

Algester Little Athletics Centre

2018/19 Season



OUR 2018/19 COMMITTEE MEMBERS

We would like to introduce our 2018/19 season committee. We are the people wearing the athletics shirts with the pink sleeves so if you see us, please feel free to come up and introduce yourself, say hello, or ask us any questions you may have.

All of the Committee members are volunteers. Many of us have full time jobs, family commitments and other obligations outside Little Athletics. Unfortunately, the Committee members cannot run the Centre alone, and we rely heavily on parents, friends and families volunteering each week to fill the roles necessary for our weekly competitions. Most Committee members have a particular portfolio which we focus on, which enables us to concentrate on a particular aspect of the Centre, such as the grounds, equipment or the uniform shop. If you're not sure about the most relevant person to speak to about a particular issue, perhaps try talking to Anthony, our Centre Manager, in the first instance, as he will be able to direct your enquiries to the right person.

Centre Manager Anthony Kruck

Secretary Danielle Sibenaler

Treasurer Wendy Banks

Registrar / Records Rebekka Hackett

Coaching Coordinator Des Davis

Officials / Nominations Andrea Kruck

Equipment Coordinator Simon Edser

Fundraising Officer / PR Sandra Gallagher

Uniform Coordinator Dani Denning

Grounds Coordinator Simon Eassie

Committee Member Graham Scully

Committee Member Tiarnah Pfeiffer

COMPLAINTS PROCESS

Whilst we try our best to ensure that people never have reason to complain, Little Athletics Queensland (LAQ) do have a policy in place which sets out the complaint handling procedure that is required to be followed. This policy, called the Complaint Handling Procedure, is available on our website.

Algester Little Athletics Centre has appointed three grievance officers who are generally intended to be the first point of contact if you wish to raise any concerns – namely, Anthony Kruck, Graham Scully and Simon Edser. All grievance officers are members of our 2018/19 Committee.

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CENTRE MANAGER'S WELCOME



I would like to extend a very warm welcome to our new and returning athletes, and their families for the coming season. The committee and I look forward to a great season of "Family, Fun and Fitness".

My vision for this Centre is to create an environment where athletes, parents and families are part of a great community organisation. The success of this season relies on the support from families and this is a great opportunity to get involved and support your children in the sport of Athletics.

I want Algester Little Athletics to be a fun and happy team environment where parents and children enjoy coming together each week. We encourage every child to do their best and I see a centre that acknowledges athletes of all abilities. It is not about coming first or last, but about personal improvements. I want this Centre to be an environment where every child feels comfortable and valued, and a place where they feel safe – somewhere to come and spend time each week with their friends and simply have fun!

This season is a busy and exciting one, we look forward to meeting you and your children and welcoming you to become part of Team Algester! Communication is the key to the success of any venture so please feel free to ask any questions or approach me at any time, I am always happy to chat!

Kind regards,

Anthony Kruck Centre Manager 2018/19 Season

2017/18 CENTRE MANAGER'S REPORT





As a Centre and family, we need to be proud of our achievements and most importantly our athletes past, present and future. We are a strong Centre built on strong foundations and are willing to be the best that we can be. Being successful is not always about winning. It comes down to attitude, persistence and never ever giving up. Recognitions and accolades are a bonus to what is already an outstanding achievement.

Early in the season, Danielle and I attended a conference in Townsville. This allowed us to network with neighbouring centres and move forward in working together as a region. The workshops were beneficial in learning new strategies to see the Centre move seamlessly into any changes LAQ have, or will be adopting, in the near future.

This season saw a lot of planning for our committee – our weekly competitions, pentathlon day, regional championships, state championships, Christmas party breakups, two carnivals (that unfortunately did not go ahead), school events, fundraising initiatives, working bees, line marking, Trophy presentation, food and drink shopping and an abundance of phone calls throughout the season. We, as a committee, have done our best to provide our athletes, members and families the safest place possible to participate, enjoy and strive for your best.

When I joined the Centre 5/6 years ago with my children, we did not hesitate to get in and help wherever we were needed, whether it was raking a pit or simply setting up. Being a part of the children's activities is what this sport is all about. We are a tight family unit and it is all about many hands making light work.

I want to give you a quick look at the season that was:

- Andrea Hind designed a brand new website which now has lots of relevant information, and thank you to Danielle for maintaining this and providing constant updates
- We scanned in 30 years' worth of records, year books, photos, documents and put some of these things online for everyone to enjoy. There are more photos to come as well as the slide shows that Wendy used to have on Trophy Day yet be uploaded to the website
- We spent money from the grant we got last season on nice new things – a trailer complete with amazing signage, an electric door on the big shed, our media wall, a new travelling irrigator to water the field, timing gates – just wait till next season for these, they are set up and waiting to be used – quotes for the hot water to be finalised, and an order is being placed for the high jump mat cover
- We received another grant this season for maintenance of the grounds – won't it be nice to run on beautiful grass next season, no holes etc.
- Lots of new Best Performances were recorded by our athletes
- We had an amazing day out at our Christmas party at the new Parkinson Pool
- We had two amazing athletes make the State team
- The athletes all did an amazing job at Regionals and we love them for it – we also had the best lolly jar and an amazing bunch of officials
- Coles gave us lots and lots of bananas and a nice brand new marquee – we also have brand new hats courtesy of Coles
- Committee members stepped up to fill roles when we lost members – we managed to complete the season and the kids had fun as well as us
- Committee meetings now only go for an hour, instead of four hours, and we have this very streamlined and organised
- Wendy got a wet bottom when she fell in a puddle (I always replay it for a laugh).

When I was nominated for Centre Manager I was reluctant - the role of Treasurer that I had held for so many years was my comfort portfolio, I enjoyed it and I was good at it.

So when I was the only nominee for the role I felt obliged to take it on. I was assured and hoping that the season would simply click over to the new season and would continue to run as normal.

Danielle and I worked up to 30 hours in some weeks on the Centre but as we conclude the season I can advise the Committee managed to accomplish the following:

- We developed a 5 year business plan and strategic purpose to prove the sustainability of the Centre for many more years, through financial analysis and planning
- We finalised and obtained a 100% compliance check on our unannounced ATO audit
- · We worked through a full fire audit
- We accomplished excellent results in our council audit
- Bylaws have been prepared for your consideration to ensure the safety, integrity and compliance of the Centre moving forward

I want to thank the awesome committee I had on board. You knew it was a crazy season but you stuck in there to the end and assisted me throughout. Team work was the key and even with a reduced committee we were able to achieve so many things and see it out to the end.

This season however is my last, not only on a committee level but also at this Centre. Kimberley and I have decided to move on and leave athletics altogether. The boys have found enjoyment in other sports and will pursue those with the same passion they had when they started here. I am unsure if I will continue as a Regional, State or National official – only time will tell.

Thank you to all the wonderful people I have met during my 5 year journey with this Centre. Definitely some life-long friendships have developed and they will continue. I wish the new committee nothing but success.

Thank you all again,

Adam Clark Centre Manager 2017/18 Season

2017/18 TREASURER'S REPORT

Algester Little Athletics finished the season with a net operating profit of \$262.73. With non-cash based expenses being added back we can show an adjusted net profit of \$17,812. This represents a shortfall from last season of approximately \$5,000.00. We still sit in a favourable start to the season with a net cash position of \$18,200.00. The surplus funds will allow us to redirect any needed funds to assets or developments within the Centre. Total Income for the season amounted to just over \$101,000.00 and total expenses were of a similar value inclusive of add backs.

Income in comparison to last season was a positive change of approximately \$17,000.00. A big thank you once again to all those members who supported our fundraising efforts to the value of just under \$13,000. I would also like to thank Nikki for the maintained sales income in the canteen. Sales reflect a slight down turn but this was due to not facilitating districts and a carnival this season.

Total Expenses in comparison to last season saw an increase by approx. \$22,000.00, the major increases were shown in the following expense accounts — Equipment and Maintenance, Fundraising Expenses, Insurance, Mowing, and Uniforms.

Capital expenditure and depreciative items were written down on a pro rata basis throughout the season. These items were the new trailer, timing gates, roller door, high jump bars and accessories. The shot put circles, shade sails and high jump mats saw their first full year of writable deductions giving them a true written down value. Most other assets have been written down, including the clubhouse. Any smaller assets/kitchen supplies purchased throughout the season have had an immediate write-off. Also noted were the items of equipment being removed from the depreciation schedule as they have nil remaining written down value (WDV).

We finalised the 2017/18 season in a positive net cash flow, allocation of funds is to be finalised in the next month or so with the next major project being the development and maintenance of the grounds to improve overall safety for our athletes, members and their families.

Total Current and Noncurrent Assets came just shy of \$69,000.00: this represents a steady maintained level to our asset position from the previous season. Overall we finished the 2017/18 season with an accumulative fund position of \$68,908.00

Thank you again for a great season.

Wendy Banks Treasurer 2017/18 Season

On a personal note I would like to take this opportunity to thank Danielle and Adam for the great work that they did this season to secure the financial and compliant future for this Centre. As you probably know, I have been around Col Bennett Park for a while and involved on the Committee for just about the same length of time. Algester Little Athletics hasn't always lived at Col Bennett Park, but the last occasion when our home was threatened was a long time ago – Souths Acacia Leagues Club wanted to dispose of the asset – it was in the sights of a redeveloper with the anticipated future use being townhouses. The Council and Councillor Kevin Bianchi, who was the local member at the time, stepped in and ensured that Col Bennett Park would remain just that – a park. We were provided the opportunity to remain full–time at what we considered our home, and we anticipate that will be the case into the future.

Thanks to the great work these two have done with sorting stuff out this season, we are now compliant in the terms of our lease and hopefully when we come to renew in 2019 the Council will continue to see us as great tenants. Paying the rent on time will help as will bringing the park back to the fantastic surface that I know my kids enjoyed running jumping and throwing on when they were little athletes here at Algester Little Athletics Centre at Col Bennett Park. From the athletes, the parents and spectators, the volunteers and Life Members – I thank you.

2017/18 CENTRE CAPTAIN





We were super excited about the appointment of our 2017/18 Centre Captain, Dylan Kruck, which was announced at our first competition day in 2017. Thanks for being such a good sport, Dylan, and for being such an outstanding Centre Captain for the 2017/18 season!

I would like to start off by saying how much I have enjoyed the 2017/18 season and how privileged I was to be Centre Captain this season. I began Little Athletics at the age of 5 and instantly fell in love with it. From my very first 70m run back in U6, I always knew that this was the sport for me. Athletics has helped me not only with my fitness and sporting ability, but also with my confidence and social skills. Athletics is a very big part of my life and I always look forward to coming every week. I have made lots of friends throughout my years of athletics and I still have some from when I was in U6. I have friends from other centres and all over the country – the best thing about traveling to athletics competitions is that I get to meet new people and make new friends. Some of my best friends I have made through athletics. I have always had fun doing athletics, whether I was coming first or last. Giving it my all and hanging out with my mates while doing it has always been the best part.

Some of you may see me winning races and medals right now, but it hasn't always been like that. When I was younger, I was never amazing at athletics but I always found it fun. I have always wanted to achieve as much as I could in athletics and have strived to give it my best. I have put in a lot of hard work and effort to get better. Yes, winning may be fun, but winning isn't everything. I don't compete just to win, I compete because it's fun. Just turn up and give it your all. The trophies and medals aren't the most important thing – the satisfaction of knowing that you've done your best and had fun while you're doing it is more important than the medals. If you can say that you did the best that you could then you're a winner no matter where you come.

Dylan Kruck Centre Captain 2017/18 Season

BLUE CARDS

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

The "Blue Card", which is issued by the Queensland Government, is evidence that a "Working with Children" Suitability Check has been undertaken by the Commission for Children and Young People and Child Guardian. Any volunteers who do not have children registered and participating in the Centre activities must provide proof of their current Blue Card prior to volunteering their services to the Centre, Region and Association. Even if you do have children participating in Little Athletics, you still may obtain a blue card if you choose.

As a volunteer, it is free to apply for a blue card. You will be required to fill in the necessary application form and provide it to our Centre Manager or Secretary, along with the 2 necessary forms of identification stated in the forms (e.g. drivers licence and Medicare card). We will complete the 'Organisation Details' application form and submit it on your behalf. If you already have a blue card, please feel free to provide us with a copy and we will include it in our blue card register. For further information about the blue card system, please visit: www.bluecard.qld.gov.au.

FAMILY, FUN & FITNESS

The Little Athletics motto is "Family, Fun and Fitness". Little Athletics is a family sport and is one activity where the whole family can be involved and participate, and everyone is welcome from siblings, aunties and uncles to grandparents. We welcome you all! Like other Little Athletics centres, Algester Little Athletics Centre is a not-for-profit organisation which is run by volunteers, most of whom are parents of current athletes at the Centre.

As with many volunteer organisations, there isn't always enough helpers and our Centre cannot operate without the assistance of parents and carers filling the many and varied roles needed each week to run our competition. To hold the weekly competition, we need around 60 volunteers to run all of the events. These roles include officiating at events, taking on the role of age group marshall, raking the long jump pit, recording results, or even working in the canteen. In a small centre such as ours, it can be quite difficult to fill all the roles we need to ensure we can provide a safe and fun weekly competition for our kids. It follows that every contribution, big or small, is truly welcome.

The below list is an indication of the various volunteer roles we need to fill each week – remembering that there is usually multiple field events running at the same time:

Track

- If timing gates are not in use, timekeepers (including one official) and place judges (including one official)
- If timing gates are in use, a recorder plus a person to call out numbers
- 2 recorders
- Starter (Track official)

Field

- Chief (this is the person who runs the event, and they must be a gualified official for that particular event)
- Recorder (this is usually the Age Marshall)
- Spiker
- Raker for long / triple jump (we have 2 pits in total)
- Retriever for shot put / discus / high jump bar.
 Remember that we have two shot put circles, two discus circles and two high jump mats (flop and scissors), although they may not all be operating at the same time.

Age Marshalls

Every age group, other than coloured groups, MUST have an Age Marshall for both the boys and girls groups. In the younger age groups where we generally have larger numbers of athletes, then two age marshalls are usually required (one for boys and one for girls). Age Marshalling is a great way to help out the Centre whilst watching your child compete. It involves collecting the age folder containing the event sheets and weekly program and then guiding the age group to the events in the program order. If you seem to be waiting a long time for your event to get underway please find a committee member to find out the anticipated wait time or if your events can be moved around within the program. It also involves recording the field event results and filling in the result tickets for each child at the end of field events.

Volunteering for canteen and competition set up

The saying goes that 'it takes a village to raise a child'. Well, it also takes a village to run an athletics competition — or at least, it feels that way sometimes!

To make sure that the workload is as evenly distributed as possible, we have prepared a weekly roster which assigns set-up and canteen / BBQ volunteering to each age group. We will include reminders in our weekly newsletter, so please put your hand up to help out when your child's age group is rostered on.

We are using 'VolunteerSignup' this season so that people can volunteer in advance for canteen and setup duties if they prefer. This is the same program that many schools use for their fundraising and volunteering activities, so many of you will be familiar with it already.

For those of you who haven't used it before, just click on the link in the weekly newsletter and fill in your details. Remember, this will count toward your parent participation levy refund, so please help out when you can.

Canteen

In the past, our canteen coordinator Nikki Ryan has permanently managed the canteen. However, this season, we do not have a permanent canteen convenor, meaning that age groups will need to take turns each week to assist in the canteen through the afternoon. We will require two volunteers to be in the canteen at all times, especially when we are preparing hot food, such as chips. Unfortunately if we do not have volunteers to run the canteen then the canteen will not be able to operate.

Set up for Competition and Packing Up

We have also rostered age group carers and parents to help us with setting up for our weekly competition. As you can imagine, it's a big job getting everything ready, particularly on hot days where marquees are needed to be provided for each event so our children have plenty of shade. We need a minimum of 6 volunteers to help set up, in addition to our committee members who help out each week. Packing up is simple – if you are the last group at an event please pack up all of the equipment at the end of the day ready for it to be collected by the tractor as it comes around. This is an easy job to do, and it makes packing up quicker and easier for everyone.

Parent participation levy

A parent participation fee of \$35.00 per family is included in the fees payable at sign-on. This fee is refundable if assistance is provided by family members during at least seventy-five per cent (75%) of eligible centre meetings. This season, we have a total of 19 competition weeks plus two Championship days, so there's plenty of opportunity to help out and receive a refund. Volunteering can be at any of the following (please remember to record your details with the Officials Coordinator):

- Canteen volunteer for no less than two (2) consecutive hours during Centre carnival or championship days, or for the duration that the canteen is open during Centre weekly competitions
- Event Official for no less than five (5) events on any given day, or the maximum number of events for that specific discipline on any given day (if less than 5 events)
- Age Marshall for the duration of any given Centre weekly competition
- Assisting set-up prior to the commencement of any Centre competition or carnival (from the specified set-up start time for the duration of the set-up process until completed) and assisting pack up at the conclusion of any Centre competition or carnival (from the specified set-up start time for the duration of the pack up process until completed)
- Assistance at any Centre working bee (for no less than 2 consecutive hours)
- Event Official at Regional or State competition (for no less than 2 hours)
- Fundraising volunteer, such as Bunnings BBQ and sale of raffle tickets at competition days
- Mowing the grounds (if unpaid)
- Team manager
- Attendance at Officials Workshop

Helping out need not be arduous or difficult, and it can be as simple as raking the sandpit or fetching the discus. Every little bit of assistance we receive makes a difference to the Centre, and we appreciate anything that you are able to do to help out.

OFFICIALS

We are always in desperate need of more qualified officials. There are various levels of accreditation which can be obtained, although Level 1 is all that is required to assist at most Little Athletics competitions. Becoming a Level 1 official is easy and fun, and simply involves completing an online course. It couldn't be simpler!

The Australian Athletics Officials Education Scheme (AAOES) is a joint initiative of Athletics Australia and Little Athletics Australia, providing a seamless and transparent education pathway for Australian Athletics Officials. The aim of the AAOES is to ensure an effective and efficient education framework is provided to guarantee Australian

Athletics Officials remain world leaders in event delivery at all levels of athletic competition.

The athletics specific levels of this scheme delivered within Australia are:

- Club/Centre/School Official AAOES Level 1
- State Level Official AAOES Level 2
- National Level Official AAOES Level 3
- AAOES Level 0

The Introductory Officiating General Principles online course has been developed to assist Officials in learning the basic skills they will need to officiate effectively. This is not compulsory for Athletics Officials but is strongly recommended. The course contains three modules, which cover a range of general officiating topics, including ethical responsibilities of Officials, preparation for officiating, safety, communication, dealing with conflict and people management.

AAOES Level 1

Level 1 is the entry level (first athletics specifics level). Before attempting this level, Officials are encouraged to complete the Australian Sports Commission Introduction to Officiating course. However, it is not compulsory. You do not need to be a registered member of a club or State Association, just simply sign up and start learning. AAOES Level 1 is made up of 12 separate courses:

- Track
- Starting
- Long Jump
- High Jump
- Pole Vault
- Triple Jump
- Hammer Throw
- Javelin
- Discus
- Shot Put
- Walks
- Out of Stadia

Within each course, there are four (4) modules, each with their own content and quiz attached:

- Rules
- · Officials & Communication
- Equipment
- Risk Management

You can attempt as many of the courses as you like. Each course should take around 45-90 minutes depending on your prior knowledge of the event and/or athletics. All questions in the quiz are multiple choice. Once you have completed all four modules and the competency quiz, you will have finished the course and will be able to download your Certificate of Completion.

If you would like more information about officials courses, or would like to improve your level of accreditation, there is plenty of information on the Little Athletics Queensland website at www.laq.org.au/Officials or speak to our Officials Coordinator who will be able to assist.

RESULTS HQ





Many of you will be very familiar with the little certificates provided to athletes at the end of each of their events, which record the date, their event and result. These used to be glued (or taped) into the LAQ results book which we used to receive each season. Unfortunately, LAQ has now phased out the results book and we don't have any available this season.

If the weekly certificates are lost or have an unfortunate encounter with your last load of washing, don't despair! All results are uploaded each week into the Results HQ system. This means that you can simply log on to the program and review the results, follow your child's progress and even print off an achievement results book incorporating certificates and results for each event. It's that easy!

In order to access Results HQ system for the first time, you will need to follow these steps:

- 1. Firstly, go to the following web address www.resultshq.com.au and click on the 'forgot password' button. This will prompt you to enter the email address you included in your Little Athletics registration form, and a password will be emailed to you.
- 2. Log in to the program using this password, but make sure that you then go into your profile (top right corner) and change the password to something new (or which you will remember).

MY RESULTS PROGRAM

Little Athletics also provides a 'My Results' program for recording results. This is a little different to the Results HQ system as the 'My Results' program requires you to enter in your own results, rather than us doing it for you. The program can be accessed via the following web address in order to register: www.myresults.littleathletics.com.au.

You can use both Results HQ and My Results if you like (or just choose one), although they both tend to record the same information – it's just a matter of personal preference.

IMPROVEMENT AWARDS

Athletes are provided with Season Performance Sheets for their age group during our sign-on day - copies of the sheets can be obtained from the 'Forms' section of our website if you misplace them. These recording sheets outline the criteria for a Centre Improvement Award. It is the responsibility of the athlete to maintain a record of their performances throughout the season and to submit their completed Improvement Award sheet.

Each week, times and distances should be entered in the appropriate columns of the Performance Results Sheet although, remember, Improvements Awards are earned for improved performances at Centre meetings only. Don't forget to submit your completed forms by 16 March 2019 to us to go in the draw for a prize to the value of \$100.









DON'T FORGET ...

PROOF OF AGE

For our new members who did not have a copy of their birth certificates when signing on, could you please ensure that you show Bek, our Registrar, your birth certificates or other proof of age as soon as possible. The age of all new athletes must be verified to ensure that children are assigned to the correct age groups. This is not necessary for returning athletes as birth certificates would have been previously checked when you registered with us for the first time.

PHOTO DAY

Our photo day is on 3 November 2018. Full Algester uniform needs to be worn on this day.

PLEASE DON'T LEAVE THE KIDS BEHIND!

As it is the beginning of the season, we wanted to remind parents and guardians of all athletes that they are required to remain at Col Bennett Park for the duration of any athletics competition at all times. As with all Little Athletics centres, we do not offer child minding services and we are not responsible for supervising your child. It is essential that you remain at Col Bennett Park at all times. Please do not leave your child behind in any circumstances.

HISTORY OF OUR CENTRE

Summit Algester Little Athletics Centre was formed in the 1983/84 season by Peter Marconi, Stan Perkins and Ray Schoenauer. The Centre name "Summit" meant we would always strive to be the best, to reach the pinnacle. Our home then was Algester State School. Our first season saw an enrolment of 123 athletes. The Centre's representative athletes at the State Championships brought home 6 medals (2 silver & 4 bronze) – a very satisfactory effort for the new kids on the block.



1984/85: This season brought about a change of venue to our home grounds here at Col Bennett Park, as part of an agreement with Souths Junior Rugby League. The stage was set for an exciting year with the Olympic Games being held prior to our sign-on. We were not disappointed: our registered competitors reached a staggering 298! At State Relay Day, we were wellrepresented and our U8 Girls won the Gold Medal in Long Jump. We finished a creditable 12th out of 36 centres on weighted points and 14th on aggregate. Zone titles the same season and five of our athletes broke zone records with 23 qualified to represent us at the State Championships where we achieved 1 gold, 1 silver and 2 bronze medals. Our own Centre Championships in 1984/85 also saw many records tumble (a staggering 66) due to the change of venue and much improved facilities.

We triumphed in the Zone Metro South Relay, taking home the Trophy on an unprecedented 17 occasions from '88 to '05. This success was largely due to the great support given by our athletes and their parents to the Centre - we compete as a TEAM and everyone puts in their best effort at all times. Little Athletics is not just about winning trophies however, it has always been the aim of this Centre to encourage all athletes at every level. Our awards system introduced during the 1987/88 season enables any athlete to gain recognition not only those who grace the victory dais, a great encouragement to all athletes to keep going.

The Christmas break during 1987/88 season and we packed our bags again and relocated to the Acacia Ridge High School when Souths allowed the Algester Raiders Aussie Rules Football Club to move on to our turf at Col Bennett Park. This arrangement did not work out and we returned home to Col Bennett Park. There was a bonus however, the improvements made by the Raiders especially to the Canteen area.

1990: We reached the pinnacle of achievement as a team in Little Athletics by taking the State Relay Trophy for the first time. The buzz felt by all was incredible. We have since won this trophy from '91–'95 and again in '99. We came second in 1996, 1997, 2000 and 2001 and third in 1998.

1991/92 and 1994/95: We were off to Townsville for the State Championships. A great deal of fundraising meant we sent a strong contingent of enthusiastic athletes north both times. The majority traveled by bus and stayed at the Townsville Backpackers Hostel. Many of us have some very amusing memories of these trips and we are sure that the athletes involved will never forget the trips "up north".

1996/97: This season again saw some changes implemented at the Centre. This time, the uniform and logo went, and so too the "Summit" from our name. The uniforms look great and nobody misses us on competition days!

1997/98 began with another change... This time, QLAA reorganised the zones – again! We were still in Metro South but our zone now comprised Browns Plains, Beenleigh, Jimboomba, Tamborine, Springwood, Sunnybank and us.

1998/99: Tamborine departed our zone and headed back to the South Coast Zone.

2001/02 was a great year for our Centre, and we were represented by 42 athletes in this year's State Championships – for a grand tally of 19 medals (5 Gold, 4 Silver and 10 Bronze).

2002/03: We were off to Townsville again. Forward planning meant we jetted off to Townsville in style, arriving fresh and ready to go, not tired from a long journey by bus. An incredible 29 medals graced the team (8 gold, 14 silver and 7 bronze) and we returned home triumphant but tired from a great carnival. Whilst it is costly for both the Centre and parents to go north for the Championships, it's a great team trip. Thanks to a hardworking Committee and, also to the parents who cook, chauffeur and chaperon, for an outstanding team effort.

2003/04: Just where were we going to be? Again controversy about 'our' home grounds. Souths had put the property on the market, but thankfully the Council rescued us and now the park will remain just that – home to us and parkland.

2004/05: We opened our brand new tartan runway at long jump, courtesy of another successful grant application with the Gambling Community Benefit Fund. The Zone Relay Shield would be ours forever with the introduction of a new award for participation. State Relays - the heavens opened and we competed and volunteers worked in very inclement conditions.

2005/06: 134 registrations, a trip to Townsville for the State Championships, 12 medals, another successful Grant application and another athlete selected to represent this great state of ours at the ALAC's.

2006/07: Registrations were down but spirit was high — more grant monies courtesy of the Lord Mayors Suburban Initiative Fund for timing equipment and lights. Not to mention the inclusion of another athlete in the Qld team bound for the ALAC's, medals at States, a downpour at State Relays and fun at home at Col Bennett Park.

2007/08 was another great year of competition at Algester which saw the introduction of the Tiny Tots program. This was extremely well received by the athletes, parents & the Tiny Tots Coordinator. Congratulations Ashleigh on a fantastic start to the inclusion of the littlest members of Algester Little A's. '07 was also a big year for change at Association level with the re-structure into Regions, meaning we are now part of the South East Region.

2008/09 shall be known as the season we turned on the lights. Our very first twilight competition held under the new lights occurred in January '09. Registrations were up again and we were in for a bumper season.

2009/10: Our 27th season saw our registrations remain fairly constant.

We jetted off to Townsville with another very enthusiastic team and returned triumphant with a swag of medals and two more athletes were selected to represent our state at the ALAC's in April.

2010/11 will be remembered as THE WETTEST SEASON on record. We lost an unprecedented eight competition days to wet weather. We struggled to have competition times recorded for athletes prior to Regional Relays competition day, we only just managed to get our carnival on the track, there was no last day before Christmas when Santa always drops in. Wet 'n' Wild was really (really) wet, and it rained on our parade at Centre Championships. IT WAS WET, WET, WET!!

So what do we remember of 2011/12? It could be the lights under which we can now play and enjoy the balmy summer nights instead of the sticky heat of summer days. Or it could be the fact that we hosted regional competitions this season and did it remarkably well.

2012/13 was the year of the London Olympics – and it encouraged 262 athletes to register for our 30th birthday season. Our athletes again produced some stunning results at both State Relays and Championships, bringing home a swag of medals and many Personal Best performances.

2013/14 was the year we celebrated our great Centre, having brought Little Athletics to Algester for 30 years, and our new long jump runway. A celebratory uniform incorporating our heritage colours (with a twist); a trip to Cairns for States; and again three (3) representatives selected in the State Team heading off to the ALAC Championships in Sydney.

2014/15 was another good year at Little Athletics. We had a hailstorm that cut short competition in January, but other than that, it was a quiet season.

2015/16 was a quiet year for the club. Numbers were down this season, but we still managed some good results at regionals and states. Our carnival was a great success with record numbers attending. We had yet another State Representative chosen to go to the ALACs in Adelaide. We trialled our new family friendly Trophy Day format here at Col Bennett Park This was a huge success and will definitely become a yearly event.

2016/17: An Olympic year and the hope that it would attract record numbers of new registrations as it has done in previous years. We ended up with a total of 181 registrations. We received a grant for approximately \$27,000 which was allocated to the purchase of timing gates, a trailer, travelling irrigator and \$10,000 of refurbishments. We also had one athlete, Ethan Mamahit, representing the State at the ALACs!

2017/18: This was the year that our carnival was rained out not just once, but twice! Our registrations were steady, with approximately 195 athletes. We had three of our athletes representing our Centre at the ALAC's and doing us proud, including setting a new ABP in U13 girls javelin! We were also successful in obtaining much needed funds from the Building Stronger Communities Grants Program, enabling us to attend to maintenance of our grounds at Col Bennett Park.

2018/19: We welcome new members to our family and hope that you will feel at home. We look forward to creating a new season of memories with new and returning athletes and their families.





















2017 LIFE MEMBERS' PENTATULON

The Life Members' Pentathlon is held every season, and was held last season on 4 November 2017. Open to Algester Little Athletics' members only, the pentathlon program events are set by the Centre for each age group from U6 to U17.

Athletes are required to compete in their own age group, and must compete in each of the five (5) events to be eligible to receive a Life Members' Pentathlon certificate. The boy and girl athlete in each age group scoring the highest number of points will be presented with a medal as the winner for their age group and gender.

Many of the kids competed in the 2017 Pentathlon with a belly full of bananas (thanks to our generous sponsors, Coles at Sunnybank Hills), which we suspect must be the key to success given that there were so many PBs on the day and even some records broken!

The athlete scoring the highest number of points overall in our Life Members' Pentathlon was presented with the Life Members' Pentathlon trophy for that season during our annual trophy day held in April. A huge congratulations to **SYBIL PIUTAU** who was our overall winner!

Not to be outdone by the older kids, and as per previous years, our amazing little Tiny Tots held their very own pentathlon event and performed brilliantly! We couldn't be more proud of our up-and-coming champions!

A special thank you to our supertalented Tiny Tots Coordinator, Kimberly Clark, who organised the event and made it such a special day for our littlest members of Team Algester. Thank you also to our Centre Captain, Dylan, who presented medals to our excited little athletes at the end.







- 2017 LIFE MEMBERS' PENTATULON —

Congratulations to our placegetters for the 2017 Life Members' Pentathlon:

		D0)/0			0101.0
		BOYS			GIRLS
Under 6	1 st	LINCOLN WALLER	Under 6	1 st	EVANNIE TINO
Unider 6	2 nd	ETHAN ALLEN	Unider 6	2 nd	GISELLE VAIL
	2 3 rd	TRISTAN GAVIGLIO		2 3 rd	BRIDGET TELFORD
	3	TRISTAN GAVIGLIO		3	BRIDGET TELFORD
Under 7	1 st	HUNTER SIBENALER	Under 7	1 st	ISABELLA GEE
	2 nd	JAYDEN HOFFMAN		2 nd	AUTUMN HOTZER
	3 rd	IRAIA O'RILEY		3 rd	MYSTIQUE CRANWELL
Under 8	1 st	LINCOLN POWER	Under 8	1 st	SYBIL PIUTAU
	2^{nd}	BLAKE GEE		2^{nd}	JESSICA AUSTIN
	3^{rd}	ZACHARY BARAC		3^{rd}	NESSA BROWN
Under 9	1 st	TYRESE NGARU	Under 9	1 st	LAYLA PENNISI
	2^{nd}	RYAN EASSIE		2^{nd}	KAYLA CRANWELL
	3^{rd}	JUSTIN McLAUGHLAN		3^{rd}	ZARA GAVIGLIO
Under 10	1 st	JACOB LONG	Under 10	1 st	HAYLEY TELFORD
	2 nd	RYDER KUHNEL		2 nd	LEEVI WILLIAMS
	3^{rd}	ZACKARY EPITROPAKIS		3^{rd}	NATALIE AUSTIN
Under 11		SEAN SCULLY	Under 11	1 st	SEINI PIUTAU
	2 nd	COOPER CLARK		2 nd	TAMIKA GEE
	3^{rd}	RAJ GILL		3^{rd}	NIKEISHA NGARU
Under 12	1 st	SEBASTIAN CU	Under 12	1 st	LAUREN HEATH
0	2 nd	TAYSHON FOLEY	0.1.0.0		_
	3 rd	ALEX EPITROPAKIS		3 rd	
Under 13	1 st	ANGUS GOH	Under 13	1 st	LANI CONNOLLY
	2 nd	KAIZA PAULSON		2 nd	OLIVIA ROWE
	3^{rd}	IRUSHA LEELARATNI		3^{rd}	
Under 14	1 st	ETHAN MAMAHIT	Under 14	1 st	OLIVIA CU
	2^{nd}	DYLAN LO		2^{nd}	BROOKLYN JUILLARD
	3^{rd}	ABHAY GILL		3^{rd}	MYAH TINO
Under 15	1 st	DYLAN KRUCK	Under 15	1 st	SHANTEAL HANSEN
	2^{nd}	BRANDON LO			
	3^{rd}	LUKA MANITTA	Under 16	1 st	JORDYN RYAN



Carius

Carnivals are a great way to meet new people from other Little Athletics centres, and get some extra experience competing in athletics. A list of carnivals for this season is available from the LAQ website. Nominations for carnivals can be submitted by filling in the paper entry form and lodging it directly with the hosting centre (or via our Nominations Coordinator) or through the Results HQ system.

Most carnivals offer participation medals to athletes in the U6 age group, and as well as medals for first, second and third placings in other age groups. However, athletics is not just about winning medals. Competing in carnivals provides athletes with a chance to compete against different people, try to beat their personal best results, experience different facilities, and most importantly, to have fun.







PBROWNS PLAINS CARNIVAL

🗣 REDLANDS CARNIVAL

GYMPIE ANNUAL SPRING CARNIVAL







Some of our Algester Little Athletics athletes travelled north to compete at the Gympie Annual Spring Carnival at Albert Park on 17 September 2017. Congratulations to all of you for representing our Centre so well and putting in such great efforts against some pretty tough competition.

A special mention needs to be made of Angelina Tignani, who 'came, saw and conquered' the existing Gympie Carnival records in both U13 shot put and javelin. Angelina threw an impressive 43m in javelin and 12.04m in shot put to take a gold medal in both events. Well done, Angelina!









Our carnival wasn't the only one affected by rain this season.

A huge 'well done' needs to go to our amazing athletes who braved the mud and the pouring rain to compete at Redcliffe Twilight Carnival on 18 November 2017 and the Jimboomba Carnival on 19 November 2017.

The conditions were tough (and very wet) for both competitions and our athletes performed brilliantly!

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JIMBOOMBA CARNIVAL AND REDCLIFFE TWILIGHT CARNIVAL



SPRINGWOOD CARNIVAL





Congratulations to all our athletes who represented our Centre so well at the Springwood Carnival on Sunday, 21 January 2018. We had just under 20 athletes there on the day, so we were very well represented at this event. 'Team Algester' certainly spent plenty of time on the podium and our athletes had plenty of fun on the day!













- REGIONAL RELAYS FOR THE SOUTH EAST REGION -

Regional relays for the South East Region were held 12 November 2017 for the U7-U17 age groups at QSAC. Regional relays are all about teamwork, and we certainly excelled in that area! Many kids stepped up to fill in places for age groups up to two higher than their own, and competed in additional events to help out the team even though they had a full plate with their own events. We were constantly amazed by the team spirit and support amongst the athletes. It really was wonderful to be part of such a warm and generous group.

Events like these simply cannot be held without volunteers and officials, and a special thank you needs to go out to all the officials, helpers, friends, parents and volunteers from Algester who helped out in different roles and capacities during the day. Whether you hammered in the marquee pegs, corralled the U7's and U8's, cheered the loudest, mopped up skinned knees or tears, or carried discus nets to other side of the grounds – everything you did made a difference and we (and the kids!) really appreciated it. Our team managers, Graham Scully and Andrea Kruck, handled the event like pros and remained cool, calm and collected no matter what was thrown at them – they really did an exceptional job and we appreciate their efforts.

Whilst Under 7s and Under 8s do not progress to State championships, they received a well-earned participation medal on the day. Teams from the U9 - U17 age groups that placed 1st - 3rd were eligible to progress to the McDonald's State Relay Championships held at QSAC on 2 December 2017. From Team Algester, the following made it - well done to everyone!!

GIRLS:

U9

4 x 100m

- Zara Gaviglio
- Kayla Cranwell
- Layla Pennisi
- · Mia Field

4 x 200m

- Zara Gaviglio
- Kayla Cranwell
- Lavla Pennisi
- Mia Field

U11

4 x 100m

- Tamika Gee
- Millie George
- Seini Piutau
- Nikeisha Ngaru

4 x Medley

- · Tamika Gee
- · Nikeisha Ngaru
- Seini Piutau
- Violet Gilbody-Searles

Long Jump

- Seini Piutau
- Millie George

Shot Put

- Nikeisha Ngaru
- Tamika Gee

Discus

- Seini Piutau
- Tamika Gee

U13

High Jump

- Lani Connolly
- Angelina Tignani

Shot Put

- · Angelina Tignani
- Jaimee Edser

Discus

- Angelina Tignani
- Jaimee Edser

U16

Shot Put

- Jessica Carruthers
- Jordyn Ryan

U17

4 x 100m

- Tyleesha Paulson
- Myah Tino
- Jordyn Ryan
- Jessica
 Carruthers

Long Jump

- Tyleesha Paulson
- Jessica
 Carruthers

BOYS:

U11

4 x 100m

- Cooper Clark
- Ty Drescher
- Lachlan Pennisi
- Sean Scully

Medley

- Cooper Clark
- Ty Drescher
- Lachlan Pennisi
- Sean Scully

Long Jump

- Lachlan PennisiA
- Cooper Clark A
- Sean Scully B
- Ty Drescher B

Shot Put

- Sean Scully
- Cooper Clark

Discus

- Cooper Clark
- Jackson Edser

U12

4 x 100m

- Alex Epitropakis
- Tayshon Foley
- Sebastian Cu
- Kiyan
 Gunewardene

4 x Medley

New Record: 4.37.09

- Alex Epitropakis
- Tayshon Foley
- Sebastian Cu
- Kiyan
 Gunewardene

High Jump

New Record: 2.92

- Tayshon Foley
- Sebastian Cu

Long Jump

- Sebastian CuA
 - Tayshon Foley – A
- Alex Epitropakis
 - В
- KiyanGunewardeneB

Discus

- Sebastian Cu
- Tayshon Foley

U13

4 x 100m

- Irusha Leelaratne
- Kaiza Paulson
- Oliver Scully
- Angus Goh

4 x Medley

- Irusha
- Leelaratne
- Kaiza Paulson
- Oliver ScullyAngus Goh

High Jump

- Khyan Clark
- Angus Goh

Discus

- Kaiza Paulson
- Oliver Scully

U14

4 x Medley

- Ethan Mamahit
- Dylan Lo
- Abhay Gill
- Angus Goh

Long Jump

- Ethan Mamahit
- Dylan Lo

Shot Put

- Ethan Mamahit
- Dylan Lo

U15

4 x 100m

New Record: 48.40

- Dylan Kruck
- Brandon Lo
- Zak Lewis
- Aaron Olayemi

4 x Medley

- Dylan Kruck
- Brandon Lo
- Zak Lewis
- Aaron Olayemi

... . .

- High JumpDylan Kruck
- Brandon Lo

Long Jump

- Dylan Kruck
- Aaron Olayemi

Discus

- Dylan Kruck
 - Brandon Lo

U15 Boys 4 x 100m Regional Team

- Dylan Kruck
- Aaron Olayemi





















- MCDONALD'S STATE RELAY CHAMPIONSHIPS







Congratulations to our athletes who qualified for and competed in State Relay Championships at QSAC held on 2 December 2017. There were 11 QBPs (Queensland Best Performance) recorded on the day, including the South East Region U15 Boys 4 x 100m relay, made up of Mark Wood, Caleb Barker, Dylan Kruck & Aaron Olayemi, who ran a blistering 45.71. Well done!

Some of the other 'Podium Team Algester' performances included:

- 3rd place Girls Under 9 4x100m Mia Field,
 Kayla Cranwell, Layla Pennisi, Zara Gaviglio
- 2nd place Mixed Under 14 Shot Put Ethan Mamahit, Dylan Lo
- 3rd place Girls Under 9 4x200m Mia Field, Kayla Cranwell, Layla Pennisi, Zara Gaviglio
- 2nd place Mixed Under 15 Long Jump Aaron Olayemi, Dylan Kruck
- 3rd place Mixed Under 12 Long Jump Kiyan
 Gunewardene, Alex Epitropakis
- 2nd place Mixed Under 15 4x100m Brandon Lo, Aaron Olayemi, Zak Lewis, Dylan Kruck
- 1st place Girls Under 13 Shot Put Jaimee Edser, Angelina Tignani
- 2nd place Mixed Under 15 Medley Brandon Lo, Aaron Olayemi, Zak Lewis, Dylan Kruck
- 2nd place Girls Under 13 Discus Jaimee Edser,
 Angelina Tignani
 - 2nd place Mixed Under 15 Discus Dylan Kruck, Brandon Lo
- 2nd place Mixed Under 13 High Jump Angus
 Goh, Khyan Clark
- 1st place Girls Under 17 Long Jump Tyleesha Paulson, Jordyn Ryan

LAQ SPRING CARNIVAL BUNDABERG

Congratulations to our talented Algester athletes who travelled to Bundaberg to compete in the LAQ Spring Carnival on 23 September 2017.

Whilst we were proud of everyone's efforts, a special mention goes out to the following athletes who managed to place in their events:

- Dylan Kruck (U15) silver in 100m, gold in long jump, and bronze in discus
- Daniel O'Shaughnessy (U14) gold in 800m, silver in 1500m, and bronze in high jump
- Sean Gallager (multi class) gold in discus and gold in shot put
- Kaiza Paulson (U13) gold in 80m hurdles and gold in 200m hurdles











































- LAQ SENIOR CARNIVAL N' JUNIOR PENTATHLON -





Well done to all our brilliant athletes who competed at the LAQ Senior Carnival n' Junior Pentathlon at Runaway Bay on 5 November 2017. We are really proud of your efforts and for representing our Centre so well:

- Shanteal Hansen U15 girls 1st place 1500m
- Savarnah Kruck U14 girls
- Sienna Kruck U9 girls
- Tiani Lo U12 girls
- Sean Scully U11 boys 1st place 400m
- Tejean Wesseh U11 boys 2nd place 1100m walk
- Tayshon Foley U12 boys 1st place 200m
- Sebastian Cu U12 boys 2nd place 200m, 2nd place 400m

- Kaiza Paulson U13 boys 2nd place 80m hurdles, 1st place 200m hurdles
- Oliver Scully U13 boys
- Sean Gallagher Multi-class 2nd long jump, 1st shot put, 1st discus
- Dylan Lo U14 boys 2nd place discus
- Dylan Kruck U15 boys 3rd place javelin
- Brandon Lo U15 boys

— LAQ JUNIOR CARNIVAL N' SENIOR PENTATHLON —



Congratulations to our athletes who represented our Centre in very hot conditions at the LAQ Junior Carnival and Senior Pentathlon on 4 March 2018 at QSAC – a big high five to Isabella Gee (U7), Hunter Sibenaler (U7), Blake Gee (U8), Sienna Kruck (U9), Tamika Gee (U11), and Savarnah Kruck (U14).

A special shout out to Ethan Mamahit (U14) who managed to take home the bronze medal for the pentathlon event – great job Ethan!!

REGIONAL CHAMPIONSHIPS

Regional Championships primarily provide friendly Regional Competition for all athletes in the U7 – U17 age groups. These competitions are also the means for qualifying for the McDonald's State Championships. Athletes in the U9–U17 age groups competing in the Regional Championships who place 1st – 3rd (Winter Regions) or 1st – 4th (Summer Regions) progressed to the McDonald's State Championships which were held on 23–25 March 2018. Additional entry to the McDonald's State Championships was available for athletes who competed in a final at the Regional Championships and who achieved the "Qualifying Performance Level" for that event.

A massive 'well done' to all our athletes who gave it their best in the heat during the regional championships. held at QSAC on 10–11 February 2018. There were lots of medals and PBs – and even Regional Championship Best Performance – and we were super proud of every single one of our athletes who turned up and gave it a go. You all performed brilliantly!

Particular recognition needs to go to a number of our "Team Algester" athletes below who delivered regional best performances at the event – congratulations on such an outstanding achievement:

- Alex Epitropakis U12 boys 60m hurdles
- Shanteal Hansen U15 girls 1500m
- Dylan Kruck U15 boys heptathlon

- Tyleesha Paulson U17 girls 100m
- Layla Pennisi U9 girls 400m and 800m
- Angelina Tignani U13 girls javelin



































2018 STATE CHAMPIONSHIPS

The 2018 McDonalds State Championships were held at QSAC on 23–25 March 2018. The McDonalds State Championships is the final major competition in the LAQ calendar. Athletes from all corners of the State take part in this annual event in the hope of becoming the State Champion in their chosen event. The U13 State Team (26 athletes – 13 Boys and 13 Girls) is also selected at these Championships. The performance of the U13's at this event plays a significant part in their selection. The 2019 State Championships will held in Townsville, so make sure you pencil this in your calendar!

We were thrilled that the following 'Team Algester' athletes qualified and competed exceptionally at the State Championship event, with a special 'well done' to those who placed in their age groups:

GIRLS

- Kayla Cranwell U9 girls 70m
- Leevi Williams U10 girls 70m
- Tyleesha Paulson U17 girls 100m (second place), long jump, triple jump
- Layla Pennisi U9 girls 400m (second place), 800m, high jump
- Seini Piutau U11 girls 400m, long jump
- Tamika Gee U11 girls 800m, 1100m walk (third place), shot put, 1500m
- Shanteal Hansen U15 girls 800m (third place), 1500m (second place)
- Amelia Salo U10 girls 1100m walk
- Lauren Heath U12 girls 1500m walk
- Hayley Telford U10 girls 60m hurdles, high jump, discus
- Lani Connolly U13 girls 80m hurdles, high jump
- Savarnah Kruck U14 girls 80m hurdles
- Rushana Gunewardene U13 girls long jump
- Tiani Lo U12 girls triple jump
- Nikeisha Ngaru U11 girls discus, shot put
- Angelina Tignani U13 girls discus, javelin (first place), shot put (second place)
- Jessica Carruthers U16 girls discus, shot put
- · Keira Mamahit U12 girls shot put
- Jordyn Ryan U16 girls shot put

BOYS

Angus Goh U13 boys 100m, long jump, triple jump

- Aaron Olayemi U15 boys 100m, long jump
- Sean Scully U11 boys 200m
- Tejean Wesseh U11 boys 200m, 1100m walk
- Zak Lewis U15 boys 200m, 400m
- Eamon Byrne U9 boys 400m, 800m
- Ryder Kuhnel U10 boys 400m
- Sebastian Cu U12 boys 400m (second place), long jump, triple jump, javelin
- Andrew Byrne U11 boys 800m, 1500m
- Lachlan Pennisi U11 boys 800m, 1500m (second place)
- Zackary Epitropakis U10 boys 1100m walk
- Jackson Edser U11 boys 1100m walk
- Alex Epitropakis U12 boys 60m hurdles (first place), long jump, triple jump
- Kaiza Paulson U13 boys 80m hurdles (third place), 200m hurdles (third place), long jump, triple jump
- Oliver Scully U13 boys 200m hurdles
- Ethan Mamahit U14 boys long jump, triple jump, discus (second place), shot put (third place)
- Brandon Lo U15 boys triple jump
- Ryan Eassie U9 boys discus, shot put
- Kiyan Gunewardene U12 boys discus, shot put
- Ty Drescher U11 boys javelin
- Dylan Lo U14 boys javelin
- Dylan Kruck U15 boys heptathlon (first place)
- Sean Gallagher U13-14 boys multi-class 100m, long jump (second place), discus (first place), shot put (first place)

A huge congratulations needs to be extended to two of our amazing athletes:

- Angelina Tignani who threw a QBP (Queensland Best Performance) in the girls U13 javelin with 44.40m
- Dylan Kruck who achieved a QBP (Queensland Best Performance) in the boys U15 heptathlon with a result of 4825

— 2018 COLES AUSTRALIAN LITTLE ATHLETICS — CHAMPIONSHIPS

The 2018 Coles Australian Little Athletics Championships was held on Saturday 28 and Sunday 29 April 2018 at Runaway Bay Sports Super Centre. The Championships brought together the best 224 athletes from across Australia in the U13 and U15 age groups who competed towards achieving national medals and team trophies. The Australian Teams Championship (ATC) is a team's competition for Under 13 age group athletes where each athlete gains points from events towards a total team point score. The Australian Multi-Event Championship (MEC) is an individual competition for the Under 15 age group with each athlete competing in seven (7) events. Points are based on the best performance in each event and totalled to determine the overall places.

Two of our amazing Algester Little Athletes qualified to compete in the ALAC's for Team Queensland – Angelina Tignani (U13) and Dylan Kruck (U15). Algester Little Athlete, Sean Gallagher, also represented our Centre and competed in Championships exhibition event.

We are proud to announce that Angelina placed first in U13 javelin with an Australian Best Performance throw of 47.26m! Angelina also placed sixth in shot put with a throw of 12.16m. Dylan placed an amazing second in the U15 boys multi-event (heptathlon), and was part of the Queensland Team mixed 4 x 100m relay which placed fourth overall. Sean also performed brilliantly and placed third in the 100m.

Angelina, Dylan and Sean also received awards for their sporting achievements during the June 2018 Algester Queensland Day event run by the Algester Parkinson Lions Club – congratulations to all of you on a great achievement and a wonderful season!









TINY TOTS



The tiny tots had a very exciting season, learning many skills and drills to assist them before they commence in the Under 6 age group. Many activities were learnt through play and exploration of equipment to develop technique and enjoyment of sport. It was encouraging to see so many Tiny Tots learn life long skills of resilience, determination, perseverance and sportsmanship through the many activities offered. Parents were an integral part of the program and instrumental to the success of the Tiny Tots. Each week parents turned up ready to participate, encourage and nurture their child's love of sport and being outdoors. The weekly smiles, high fives, clapping for their team mates and positive affirmations towards their friends were what made this season of Tiny Tots one I will always remember.

Kimberley Clark Tiny Tots Coordinator 2017/18 Season



THANK YOU TO ...





Parkinson Discount Drug Store!

The Parkinson Discount Drug Store (located near the IGA on the corner of Nottingham Road and Algester Road, Parkinson) generously supports various community groups within our local area. During September 2018, they included Algester Little Athletics Centre in their program, as well as the Algester Hawks Basketball team. Each customer at the chemist was given a token to place in one of the jars located on the counter (ie either Algester Little Athletics jar or Algester Hawks jar). The group with the most tokens at the end of the month received \$200.

We were very excited to find out that Algester Little Athletics was the winner of the Parkinson Discount Drug Store's monthly community program for September 2017, which was spent on purchasing some nice new soap dispensers installed in the male and female toilets.

Thank you Parkinson Discount Drug Store – we really appreciate it!



DPGSS



There was a plethora of yummy lollies for the kids to enjoy during our Halloween competition day on 28 October 2017. But what is Halloween without costumes?!

The kids had the chance to ditch their uniforms and dress up for the occasion – we hope that their costumes didn't slow them down too much!

When it came to picking the best dressed athlete for our special prize, we really couldn't choose as everyone looked great!

So, we put together a list of athletes who were in contention for the prize, with our lucky winner being Elisha Hind – well done!!

Algester Little Athletics Christmas Party Parkinson aquatic centre



Our Christmas breakup party was held at the Parkinson Aquatic Centre on 9 December 2017. It was a great way to end the calendar year with amazing pool inflatables and a sausage sizzle. Even the adults were keen to give it a try!







2017/18 Trophy Day

Unlike our carnival days, the sun was shining brightly on 21 April 2018 for our trophy day and AGM. This is definitely one of the favourite events on our calendar, not only because of the amazing inflatables for the kids to enjoy, but because we have an opportunity to recognise and congratulate our athletes for their outstanding achievements during the season.

AGE CHAMPIONS AT CENTRE CHAMPIONSHIPS

Our Centre Championships are our 'grand final' days, and every athlete registered with Algester Little Athletics Centre is encouraged to participate in the Championships, and in all events for their age group. All athletes who compete at the Centre Championships receive a participation trophy at our Trophy Presentation Day. Trophies are also awarded to Age Champion or Runner Up in each age group (one for boys and one for girls).

In order for athletes to be eligible for Age Champion or Runner Up in any age group, athletes must have competed in at least 50% of eligible Centre competitions. Additionally, in order to receive points in a particular event, athletes must also have competed in that event at least twice during the season at eligible Centre competitions. Our Centre Championships were held over two days on 3 March 2018 and 10 March 2018.

Congratulations to all of our age champions and runners-up for the 2017/18 season:

	ВО	YS	GIF	RLS
	CHAMPION	RUNNER UP	CHAMPION	RUNNER UP
U6	Harrison Barac	Jeremih Soriano	Evannie Tino	Giselle Vail
U7	Jayden Hoffmann	Hunter Sibenaler	Isabella Gee	Mystique Cranwell
U8	Ashtyn Salo	Kanyon Turner	Sybil Piutau	Jessica Austin
U9	Tyrese Ngaru	Tanerau O'Riley	Layla Pennisi	Zara Gaviglio
U10	Ryder Kuhnel	Jacob Long	Hayley Telford	Leevi Williams
U11	Tejean Wesseh	Ty Dresher	Nikeisha Ngaru	Seini Piutau
U12	Sebastian Cu	Alex Epitropakis	Lauren Heath	Tiani Lo
U13	Kaiza Paulson	Angus Goh	Lani Connolly	Rylee O'Shaughnessy
U14	Ethan Mamahit	Michael De Lara	Kelly Rabenhorst	Savarnah Kruck
U15	Brandon Lo	Dylan Kruck		
U16			Jordyn Ryan	
U17			Tyleesha Paulson	

- MOST OUTSTANDING ATHLETE - BOY & GIRL AT CENTRE CHAMPIONSHIPS





These awards are calculated by the Centre Manager with the Records Officer providing all results for the Centre Championships. The performances are measured against the Centre Best Performance in each event.

Criteria is used to calculate the most outstanding athletes at Centre Championships is by McDonalds Awards headings – meaning those events used in the calculation must include:

- 1 x Sprint/Hurdle
- 1 x Distance/Walks
- 1 x Throw
- 1 x Jumps
- U6 U8 one additional event
- U9 U10 two additional events
- U11 -U17 three additional events

Congratulations to our Most Outstanding Athlete Boy and Girl at Centre Championships for the 2017/18 season: **SEBASTIAN CU** and **SYBIL PIUTAU**.

SEASON MOST IMPROVED

Athletes accrue points for each improvement in every event at Centre Competition. These improvements are recorded by the Records Officer throughout the season for every athlete. An athlete boy and girl, in each age group, will be presented with the age group's 'Most Improved Athlete' during the season at Trophy Presentation Day. Should there be a tie in any age group or boy/girl, both or all athletes tying will be recognised. Our 2017/18 Season Most Improved recipients are listed below – well done everyone!



	BOYS	GIRLS
U6	Lincoln Waller	Giselle Vail
U7	Hunter Sibenaler & Iraia O'Riley	Isabella Gee
U8	Kanyon Turner	Nikola Weder
U9	Tyrese Ngaru	Kayla Cranwell
U10	Beau Kuhnel	Leevi Williams
U11	Tejean Wesseh	Tamika Gee
U12	Sebastian Cu	Lauren Heath
U13	Angus Goh	Lani Connolly
U14	Michael De Lara	Kelly Rabenhorst
U15	Brandon Lo	Rafaela Rodriguez-Hannouf
U16		Jordyn Ryan
U17		Tyleesha Paulson

CENTRE MANAGER'S TROPHY

In addition to the above, a separate award is given to the most improved athlete overall for the season (boy or girl). A Memorial Trophy will be retained by the Centre and a replica is presented to the athlete receiving the award. Our most improved athlete overall for the 2017/18 Season was **LAUREN HEATH**.

LAURIE BAARTZ AWARD NOMINEE

Laurie Baartz was the LAQ's Manager for Coaching on the Board of Management from late 1982 until he passed away in 1984. During his time he laid the foundations for the extensive coaching programs LAQ now offers throughout the State. His approach to coaching always stressed the importance of personal improvement, whether or not this was accompanied by success in competition. In this way children maintain a balanced perspective of their performances at all times.

Laurie's workmates at Telecom chose to honour his memory by providing LAQ with a perpetual trophy awarded to the Little Athlete showing the greatest degree of personal improvement. The award is based on personal achievements over a range of events and is open to boys and girls across all age groups. To be eligible, performances are only permitted to be recorded at Centre level competition over any ten week period. The Algester Little Athletics Nominee for the Laurie Baartz Award in the 2017/18 season was LAUREN HEATH.



- KEITH MCGUIGAN MEMORIAL AWARD IN HIGH JUMP -



Keith McGuigan (Life Member) was the founding registrar of our Centre, here right from the beginning. He was passionate about Little Athletics, especially Little Athletics here at Algester. He was instrumental in developing our system for recognising our most outstanding athletes at Centre Championships, and we still use that system to this day.

Keith spent most of his time at high jump and we chose to honour his memory by presenting the Keith McGuigan Memorial Award to the most improved athlete at high jump each season. There is only one award presented each season, and in the event of a tie, a countback procedure will be used to determine the recipient – by establishing the highest percentage improvement for the athletes to break the tie. A Memorial Trophy will be retained by the Centre and a replica is presented to the athlete receiving the award each season.

The 2017/18 Season the Keith McGuigan Memorial Award was presented to **NIKEISHA NGARU**.

DAVE TOLHOPH MEMORIAL AWARD IN DISTANCE RUNNING



Dave Tolhopf (Life Member) was for many years the Centre Coaching Coordinator at the Centre and was acknowledged for his dedication to coaching by being awarded the Frank Knight Memorial Coach of the Year in 2004. His passion for athletes' wellbeing and improvement through training was recognised through his many years as our Centre Coach. Dave Tolhopf joined Algester Little Athletics Centre with his daughter Carla, who was an exceptional distance runner. In considering how best to recognise Dave's contribution to our Centre, we have chosen to also recognise the area where his daughter excelled, and to this day, still retains those Best Performances.

An award will be made in recognition of Dave's passion for athletics to recognise improvement in distance track events (400m, 800m and 1500m). Only one award will be presented each season, and in the event of a tie, a countback procedure will be used to determine the recipient – by establishing the highest percentage of improvement for the athletes to break the tie. A memorial Trophy will be retained by the Centre and a replica is presented to the athlete being recognised for the achievement during the season.

As this was a new award for the 2017/18 season, we were grateful to be joined by Carla Keith (Tolhopf) who travelled from Townsville to present the inaugural Dave Tolhopf Memorial Award in Distance Running to MICHAEL DE LARA.

CENTRE CAPTAIN'S AWARD



The Centre Captain's Award is presented to the athlete who is considered by the Captain to have:

- Represented the Centre in accordance with the Little Athletics ethos of family fun and fitness
- Participated at Centre events, including fundraising, carnival, and team events
- Been respectful of others, including athletes, officials, coaches and volunteers
- Been a happy and considerate member of the Centre

The Centre Captain's Award for 2017/18 was presented by Dylan Kruck to **KELLY RABENHORST**.

- ALGESTER SPORTS INC. SPIRIT OF ATHLETICS AWARD -

Algester Sports Inc has provided ongoing support to Algester Little Athletics Centre for many years.

In recognition of their support, we award a perpetual trophy in their name. The Algester Spirit of Athletics Award is presented each year to the athlete that shows a consistent and committed involvement and dedication to their athletics journey and their centre, whilst embracing the Little Athletics ethos.

Qualities such as:

Participation

- Centre competition
- Regional Relays
- Regional Championships
- Junior / Senior Carnival
- Junior / Senior Pentathlon

Leadership

- Assists with centre warm up session
- Competes in centre uniform
- Assists with set up / pack up
- Attends training sessions
- · Assists at training sessions
- Encourages others

Respect

- Shows respect to other athletes
- Shows respect to officials

 Shows respect to spectators

Perseverance

- Sets goals and tries to achieve them
- Participates in all events offered for their age group each week

Sportsmanship

- Respects the rules of competition and fair play
- Encourages / congratulates other athletes of their performances

Enthusiasm

- Involved in all centre activities, including fundraising
- Assists at sign on days
- Attended relevant
 workshop event clinics,
 officials workshop, first aid
 workshop



The 2017/18 Season Algester Spirit of Athletics Award was presented to **ETHAN MAMAHIT**.

U15 AND U17 GRADUATES

Congratulations to our U15 and U17 graduates from the 2017/18 season:

Under 15

- · Rafaela Rodriguez-Hannouf
- Aaron Olayemi
- Brandon Lo
- Dylan Kruck
- Luka Manitta
- Michael DeLara
- Zak Lewis
- Jessica Peiris

Under 17

Tyleesha Paulson



ENCOURAGEMENT AWARDS



Athletes may be nominated for Encouragement Awards. Each nominee is considered by the Centre Management Committee.

Up to four (4) awards will be presented at Trophy Day each season to those athletes who demonstrate a desire to compete and improve in their age group in all events. This is not an award measured by winning or by the setting of Best Performances. This is an award presented to athletes who TRY to the best of their ability at all times. This is not necessarily an award given to an athlete who participates in every event, but rather an athlete who seeks to improve and shows the tenacity of perseverance.

Athletes being recognised should be acknowledged under a category as the award is presented. These could include and should not be limited to:

- 1. **Team Work** recognition of participation at Regional/State Relays, where athletes are asked to participate to make up teams
- 2. Participation recognition of their attendance at all centre competitions
- 3. Perseverance never give up attitude
- 4. Improvement through Persistence always trying to improve their performance

Our 2017/18 season recipients were:

- Isabella Gee
- Ty Drescher
- Phoenix Mackay
- TJ Wesseh

In special recognition of her efforts and "never give up attitude" we would also like to recognise and encourage continued improvement and participation in athletics – **MAEVE THOMSON-SEARLES** (Tiny Tots).

Efhan.

OUR 2018/19 SEASON

Algester Little Athletics Centre was privileged to receive a total six nominations for Centre Captain this season. All candidates were exceptional, making it very hard for the Committee to chose the athletes who will lead our Centre as captains in 2018/19. Ultimately, we could only chose two and we are extremely proud to announce our Centre Captains for 2018/19 are ETHAN MAMAHIT and ANGELINA TIGNANI! Congratulations to the both of you! We are sure that you will be outstanding role models for our younger athletes and amazing representatives of our Centre.





My time at Algester Little Athletics Centre has been enjoyable but at the same time, very challenging. I had just joined in U9 and I didn't know this was the path that I would eventually take. After being introduced to athletics by my mum's friend, I was not as bright as the other 'athletic' kids but there was a gut feeling it was going to be a fun sport. Over my 5 year span of Little Athletics and representing Algester, it has enabled me to win many regional, state and national competitions.

This sport has changed my future very positively because I wouldn't know where I would end up if it wasn't the many training sessions I had with my coach, the hours after school in the gym grinding, and the many positive words from my parents which let me keep pursuing this sport. I hope to achieve my goal at the end of the year to make the national team, just like I did 2 years ago as it was an amazing experience I won't forget. With the help of my crew, Algester Little Athletics, I want to also create many fond memories for little kids to hopefully have a dream like mine, to be an elite athlete and compete in the Olympics. As famous basketball player, Micheal Jordan said, "Some people want it to happen, some wish it would happen, others make it happen" which shows there is a path out there if anyone puts their mind into it.

A captain is defined as the leader of a team, and I believe Algester Little Athletics should have a leader that builds a team, inspires others, and has passion, commitment, confidence, accountability and empathy. As others are aware, everyone is not perfect so, as a leader, we can only keep on improving the future of this Centre and its people. With another person in this role as well, it will also maximise my leadership role with more ideas as well with another person to influence and inspire other little athletes to do the same as us. Last season I was awarded the 'Spirit of Athletics' by the Algester Little Athletics committee, which I was very humbled and grateful for receiving the award as it is one of the biggest achievements I have ever reached in my career of athletics. This award represents my mood, attitudes and beliefs of athletics. As a captain or leader for this centre, I can be good for the centre and be a good role model for young athletes as many of the committee has already experienced the level of grit I have as a person. Thanks for giving me this opportunity to lead the Centre.







Hi everyone. My name is Angelina Tignani. I will be competing in U15 this season and my registration number is 108. I started at Algester Little Athletics Centre at the age of 4 and have done it every season since then, up to the age group of U13. This is my 10th year/season at Algester and I have loved it every step of the way. I have competed at high levels at Little Athletics representing Algester and also the Queensland Team this year. I first qualified for regionals at the age of 9 and have made every year since then. I have also made states for Little Athletics since the age of 9 and travelled to Cairns and placed in shot put and discus. Following on years after I still went to states and regionals and breaking some records on the way when I was eligible for javelin. I have also qualified for regional and state relays for shot put and discus with Jaimee – we have been throwing as a team since we were 9 and never missed a year, and with our combined throws we were able to break a few records as well. Last season I broke the Regional and State javelin record and was very luckily selected to compete at the U13's Little Athletics nationals on the Gold Coast for javelin and shot put. I broke the national record and I scored a win.

Throughout Little Athletics my biggest dream was to make the U13 team when I was eligible, as I always heard heaps of good things and how fun and amazing the experience is and also break heaps of records when I was older. Then, after I finished Little Athletics, I would go down the track of being an elite athlete and make the Olympics. I believe that the role of Centre Captain means/tick the standards of, someone that is a very good role model to their younger peers. They should take leadership through the season by taking time out of their own hands to help out everyone and the Centre whenever needed, and expressing their knowledge to help others improve in the athletics area.

I believe I would be very good for the Centre in the role of Centre Captain as I love spending time helping out everyone and looking after the younger athletes at the Centre and building their knowledge in athletics. In the role of Centre Captain, I believe they should be attending most of the comp days as I have been doing for the last 9 years as it is the right thing to do. I believe I would be good for the Centre as captain as I have a great knowledge in athletics and I have been doing athletics since I was 4 and competing at Algester for all those years. I think a few younger kids look up to me as an amazing role model. I have been told I am very caring, I always put a little fun into everything, I look out for everyone no matter who, I am always willing to help out at the Centre when I'm not competing, and I enjoy giving back to the community.

——— CENTRE BEST PERFORMANCE AND ——— CENTRE CHAMPIONSHIPS BEST PERFORMANCES

CENTRE BEST PERFORMANCES 2017/18

DATE	ATHLETE	AGE GROUP	EVENT	NEW CBP	PREVIOUS CBP
27.01.18	ETHAN MAMAHIT	U14B	Shotput	14.24m	13.55m
13.01.18	ALEX EPITROPAKIS	U12B	60m Hurdles	9.7	= 9.7
13.01.18	ETHAN MAMAHIT	U14B	Shotput	13.55m	
13.01.18	ANGELINA TIGNANI	U13G	Shotput	11.28m	
25.11.17	TYLEESHA PAULSON	U17G	Long Jump	4.87m	
25.11.17	TYLEESHA PAULSON	U17G	200m	27.5	
04.11.17	ALEX EPITROPAKIS	U12B	60m Hurdles	9.7	
14.10.17	ANGELINA TIGNANI	U13G	Javelin	42.40m	
07.10.17	SYBIL PIUTAU	U8G	60m Hurdles	11.9	
07.10.17	SYBIL PIUTAU	U8G	70m	11.3	
07.10.17	TYLEESHA PAULSON	U17G	100m Hurdles	17.5	
02.09.17	TYLEESHA PAULSON	U17G	100m	13.1	

CENTRE BEST PERFORMANCES 2017/18 - Multi Class

	ATHLETE	AGE GROUP	EVENT	NEW CBP	PREVIOUS CBP
27.01.18	SEAN GALLAGHER	U14B	AWDHJ	1.05m	.97m
25.11.17	SEAN GALLAGHER	U14B	AWDLJ	2.06m	1.90m
25.11.17	SEAN GALLAGHER	U14B	AWD200	49.9	51.3
28.10.17	SEAN GALLAGHER	U14B	AWDHJ	.97m	
28.10.17	SEAN GALLAGHER	U14B	AWDLJ	1.90m	1.83m
28.10.17	SEAN GALLAGHER	U14B	AWD200	51.3	
28.10.17	SEAN GALLAGHER	U14B	AWD100	21.8	
28.10.17	SEAN GALLAGHER	U14B	AWDSP	5.65m	
14.10.17	SEAN GALLAGHER	U14B	AWDJAV	15.13m	
14.10.17	SEAN GALLAGHER	U14B	AWD400	2:01.4	
07.10.17	SEAN GALLAGHER	U14B	AWDLJ	1.83m	

CENTRE BEST PERFORMANCES at CENTRE CHAMPIONSHIPS

DATE	ATHLETE	AGE GROUP	EVENT	NEW CBP	PREVIOUS CBP
10.03.18	SYBIL PIUTAU	U8G	Long Jump	3.70m	
10.03.18	SYBIL PIUTAU	U8G	60m Hurdles	11.7	
10.03.18	SYBIL PIUTAU	U8G	100m	10.6	
10.03.18	ANGELINA TIGNANI	U13G	Javelin	42.97m	
10.03.18	JAIMEE EDSER	U13G	Discus	38.85m	
10.03.18	ALEX EPITROPAKIS	U12B	60m Hurdles	9.6	
10.03.18	TYLEESHA PAULSON	U17G	100m Hurdles	16.2	
10.03.18	TYLEESHA PAULSON	U17G	300m Hurdles	54.2	
10.03.18	DYLAN KRUCK	U15B	300m Hurdles	51.6	
03.03.18	TYLEESHA PAULSON	U17G	Triple Jump	10.70m	
03.03.18	TYLEESHA PAULSON	U17G	100m	12.7	
03.03.18	TYLEESHA PAULSON	U17G	200m	27.4	
03.03.18	ASHTYN SALO	U8B	300m Walk	1:55.1	
03.03.18	ETHAN MAMAHIT	U14B	Shotput	13.11m	
03.03.18	DYLAN KRUCK	U15B	Javelin	36.33m	

CENTRE BEST PERFORMANCES at CENTRE CHAMPIONSHIPS - Multi Class

DATE	ATHLETE	AGE GROUP	EVENT	NEW CBP	PREVIOUS CBP
03.03.18	SEAN GALLAGHER	U14B	Shotput	6.02m	
03.03.18	SEAN GALLAGHER	U14B	Triple Jump	4.78m	

CENTRE CHAMPIONSHIPS BEST PERFORMANCES

DATE	ATHLETE	AGE GROUP	EVENT	NEW CBP	PREVIOUS CBP
03.03.18	HARRISON BARAC	U6B	Shotput	4.45m	
03.03.18	EVANNIE TINO	U6G	Shotput	3.83m	
03.03.18	TYLEESHA PAULSON	U17G	100m	12.7	
03.03.18	TYLEESHA PAULSON	U17G	200m	27.4	
03.03.18	ANGELINA TIGNANI	U13G	Shotput	10.86m	
03.03.18	TYLEESHA PAULSON	U17G	Triple Jump	10.70m	
03.03.18	ETHAN MAMAHIT	U14B	Shotput	13.11m	
03.03.18	ASHTYN SALO	U8B	300m Walk	1:55.1	
10.03.18	JAIMEE EDSER	U13G	Discus	38.85	
10.03.18	ANGELINA TIGNANI	U13G	Javelin	42.97m	
10.03.18	SYBIL PIUTAU	U8G	Long Jump	3.70m	
10.03.18	SYBIL PIUTAU	U8G	60m Hurdles	11.7	
10.03.18	JORDYN RYAN	U16G	Discus	30.86m	
10.03.18	ALEX EPITROPAKIS	U12B	60m Hurdles	9.6	
10.03.18	TYLEESHA PAULSON	U17G	300m Hurdles	54.2	
10.03.18	DYLAN KRUCK	U15B	300m Hurdles	51.6	
10.03.18	TYLEESHA PAULSON	U17G	100m Hurdles	16.2	
10.03.18	DYLAN KRUCK	U15B	Javelin	36.33m	
10.03.18	SYBIL PIUTAU	U8G	100m	15.6	

CENTRE CHAMPIONSHIPS BEST PERFORMANCES - Multi Class

DATE	ATHLETE	AGE GROUP	EVENT	NEW CBP	PREVIOUS CBP
03.03.18	SEAN GALLAGHER	U14B	AWDSP	6.02m	
03.03.18	SEAN GALLAGHER	U14B	AWDTJ	4.78m	
03.03.18	SEAN GALLAGHER	U14B	AWD200	53.7	

NEW ZEALAND DEVELOPMENT TOUR



LAQ offers the New Zealand Development Tour to encourage our athletes to remain involved in Little Athletics throughout their senior years. It is anticipated that by doing this, it will encourage athletes to stay involved in the sport of Athletics as they move into adulthood. The purpose of the tour is a development opportunity for athletes of all levels and it is not necessary to be an elite athlete to take part in this Tour.

Selected athletes will spend 8–9 days in New Zealand, travelling, training and competing at an Inter Provincial meeting against teams from New Zealand's South Island. A team of 20 athletes (10 boys and 10 girls) will be eligible for selection to compete at this competition. Only LAQ registered athletes in the U14, U15 and U16 age groups are eligible for selection as athletes must be either 14 or 15 years of age as of 31 December of the current year to compete. The Tour takes place in January each year. Further information on the Tour can be found on the LAQ website.

Dylan Kruck, Aaron Olayemi and Brandon Lo were selected to represent LAQ in the January 2018 New Zealand Development Tour. This year was the first year that our team took place in two separate competitions. The first was the Colgate Games in Timaru, and the second and major competition that our team competed in was the South Island Teams Competition, held in Invercargill. Dylan Kruck managed to place in his events in both competitions. Congratulations boys, on an amazing achievement and a memorable tour!

THE 2018 COMMONWEALTH GAMES



The Commonwealth Games is one of the great highlights of athletics. This was particularly the case in 2018 when the Commonwealth Games was held on the Gold Coast, meaning that many families were able to watch their favourite sports and athletic heroes in person.

The Commonwealth Games was particularly memorable for one of our athletes, Sean Gallagher, who had the honour of carrying the Queen's baton on part of its epic journey. Congratulations, Sean, on such an exciting experience.

NATIONAL U15 CAMP

Little Athletics Australia provides an exciting opportunity for athletes in the U15 age group with the National U15 Camp held at the Australian Institute of Sport in Canberra. This is a live in camp and is a great opportunity to improve athletic skills by providing elite coaching and active participation in athletics.

The aim of the camp is to develop and support young athletes who are showing a commitment to the sport and have reached national standard. Not only will athletes receive expert advice from some of the very best coaches from around Australia, it will be a fun and exciting time and a chance for athletes to make new friends from all over the country. The camp is open to selected athletes in the U15 age group who have met a qualifying standard set by Little Athletics Australia. This qualifying standard is based on the top 3 results nationally in each event. Athletes will be ranked from first to last and the top 3 athletes from each event will be invited to attend.

Congratulations to Dylan Kruck who was selected to attend the 2017/18 U15 National Camp for triple jump.



STATE TEAM SELECTION



Athletics Centre who are selected to represent Queensland in the State team have their names added to the Honour Board which is displayed at the Centre. Congratulations to Angelina Tignani (U13) who was selected to compete in the Australian Little Athletics Championships at Runaway Bay in Shot put and Javelin – and Dylan Kruck (U15) who was selected to compete in the U15 Boys Heptathlon. Your names have been included with those of our previous representative athletes who are proudly displayed on our honour board.

Any athletes from Algester Little

FUNDRAISING

As a not-for-profit organisation, we rely heavily on fundraising to secure money for our Centre. All the money we make is put straight back into the Centre for the benefit of our children. Our fundraising co-ordinator, Sandra Gallagher, has already hit the ground running this season with a pie drive, money board, and raffle, and has plenty of other fundraising initiatives in the pipeline so please support us whenever you can. Amongst other things, this season we will be raffling a family holiday for 5 nights at the Blue Dolphin Holiday Resort, Yamba.

Each family pays a \$40 'fundraising levy' as part of the fees payable upon registration. In your sign-on bags, you will have received a raffle book containing $20 \times 2 tickets.



Tickets are \$2 each and may be sold by families to recoup the \$40 levy (you keep the \$40 you raise from selling the tickets), or alternatively, families can simply fill in the tickets and enter the draw themselves. There are 2 prizes of a \$200 visa card on offer, with the first draw on Saturday 8 December 2018 and the second draw on Saturday 16 March 2019 – so make sure you get the completed raffle tickets back to us in plenty of time to be in with a chance!

Last season, we were excited to learn that we had been successful in our application to the Building Stronger Communities Grant Program and received \$16,380 toward the field remediation works of Col Bennett Park. This includes aeration, fertilising, top dressing and weed removal – which hopefully will see our grounds in tip top shape for the start of the season. This is a huge bonus for our Centre as it means that we can use funds that might otherwise have been allocated to field maintenance to other projects and initiatives for our Centre and athletes.



CODE OF CONDUCT

ATHLETE

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

PARENT/ SPECTATOR

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

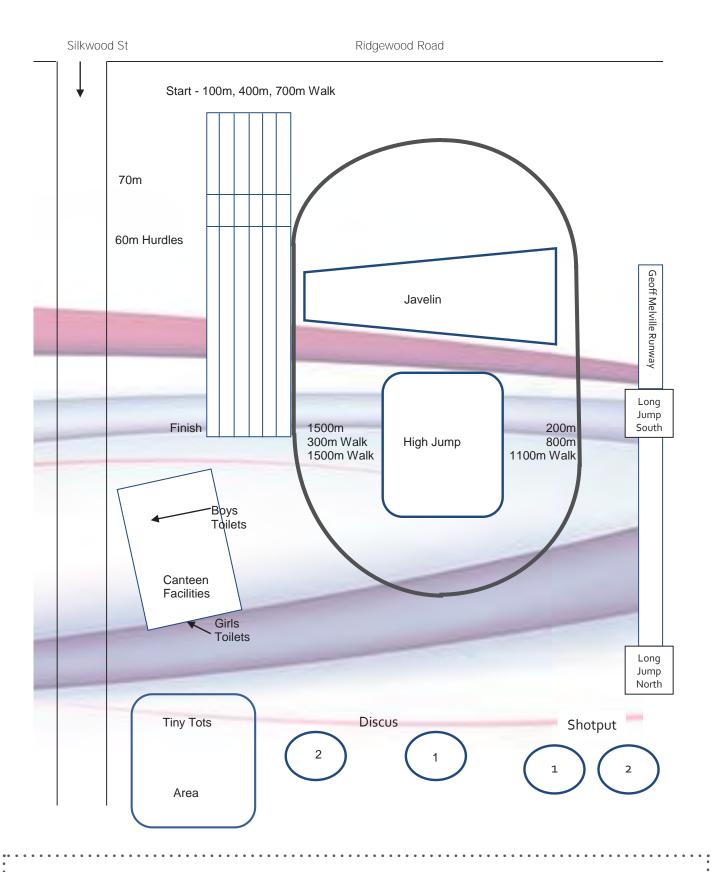
COACH

- Actively discourage foul play and/or unsportsmanlike behaviour by athletes.
- Seek to maximise the participation and enjoyment of all athletes regardless of ability; avoid the tendency to over-use a talented athlete; treat all athletes as equals, regardless of their talent.
- Show concern and caution towards all sick and injured athletes. Follow the advice of a physician and/or sports trainer to the letter when determining when an injured athlete is ready to recommence training or competition.
- Teach athletes that an honest effort and competing to the best of their ability is as important as victory.
- Maintain a thorough knowledge of the rules of competition and keep abreast of current coaching methods. Maintain or improve your current accreditation level.
- Always consider the health, safety and welfare of the athletes.
- Teach young athletes to realise that there is a big gap between their ability and the professional athlete. Do not coach them as if they are professionals.
- Ensure that your coaching reflects the level of the competition being involved with and don't be a 'winner at all costs' coach.
- As coach, conduct yourself at all times, and in all situations, in a manner that shows leadership, respect for the sport of Little Athletics and respect for all those that are involved in the sport – athletes, officials, spectators, parents and the media.

OFFICIAL

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

MAP OF COL BENNETT PARK



Just a gentle reminder that the footpath / nature strip adjoining Silkwood Road is not a designated car parking area. Throughout Queensland (and not just in Algester!), parking is not permitted on nature strips / footpaths pursuant to the *Transport Operations (Road Use Management—Road Rules) Regulation 2009* (i.e. the 'road rules'). If you do choose to park in this area, please be aware that there may be a risk that you may be issued with a parking ticket. Therefore, we ask that members avoid parking in this area and park on the side of the road instead.

CENTRE BEST PERFORMANCES

Records commencing 1992/93 or as otherwise stated
* Record obtained at Centre Championships
(T) record set on tartan
(G) older record set on grass
(e) record equalled

					` ,	-					
EVENT	NAME	RESULT	YEAR	NAME	RESULT	YEAR					
	UNDER 6										
	GIRLS			BOYS							
EVENT	NAME	RESULT	YEAR	NAME	RESULT	YEAR					
70m	Angela Hagan*	12.7	1994/95	Jackson Edser	12.3	2012/13					
100m	Keesha Booth	18.6	1994/95	Zayd Dennis	18.6	2002/03					
Long jump	Angela Hagan (G)	2.80	1994/95	Zayd Dennis (G)	2.94	2002/03					
Shot Put	Breanna Horvat	4.29	2003/04	Zayd Dennis	5.30	2002/03					
Discus	E Cantwell	10.29	1998/99	Zayd Dennis*	13.40	2002/03					
		UN	IDER 7								
	GIRLS			ВО	rs						
EVENT	NAME	RESULT		NAME	RESULT	YEAR					
70m	A Cusack	12.1	1992/93	Sebastian Cu	10.8	2012/13					
100m	Sybil Piutau	17.1	2016/17	Phillip Melville	17.0	1994/95					
TOOM	Sybii Piutau	17.1	2010/17	Jett Jones	17.0	2006/07					
200m	A Cusack; Aleta Booth	38.5	1994/95	Zayd Dennis*	38.5	2003/04					
Long jump	Sybil Piutau	3.18	2016/17	Neil Janse (T)	3.29	2007/08					
Shot Put	Kerryn Rosman	5.83	1992/93	Neil Janse	7.92	2007/08					
Discus	Jennifer Melville	18.02	2003/04	Neil Janse	25.28	2007/08					
		UN	IDER 8								
EMEN E	GIRLS			ВО	rs						
EVENT	NAME	RESULT	YEAR	NAME	RESULT	YEAR					
70m	Georgia Humphreys Sybil Piutau	11.3	2008/09 2017/18	Jett Jones	10.6	2007/08					
100m	A Cusack Georgia Humphreys*	15.9	1993/94 2008/09	S Baker	15.2	1993/94					
200m	Aleta Booth	35.4	1994/95	L Taylor	33.9	1994/9					
60m hurdles	Sybil Piutau	11.9	2017/18	S Baker Luke Tilney Zayd Dennis*	11.8	1993/9 ² 2000/0 ² 2004/05					
300m walk	Aleisha Macoun*	1.47.2	1993/94	James Telford	1.55.1	2007/08					
Long jump	Sybil Piutau*	3.70	2017/18	S Baker (G)	3.69	1993/94					
Shot Put	Chloe Kerswell	6.84	2013/14	Neil Janse	8.37	2008/09					
Discus	Kerryn Rosman	17.76	1993/94	Neil Janse	25.94	2008/09					
		UN	IDER 9								
EVENT	GIRLS			ВО	rs						
70m	Taylor O'Shea	10.7	2001/02	Jett Jones*	10.6	2008/09					
100m	Georgia Humphreys	15.2	2009/10	Jett Jones*	14.8	2008/09					
200m	Aleta Booth Georgia Humphreys	33.4	1995/96 2009/10	Jett Jones*	32.8	2008/09					
400m	Taylor O'Shea*	1.14.0	2001/02	Jake Kilmartin	1.11.4	2008/09					
800m	Keesha Booth*	3.03.2	1997/98	James Weir	2.50.4	2009/10					
60m hurdles	Aleta Booth*	10.7	1995/96	Zayd Dennis* Jojo Fifta	10.7	2005/06 2011/12					
700m walk	Dayspring Koop	4.25.6	2007/08	B Cox	4.25.9	1993/94					
Long jump	Aleta Booth (G)	3.70	1995/96	Jett Jones (T)*	4.01	2008/09					
High jump	Aleisha Macoun	1.12	1994/95	Zayd Dennis	1.20	2005/06					
Shot Put	Jaimee Edser	7.58	2013/14	Neil Janse*	8.50	2009/10					
Discus	Aleta Booth	22.54	1995/96	Neil Janse	28.24	2009/10					

EVENT	NAME	RESULT	YEAR	NAME	RESULT	YEAR
		UN	DER 10			
	GIRLS			ВО	rs	
EVENT	NAME	RESULT	YEAR	NAME	RESULT	YEAR
70m	Tahina Booth* Georgia Humphreys	10.6	1994/95 2010/11	M Lagos* James Melville* Callum Shyu*	10.2	1994/95 1994/95 2009/10
100m	Georgia Humphreys	14.6	2010/11	M Lagos	14.2	1994/95
200m	Aleta Booth*	32.2	1996/97	Sebastian Cu	31.3	2015/16
400m	Taylor O'Shea	1.10.5	2002/03	Jake Kilmartin	1.08.5	2009/10
800m	Taylor O'Shea	2.40.6	2002/03	James Weir	2.41.1	2010/11
60m hurdles	Aleta Booth*	10.8	1996/97	Clay Cameron*	10.6	2003/04
1100m walk	Samantha Bishop*	6.41.1	1996/97	Tyrone Brimble	6.30.9	2003/04
Long jump	K Robertson (G)	4.02	1995/96	Clay Cameron (T)	4.43	2003/04
High jump	Hannah Joye*	1.21	2005/06	Clay Cameron	1.31	2003/04
Shot Put	Angelina Tignani	9.20	2014/15	Neil Janse	10.17	2010/11
Discus	Jaimee Edser	33.06	2014/15	Neil Janse	35.61	2010/11
		UN	DER 11			
	GIRLS			BOY	rs	
EVENT	NAME	RESULT	YEAR	NAME	RESULT	YEAR
100m	Emma Threadingham	13.7	2015/16	Tyrone Brimble Sebastian Cu	13.8	2004/05 2016/17
200m	Aleta Booth*	30.8	1997/98	Jake Kilmartin	29.8	2010/11
400m	Carla Tolholpf	1.07.7	1993/94	Sebastian Cu	1.05.2	2016/17
800m	Carla Tolholpf*	2.37.0	1993/94	Jake Kilmartin*	2.34.9	2010/11
1500m	Angela Hagan*	5.41.8	1999/00	Jake Kilmartin	5.25.7	2010/11
60m hurdles	Renee Cook*	9.9	2002/03	Tyrone Brimble*	10.1	2004/05
1100m walk	Samantha Bishop	6.30.1	1997/98	Matthew Woods	6.30.8	2003/04
Long jump	Georgia Humphreys (T)	4.37	2011/12	Clay Cameron (T)*	4.79	2004/05
Triple jump	Stacey Horrocks (G)	8.92	1992/93	Sebastian Cu (T)*	9.56	2016/17
High jump	Rylee O'Shaughnessy (flop)	1.20	2015/16	Kaiza Paulson (flop)*	1.32	2015/16
Shot Put	Angelina Tignani	10.10	2015/16	Neil Janse	11.72	2011/12
Discus	Jaimee Edser*	35.27	2015/16	Bayley Lau	34.02	2007/08
Javelin	Jaimee Edser	28.07	2015/16	James Telford	34.34	2010/11
		UN	DER 12			
EVENT	GIRLS			ВО	rs e	
EVENT	NAME	RESULT	YEAR	NAME	RESULT	YEAR
100m	Chelsea Rowe	13.6	1997/98	David Irvine*	12.5	1996/97
200m	Chelsea Rowe Aleta Booth*	29.5	1997/98 1998/99	David Irvine*	27.4	1996/97
400m	Carla Tolholpf	1.06.7	1994/95	Scott Robertson	1.00.9	1995/96
800m	Carla Tolholpf	2.30.8	1994/95	Scott Robertson	2.27.2	1995/96
1500m	Angela Hagan*	5.32.8	2000/01	Matthew Woods*	5.11.7	2004/05
60m hurdles	Aleta Booth	9.9	1998/99	Alex Epitropakis	9.6*	2017/18
1500m walk	Samantha Bishop	9.18.1	1998/99	K Lacey	8.20.2	1994/95
Long jump	Julia Tobolov (T)	4.47	2014/15	M Bell (G)	4.85	1992/93
Triple jump	Linda Allen* (G)	9.67	1998/99	Dylan Kruck (T)	10.36	2014/15
High jump	Stacey Horrocks	1.45	1993/94	M Bell	1.56	1992/93
Shot Put	Angelina Tignani	13.03	2016/17	Neil Janse	13.14	2012/13
Discus	Jaimee Edser*	37.42	2016/17	Bayley Lau	43.68	2008/09
Javelin	Angelina Tignani*	36.31	2016/17	Neil Janse	36.46	2012/03

EVENT	NAME	RESULT	YEAR	NAME	RESULT	YEAR
		UN	DER 13			
	GIRLS			воу	'S	
EVENT	NAME	RESULT	YEAR	NAME	RESULT	YEAR
100m	Gemma Bright*	13.0	1994/95	Liam Johnston	12.0	2009/10
200m	Gemma Bright*	27.5	1994/95	Liam Johnston	25.4	2009/10
400m	Carla Tolholpf	1.01.7	1995/96	Scott Robertson Liam Johnston	1.00.3	1996/97 2009/10
800m	Carla Tolholpf*	2.25.4	1995/96	Matthew Woods	2.21.7	2005/06
1500m	Carla Tolholpf	5.18.8	1995/96	Matthew Woods*	4.51.5	2005/06
80m hurdles	Aleta Booth*	13.2	1999/00	Joshua Cowley	13.1	2013/14
200m hurdles	Hannah Joye	30.3	2009/10	Adam Constanti	29.0	2009/10
1500m walk	Emma Wichgers*	8.16.3	1994/95	Daniel Woods	8.09.9	2003/04
Long jump	Gemma Bright (G)	4.60	1994/95	Dylan Kruck* (T)	5.41	2015/16
Triple jump	Keesha Booth (G)	10.02	2001/02	Dylan Kruck* (T)	11.63	2015/16
High jump	Hannah Joye*	1.50	2008/09	M Bell David Irvine	1.63	1992/93 1997/98
Shot Put	Angelina Tignani	11.28	2017/18	Bayley Lau	15.12	2009/10
Discus	Jaimee Edser*	38.85	2017/18	Bayley Lau	48.40	2009/10
Javelin	Angelina Tignani	42.40	2017/18	Bayley Lau*	44.62	2009/10
		UN	DER 14			
	GIRLS			воу	'S	
EVENT	NAME	RESULT	YEAR	NAME	RESULT	YEAR
100m	Gemma Bright	12.5	1995/96	Liam Johnston*	11.5	2010/11
AWD 100m				Sean Gallagher T37 F37*	21.2	2017/18
200m	A Smith*	27.4	1994/95	David Laurie	24.9	2001/02
AWD 200m				Sean Gallagher T37 F37	49.9	2017/18
400m	Carla Tolholpf	1.00.7	1996/97	Jordan Shyu*	55.8	2007/08
AWD 400m				Sean Gallagher T37 F37	2.01.4	2017/18
800m	Carla Tolholpf	2.23.6	1996/97	Matthew Woods	2.17.7	2006/07
AWD 800m				Sean Gallagher T37 F37	4.54.7	2017/18
1500m	Carla Tolholpf	5.22.2	1996/97	Matthew Woods*	4.36.7	2006/07
80m hurdles	Aleta Booth	12.8	2000/01			
90m hurdles				J McGuigan	13.3	1993/94
200m hurdles	Hayley Cook*	31.1	2002/03	Shannon Mavrik*	29.1	2006/07
1500m walk	Samantha Bishop*	8.38.7	2000/01	Daniel Woods	7.51.5	2004/05
Long jump	Hannah Joye (T)*	5.41	2009/10	Dylan Kruck (T)	5.70	2016/17
AWD Long jump				Sean Gallagher T37 F37	2.06	2017/18
Triple jump	Hannah Joye (T)*	11.25	2009/10	Jordan Shyu (T)	12.56	2007/08
AWD Triple jump				Sean Gallagher T37 F37	5.93	2017/18
High jump	Hannah Joye	1.55	2009/10	G Trenton	1.80	1992/93
AWD High Jump				Sean Gallagher T37 F37	1.05	2017/18
Shot Put	Nicole Whitmore	11.55	1994/95	Ethan Mamahit	14.24	2017/18
AWD Shot Put				Sean Gallagher T37 F37	5.65	2017/18
Discus	Ashleigh Wakeford	31.36	2002/03	Bayley Lau*	52.42	2010/11
AWD Discus				Sean Gallagher T37 F37	18.30	2017/18
Javelin	Dayspring Koop*	34.30	2012/13	J McGuigan	47.24	1993/94
AWD Javelin				Sean Gallagher T37 F37	15.13	2017/18
		UN	DER 15			
EVENT	GIRLS			воу	'S	
LVLINI	NAME	RESULT	YEAR	NAME	RESULT	YEAR
100m	Alexis Turner	12.7	1999/00	Adam Constanti	11.3	2010/11
100m 200m	Alexis Turner Alexis Turner	12.7 27.1	1999/00 1999/00	Adam Constanti Nathan Carr*	11.3 23.4	2010/11 1994/95

EVENT	NAME	RESULT	YEAR	NAME	RESULT	YEAR
800m	Carla Tolholpf	2.30.8	1997/98	Lachlan Kilmartin*	2.09.5	2012/13
1500m	Carla Tolholpf	5.30.2	1997/98	Matthew Woods	4.27.6	2007/08
90m hurdles	Kathleen Norman*	13.7	1994/95			
100m hurdles				Nathan Carr*	13.3	1994/95
200m hurdles	A Smith	28.2	1995/96	Scott McLeod-Robertson*	27.6	2002/03
300m hurdles	Amy lke	54.1	2016/17			
1500m walk	Samantha Bishop	9.01.8	2001/02	K Lacey	7.35.1	1997/98
Long jump	Kathleen Norman (G)*	5.12	1994/95	Toby Chansisourath (G) Scott McLeod-Robertson (G)	5.83	1992/93 2002/03
Triple jump	Alexis Turner (G)	10.99	1999/00	Jordan Shyu (T)	12.85	2008/09
High jump	Aleisha Macoun	1.55	2000/01	G Trenton*	1.90	1993/94
Shot Put	Aleta Booth	11.73	2001/02	Shannon Mavrik	14.15	2007/08
Discus	Nicole Whitmore	38.46	1995/96	Bayley Lau*	48.64	2011/12
Javelin	Dayspring Koop	28.19	2013/14	James Telford	35.22	2014/15
	UNDER 1	6 (records	commend	ing 2001/02)		
EVENIT	GIRLS			воу	'S	
EVENT	NAME	RESULT	YEAR	NAME	RESULT	YEAR
100m	Tyleesha Paulson	12.6	2016/17	Justin McCartney	12.0	2013/14
200m	Tyleesha Paulson	28.3	2016/17	Scott McLeod-Robertson	25.2	2003/04
400m	Georgia Humphreys	1.03.9	2016/17	Simon O'Dwyer-Mazur	55.8	2013/14
800m	Georgia Humphreys	2.37.4	2016/17	Simon O'Dwyer-Mazur	2.14.0	2013/14
1500m	Georgia Humphreys	5.46.8	2016/17	Simon O'Dwyer-Mazur	4.54.3	2013/14
90m hurdles	Tyleesha Paulson	14.1	2016/17			
100m hurdles				Justin Fraser	15.0	2000/01
200m hurdles	Sarah Melville	34.0	2011/12	Daniel Johnston	29.6	2013/14
300m hurdles	Tyleesha Paulson*	55.3	2016/17			
1500m walk	Sophia Koop*	10.38.3	2012/13	Simon O'Dwyer-Mazur	8.30.3	2013/14
Long jump	Lacey Stafford* (T)	4.81	2015/16	Jack Morris (T)	6.86	2012/13
Triple jump	Tyleesha Paulson (T)	10.73	2016/17	Scott McLeod-Robertson (G)	12.91	2003/04
High jump	Lacey Stafford*	1.41	2014/15	Jack Morris	1.62	2012/13
Shot Put	Sophia Koop	10.94	2012/13	Oliver Corfield	13.76	2012/13
Discus	Dayspring Koop	34.16	2014/15	Scott McLeod-Robertson	46.04	2003/04
Javelin	Dayspring Koop	31.72	2014/15	Oliver Corfield	56.09	2012/13
	UNDER 1	7 (records	commend	eing 2001/02)		
EVENT	GIRLS			воу	'S	
LVLNI	NAME	RESULT	YEAR	NAME	RESULT	YEAR
100m	Tyleesha Paulson*	12.7	2017/18	Oliver Corfield	12.0	2013/14
200m	Tyleesha Paulson*	27.4	2017/18	Simon O'Dwyer-Mazur	25.7	2014/15
400m	Kiarne Pham	1.08.9	2010/11	Simon O'Dwyer-Mazur	55.7	2014/15
800m	Emma Pratt	2.47.8	2015/16	Simon O'Dwyer-Mazur	2.17.8	2014/15
1500m	Emma Pratt	5.38.2	2015/16	Simon O'Dwyer-Mazur	4.59.5	2014/15
90m hurdles	Casey Werder	15.6	2009/10			
100m hurdles	Tyleesha Paulson*	16.2	2017/18	Scott Macoun	14.3	2000/01
200m hurdles	Breanna Horvat	34.3	2014/15	Scott Macoun	29.0	2000/01
300m hurdles	Tyleesha Paulson*	54.2	2017/18	Dylan Kruck*	51.6	2017/18
1500m walk	Kate Morris	9.53.6	2015/16	Simon O'Dwyer-Mazur	5.46.4	2014/15
Long jump	Tyleesha Paulson	4.87	2017/18	Harry Morris (T)	5.42	2012/13
Triple jump	Madeleine McDonnell (T)	9.85	2013/14	Harry Morris (T)	11.57	2012/13
High jump	Kate Morris	1.44	2015/16	Justin McCartney	1.67	2014/15
Shot Put	Sophia Koop	10.22	2013/14	James Telford (5kg)	11.20	2016/17
Discus	Dayspring Koop*	32.90	2015/16	Cameron Wray (1.5kg)	19.50	2015/16
Javelin	Dayspring Koop*	33.31	2015/16	James Telford	53.45	2016/17

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-2017/18 COMMITTEE -

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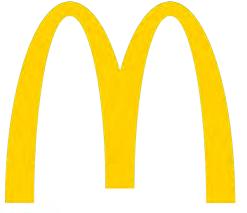






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