

- Protests shall be heard and decided upon by the Arena Manager, or in the Arena Manager's absence, the Centre Protest Officer or Field Referee
- The Arena Manager shall seek input from any source deemed relevant, excepting any personal photographic or video evidence, but should hear at least the prima facie case i.e. Club Protester Officer, the main Official(s).
- The Arena Manager may consult with other members of the Centre Executive as appropriate in determining a decision

Hearing of Appeals

- Appeals shall be heard by an Appeal Panel comprising the Centre Protest Officer, the Arena Manager, the Field Referee, and Protest Officers, or club representatives from all clubs
- The Appeals Panel may still hear an appeal if not all members as above are present, providing a minimum of 3 persons are present.
- The Appeals Panel shall seek input from any source deemed relevant, excepting any personal photographic or video evidence, but should hear at least the prima facie case i.e. Club Protest Officer, the main Officials(s).
- A decision should be made as soon as possible following the lodging of an appeal, but the Appeals Panel may take as much time as is considered to be reasonable to determine a just and fair outcome
- Decisions of the Appeal Panel shall be made by a majority vote
- Protest Officers of the club-s involved, are not eligible to partake in the voting
- If the appeal is against a decision of the Arena Manager, then the Arena Manager shall not be eligible to vote on the decision
- No bias shall be given to any party regardless of status or position

Lodging a Final appeal on a Decision of the Appeals Panel

- A final appeal against a decision of the appeals Panel must be in writing and be addressed to the Centre Chairperson
- This appeal must be lodged within 7 days of the Appeals Panel's decision being handed down
- This appeal will be heard at the next Centre Executive meeting, or a special meeting may be called
- The Centre Executive will review the decisions made, the evidence the decision was based on, and any new evidence presented
- The Centre Executive may at their discretion, request the attendance of any parties involved to the Executive meeting. Non-attendance by any requested party shall not prevent the Centre Executive from proceeding with its investigation and decision making
- The decision of the Centre Executive shall be binding and no further correspondence shall be entered into.

GDLAC Chairpersons

1971 – 73	W.T. (Bill) Tucker	1996 – 98	Dave Hubbard
1973 – 77	A.G. (George) Stevenson	1998 – 99	Ian MacNeall
1977 – 79	Garth Kelso	1999 – 00	Tom Lenane
1979 – 82	Vern Davies	2000 – 01	Barbara Rowcroft
1982 – 84	Brian Cutjar	2001 – 03	Andrew Bull
1984 – 85	Ray Hams	2003 – 04	Neville Beard
1985 – 86	Graham Gordon	2004 – 09	Bruce Kaszanski
1986 – 90	Terry Smith	2009 – 11	Ixchel Wood
1990 – 91	John Rayner -Brian Rowcroft	2011 – 12	Nicci Hush
1991 – 93	Graham Clements	2013 – 15	Leigh Hurn
1993 – 94	Brian Rowcroft	2015 – 16	Nicci Hush
1994 – 95	Kaye Davies	2016 – 20	Paul Sheppard
1995 – 96	Karl Amsuss		

GDLAC Secretary & Treasurer

SECRETARY		TREASURER	
2019 – 2020	Carmen Ricci	2019 – 2020	Sharlene Ricci
2018 – 2019	Karen De Luis	2018 – 2019	Lynda Bain
2017 – 2018	Mandy Little	2017 – 2018	Lynda Bain
2016 – 2017	Mandy Little	2016 – 2017	Leigh Hurn
2015 – 2016		2015 – 2016	Carmela Henson
2013 – 2015	Barbara Parnaby	2013 – 2015	Carmela Henson
2012 – 2013		2012 – 2013	Carmela Henson
2011 – 2012	Shannan Stafrace	2011 – 2012	Fiona Squiers - Carmela Henson
2009 – 2011	Sonia Stafrace	2009 – 2011	Fiona Squiers
2006 – 2009	Sonia Stafrace	2006 – 2009	Wade Starkie
2004 – 2006	Sonia Stafrace	2004 – 2006	Raelene Bull
2002 – 2004	Julie Lane	2002 – 2004	Bruce Kaszanski
2001 – 2002	Julie Lane	2001 – 2002	Stephen Anthony
2000 – 2001	Sonia Stafrace	2000 – 2001	Bruce Kaszanski
1998 – 2000	Wayne Morris	1998 – 2000	Bruce Kaszanski
1997 – 1998	Veronica Carr	1997 – 1998	Lin Hoskins
1996 – 1997	Wade Starkie	1996 – 1997	Lin Hoskins
1995 – 1996	Barbara Rowcroft	1995 – 1996	Dave Hubbard
1994 – 1995	Julie Lane	1994 – 1995	Karl Amsuss
1992 – 1994	Julie Lane	1992 – 1994	Kaylene Amsuss

GDLAC - Centre Captains

BOYS		GIRLS	
2019 – 2020	Campbell Squiers (STH)	2019 – 2020	Richelle Morales (MAD)
2018 – 2019	Luke De Luis (STH)	2018 – 2019	Jachinta Muhafidin (MAD)
2017 – 2018	Patrick Murphy (MAD)	2017 – 2018	Eilish Lane (STH)
2016 – 2017	Thomas McDonald (TK)	2016 – 2017	Zoe Clegg (STH)
2015 – 2016	Sean Davis (MAD)	2015 – 2016	Caitlin Patterson (MAD)
2014 – 2015	Gabryell Davin (MAD)	2014 – 2015	Brenda McDonald (TK)
2013 – 2014	Lachlan McDonald (TK)	2013 – 2014	Jessica Leurs (MAD)
2012 – 2013	Joshua Parnaby (STH)	2012 – 2013	Emily Smith (MAD)
2011 – 2012	Brandon Hush (MAD)	2011 – 2012	Titilayo Wright (TK)
2010 – 2011	-	2010 – 2011	Ebony Chrystie (MAD)
2009 – 2010	-	2009 – 2010	Jennifer Davis (MAD) & Lexi Hamilton-Smith (TIT)
2008 – 2009	Cody Chrystie (MAD)	2008 – 2009	Shannan Stafrace (MAD)
2007 – 2008	Tim Miller (MAD)	2007 – 2008	Tiffany Chrystie (MAD)
2006 – 2007	David Bull (MAD)	2006 – 2007	Gabrielle D'Agnone (MAD)
2005 – 2006	Luke Eatwell (TLAC)	2005 – 2006	Lisa Ricci (MAD)
2004 – 2005	Kyle Chrystie (MAD)	2004 – 2005	Alison Beard (MAD)
2003 – 2004	Brad Chrystie (MAD)	2003 – 2004	Jessica Kaszanski (OLY)
2002 – 2003	Martyn Wheatley (FL)	2002 – 2003	Katherine Putz (STH)
2001 – 2002	Ben Armstrong (FL)	2001 – 2002	Bianca D'Agnone (MAD)

Gosnells Bullets

The Gosnells & Districts Little Athletics Club also have available a weekly competition for ages 17+ (athletes who wish to continue with athletics once they have completed under 17's) to under 65.

Weekly competition is held at Langford Oval in conjunction with GDLAC Saturday events.

Uniform

Is a white top, black bottom – no logos (e.g. Nike, Adidas etc) or as small as possible. No Skins brand. You are to supply your own uniform.

Training

Bullets do not provide coaching and the training is up to the individual athlete. We suggest that if you have recently completed under 17's in Little Athletics, that you get in contact with your old coach and arrange training sessions with them, or alternately with a person of your choice.

Contact for Registration

Chairperson – Paul Sheppard

Mobile 0406 646 785

Email – gosnellsdlac@gmail.com

Reminder

As a condition of competing in conjunction with the Gosnells Little Athletics Centre, senior athletes who are not competing at the time are to help on sites that are short on parent helpers.

There is a \$10 fee at the start of the competition day where you will then receive an arm band confirming that you have paid for the day's competition. At the completion of your events, you are to return the arm band to receive your \$5 bond back.

Membership is COMPULSORY when competing with Gosnells Bullets as it includes insurance cover if any injuries are sustained when competing.



Lumen Christi College offers a range of Physical Education Course Options to suit every little athlete!

Electives in Outdoor Education and Sports Science are available, as well as General and ATAR Physical Education Studies. The College also has a number of after-school sporting teams, including Soccer, AFL and Basketball. Our facilities include one of the largest indoor sports centres in WA, three ovals, tennis courts and an on-site dam which we use for outdoor education.

To find out more about the opportunities available to Lumen Christi students or to book a tour of the College, visit lumen.wa.edu.au or contact the Enrolments Officer on 08 9394 9300 or email enrolments@lumen.wa.edu.au.

81 Station St, Martin

lumen.wa.edu.au

08 9394 9300

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DISCLAIMER

Whilst all care is taken in the preparation of this Year Book, because all records and results are of a historical nature, the Gosnells and Districts Little Athletics Centre take no responsibility for any errors or omissions that may occur. All advertised events, dates, times and conditions are correct at the time of printing but are subject to change at short notice. If there are changes to be made, the Gosnells and Districts Little Athletics Centre will make every effort to advise all concerned of any changes.

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