



# Runaway Bay Little Athletics

HANDBOOK 2023/2024

*Family, Fun, Fitness*



[www.rbla.com.au](http://www.rbla.com.au)



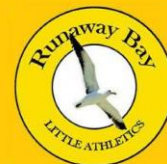
Runaway Bay Little Athletics



[info@rbla.com](mailto:info@rbla.com)



[runawaybay\\_littleathletics](https://www.instagram.com/runawaybay_littleathletics)



## **Contact Us – By Email**

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info@rbla.com.au

## **Contact Us – By Facebook**

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facebook.com/runawaybaylittleathletics/

## **Contact Us - Via Text Message**

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If you do not have email or Facebook, please leave a text message on our phone.

This phone is not always attended however we will get back to you as soon as we can.

0402 176 370

## **Contact Us - Via Post**

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PO Box 631

Runaway Bay Qld 4216

## **Need Information?**

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[www.rbla.com.au](http://www.rbla.com.au)

Important Information will be posted on Facebook & Instagram or sent via email

Please follow our Facebook & Instagram pages, check posts and emails at least once a week.

**Please notify us of any changes to your email address or if your email is currently unavailable.**

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*Runaway Bay Little Athletics would like to acknowledge and thank the following Little Athletics Queensland Partners:*

**McDonald's, Nordic Sport, Coles and the QLD Government.**



## Acknowledgement of Country

Runaway Bay Little Athletics Club acknowledges the Traditional Custodians and knowledge-holders of the land on which we live, work and play, and pay our respects to their Elders past, present and emerging.

Furthermore, we acknowledge and thank all Aboriginal and Torres Strait Islander People for enriching our nation with their historical and traditional practices, their rich and diverse cultures and their ongoing and inherent connection to Country.





## Club History

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The number of families who have assisted over the years obviously cannot all be individually acknowledged. Our history boasts many long-term stalwarts, volunteering long after their children have outgrown the sport. Many athletes have returned with their children as second-generation Little A's and numerous grandparents have returned with their grandchildren and picked up where they left off. It is a hard task looking back over 40 plus years hoping to find and do justice to all the achievements, milestones and innovations that have impacted the direction our club has taken in 40 years, and to pay homage to those who have made significant contributions to the Centre. Not just past Centre Managers, Life Members and Committees but to the many families, parents and athletes who have been the essence of our club and truly embraced the Family, Fun and Fitness philosophy of Little Athletics. We celebrated our Anniversary in January 2020, some 40 years since our Centre's inception in January 1980.



# Club Information

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## Management Committee 2023/2024

Centre Manager	René Doel
Registrar	Rebecca Kreuger
Treasurer	David Bynge
Secretary	Nikki Durre
Officials Officers	Paul Molesworth, Gavin Johnston, Sean Sandford & René Doel
Chief Recorder	Nikki Durre
Assistant Recorder	Chantel Savvas
Field Maintenance Officer	Gavin Johnston
Equipment Assistant	Sean Sandford
Programs	Gavin Johnston
Sponsorship	Sean Sandford, René Doel
Blue Card Officer	Shannon Morrison
Social Media Officers	Rebecca Kreuger (Information) Karolynka Schyff (Reels Facebook/Insta) Matthew Brown (Photos)
Canteen Convenor	Kristy Turello
Assistant Canteen	Rebecca Carr
Secretary of Minutes	Menetta O'Reilly
First Aid Officer	Kirsten Price
Coaches	Paul Molesworth René Doel Kathleen Norman
Uniforms Officer	Menetta O'Reilly
General Committee	Lisa Cebulski

## Little Athletics Queensland LAQ

PO Box 355, Sunnybank Qld 4109

1300 559 436    [www.laq.org.au](http://www.laq.org.au)    [info@laq.org.au](mailto:info@laq.org.au)

## Welcome

The Committee welcomes all new families and those families re-joining us for the 2023/2024 season. Please take the time to read this handbook. It contains vital information relating to your membership - how our Centre operates, our rules, our expectations and how our award system works.

Runaway Bay Little Athletics was established in 1979 and was the first Centre in Queensland to compete under lights. The competition arena was converted from a rubbish tip site by the hard work, enthusiasm, and commitment of a group of parents who had a vision to provide a new sporting opportunity for local youth. Since then, our Centre has grown from strength to strength and we have earned a solid reputation for excellence and efficiency.

All our members need to work together to contribute vitality and passion to ensure weekly competition is well executed. Obviously personal commitments and family circumstances will impact on how much time each person can contribute, however as outlined in our sign-on documents, **every family is expected to help in some way every night their children compete**. We encourage you to become involved and be satisfied that you are helping to create wonderful experiences and wonderful memories for your children.





# Season Calendar

2023/2024 SEASON			
SAT	AUG	05	CLUB WORKING BEE (8AM-12PM)
SUN	AUG	06	CLUB WORKING BEE (8AM-12PM); LAQ INTRO TO COACHING & BBQ (10AM-4PM)
THU	AUG	17	SIGN-ON AND PACK COLLECTION (5:30-6:30PM)
SUN	AUG	20	CLUB OPEN DAY (12PM-4PM)
TUE	AUG	22	SIGN-ON AND PACK COLLECTION (5:30-6:30PM)
SUN	AUG	27	SIGN-ON AND PACK COLLECTION, FREE PARENT EVENT TRAINING & BBQ (11AM-2PM)
FRI	SEP	08	WEEK 1 – 1 <sup>ST</sup> NIGHT OF COMPETITION – TINY TOTS (5-5:45PM), U6-U17 (5:45-8:30PM)
WED	SEP	13	1 <sup>ST</sup> TRAINING NIGHT U6-U17 (5:30-7PM) THEN EVERY WED
FRI	SEP	15	WEEK 2 (LAST NIGHT FOR TRIALISTS)
SUN	SEP	17	FREE PARENT EVENT TRAINING & BBQ (11AM-2PM)
FRI	SEP	22	WEEK 3
SAT	SEP	23	COLES SPRING CARNIVAL BUNDABERG (ENTRIES CLOSE 9AM SEP 11)
FRI	SEP	29	WEEK 4
FRI	OCT	06	WEEK 5
SAT	OCT	07	MARYBOROUGH ATHLETICS DAY-NIGHT CARNIVAL (ENTRIES CLOSE 9AM SEP 23)
SUN	OCT	08	LAQ INTRO TO OFFICIATING WORKSHOP (RBLA 9AM-12:30PM)
FRI	OCT	13	WEEK 6
FRI	OCT	20	WEEK 7
FRI	OCT	27	WEEK 8 (LAST NIGHT TO NOMINATE FOR RELAYS)
SAT	OCT	28	COLES SUMMER CARNIVAL BRISBANE SAF (ENTRIES CLOSE 9AM OCT 16)
FRI	NOV	03	WEEK 9 (ONE RELAY EVENT INCLUDED)
WED	NOV	08	RELAY TEAM TRAINING
FRI	NOV	10	WEEK 10 (NO COMPETITION & NO TINY TOTS)
SAT	NOV	11	REGIONAL RELAYS ASHMORE (ENTRIES CLOSE 9AM OCT 30)
FRI	NOV	17	WEEK 11
FRI	NOV	24	WEEK 12 GOLD COAST PERFORMANCE CENTRE
FRI	DEC	01	WEEK 13
SAT	DEC	02	STATE RELAYS BRISBANE SAF
FRI	DEC	08	HOLIDAYS (FRI 08 DEC TO FRI 05 JAN)
SUN	DEC	10	CHRISTMAS PARTY
FRI	JAN	12	WEEK 14 RETURN TO COMPETITION
SAT	JAN	13	REDCLIFFE LAC TWILIGHT CARNIVAL (ENTRIES CLOSE 9AM DEC 31)
FRI	JAN	19	WEEK 15 GOLD COAST PERFORMANCE CENTRE (LAST NIGHT TO NOMINATE REGIONALS)
SAT	JAN	20	ALGESTER LAC CARNIVAL (ENTRIES CLOSE 9AM JAN 06)
FRI	JAN	26	WEEK 16 (NO COMPETITION & NO TINY TOTS) AUSTRALIA DAY
SAT	JAN	27	IPSWICH LAC TWILIGHT CARNIVAL (ENTRIES CLOSE 9AM JAN 13)
FRI	FEB	02	WEEK 17 CENTRE CHAMPIONSHIPS 1
FRI	FEB	09	REGIONAL INDIVIDUAL CHAMPIONSHIPS TWEED (ENTRIES CLOSE 9AM JAN 22)
SAT	FEB	10	REGIONAL INDIVIDUAL CHAMPIONSHIPS TWEED
SUN	FEB	11	REGIONAL INDIVIDUAL CHAMPIONSHIPS TWEED
FRI	FEB	16	WEEK 18 CENTRE CHAMPIONSHIPS 2
FRI	FEB	23	WEEK 19 CENTRE CHAMPIONSHIPS 3 (LAST NIGHT TO NOMINATE COMBINED EVENTS)
FRI	MAR	01	WEEK 20 BACK UP CENTRE CHAMPIONSHIP NIGHT
SAT	MAR	02	McDONALD'S COMBINED EVENTS BRISBANE SAF (ENTRIES CLOSE 9AM FEB 19)
SUN	MAR	03	McDONALD'S COMBINED EVENTS BRISBANE SAF
FRI	MAR	08	WEEK 20 GOLD COAST PERFORMANCE CENTRE
FRI	MAR	15	WEEK 21 LAST NIGHT OF COMPETITION
FRI	MAR	22	LAQ STATE CHAMPIONSHIPS SAF
SAT	MAR	23	LAQ STATE CHAMPIONSHIPS SAF
SUN	MAR	24	LAQ STATE CHAMPIONSHIPS SAF
WED	APR	17	PRESENTATION EVENING – SOUTHPORT SHARKS

\*CALENDAR SUBJECT TO CHANGE – PLEASE CHECK RBLA.COM.AU FOR THE LATEST VERSION

# Registration Information

## Age Groups

	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020
<b>JAN</b>	17	16	15	14	13	12	11	10	9	8	7	6	TT	TT
<b>FEB</b>	17	16	15	14	13	12	11	10	9	8	7	6	TT	TT
<b>MAR</b>	17	16	15	14	13	12	11	10	9	8	7	6	TT	TT
<b>APR</b>	17	16	15	14	13	12	11	10	9	8	7	6	TT	TT
<b>MAY</b>	17	16	15	14	13	12	11	10	9	8	7	6	TT	TT
<b>JUN</b>	17	16	15	14	13	12	11	10	9	8	7	6	TT	TT
<b>JUL</b>	17	16	15	14	13	12	11	10	9	8	7	6	TT	TT
<b>AUG</b>	17	16	15	14	13	12	11	10	9	8	7	6	TT	TT
<b>SEP</b>	17	16	15	14	13	12	11	10	9	8	7	6	TT	TT
<b>OCT</b>	17	16	15	14	13	12	11	10	9	8	7	6	TT	TT
<b>NOV</b>	17	16	15	14	13	12	11	10	9	8	7	6	TT	TT
<b>DEC</b>	17	16	15	14	13	12	11	10	9	8	7	6	TT	TT

- TT = Tiny Tots

## What you get when you register

### ✓ Registration Number

This must be **sewn** to the front of your Centre T Shirt PRIOR to your first night of competition. Please note: **SAFETY PINS ARE NOT ALLOWED**

### ✓ Age Label - Please sew to the left arm of your T Shirt.

### ✓ Sponsor's Bag & Voucher

### ✓ Raffle Tickets - One book of fifteen \$2 tickets - please fill out and return as soon as possible. You may sell the tickets and keep the \$30.00 yourself. **Tickets must be returned by 6.00pm Friday December 1<sup>st</sup> 2023.**

### ✓ Free Attendance of all Runaway Bay Little Athletics weekly competition nights. (see Visiting Another Centre)

### ✓ Free Coaching Wednesdays commencing Wednesday 13<sup>th</sup> September 2023.

This is offered to fully registered athletes only – athletes trialing cannot attend. Our uniform is not required at these sessions. Athletes are required to sign the attendance register. **Parents MUST be in attendance and assist with these sessions at all times.**

## Compulsory Uniform

All Athletes **MUST WEAR** either our club polo-shirt or crop top or singlet at all Centre, Regional and State Competitions with **PLAIN** black shorts or bike pants, **otherwise participation may be denied**.

The registration label (athlete's number) is to be sewn to the front of the club polo-shirt/crop top/singlet **PRIOR** to all competitions. **Safety pins are not permitted**. The age label and Coles label must be sewn on as shown below.



Plain black shorts or bike pants must be worn **No exceptions**. Only logos 5cm x 5cm are accepted – No stripes or waist bands with logos. Plain black shorts and bike pants are available for purchase at the clubhouse. No excuses for incorrect shorts will be entertained.

Boys are now permitted to wear skins, only if they are plain black (no wording can be visible). Bike Pants/compression garments can be full length except for race walking where full length will not be acceptable. Footwear is compulsory in all events.





## Parents / Guardians Agreement

**By registering as a member of Runaway Bay Little Athletics, I have agreed to the following terms on behalf of my family:**

- The Committee reserves the right to cancel membership if an athlete is found to be in attendance without a family member or his/her behavior is not of an acceptable standard.
- I understand that depending on the athletes age, Friday night competition will conclude anywhere between 7.30pm and 9pm. **An early finish time is only achieved with parental assistance e.g; time keeping, place judging and helping run field events, canteen & BBQ.**
- I understand that at least one of the athlete's parents MUST BE ALWAYS present. An athlete must not be left unattended or arrive on Friday nights without a parent.
- I understand that by registering with this Centre **I have committed that at least one of the athletes' parents or guardians will actively assist with the running of competition EVERY FRIDAY NIGHT that the athlete competes.** I understand that GUARDIANS MUST BE NAMED ON THE REGISTRATION DOCUMENTS AND CANNOT BE THE PARENTS OF ANOTHER ATTENDING ATHLETE.
- I understand that only athletes and adults actively helping as competition officials are allowed on the infield.
- I understand that EVERY ADULT, CHIEFING, SPIKING, MEASURING OR RECORDING is required to understand the rules and regulations associated with each event as soon as possible unless already accredited little athletics official. There is an opportunity on the LAQ website, [www.laq.org.au](http://www.laq.org.au) to undertake a Level 0 Introduction to Officiating which will cover an introduction to each event for your better understanding. **Athletes are not permitted to undertake these roles or to retrieve during throws events.**
- I understand that it is equally important for timekeepers and place judges to understand the rules. Therefore, I understand that as a parent/guardian, I can also complete the Level 0 Introduction to Officiating on the LAQ website.
- I understand that competition points towards age champion and other trophies will not be allocated until all fees have been paid in full **and proof of age has been provided.**
- I understand that the wearing of our full uniform is compulsory, and the uniform rules as documented in this handbook must always be observed.
- I understand that athletes will receive only one written warning for a uniform infringement or walking around wearing spiked shoes. Thereafter every repeat offence will result in competition points not being awarded for that competition night.
- I understand that the Commission for Children & Young People requires all adults who volunteer, who are not the blood parent of the athlete to hold or apply for a blue card. This includes de-facto's, stepparents, Grandparents, older siblings, and



guardians. I understand it is my responsibility to ask or go online to apply and advise our Blue Cards Officer.

- I understand that this Centre abides by the rules, policies, and codes of conduct of Little Athletics Queensland which apply to all athletes, parents/guardians, coaches and officials. Inappropriate behavior will not be tolerated and will be dealt with accordingly by the Committee.

### **Please Note Registration Fees are Non-Refundable.**

New members must produce proof of age at the time of registration.

*Competition points are not allocated until proof of age has been provided and fees paid in full.*

### **Raffle Tickets**

The fund-raising levy ensures that each family contributes to Centre fund raising. Each family receives a book of fifteen raffle tickets when they register. These tickets are included in the cost of registering the first child. Families have the option to recoup the \$30 outlay by on selling the tickets to friends and family (you keep this money). The raffle will be drawn 3pm on Sunday 10<sup>th</sup> December 2023. **Tickets are to be returned by 2pm Sunday 10<sup>th</sup> December 2023.** Lost tickets will NOT be replaced. Additional optional fund-raising activities will be held during the season.



ABN: 68 626 933 613

QLD Licence: 84763

[info@mpkelectrical.com.au](mailto:info@mpkelectrical.com.au)

Phone: 07 5577 4902

24hr Emergence Service

Mobile: 0427 331 009

# General Information

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## Avoid Injury – Warm Up

Competition on Fridays is preceded by warm up exercises and drills at 5.45pm. The participation of all athletes in these sessions is essential to help prevent injury. Parents should become familiar with this program, as warm ups for your child will be your responsibility at Regional and State carnivals.

## Remember Registered Parent or Guardian **MUST** be in Attendance

Parents or guardians must be in attendance with their children at both club training and club competitions. If a child is found to be in attendance without a parent or guardian, they will be sat out of competition or training.

## The Weekly Program

Competition is provided each week for Tiny Tots and Under 6 to Under 17 athletes. Please remember that all athletes and families have equal rights to participation. It is standard at all Centre's for there to be some waiting between events. We respect the need for the younger athletes to complete their events at a reasonable hour and endeavour to meet this need. Be aware though that your child's age group cannot be given preferential treatment.

Our program aims to ensure an equal number of events are conducted for each age group with no event being neglected or favoured. The program is based on whole season attendance and is adjusted when rain forces cancellation or events to be missed.

If your child misses one or more competition nights, their program will become unbalanced.

Delays are minimized by preparing the program one week at a time, to consider the size and attendance level of each age group, available parent help and how long it takes for each group to complete an event. **If you see that there are delays, please ensure that you head to the areas that need extra help – Like the Front and Back Straight finish lines to assist with the recording and place card handouts etc. to assist with the flow of the night.**



## Under 6's

It is a national athletic guideline that U6 athletes compete at Centre level and Centre carnivals only. U6's may not compete at Regional or State level, in older age groups for relays or individual competition.

It is a LAQ policy that the U6 program includes a minimum of two play training events (games) and a maximum of two track events (70m or 100m) and a maximum of two field events (Long Jump, 1kg Shot Put, 350g Discus). **We recommend that U6 parents stay with their child during field events to assist with supervision & running events.** Obviously, it is a challenge keeping small children interested in extended periods, therefore the U6 program focuses on beginning skills which are suitable for their level of development, fitness, and concentration. Unstructured play including running, jumping, and throwing reduces the emphasis on competitive participation. While improving skills and coordination, play training teaches the importance of having a go, improving upon past efforts, following instructions, and most importantly having fun. It is the Parent/Guardians responsibility to ensure their child is following the instructions of the Age Marshall. Every Parent/Guardian should be taking on an Age Marshall role at least once throughout the season.

## Recording Play Training and Field Events

Parents should be aware that participation in all events, including play training events must be recorded on the recording sheet provided in the age groups' folder. **Failure to record an event will result in members of the age group being ineligible to receive the 100% participation award.** Always follow the instructions on the recording sheet.

## Coaching

### Australian Athletics Accredited Coaches

Free coaching of registered athletes is offered each Wednesday, with a view to improve technique and performance, starting date for Wednesday coaching can be found on the calendar. This activity is provided by accredited coaches and volunteers who give their time free of charge for the benefit of our members. **These sessions require the active support and assistance of the parents of those athletes who attend.** All athletes must register their attendance by signing on.

**A parent/guardian must be in attendance at all times during training.**

Athletes who have not competed in athletic events before are encouraged to attend these mid-week sessions. During Friday night competition, rules allow athletes to have only one practice trial prior to the start of each field event; therefore, limited time is available for assisting new athletes.

Coaching will be offered to U6 to U17 Athletes commencing 13<sup>th</sup> September.

Please note, our coaches are providing their time free of charge. It is expected that all athletes participating will behave in an appropriate manner. Athletes are reminded that they are there to learn and practice new skills, not to play with their friends.

**Disruptive athletes may be refused participation.**

What to wear: Suitable clothing and footwear - your little athletics uniform is not required.

Please bring: A bottle of water.

## Wet Weather & Friday Competition

In the event of wet weather, we continue to hold Friday night competition if conditions permit. However please be aware that as the grounds are owned by City of Gold Coast, we are required to observe field closure recommendations during and following inclement weather.

A decision will not be made to abandon competition until 5pm, except in circumstances where significant rainfall has been received mid-week. We understand many families travel long distances to attend. However, we do ask that you wait until after 5pm.

**A Facebook notification will be posted by 5pm if competition has been abandoned. Please also check emails.**

## Wet Weather & Wednesday Training

On Wednesdays, it is much harder for us to notify you if training is cancelled, **as GCCC field closure advice is not updated until 4pm and our volunteer coaches usually arrive at the clubhouse directly from work, so have not had time to check field conditions**. If you live locally, we recommend that parents just drop by the clubhouse to check as in many instances we will not have had the opportunity to put a Facebook post up.

## Lost Property

Athletes are encouraged to place any belongings in their age group's basket. The purpose of this is to avoid jumpers and drink bottles being left about the arena. Please take the time to label ALL your child's belongings. Please note that your items are your own responsibility and not the RBLA Committee. Due to Covid regulations we cannot keep any lost property, so anything left behind at the end of each night will be disposed of.

## Visiting Other Centres

Athletes are welcome to visit and compete at any Australian Little Athletics Centre but must wear their full uniform when doing so. Athletes should compete at only one Centre in any 7-day period. Athlete results will be uploaded to Results HQ by the visiting club, but will not be taken into account for our RBLA end of season results.





# Rules

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## Alcohol & Drugs

Parents and spectators must never arrive at a Little Athletics competition under the influence of alcohol or drugs and may never bring alcohol or drugs to Little Athletics competition or training. Failure to observe this rule will result in disciplinary action.

## Balls & Bikes

Balls and bikes of all descriptions, including footballs, soccer balls, tennis balls, and scooters are not permitted at any time when competition or mid-week training is being held. These items will be confiscated.

## Centre Uniform Warnings

The wearing of the correct Centre uniform is taken very seriously. The track marshal, track recorders and the Committee will conduct weekly uniform audits. Athletes will receive only one written warning for incorrect uniform or walking around wearing spiked shoes. Thereafter every repeat offence will result in competition points not being awarded for that competition night.

## Dogs

In keeping with City of Gold Coast local laws, dogs are not permitted within the boundaries of the sporting complex. Refer to the City of Gold Coast signage on the Lae Drive perimeter.

## Smoking

From 1 September 2016, smoking is banned within 10 metres of viewing and playing areas at organised under-18 sporting events. The ban also applies during training and at any intervals or breaks in play.

The **coverage** of the ban includes the sporting ground or playing area, the viewing area for a water sport, public seating at the grounds and any other area reserved for use by the competitors and the officials. This also includes a 10-metre non-smoking buffer zone from all these locations.



07 5526 4595

## The Finish Line

**Spectators are not permitted near the finish line** or the recording areas to wait for their child or to request results as this can impede the vision of the volunteering place judges and timekeepers and delay recording procedures. After an event, athletes will be required to wait with the recorders for their results to be processed. Please wait until your child leaves this area before congratulating them or enquiring about their result. Access to the track recorder is restricted to Chief Recorders, Referees, Chief Officials, Centre & Team Managers, and the athlete whose result is being recorded. Offending parents will be asked to leave immediately.

## Plaster Casts



It is the policy of this Centre not to allow athletes to compete whilst wearing a plaster cast unless a medical certificate has been provided in advance of competition. The injured athlete's participation would then be the sole responsibility of the parent. Any athlete with an arm cast competing on the track shall be seeded to an outside lane. Left arm casts seeded to the inside lane, right arm casts to the outside lane.

## Zero Tolerance Policy

### PREAMBLE

The Queensland Little Athletics Association Inc (QLAA) recognises the importance of providing a safe and enjoyable environment for all those who participate in Little Athletics in Queensland.

The QLAA seeks to eliminate all forms of unsportsmanlike behaviour and has developed this policy to clearly outline the processes and penalties to be applied.

A person to whom this policy applies will not indulge in any unsportsmanlike behaviour towards another participant, official or spectator involved in a recognised Little Athletics activity, including organised training, and will adhere to the relevant Code of Conduct/Ethics and Member Protection Policy.

It is recommended that this policy be adopted by all Affiliated Centres within QLAA to ensure a common acceptable standard of behaviour, processes, and penalties. The penalties associated with this policy are presented as guidelines for Centres to follow. Penalties may change and/or categories added at the discretion of the QLAA Board.

### POLICY

A registered athlete, an official, or assistant in Little Athletics within Queensland, or any spectator will not indulge in any unsportsmanlike behaviour towards another participant, official, or spectator involved in a recognised Little Athletics activity, including organised training and will adhere to the relevant Codes of Conduct/Ethics.

## OBJECTIVE

- Remove all forms of unsportsmanlike behaviour from all aspects of Little Athletics in Queensland.
- Protect all participants, officials, and volunteers from exposure to unsportsmanlike behaviour.
- Provide a consistent application of processes and penalties for breaches of the Codes of Conduct/Ethics.

## APPLICATION

- Administrators of Little Athletics in Queensland at State, Region and Centre level, whether they be employed or a volunteer.
- Athletes in activities and events held by or under the auspices of QLAA and its Centres.
- Coaches of athletes in activities and events held by or under the auspices of QLAA and its Centres.
- Officials in activities and events held by or under the auspices of QLAA and its Centres.
- Managers of teams participating in activities and events held by or under the auspices of QLAA and its Centres.
- QLAA registered athletes when involved as a spectator of activities and events held by or under the auspices of QLAA and its Centres.
- Spectators of activities and events held by or under the auspices of QLAA and its Centres.



## Spike Rules

Spikes must be carried to the track or field event. Athletes wearing spikes are required to sit in their lane and remove their spikes BEFORE proceeding to the track recorder. Athletes wearing spikes for a field event must remove them as soon as the event is finished. Refer to Centre Uniform Warning.

U6 U7 U8 U9 U10	Not permitted to wear spikes or spiked shoes with spikes removed	
U11 U12	Spikes May Be Worn In: Lined Track Events, Long, Triple And High Jump Javelin	Spikes Cannot be Worn In: Discus, Shot Put, Walks  Spikes Must Be Removed from Shoe For: 800m & 1500m
U13 U14 U15 U16 U17	Spikes May Be Worn In: All Track Events Jumping Events Javelin	Spikes Cannot be Worn In: Discus, Shot Put & Walks





# Volunteers & Supporters

## Runaway Bay Little Athletics Life Members

Member	Year
Janelle Cross	1986
Fay and Terry Larkins	1989
Ruth and Kevin McGuigan	1990
Foloi Wall	2003
Leigh and Gavin Johnston	2006
Karen Clark	2017
Sean Sandford	2023

## Runaway Bay Little Athletics Centre Managers

Manager	Year
Alan Sullivian	1980/81
Kevin McGuigan	1981/82
Graham Old	1982/83
Kevin Mcguigan	1983/84
Roslyn Aurisch	1984/85
Lynne Keys	1984/85
Jeff Swaby	1985/86
Wendy Collins	1986/87
Brian Nunan	1986/87
Brian Nunan	1987/88
Stephen James	1988/89
Stephen James	1989/90
Yoke Allan	1990/91
Yoke Allan	1991/92
Yoke Allan	1992/93
Ross Chisholm	1993/94
John Harrison	1994/95

Manager	Year
Linda Cerni	1995/96
Linda Cerni	1996/97
Peter Ireland	1997/98
Peter Ireland	1998/99
Peter Ireland	1999/00
Foloi Wall	2000/01
Foloi Wall	2001/02
Gavin Johnston	2002/03
Gavin Johnston	2003/04
Leanne Smith	2004/05
Leanne Smith	2005/06
Leigh Johnston	2006/07
Leigh Johnston	2007/08
Fay Larkins	2008/09
Gavin Johnston	2009/10
Fay Larkins	2010/11
Brett Fenton	2011/12

Manager	Year
Brett Fenton	2012/13
Brett Fenton	2013/14
Karen Clark	2014/15
Karen Clark	2015/16
Karen Clark	2016/17
Karen Clark	2017/18
René Doel	2018/19
René Doel	2019/20
René Doel	2020/21
René Doel	2021/22
René Doel	2022/23
René Doel	2023/2024

## Committee Meetings

Committee meetings will be held on the first Tuesday of every month at 6pm.

Committee members are to attend with life members always welcome as well. If you are interested in joining the Committee, please email us to confirm the date of the next meeting. [info@rbla.com.au](mailto:info@rbla.com.au)

## How Can I Help?

Our Centre cannot maintain its standard of excellence without a team effort. Weekly competition is run entirely by the parents of the athletes. **All parents are therefore required to pitch in to help.** Where families consist of more than one child it is hoped that both parents, if in attendance are happy to lend a hand rather than just watching from the sidelines.

**Sponsorship** - You or a business you deal with could provide sponsorship dollars to enable us to purchase additional equipment or to pay for end of year trophies.

**Donations** - This form of support can help us in many ways. We are always on the lookout for prizes for fund raising or to reward our volunteers.

**Hands on Help** - Not everyone is able to give a cash donation or be a sponsor, however there are always lots of jobs that need to be done, perhaps you can help with one of the following:

- ✓ **Set Up** - Every Friday it takes over an hour to set up all the equipment so competition can start on time. **Set-up usually begins at 3.30/4pm - if you can come down early your assistance would be welcomed.**
- ✓ **Play Training Facilitators** are needed each week to coordinate the activities programmed for the Tiny Tots, U6 and U7 athletes. No experience is necessary - just plenty of patience & enthusiasm.
- ✓ **BBQ** - each week at least one Volunteer is required for the BBQ. You may like to take on this role every week or join a rotational roster.
- ✓ **Canteen** - similarly volunteers are needed each week to serve and prepare in the canteen. You may like to take on this role every week or join a rotational roster.
- ✓ **Age Marshalls** - are required every week - One per age group to supervise the movement of each group around the arena and to record the age group's field events. Each parent should try to do this role at least once throughout the season. It is preferred that all Age Marshalls have a blue card – this can be attained easily online, please advise our Blue Cards Officer.
- ✓ **Officials** - Each age group needs at least five parent helpers to properly run each field event. **Only those parents who are helping (officiating) on a field event are permitted on the competition arena.**

- ✓ **Key Roles** - Apart from field event officials, there are many other key roles which need to be filled each week. Timekeepers, Place Judges, Starters, Start Marshalls and Track Recorders are essential.
- ✓ **Coaching** - Each Wednesday, free coaching is provided by accredited coaches and volunteers, however extra parental help is always welcomed. If you would like to assist, please make yourself known on training days.



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## Age Marshalls

An Age Marshall is required to supervise the safe conduct of each age group as they move around the competition arena. Age Marshalls must wear the supplied safety vest so they can be easily identified by the athletes and the arena manager. The Age Marshall is responsible for following the correct order of the program, as listed in the folder and for recording the results of each field event (including play training). Each folder contains an instruction sheet which both new and experienced Age Marshalls are encouraged to read.

Age Marshalls are asked to fill in every section of the recording sheet making sure that your writing is legible. It is extremely important that the Age Marshall has enough helpers for spiking, measuring and recording and organising the athletes at each event. It is also beneficial to have parent helpers facilitating activities in between events to keep the athletes occupied and entertained! It is preferred that all Age Marshalls have a current blue card issued by the Commission for Children & Young People – This can easily be attained online (Please advise the Blue Cards Officer).

## Officials

Friday night competition is run entirely by the parents of the athletes. Each season it is important that we educate as many parents as possible to become officials. Officials are required to oversee the rules, to ensure fair competition and to show inexperienced parents how an event is run. **Becoming an official is not difficult.** You may become an official in one or all events. Volunteering on a regular basis allows you to learn the basics of an event and accrue the required practical experience. Once you have acted as chief, spiked, measured, and recorded several times at centre level in a group of event disciplines higher qualifications are then possible which require the applicant to assist at regional and state carnivals.

## Canteen

**Each family is required to commit to a job each week.** Those parents who do not actively assist with competition events are encouraged to lend a hand in the canteen. The canteen is our most important fundraising tool. Its profits enable us to provide a high standard of equipment and opportunities for our athletes. We encourage all members to purchase their evening refreshments from our canteen.

## If you wish to assist with the Running of the Program

We would like every parent to go online and complete the Level 0 Introduction to officiating course which is on the LAQ website, [www.laq.org.au](http://www.laq.org.au) which will give you a better understanding of the rules for all events.

Why Do Parents Now Need to Complete the Level 0 Introduction to Officiating Course

The course will test your knowledge of each event, or if you are a new parent will give you sufficient knowledge to help with your child's events. By completing this simple procedure, you will feel much more confident in your ability to help, and your children will benefit greatly by their events being run correctly. Parents spiking and measuring incorrectly or allowing fouls to be measured significantly impacts on the athlete's final



point score. It is extremely important that the parents who are running the events have a solid understanding the rules: how to measure and record and what constitutes a foul. Traditionally most parents who have not completed this course are found to have been incorrectly measuring events and are unaware of foul rules.

## Important Information

It is the Committee's role to coordinate weekly competition but please remember we are all volunteers. If they have children at the Centre, they pay the same fees as you.

**Please remember by registering your child at our Centre you have committed to actively assist with the running of weekly competition.**

Athletes, Age Marshalls & Event Officials are the only people permitted inside the running track.

**SIBLINGS, FRIENDS, GUESTS & ANY PARENTS NOT HELPING MUST REMAIN ON THE OUTSIDE OF THE TRACK NEAR THE CLUBHOUSE.**

Unless you are actively involved in officiating on your child's field event you are not permitted to move around the infield to watch.

## How we reward our Volunteers

Many activities on a Friday night require a parent to remain in one position for the whole evening, therefore missing out on the enjoyment of seeing their child compete. For this reason, the Committee finds it difficult to find volunteers for these jobs every week – yet these are usually the most important jobs.

Chief Judges are required to man each field event to oversee the safe conduct of the event, show new parents how to assist and ensure the athletes compete within the rules. Timekeepers and Place Judges, Canteen Helpers, a cook for the BBQ, Track Recorders and Starters are all essential.

On the first Friday of each month a volunteer will be rewarded for volunteering in the previous month. The winner will be selected by the Centre Manager. Committee are eligible.

*Little Athletics provides a wonderful environment for every child to learn the importance of having a go, striving to improve, and participating regardless of final placings. Our Centre philosophy of family fun and fitness embraces the efforts of every child.*

## Blue Cards

Parent volunteers who provide services and assistance with activities at a club in which their child is a participant are currently exempt from a criminal history check.

All other volunteers over the age of 16 are required to apply for a blue card BEFORE volunteering. This includes grandparents, aunts, uncles, step and de facto parents and family friends. If a member of your family will be attending with your child regularly, they must apply for a (FREE) blue card. We encourage all parents who currently hold a blue card to provide details when registering their child.

Parents assisting at Regional, Association or State Carnivals in a key role must also have a blue card. Therefore, any person who may assist at Regional, Association or State carnivals during the season are encouraged to apply for a Blue Card when registering their child.

As part of Runaway Bay Little Athletics Risk Management Policy, the Committee strongly recommends that every person acting in the capacity of Age Marshall hold a Blue Card.

Our Centre complies with the LAQ Member Protection Policy and State Government Legislation. As required by the Commission for Children, Young People & Child Guardian (CCYPCG) all members of our Centre Management Committee must hold a Blue Card.



## **Policy Position Statement – Child Protection**

Every person and organisation bound by this policy must always place the safety and welfare of children above all other considerations.

The Runaway Bay Little Athletics Centre acknowledges that our committee, staff and volunteers provide a valuable contribution to the positive experiences of our athletes. A volunteer is a person who is employed by another person not for financial reward but who may receive reimbursement for out of pocket expenses.

The Runaway Bay Little Athletics Centre aims to ensure this continues and to protect the safety and welfare of its athletes. Several measures will be used to achieve this such as:

- ✓ Prohibiting any form of abuse against children.
- ✓ Providing opportunities for our athletes to contribute to and provide feedback on our program development.
- ✓ Carefully selecting and screening people whose role requires them to have regular contact with children.
- ✓ Ensuring our codes of conduct, particularly for roles associated with junior sport, are promoted, enforced, and reviewed.
- ✓ Providing procedures for raising concerns or complaints and
- ✓ Providing education and/or information to those involved in our sport on child abuse and child protection.

The Runaway Bay Little Athletics Centre requires that any child who is abused, or anyone who reasonably suspects that a child has been or is being abused by someone within our sport, reports it immediately to the Centre's nominated Grievance Officer - (René Doel – Centre Manager).

All allegations of child abuse will be dealt with promptly, seriously, sensitively, and confidentially. A person will not be victimised for reporting an allegation of child abuse and the privacy of all persons concerned will be respected.

If anyone bound by this policy reasonably suspects that a child is being abused by his or her parent/s, they are advised to contact the Commission for Children and Young People and Child Guardian or the relevant government department for youth, family and community services in Queensland.

## **City of Gold Coast**

The Committee of Runaway Bay Little Athletics are grateful for the considerable support of the City of Gold Coast. Our Centre receives a substantial rate donation in addition to the maintenance of our arena lighting, irrigation, drainage and the mowing and maintenance of our track and surrounding fields. We are also grateful for the ongoing support of Cr. Cameron Caldwell as our Centre Patron.

## Community Support

As a non-profit organization, run by volunteers, our operating expenses are solely met by our membership fees, canteen, fund-raising and donations.

Our committee works hard all year to nurture strong and rewarding partnerships with the community. We strive to enhance local partnerships and to give as much to the community as we can. Our supporters are highly valued, and it is our intention to support and promote the services they provide at every opportunity. We encourage our members to join with us in showing appreciation to the following community supporters:

Cr Cameron Caldwell, Division 4 Local Councillor

Value Shopfitting & Cabinetmaking

Snap Fitness Runaway Bay

Gavin Johnston, Painter Decorator

MPK Electrical

National Commercial Realty, Commercial Sales & Leasing/Management

SandSky Developments

Armrock Constructions

Studio X Physio

Affinity Lawyers

Absolute Footcare

SCG Urban

Cybernet Evolution

FCB Personalised Promotional Products

Zarraffa's Coffee, Runaway Bay



# Carnivals and Championships

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## Carnivals

Carnivals are held on most weekends of the season. Participation in carnivals is optional. Many individual centres hold carnivals as part of their annual fund-raising program. Little Athletics Queensland hold two carnivals during the summer season which members all over Queensland can nominate to attend. These are fun days with the emphasis on our **family, fun and fitness** motto, give athletes an opportunity to compete on a tartan track and give athletes of all abilities a chance to compete alongside athletes from other Queensland Centre's.

## South Coast Region

All Little Athletic Centre's in Queensland are grouped into Regions for competition to determine qualifiers for State individual and team competitions. Runaway Bay is part of the South Coast Region along with Ashmore, Beaudesert, Gold Coast, Helensvale, Mudgeeraba, Mt Tamborine, Tweed Heads and Ormeau Centre's.

Athletes from these Centre's compete at two carnivals per year: The South Coast Regional Relay Day to qualify for the State Relay Championships, and the South Coast Regional Championships to qualify for the State Championships. Both these carnivals are entirely run by the parents from the South Coast Centre's. All U7-U17 athletes are encouraged to attend. Bonus points towards Age Champion awards are given to athletes who participate.

## South Coast Regional Relays

**Saturday 11<sup>th</sup> November 2023 – Venue; Ashmore**

The South Coast Relay Championships are being held at **Ashmore**, to qualify relay teams for the State Relay Championships. Teams comprise of track teams of four and field teams of two. The first three place getters in each event (U9-U17) qualify to represent their Centre at State level.

This is a team day; therefore, we ask all U7–U17 athletes to attend this carnival.

### **ALL U7 AND U8 ATHLETES WILL RECEIVE A PARTICIPATION MEDAL.**

To encourage attendance, bonus points towards Age Champion trophies are awarded for competing in this carnival. It is extremely important that Athletes who nominate turn up, otherwise the whole team will be unable to compete. Please text (preferred) or phone 0402 176 370 if you are sick or delayed on the day. All parents will be rostered on to help.

ATHLETES COMPETING IN TEAMS PLACING 1ST, 2ND, 3RD MUST BE AVAILABLE to compete at the State Relay Championships in Brisbane on Saturday December 2<sup>nd</sup>, 2023.



Teams are determined by an athlete's performance at Centre level according to recorded 2023/2024 performances (PB's). **UNDER NO CIRCUMSTANCES ARE PARENTS OR ATHLETES PERMITTED TO ALTER TEAMS OR RUNNING ORDER.**

Experienced selectors determine the athletes and their running order to maximize the potential of the team using set strategies and criteria. If you have any concerns, please speak to the appointed Team Managers. Criticism of teams based on bias or self-interest will not be entertained. **Please refer to season calendar for nomination closing dates.**

## **South Coast Regional Individual Championships**

**9<sup>th</sup> 10<sup>th</sup> & 11<sup>th</sup> February 2024 - Venue: Tweed Heads LAC**

All U7-U17 athletes are encouraged to compete in this carnival being held at **Tweed Heads Little Athletics Club**. Medals are awarded to athletes placing 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in all U9-U17 finals. Athletes will also receive a certificate documenting their individual achievements. **Please refer to season calendar for nomination closing dates.**

ALL U7 AND U8 ATHLETES WILL RECEIVE A PARTICIPATION MEDAL.

Bonus points are allocated towards Age Champion trophies for representing our Centre. Athletes may choose up to 5 events of their choice. Please refer to the LAQ sanctioned events listed in this handbook.

This is the individual athlete's opportunity to qualify for the State Championships in Brisbane. Please note parents will be rostered on to help each day.

U15 athletes seeking selection in the LAQ State Team must compete in the McDonald's Combined Events on 2<sup>nd</sup> and 3<sup>rd</sup> March 2024, Brisbane SAF.

## **LAQ Carnivals**

**COLES Summer Carnival - Saturday 28<sup>th</sup> October 2023**

Athletes from U7 to U17 may compete in a total of 5 events. U13 age group may register performances that State selectors may look at. The main purpose of the carnival is for athletes of all abilities to have a fun day's competition.

Nominations go directly to LAQ Head Office by Family Results HQ Portal. Please refer to season calendar for nomination closing dates. Nomination fees must be received by LAQ office by the closing date. No late entries will be accepted. All events are available. You must supply current (i.e. 2023 PBs).

Please also be aware of the High Jump Rules that apply; Athletes will only be allowed a total of 4 failed attempts before being excluded from the event. Each athlete shall have 3 attempts to clear a height. If an athlete misses 3 consecutive attempts, they are also out of the competition.

## McDonald's Combined Events

**Saturday 2<sup>nd</sup> and Sunday 3<sup>rd</sup> March 2024**

Championship Events for U9 to U17. Participation for U7 to U8. State selectors will refer to U15 Heptathlon results when selecting athletes for the State team. McDonald's Combined Events will be on the Notice Board.

Nominations may be sent to LAQ through the ResultsHQ portal. Please refer to the season calendar for the nomination closing date.

## State Level Competitions

**McDonald's State Relays, SAF – Sat. 2<sup>nd</sup> December 2023**

Only athletes who participate in the South Coast Regional Relay Championships and place 1st, 2nd or 3rd in their events are eligible to attend the State Relay Championships. This carnival will be held on Saturday 2<sup>nd</sup> December 2023 at the SAF, Kessells Road, Nathan. Should a member of the team be unable to attend a substitute may be used. The substitute however must have competed at the South Coast Regional Relay Carnival to be eligible.

Medallists and qualifiers from the South Coast Region Individual Championships compete in the State Championships at Brisbane.

**LAQ State Championships Brisbane – 24<sup>th</sup>, 25<sup>th</sup> and 26<sup>th</sup> March 2024.**



## State Team Representatives 1979 – 2023

Lewis Swan & Veronica Witalik 1979/80

Kerie McGuigan 1980/81

Michelle Aurisch 1983/84

Nicole Routledge & Katie Smith 1986/87

Emma Draisey 1990/91

Nicole Guiney 1993/94

Paula Harrison 1994/95

Jade Keogh 1995/96

Charles Wall 1997/98 & 1999/00

Norayah Hewitt 2002/03

Jordan Cross 2005/06

Phoebe Rose Turton & Jalen Manumaleuga 2008/09

Connor Ashley 2016/2017

Dylan Devine 2017/2018

Charlie Miller 2018/2019

Dylan Devine 2019/2020

Dylan Devine 2020/2021

Nylah Goble-Lote 2021/2022

Luka Brown 2022/2023



# Athlete Recognition

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## Presentation Evening – Wednesday 17 April 2024



**All athletes are encouraged to attend this special day of recognition.**

More information will be posted on Facebook when it becomes available.

## Awards

Trophies are not awarded to every athlete; however, awards are presented to athletes of varying levels of achievement and ability. A record of every athlete's achievement is provided in certificate form on presentation night or may be collected by appointment at the end of the season if you are unable to attend.

Our awards honour those athletes who embrace the LAQ philosophy of family, fun and fitness. Athletes are recognised for their outstanding achievements, commitment to our sport by attending every competition night, for displaying good sportsmanship, for participation in all events, for training and for achieving personal improvement. Set criteria are used to identify trophy winners to ensure all decisions are impartial and consistent. We are sure you will agree that our variety of categories give every athlete the opportunity to qualify for an award.

## Our Point System

Points are awarded for participation in each event. Points are not applied until proof of age has been provided and fees have been fully paid. Participation points per event are allocated during September. Pentathlon points - a sliding scale based on performance are applied from October. Athletes also earn points for every PB (personal best) they achieve. These points are tallied separately to determine the most improved awards. Athletes earn BONUS POINTS per event for competing in the Regional Relays in November and the Regional Championships in February.

## Certificates

- McDonald's Achievement Certificates - All Athletes
- Centre Best Performance Certificates
- U/7 Boys and Girls Participation Certificates
- 100% McDonald's Blues Certificates
- LAQ Carnival Participant
- Platinum Certificates



## McDonald's Achievement Certificates

### A LAQ Sponsor since 1980

The McDonald's Achievement Certificate (awarded on Presentation Night) provide an achievable goal for athletes to strive for in their quest to improve their personal performance. Please refer to the achievement levels in this handbook for the times and distances for each event in your age group. All athletes, with a little application should achieve the green level in each event. The red level indicates a very good performance achievable by 65% of athletes. The Blue level represents an excellent performance and is achieved by about 20% of athletes. Performance levels are based on achievement in Centre competition only.

## McDonald's 100% Blue Certificates

The McDonald's blue level is achieved by about 20% of all athletes. Very few athletes attain the blue level in every event contested by their age group. A certificate will be awarded to those athletes who attain this significant achievement. Congratulations to the following athletes who achieved all blues for 2022/2023:

- ✓ U6/G Harper Rose Mundt
- ✓ U6/B Carter O'Reilly
- ✓ U7/G Claudia Zorzo
- ✓ U7/G Madeline Driscoll
- ✓ U7/G Riley Clarke
- ✓ U8/B Noah Davies
- ✓ U8/B Archer Faulks
- ✓ U9/G Alyrah Entermann
- ✓ U9/G Maya Brown
- ✓ U9/B Nate McDougall
- ✓ U9/B Cooper Markwort
- ✓ U10/G Caitlin Benedict
- ✓ U11/G Lola O'Reilly
- ✓ U14/G Grace Cooper (6<sup>th</sup> Season that Grace has achieved this high standard)

## McDonalds Platinum Certificates

The McDonald's Platinum level was introduced by Runaway Bay Little Athletics in 2008/09. There were 148 athletes who received platinum certificates for the 2022/2023 season.



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## Trophies

- ✓ Most Improved Athlete U7-U17
- ✓ Derek Bannister Trophies - Most Improved (Overall) Boy & Girl
- ✓ Age Champion and Runner Up Trophies U7-U17
- ✓ Foloi Wall Sportsmanship Trophies - Boy & Girl
- ✓ Outstanding Achievement at the State Championships Awards
- ✓ Outstanding Performance at the State Championships Award
- ✓ Janelle Cross Incentive Award
- ✓ Fay & Terry Larkins Incentive Award
- ✓ Brian Smith Volunteer of the Year Award
- ✓ Coaches Awards
- ✓ Encouragement Awards
- ✓ 100% Participation
- ✓ Centre Manager Awards
- ✓ 100% Attendance

## Medals

- ✓ Participation Medals - U6 and U7 Athletes
- ✓ Centre Champion Medals (Gold, Silver, Bronze) U7-U17

## 100% Criteria

Athletes who compete on every available competition night from when they join are the life blood of our Centre. These athletes and their parents embrace the concept of our award system, our family, fun and fitness motto and because of their strong attendance can be relied upon to make a significant contribution to weekly competition and financially by supporting our canteen. It is for this reason these athletes are recognised for their commitment to our Centre.

The Committee do not encourage parents to allow sick or injured athletes to compete.



## 100% Participation Award

A trophy will be presented to those athletes who compete in every event, on every night of the season from 8<sup>th</sup> September 2023 or from the date they register before December of the current season.

Those athletes who compete on every competition night but do not participate in every event will be eligible for the 100% Attendance Award.

Parents should be aware that participation in all events, including play training events must be recorded on the recording sheet provided in the age groups' folder. Failure to record an event may result in members of the age group being ineligible to receive the 100% participation award.

The following athletes competed in every programmed event from when they joined during the 2022/2023 season and were therefore recipients of the 100% Participation Award:

- |         |                   |
|---------|-------------------|
| ✓ U10/B | Koby Paterson     |
| ✓ U10/B | Boston Carr       |
| ✓ U10/G | Addison Mayes     |
| ✓ U9/G  | Alyrah Entermann  |
| ✓ U9/G  | Madeline Driscoll |
| ✓ U9/G  | Maya Cebulski     |
| ✓ U11/G | Ania Cebulski     |
| ✓ U14/G | Joelene Billett   |
| ✓ U17/G | Scarlett Doel     |



## 100% Attendance

Every athlete regardless of ability has the potential to receive this award. A trophy will be presented to athletes who participate on every available competition night from the date they register until Friday, 15<sup>th</sup> March 2024. To be eligible, an athlete must also have competed in a minimum of three events on each night of competition. Please note participation on 10<sup>th</sup> December (Christmas Party) does not count towards this award.

The following athletes competed on every competition night from when they joined during the 2022/2023 season and were therefore recipients of the 100% Attendance award:

✓ TT	Thomas Cebulski
✓ TT	Delila McAlister
✓ U7/G	Madeline Driscoll
✓ U8/B	Noah Davies
✓ U9/G	Maja Cebulski
✓ U9/B	Cooper Markwort
✓ U10/G	Alyrah Entermann
✓ U10/G	Ruby Hatfield
✓ U10/G	Maya Brown
✓ U10/G	Tilly Threlfo
✓ U10/G	Caitlin Benedict
✓ U10/G	Addison Mayes
✓ U10/B	Koby Paterson
✓ U10/B	Boston Carr
✓ U11/G	Ania Cebulski
✓ U11/G	Willow Helgeson
✓ U11/B	Finn Donoghue
✓ U11/B	Jack McGarrigle
✓ U12/G	Marissa Benedict
✓ U12/G	Amy Bynge
✓ U13/B	Cooper McGarrigle
✓ U11/B	Will Kreuger
✓ U14/G	Joelene Billett
✓ U14/B	Blake Cooper
✓ U16/B	Luke Visser
✓ U17/G	Scarlett Doel
✓ U17/G	Bettina Doel



## Foloi Wall Sportsmanship Awards

Throughout the season, members of the Committee note those athletes who honor the spirit of competition, show respect, set a good example to others, display good manners and demonstrate true sportsmanship. This is one of only a few hand-selected awards. The winner is commemorated on a perpetual trophy as well as receiving a replica trophy to keep. The 2022/2023 winners were:

**Max Durre & Ania Cebulski**

## Incentive Awards

Athletes who have not received a major award but whose achievements are considered to deserve special recognition and encouragement for the pleasing results they have attained during the season are eligible for consideration for the Janelle Cross and the Fay & Terry Larkins Incentive Awards. These awards are hand selected from the recording sheets by the Committee

## The Janelle Cross Incentive Award

for 2022/2023 was awarded to

**Holly Petrie**

## The Fay & Terry Larkins Incentive Award

for 2022/2023 was awarded to

**Halo Keays**



## LAQ Awards

Distinguished Merit Award - Janelle Cross 1987  
Merit Award - Kevin McGuigan 1988  
Merit Award - Fay & Terry Larkins 1993  
Honour Certificate - Linda Cerni 1997  
Honour Certificate - Peter Ireland 2000  
Runner Up Andrea Harvey Administration Award 2003 - Runaway Bay  
Honour Certificate - Rob Wall 2003  
Honour Certificate - Stewart Smith 2003  
Honour Certificate - Gavin & Leigh Johnston 2003  
Runner Up Andrea Harvey Administration Award 2006 - Runaway Bay  
Honour Certificate - Brian Smith 2007  
1st Place Andrea Harvey Administration Award 2008 - Runaway Bay  
Volunteer of the Year - Gavin Johnston 2008  
2nd Place Andrea Harvey Administration Award 2009 - Runaway Bay  
Honour Certificate - Sonya Gerritsen 2010  
Long Service Badge - Fay Larkins 30 years 2010  
Long Service Badge - Gavin & Leigh Johnston 15 Years 2010  
Long Service Badge - Emma Graham 10 Years 2010  
Long Service Badge - Foloi Wall 20 Years 2011  
Long Service Badge - Sonya Gerritsen, Catrin & Gary Pitt 2011  
Honour Certificate - Richard Dickson 2011  
Honour Certificate – Brett Fenton 2014  
Honour Certificate – Karen Clark 2014  
Long Service Badge – Karen Clark 10 years 2014  
Long Service Badge – Janet Gallagher 10 years 2015  
Long Service Badge – Gavin Johnston 20 years 2015  
Honour Certificate – Melanie Whiteley 2018  
Honour Certificate – Chris Whiteley 2018  
Honour Certificate – Rose Walker 2018  
Honour Certificate – Ron Mohr 2018  
Honour Certificate – Rosemary Single 2019  
Honour Certificate – Brett McCarthy 2019  
Honour Certificate – Sean Sandford 2019  
Long Service Badge – Simone Davies 2019  
Long Service Badge – Gavin Johnston 25 Years 2020  
Long Service Badge – Fay Larkins 40 Years 2020  
Long Service Badge – Rene Doel 10 years 2021

Long Service Badge – Elizabeth Nipperess 10 Years 2021

Long Service Badge – Stewart Nipperess 10 Years 2021

Long Service Badge – Sean Sandford 10 Years 2021

LAQ Merit Award – Gavin Johnston 2023

## Centre Championships U7 – U17

The Centre Championship Awards for the U7 to U17 age groups were conducted in February 2023. Points were tallied for participation in each event over the three-night competition. The points were awarded on a Sliding Scale, with everyone who competed in an event receiving points. To be eligible for this award, an athlete must have competed in at least 75% of the total number of events offered over the three nights. Again, the more events an athlete participates in, the more points are accumulated. Every event is offered, and this is an athlete's only opportunity to record a Centre Best Performance (CBP). As the younger age groups do not contest as many events overall, the first time an event is offered during the three weeks is the Championship Event. Under 6 athletes are given the opportunity to contest a CBP however are not eligible for placings.

### The Centre Champion awards for the 2022/2023 were:

U7 BOYS	GOLD: Cooper Hansmeyer, SILVER: Dallas Elliott BRONZE: Callum Austin
U7 GIRLS	GOLD: Madeline Driscoll, SILVER: Riley Clarke, BRONZE: Claudia Zorzo
U8 BOYS	GOLD: Noah Davies SILVER: Archer Faulks, BRONZE: ArchieCruz Westwood
U8 GIRLS	GOLD: Amelia Tither, SILVER: Mackenna Griffiths, BRONZE: Portia Lee Gordon
U9 BOYS	GOLD: Cooper Markwort, SILVER: Harley Elliott, BRONZE: Lakyn Whelan
U9 GIRLS	GOLD: Alyrah Entermann, SILVER: Ruby Hatfield BRONZE: Chelsea O'Reilly
U10 BOYS	GOLD: Keiji Moriaski SILVER: Koby Paterson BRONZE: Mitchell Cutajar
U10 GIRLS	GOLD: Caitlin Benedict SILVER: Mya Cassidy, BRONZE: Imogen Dow
U11 BOYS	GOLD: Finn Donoghue, SILVER: Benjamin Becker BRONZE: Jack McGarrigle
U11 GIRLS	GOLD: Lola O'Reilly SILVER: Ania Cebulski BRONZE: Kira Russell
U12 BOYS	GOLD: Brody Cross SILVER: Zander Holthouse BRONZE: Luka Renac
U12 GIRLS	GOLD: Marisa Benedict, SILVER: Indi Vincenti BRONZE: Chloe Kelk
U13 BOYS	GOLD: Cooper McGarrigle. SILVER: Koby Cassidy, BRONZE: Aiden Papworth
U13 GIRLS	GOLD: Tia Murray, SILVER: Sybella Hinze, BRONZE: Miya Vincenti
U14 BOYS	GOLD: Jackson Munro, SILVER: Blake Cooper
U14 GIRLS	GOLD: Grace Cooper, SILVER: Joelene Billett, BRONZE: Sienna Smith
U15 BOYS	GOLD: Cooper Wee, SILVER: Jesse Ashley
U15 GIRLS	GOLD: Maddison McDougall, SILVER: Belle Regan, BRONZE: Alyssa Vella
U16 BOYS	GOLD: Joshua Cutajar, SILVER: Cash Krywenko, BRONZE: Luke Visser
U16 GIRLS	GOLD: Carlee Smith, SILVER: Jess Passmore, BRONZE: Taylah Morris
U17 GIRLS	GOLD: Bettina Doel, SILVER: Scarlett Doel

## Coaches Awards

Volunteer Coaches offer optional free training each Wednesday throughout the season. Athletes who regularly attend these sessions, showed enthusiasm, commitment to their personal improvement, followed instruction and worked hard.

The following athletes received 2022/2023 Coaches awards:

Maximus Sun	Antwon Evans
Louis Patching	Kaito Unuma
Spike Krywenko	Isla Primrose
Josie Primrose	Max Lonsdale
Ivy Lonsdale	Eloise Del Fabbro
Maja Cebulski	Indi Patching
Corey Anthony Johnston	Maya Brown
Will Kreuger	Sienna Pirie
Sophia Pirie	

## Encouragement Awards

Each week athletes of varying abilities join to participate in several events – in some disciplines they will excel, in other events they will be challenged. Many athletes have achieved outstanding results, but have just missed out on a final placing, these athletes should be congratulated for their perseverance and positive attitude on never giving up.

Preslie Hercoe	Robbie Elger	Chloe Turello
Harlie Bolger	Jackson Clarke	Jasmine Fry
Harry Buchmueller	Riley Morgan	Lucy Buchmueller
Jack Buchmueller	Locklan Gillespie	Katherine Moore
Amelia Wolff	Rocky Balo	Denzel Keays
Nicholas Becker	Gustav Becker	Sinead McNamara
Juno Bedford	Valance Raoma	Kynan Schyff





## Centre Managers Awards

The Centre Manager Award recognizes those athletes who are always striving to do their best under most conditions and who are always smiling, they have varying pleasing qualities one of which is respect for themselves and helpers and officials in the Centre.

The Centre Manager Award for the 2022/2023 season were awarded to:

Jack Cheeseworth	Kobe Raoma	Grace Wolff
Noah Faulks	Noah Faulks	Amy Bynge
Amaliah Griffiths	Caitlin Papworth	Kaden DeGraef
Madeline Morrison	Imogen Gramza	Emily Bubb
Max Crabb	Cooper Crabb	Kayla Hansmeyer

## Honour Roll

The Honour Roll was introduced in 2006/07 and dates to 1979. It acknowledges athletes who attain the significant milestone of 5 Consecutive Years Membership or more. The list below is of 2022/2023 members who have been inducted into the honour roll:

### 5 Years

Emily Bubb	Max Durre
Mitchell Cutajar	Joshua Cutajar
Elliot Foers	Sienna Jameson
Caitlin Papworth	Ari Morton
Koby Paterson	Charlize Smith
Lola O'Reily	Sienna Smith
Addison Mayes	

### 10 YEARS

Talia Berry

### 12 YEARS

Bettina Doel	Scarlett Doel
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## Age Champion and Runner Up Trophies U7 – U17

The Age Champion is the athlete who accumulates the highest Pentathlon point score in each age group over the whole season.

To be eligible, an U7-U17 athlete must have competed in a minimum of 70% of the events offered to their age group. Obviously, the more an athlete attends and participates the more points they accumulate. 2022/2023 winners were:

U7/B AGE CHAMPION:	Dallas Elliott	RUNNER UP:	Blake Badcock
U7/G AGE CHAMPION:	Madeline Driscoll	RUNNER UP:	Riley Clarke
U8/B AGE CHAMPION:	Noah Davies	RUNNER UP:	Archer Faulks
U8/G AGE CHAMPION:	Lenna Caughley	RUNNER UP:	Armi Balo
U9/B AGE CHAMPION:	Cooper Markwort	RUNNER UP:	Lakyn Whelan
U9/G AGE CHAMPION:	Alyrah Entermann	RUNNER UP:	Ruby Hatfield
U10/B AGE CHAMPION:	Koby Paterson	RUNNER UP:	Boston Carr
U10/G AGE CHAMPION:	Caitlin Benedict	RUNNER UP:	Georgia Turello
U11/B AGE CHAMPION:	Finn Donoghue	RUNNER UP:	Jack McGarrigle
U11/G AGE CHAMPION:	Ania Cebulski	RUNNER UP:	Lola O'Reilly
U12/B AGE CHAMPION:	Zander Holthouse	RUNNER UP:	Dirk Whelan
U12/G AGE CHAMPION:	Marisa Benedict	RUNNER UP:	Chloe Kelk
U13/B AGE CHAMPION:	Cooper McGarrige	RUNNER UP:	Aidan Papworth
U13/G AGE CHAMPION:	Sybella Hill	RUNNER UP:	Miya Vincenti
U14/B AGE CHAMPION:	Blake Cooper	RUNNER UP:	Jackson Munro
U14/G AGE CHAMPION:	Joelene Billett	RUNNER UP:	Sienna Smith
U15/B AGE CHAMPION:	Cooper Wee	RUNNER UP:	Jesse Ashley
U15/G AGE CHAMPION:	Maddison McDougall	RUNNER UP:	Belle Regan
U16/B AGE CHAMPION:	Luke Visser	RUNNER UP:	Cash Krywenko
U16/G AGE CHAMPION:	Talia Berry	RUNNER UP:	Jess Passmore
U17/G AGE CHAMPION:	Scarlett Doel	RUNNER UP:	Bettina Doel



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## Derek Bannister Most Improved Award

Throughout the season every centre performance is recorded. Each time an individual improves on their previous best performance, a point is allocated. The Derek Bannister Award is given to the boy and girl who achieve the overall greatest number of improvements at centre level during the season without winning the Age Champion or Centre Champion awards. Please note that a competitor does not have to achieve a placing or even do well in their events, as points are solely based on personal improvement. The winner is commemorated on a perpetual trophy as well as receiving a replica trophy to keep. The 2022/2023 Derek Bannister Most Improved athletes were:

**Maddisson Harker & Ryan Entermann**

## Most Improved U7 – U16

After the Derek Bannister recipients have been chosen, the athlete with the most centre improvement points in their age group, having competed in at least 70% of all events offered to their age group for the season, without winning the Age or Centre Champion Categories are deemed to be the Most Improved athlete for their age group. 2022/2023 Most Improved athletes were: \

U7/B Fletch Romeo Westwood

U7/G Sienna Pirie

U8/B Jesse Burton

U8/G Josie Primrose

U9/B Connor Morgan

U9/G Lana Lage

U10/B Matthew Dalziel &  
Aidan Passmore

U10/G Ally Samuels

U11/B Dex Waite

U11/G Isabella Morgan

U12/B Luka Renac

U12/G Indi Vincenti

U13/B Riley Morgan

U13/G Olive Davis

U14/B Casey Krywenko

U14/G Grace Cooper

U15/B Leonardo Hughes

U15/G Alyssa Vella

U16/G Taylah Morris



## Centre Best Performances

The Centre Best Performance (CBP) is a register of those athletes who have attained the highest achievement in each LAQ sanctioned event conducted at our Centre during the Centre Championships. A CBP should not be confused with a "record". At our centre we do not keep a weekly running tally of highest achievements therefore the term record is inappropriate and is not used. Athletes who achieve a CBP during the Centre Championships will receive a certificate on Presentation Night and the following register is updated accordingly.

Under 6 Boys				Under 6 Girls			
70m	M Wise	12.9	2011/12	70m	T Smith	13.2	1998/99
100m	J Brown	18.3	1997/98	100m	T Smith	18.8	1998/99
200m	C O'Reilly	42.99	2022/23	200m	M Driscoll	46.1	2021/22
Long Jump	L Davis	2.93	2015/16	Long Jump	M Driscoll	2.62	2021/22
350g Discus	T Johnston	14.79	1999/00	350g Discus	S Crouch	16.03	2003/04
1kg Shot Put	L Wright	5.22	1995/96	1kg Shot Put	S Crouch	4.67	2003/04

Under 7 Boys				Under 7 Girls			
70m	C Wall	12.0	1991/92	70m	L Francis	12.1	1989/90
	M Clark	12.0	1987/88		A Morris	12.1	1987/88
100m	C Wall	17.1	1991/92	100m	B Nissel	17.0	1985/86
	M McCurdy	17.1	1989/90				
	M Irving	17.1	1983/84				
200m	J Bradshaw	36.0	2009/10	200m	B Nissel	37.0	1985/86
Long Jump	M Wise	3.40	2012/13	Long Jump	B Nissel	3.24	1985/86
350g Discus	D Davies	19.45	2010/11	350g Discus	G Cooper	14.09	2016/17
1kg Shot Put	K McMahon	6.29	2005/06	1kg Shot Put	K Obst	5.50	1995/96

Under 8 Boys				Under 8 Girls			
70m	J Levien	11.3	2004/05	70m	S Milburn	11.7	2002/03
	A Currey	11.3	1993/94		J Briggs	11.7	1989/90
	C Wall	11.3	1992/93		M Mangueret	11.7	2009/10
	M Hanrahan	11.3	1987/88		R Webb	11.7	2013/14
	L Rowe	11.3	2015/16				
100m	M Irving	15.6	1984/85	100m	J Briggs	16.5	1989/90
200m	C Wall	33.9	1992/93	200m	J Briggs	35.5	1989/90
60mHurdles	L Bruce	11.8	2007/08	60mHurdles	T Fenton	12.6	2008/09
Long Jump	D Cooper	3.66	1982/83	Long Jump	S Aurisch	3.45	1981/82
High Jump	A Constable	1.06	1991/92	High Jump	A Mackey	1.02	2008/09
500g Discus	R Hammleswang	18.52	1982/83	500g Discus	N Chase	16.05	2007/08
1.5kg Shot Put	M Wise	6.63	2013/14	1.5kg Shot Put	N Chase	7.40	2007/08

Under 9 Boys				Under 9 Girls			
70m	R Mitchell	11.0	1996/97	70m	J Briggs	10.9	1990/91
	C Wall	11.0	1993/94	100m	L Conlon	15.7	1986/87
	B Ashley	11.0	2014/15				
100m	D Griffiths	15.4	1989/90	200m	S Noonan	32.5	1990/91
200m	B Jenner	32.1	1981/82		S Aurisch	32.5	1982/83
400m	K Rutherford	1.15.5	2009/10	400m	J Ramsay	1.17.7	2010/11
800m	K Rutherford	2.38.9	2009/10	800m	P Harrison	2.53.2	1990/91
60mHurdles	W Groth	10.8	2008/09	60mHurdles	J Ramsay	11.5	2010/11
					S Milburn	11.5	2003/04
700m Walk	I Clarke	5.11.0	1990/91	700m Walk	K Matthews	4.32.8	1990/91
Long Jump	R Mitchell	4.02	1996/97	Long Jump	S Aurisch	4.00	1982/83
High Jump	P Murtagh	1.13	2008/09	High Jump	E Rutherford	1.13	2010/11
	M McCurdy	1.13	1991/92				
	H Smith	1.13	2017/18				
500g Discus	W Witalik	25.42	1982/83	500g Discus	S Milburn	20.57	2003/04
2kg Shot Put	S Kyranis	7.74	1991/92	2kg Shot Put	N Chase	6.81	2008/09

Under 10 Boys				Under 10 Girls			
70m	D Warne	10.3	1990/91	70m	M Aurisch	10.5	1981/82
100m	P Wotherspoon	14.4	1987/88	100m	M Aurisch	14.6	1981/82
200m	L Currey	29.4	1994/95	200m	M Aurisch	31.3	1981/82
400m	D Warne	1.08.3	1990/91	400m	P Harrison	1.09.6	1991/92
800m	K Rutherford	2.35.4	2010/11	800m	P Harrison	2.39.3	1991/92
60mHurdles	L Currey	11.1	1993/94	60mHurdles	J Ramsay	11.7	2011/12
700m Walk	N Roberts	4.39.0	1990/91	700m Walk	K Leczakowski	4.33.0	1990/91
1100m Walk	S Henderson	8.15.0	1995/96	1100m Walk	H Wilkie	7.32.0	1995/96
Long Jump	J Morris	4.42	2009/10	Long Jump	K Smart	4.37	1982/83
Triple Jump	D Warne	8.80	1990/91	Triple Jump	D Morgan	8.40	1992/93
High Jump	W Witalik	1.22	1983/84	High Jump	A Mackey	1.22	2010/11
500g Discus	P Eddowes	29.33	2005/06	500g Discus	S Milburn	27.90	2004/05
2kg Shot Put	M McCurdy	9.36	1992/93	2kg Shot Put	K Smart	8.24	1982/83

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Under 11 Boys				Under 11 Girls			
70m	C Wall	9.8	1995/96	70m	J Ramsay	10.2	2012/13
100m	B Ashley	14.1	2016/17	100m	F Heinrich	14.1	1987/88
	H Lote-Felo	14.1	2018/19				
200m	D Webb	28.8	2012/13	200m	T Martin	29.4	2003.04
400m	B Larkins	1.04.4	1983/84	400m	T Martin	1.06.8	2003/04
800m	K Rutherford	2.26.1	2011/12	800m	P Harrison	2.36.9	1992/93
1500m	K Rutherford	5.05.6	2011/12	1500m	P Harrison	5.08.3	1992/93
80m Hurdles	J Lalic	14.96	2022/23	80m Hurdles	H Keays	14.15	2022/23
1100m Walk	B Mack	8.50.8	1994/95	1100m Walk	S Ireland	7.34.0	1995/96
1500m Walk	M Smith	10.09.9	1988/89	1500m Walk	S Gilfoyle	9.47.3	1984/85
Long Jump	R Mercer	4.57	1982/83	Long Jump	S Aurisch	4.49	1984/85
Triple Jump	J Diener	9.53	2008/09	Triple Jump	K Jarman	8.93	2007/08
High Jump	J Lalic	1.34	2022/23	High Jump	H Petrie	1.36	2022/23
500g Discus	B Cross	24.17	2021/22	500g Discus	W Helgeson	26.02	2022/23
2kg Shot Put	I Davies	10.42	2001/02	2kg Shot Put	K Smart	9.78	1983/84
400g Javelin	M Howell	25.94	1988/89	400g Javelin	L Kreuger	21.48	2000/01

Under 12 Boys				Under 12 Girls			
70m	J Jeffrey	9.8	1995/96	70m	PR Turton	9.9	2007/08
	B Ashley	9.8	2017/18				
100m	C Ashley	13.5	2015/16	100m	M Aurisch	13.6	1983/84
	D Devine	13.5	2016/17		J Ramsay	13.6	2013/14
	B Ashley	13.5	2017/18				
200m	M Tommasi	27.8	1986/87	200m	N Routledge	27.8	1986/87
400m	D Devine	1.03.0	2016/17	400m	M Aurisch	1.02.9	1983/84
800m	D Devine	2.23.8	2016/17	800m	P Harrison	2.29.3	1993/94
				1500m	N Routledge	5.25.2	1986/87
80m Hurdles	T Voroshine	15.4	2020/21	80m Hurdles	T Laurie L Feehan	15.6	2019/20 2021/22
1500m	D Devine	4.55.5	2016/17	1500m Walk	S Allan	10.13.9	1989/90
1500m Walk	S Roberts	8.01.9	1994/95	Long Jump	M Aurisch	5.05	1983/84
Long Jump	D Webb	4.62	2013/14	Triple Jump	M Benedict	9.96	2022/23
Triple Jump	W Bates	9.96	1990/91	High Jump	M Aurisch	1.38	1983/84
High Jump	J Debiasi	1.41	1986/87	750g Discus	N Chase	29.65	2011/12
750g Discus	M Stopel	36.74	2001/02	2kg Shot Put	N Chase	11.70	12011/12
2kg Shot Put	L Gillespie	11.33	2022/23	400g Javelin	A Dave	22.69	2014/15
400g Javelin	P Eddowes	37.64	2007/08				

Under 13 Boys				Under 13 Girls			
70m	J Keogh	8.8	1995/96	70m	S Noonan	9.5	1994/95
100m	J Keogh	12.6	1995/96	100m	M Aurisch	12.8	1984/85
100m	I Najmal	12.6	2016/17				
200m	J Keogh	25.4	1995/96	200m	M Aurisch	27.6	1984/85
400m	J Keogh	58.5	1995/96	400m	M Aurisch	1.02.4	1984/85
	D Devine	58.5	2017/18				
800m	D Devine	2.18.0	2005/06	800m	P Harrison	2.28.5	1994/95
1500m	D Devine	4.49.6	2017/18	1500m	S Hinze	5.13.41	2022/23
80m Hurdles	C Wall	13.6	1997/98	80m Hurdles	N Guiney	14.1	1993/94
200mHurdles	J Keogh	29.2	1995/96	200mHurdles	N Guiney	31.5	1993/94
1500m Walk	S Roberts	7.26.1	1995/96	1500m Walk	P Harrison	7.36.0	1994/95
Long Jump	J Davies	5.22	2011/12	Long Jump	M Aurisch	5.27	1984/85
Triple Jump	J Keogh	10.78	1995/96	Triple Jump	M Aurisch	10.73	1984/85
High Jump	J Keogh	1.64	1995/96	High Jump	L McLean	1.45	2018/19
750kg Discus	A Veivers-Dodds	30.42	2019/20	750g Discus	G Cooper	39.66	2021/22
3kg Shot Put	M Stopel	12.23	2002/03	3kg Shot Put	N Goble Lote	11.50	2021/22
600g Javelin	J Keogh	35.94	1995/96	400g Javelin	B Doel	28.14	2018/19

Under 14 Boys				Under 14 Girls			
70m	J Keogh	8.7	1996/97	70m	N Guiney	9.4	1994/95
100m	J Keogh	11.9	1996/97	100m	N Guiney	13.1	1994/95
200m	J Keogh	24.6	1996/97	200m	A Neumann	27.1	2017/18
400m	J Munro	57.34	2022/23	400m	T Smith	1.03.4	2006/07
800m	J Cooper	2.13.8	2010/11	800m	J Smith	2.28.3	1986/87
	D Devine	2.13.8	2018/19				
1500m	D Devine	4.37.0	2018/19	1500m	J Smith	5.02.2	1986/87
90m Hurdles	C Wall	13.3	1998/99	80m Hurdles	E Downey	14.3	2013/14
					M Bennet	14.3	2020/21
200mHurdles	M Falla	28.8	1997/98	200mHurdles	T Smith	30.9	2006/07
1500m Walk	D James	7.53.9	1989/90	1500m Walk	S Larsen	10.32.4	1996/97
Long Jump	K Hookway	5.78	1984/85	Long Jump	P R Turton	4.73	2009/10
Triple Jump	B Mammarella	11.53	2008/09	Triple Jump	N Guiney	9.75	1994/95
High Jump	M Falla	1.66	1997/98	High Jump	D Scholz	1.51	2019/20
1kg Discus	M Stopel	43.38	2003/04	1g Discus	G Cooper	32.62	2022/23
3kg Shot Put	A Veivers-Dodds	13.46	2020/21				
			2003/04	3kg Shot Put	E Graham	9.94	2004/05
				400g Javelin	B Doel	34.20	2019/20
600g Javelin	P Eddowes	38.92	2009/10				

Under 15 Boys				Under 15 Girls			
70m	J Keogh	8.5	1997/98	70m	PR Turton M Kelly- Coombes	9.2 9.2	2010/11 2019/20
100m	J Evans	11.6	2015/16	100m	PR Turton	12.9	2010/11
200m	J Keogh D Devine	24.4 24.4	1997/98 2019/20	200m	PR Turton	27.3	2010/11
400m	D Devine	54.9	2019/20		C Bailey	28.2	1999/00
800m	D Devine	2.11.4	2019/20	400m	C Bailey	1.01.6	1999/00
1500m	D Devine	4.32.7	2019/20	800m	C Bailey	2.24.4	1999/00
100mHurdles	D Devine	14.6	2019/20	1500m	C Bailey	4.59.9	1999/00
300mHurdles	D Devine	43.6	1997/98	90mHurdles	T Smith	14.2	2007/08
1500m Walk	D James	7.41.0	2016/17	300mHurdles	M McDougall	56.47	2022/23
Long Jump	D Devine	6.08	2019/20	1500m Walk	K Smith	11.10.7	1989/90
Triple Jump	E Kuhne	12.36	1997/98	Long Jump	PR Turton	5.04	2010/11
High Jump	D Devine	1.75	2019/20	Triple Jump	M Silcock	9.98	2021/22
1kg Discus	M Stopel	55.00	1997/98	High Jump	T Smith	1.55	2014/15
4kg Shot Put	M Stopel	14.90	2004/05	1kg Discus	M Silcock	30.56	2021/22
700g Javelin	L Visser	36.88	2021/22	3kg Shot Put	G Davies	10.61	2017/18
				500g Javelin	B Doel	32.83	2020/21
Under 16 Boys				Under 16 Girls			
70m	J Evans	8.4	2016/17	70m	K Kyle	9.7	2019/20
100m	J Evans D Devine	11.6 11.6	2016/17 2020/21	100m	D Utber K Clarke	13.8 13.8	2015/16 2019/20
200m	D Devine	24.2	2020/21	200m	D Utber	28.6	2015/16
400m	D Devine	52.5	2020/21	400m	A Nipperess	1.03.6	2017/18
800m	D Devine	2.03.6	2019/20	800m	A Nipperess	2.33.40	2017/18
1500m	D Devine	4.37.5	2020/21	1500m	J Reeves	5.15.0	2019/20
100m Hurdles	G Gallagher	12.6	2013/14	90m Hurdles	M Maratos	16.2	2020/21
300m Hurdles	D Devine	42.5	2020/21	300mHurdles	B Doel	53.0	2021/22
Long Jump	D Devine	6.09	2020/21	Long Jump	K McCarthy	4.91	2017/18
Triple Jump	B Ashley	11.74	2021/22	Triple Jump	K McCarthy	10.21	2017/18
High Jump	D Devine	1.70	2020/21	High Jump	K McCarthy	1.45	2017/18
1kg Discus	L Visser	44.22	2022/23	1kg Discus	B Doel	29.28	2021/22
4kg Shot Put	D Devine	11.58	2020/21	3kg Shot Put	G Davies	11.27	2018/19
700g Javelin	L Visser	44.48	2022/23	500g Javelin	B Doel	35.29	2021/22

Under 17 Boys				Under 17 Girls			
70m	B Mammarella	8.4	2010/11	70m	D Ubter	9.5	2016/17
100m	J Hayes	11.8	2010/11	100m	D Ubter	13.7	2016/17
	C Ashley	11.8	2020/21				
200m	J Hayes	24.3	2010/11	200m	D Ubter	28.8	2016/17
400m	C Ashley	53.2	2020/21	400m	S Doel	1:04.37	2022/23
800m	C Ashley	2.02.7	2020/21	800m	A Nipperess	2.34.5	2018/19
1500m	C Ashley	4.56.6	2020/21	1500m	A Nipperess	5.20.2	2018/19
100mHurdles	J Hayes	14.4	2010/11	90mHurdles	G Maindonald	19.1	2010/11
				100mHurdles	D Ubter	17.4	2016/17
300mHurdes	C Ashley	43.0	2020/21	200mHurdes	K Corles	35.1	2010/11
				300mHurdles	B Doel	50.15	2022/23
Long Jump	B Mammarella	5.88	2010/11	Long Jump	D Ubter	4.67	2016/17
	C Ashley	5.88	2020/21				
Triple Jump	B Mammarella	12.30	2010/11	Triple Jump	K McCarthy	10.34	2018/19
High Jump	M Ashley	1.72	2018/19	High Jump	E Nipperess	1.46	2020/21
1.5kg Discus	C Ashley	27.41	2020/21	1kg Discus	B Doel	30.28	2022/23
5kg Shot Put	Z Sandford	10.97	2018/19	3kg Shot Put	B Doel	10.79	2022/23
700g Javelin	Z Sandford	47.97	2018/19	500g Javelin	B Doel	39.15	2022/23

## The Brian Smith Volunteer of the Year Award

There are many outstanding volunteers whose contributions to Friday Night Competition are invaluable. By choosing a "Volunteer of the Year" we do not wish to offend any of our regular reliable and much-loved band of helpers. The volunteer of the year comes as a committee decision. This year we have chosen someone who helped every Wednesday with the training and put away the equipment on a Friday night, who never failed to help with the running of the events. Last year's recipient was:

**Marty Kreuger**

## Zarraffa's Coffee Runaway Bay



## Season Highlights

We thank everyone for the very successful season of Family Fun and Fitness.

This past season has been another massive one for us as a club, building on the success of last season. Our continued focus on our strategic plan and building a great culture centred around our "Fun In Sport" core values is giving a great feel to the club. Seeing everybody supporting one another on Fridays, at carnivals, regional or state events is just amazing – We've got a great bunch of families here.

Our numbers have grown again this season. After doubling numbers last season, we set a target of a 10% increase this season and we have well and truly exceeded that, increasing almost 50% from 338 to 469. We have families drop off after Christmas, so we want to improve that next season so we can keep our young athletes active in athletics as much as possible and for as long as possible.

We have tried some new things this season to make it more fun and make it a real family sport – We have held a Parents v Kids night with some parents looking keen to get into Masters Athletics - What a great way to get involved and be active with your kids, they inspire you and you inspire them!

We held fun dress up nights, we put on an 'Old Fashioned' Christmas party.

We continued our three nights at the Gold Coast Performance Centre.

We introduced new club jackets, caps and bucket hats.

We trained up new Officials and Coaches.

We pulled in Masters Athletes to assist at training and competition to pass on knowledge to kids and parents.

We offered both FREE and Paid coaching to help kids develop. Some amazing opportunities from our club coaches and Des – Kids take as many of these opportunities that come your way, that little bit of training might help you run that little bit faster, jump that little bit further or higher or throw that little bit further – Building a passion for the sport or a certain event.

Regional Relays were held at Tweed Heads LAC in November hosting all of the Little Athletics clubs on the Gold Coast. We had 120 of our athletes compete. From there 61 athletes in 19 teams qualified and competed at the State Relays in Brisbane. There was 1 State Relay Best Performance set – U16 Girls Long Jump.

We had 81 athletes compete at Regional Individuals Championships held at the Gold Coast LAC with 43 athletes qualifying for the individual State Championships.

At the State Championships held in Townsville, 47 athletes competed with 25 medals won; 5 Gold, 8 Silver & 12 Bronze.

Overall, we have achieved a lot and this is evident by the numbers at our presentation evening, each week on a Friday and a Wednesday, our club representation at regional events and state events and we are all very proud of this!



## SUMMARY OF TRACK & FIELD EVENTS

All events are for boys & girls unless otherwise stated.

EVENTS	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
70 metre		✓	✓	✓	✓							
100 metre		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
200 metre		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
300 metre												
400 metre				✓	✓	✓	✓	✓	✓	✓	✓	✓
500 metre												
700 metre												
800 metre				✓	✓	✓	✓	✓	✓	✓	✓	✓
1500 metre						✓	✓	✓	✓	✓	✓	✓
60m Hurdle			✓	✓	✓							
80m Hurdle						✓	✓	✓	G			
90m Hurdle									B	G	G	
100m Hurdle										B	B	G
110m Hurdle												B
200m Hurdle								✓	✓			
300m Hurdle										✓	✓	✓
300m Race Walk												
700m Race Walk				✓								
1100m Race Walk					✓	✓						
1500m Race Walk							✓	✓	✓	✓	✓	✓
3000m Race Walk									✓	✓	✓	✓
4 x 70 Relay		✓	✓									
4 x 100 Relay		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
4 x 200 Relay				✓	✓							
Swedish Relay						✓	✓	✓	✓	✓	✓	✓
4 x Medley Relay						✓	✓	✓	✓			
1000m Cross Country			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
2000m Cross Country						✓	✓	✓	✓	✓	✓	✓
3000m Cross Country								✓	✓	✓	✓	✓
4000m Cross Country										✓	✓	G
6000m Cross Country												B
Long Jump		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Triple Jump						✓	✓	✓	✓	✓	✓	✓
High Jump				✓	✓	✓	✓	✓	✓	✓	✓	✓
Shot Put		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Discus		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Javelin						✓	✓	✓	✓	✓	✓	✓
Vortex												
Turbo Jav												

### Legend:



Centre & LAQ Competition  
Optional at Centre only

Not permitted

LAA Standard Events (may be eligible for ABP's)

2019/2020



**Cr Cameron Caldwell**  
**Division 4 Local Councillor**

**PROUDLY SUPPORTING RUNAWAY BAY LITTLE ATHLETICS**