



Runaway Bay Little Athletics

HANDBOOK 2024/2025

Family, Fun, Fitness



www.rbla.com.au



Runaway Bay Little Athletics



info@rbla.com



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



Contact Us – By Email

info@rbla.com.au

Contact Us – By Facebook

facebook.com/runawaybaylittleathletics/

Contact Us - Via Text Message

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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Runaway Bay Qld 4216

Need Information?

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.



Gavin Johnston
ABN 24 324 090 836
Painter & Decorator
 wallpaper & specialist finishes
BSA License: 76329



0412 748 532

Club History

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

Management Committee 2023/2024

Centre Manager	René Doel
Assistant Centre Manager	David Bynge
Registrar	Rebecca Kreuger
Treasurer	David Bynge
Secretary	Nikki Durre
Officials Officers	Paul Molesworth, Gavin Johnston, Sean Sandford & René Doel
Chief Recorder	Nikki Durre
Field Maintenance Officer	Gavin Johnston
Equipment Officer	Gavin Johnston & Sean Sandford
Programs Officer	Gavin Johnston
Sponsorship	Kathleen Norman
Blue Card Officer	Shannon Morrison
Social Media Officers	Rebecca Kreuger (Information)
Canteen Convenor	Menetta O'Reilly & Lisa Cebulski
Secretary of Minutes	Menetta O'Reilly
First Aid Officer	Shannon Morrison
Coaches	Paul Molesworth René Doel Kathleen Norman
Uniforms Officer	Menetta O'Reilly & Lisa Cebulski
General Committee	Lisa Cebulski

Little Athletics Queensland LAQ

PO Box 355, Sunnybank Qld 4109

1300 559 436 www.laq.org.au info@laq.org.au

Welcome

The Committee welcomes all new families and those families rejoining us for the 2024/2025 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

2024/2025 SEASON			
SUN	AUG	04	CLUB WORKING BEE (8AM-12PM) – BBQ AFTER
TUE	AUG	13	SIGN-ON AND PACK COLLECTION (5:30-6:30PM)
TUE	AUG	20	SIGN-ON AND PACK COLLECTION (5:30-6:30PM)
SUN	AUG	25	CLUB OPEN DAY (12PM-3PM)
WED	SEP	04	PARENT & ATHLETE ORIENTATION SESSION (5:30 -7PM)
FRI	SEP	06	WEEK 1 – 1 ST NIGHT OF COMPETITION – TINY TOTS (5-5:45PM), U6-U17 (5:45-8:30PM)
SUN	SEP	08	FREE PARENT EVENT TRAINING & BBQ (11AM-2PM) INCLUDING TINY TOTS
WED	SEP	11	1 ST TRAINING NIGHT U6-U17 (5:30-7PM) THEN EVERY WED
FRI	SEP	13	WEEK 2 (LAST NIGHT FOR TRIALISTS)
FRI	SEP	20	WEEK 3
FRI	SEP	27	WEEK 4
FRI	OCT	04	WEEK 5
FRI	OCT	11	WEEK 6
FRI	OCT	18	WEEK 7
FRI	OCT	25	WEEK 8
FRI	NOV	01	WEEK 9 (ONE RELAY EVENT INCLUDED)
WED	NOV	06	RELAY TEAM TRAINING ONLY
FRI	NOV	08	(NO COMPETITION & NO TINY TOTS)
SAT	NOV	09	REGIONAL RELAYS Gold Coast LA
FRI	NOV	15	WEEK 10
FRI	NOV	22	WEEK 11
FRI	NOV	29	(NO COMPETITION & NO TINY TOTS)
SAT	NOV	30	STATE RELAYS BRISBANE SAF
FRI	DEC	06	WEEK 12
SUN	DEC	08	CHRISTMAS PARTY
FRI	DEC	13	SEASON BREAK / HOLIDAYS (FRI 13 DEC TO FRI 10 JAN)
FRI	JAN	10	WEEK 13 RETURN TO COMPETITION
FRI	JAN	17	WEEK 14
FRI	JAN	24	WEEK 15
FRI	JAN	31	WEEK 16 CENTRE CHAMPIONSHIPS 1
FRI	FEB	07	REGIONAL INDIVIDUAL CHAMPIONSHIPS ASHMORE
SAT	FEB	08	REGIONAL INDIVIDUAL CHAMPIONSHIPS ASHMORE
SUN	FEB	09	REGIONAL INDIVIDUAL CHAMPIONSHIPS ASHMORE
FRI	FEB	14	WEEK 17 CENTRE CHAMPIONSHIPS 2
FRI	FEB	21	WEEK 18 CENTRE CHAMPIONSHIPS 3
FRI	FEB	28	WEEK 19 BACK UP CENTRE CHAMPIONSHIP NIGHT
FRI	MAR	07	WEEK 20
FRI	MAR	14	WEEK 21 LAST NIGHT OF COMPETITION
FRI	MAR	21	LAQ STATE CHAMPIONSHIPS SAF
SAT	MAR	22	LAQ STATE CHAMPIONSHIPS SAF
SUN	MAR	23	LAQ STATE CHAMPIONSHIPS SAF
WED	APR	30	PRESENTATION EVENING

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

Registration Information

Age Groups

	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021
JAN	17	16	15	14	13	12	11	10	9	8	7	6	TT	TT
FEB	17	16	15	14	13	12	11	10	9	8	7	6	TT	TT
MAR	17	16	15	14	13	12	11	10	9	8	7	6	TT	TT
APR	17	16	15	14	13	12	11	10	9	8	7	6	TT	TT
MAY	17	16	15	14	13	12	11	10	9	8	7	6	TT	TT
JUN	17	16	15	14	13	12	11	10	9	8	7	6	TT	TT
JUL	17	16	15	14	13	12	11	10	9	8	7	6	TT	TT
AUG	17	16	15	14	13	12	11	10	9	8	7	6	TT	TT
SEP	17	16	15	14	13	12	11	10	9	8	7	6	TT	TT
OCT	17	16	15	14	13	12	11	10	9	8	7	6	TT	TT
NOV	17	16	15	14	13	12	11	10	9	8	7	6	TT	TT
DEC	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 & VELCRO 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 6th December 2024. Free Attendance of all Runaway Bay Little Athletics weekly competition nights.(see Visiting Another Centre)
Free Coaching Wednesdays commencing Wednesday 11th September 2024.

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

Compulsory Uniform

All Athletes **MUST WEAR** our club uniform 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/singlet/crop **PRIOR** to all competitions. **Safety pins & Velcro are not permitted.** The age label is also to be sewn on the left sleeve. The Coles label must be sewn on the front of the shirt and is compulsory for this season.

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. 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. 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 behaviour 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/guardian **MUST BE ALWAYS** present. An athlete must not be left unattended or arrive on Friday nights without a parent/guardian.
- 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 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 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 fundraising 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 re- coup the \$30 outlay by on selling the tickets to friends and family (you keep this money). The raffle will be drawn at the Christmas Party 2024. Lost tickets will NOT be replaced. Additional optional fund-raising activities will be held during the season.



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24hr Emergence Service Mobile: 0427 331 009

General Information

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.

Athletes who have not competed in athletic events before are encouraged to attend these mid-week sessions as during Friday night competition there is limited time available to assist new athletes.

- Coaching will be offered to U6 to U17 Athletes commencing 11th 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. **Please DO NOT start calling or emailing the club to see if competition is going ahead.**

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

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

Smoking and vaping are 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

Parents 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 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. 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 Sullivan	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
René Doel	2024/2025

Committee Meetings

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

If you are interested in joining the Committee, please email us to confirm the date of the next meeting. 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.



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 easier than you think and so much fun!** 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 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.

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, fundraising 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:

MP Cameron Caldwell
Value Shopfitting & Cabinetmaking
Snap Fitness Runaway Bay
Gavin Johnston, Painter Decorator
MPK Electrical
SandSky Developments
Armrock Constructions
Affinity Lawyers
Absolute Footcare
SCG Urban
Cybernet Evolution
FCB Personalised Promotional Products
Polytron Glass
Aztec Concrete
Newtab Constructions
Cold Coast Covers
Zarrafra's Coffee, Runaway Bay



Carnivals and Championships

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 fundraising 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 11th November 2024 – Venue: Gold Coast LAC

The South Coast Relay Championships are being held at **Gold Coast LAC**, 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 30 November 2024.

Teams are determined by an athlete's performance at Centre level according to recorded 2024/2025 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

7th 8th & 9th February 2025 - Venue: Ashmore LAC

All U7-U17 athletes are encouraged to compete in this carnival being held at **Ashmore LAC**. Medals are awarded to athletes placing 1st, 2nd and 3rd 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 RIBBON.

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 1st and 2nd March 2025, Brisbane SAF.

LAQ Carnivals

COLES Summer Carnival - Saturday 26th October 2024

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. 2024 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 1st and Sunday 2nd March 2025

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. 30th November 2024

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 30th November 2024 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 – 21st, 22nd & 23rd March 2025.



State Team Representatives 1979 – 2024

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

Luka Brown & Jaylyn South 2023/2024



Athlete Recognition

Presentation Evening – Wednesday 30 April 2025



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
- 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% Blues 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 2023/2024:

- ✓ U13/G Marissa Benedict
- ✓ U12/G Lola O'Reilly
- ✓ U10/G Alyrah Entermann
- ✓ U9/B Archer Faulks
- ✓ U9/B Noah Davies
- ✓ U8/B Maize Paki
- ✓ U8/F Brooklyn Taylor
- ✓ U8/G Madeline Driscoll
- ✓ U7/G Riley Clarke
- ✓ U7/B Carter O'Reilly
- ✓ U7/B William Petrie
- ✓ U7/G Opie Esdale
- ✓ U7/G Harper Rose Mundt
- ✓ U7/G Ellie Kielty
- ✓ U6/B Thomas Cebulski

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 2023/2024 season.

Trophies

- ✓ Most Improved Athlete U7-U17
- ✓ Derek Bannister Trophies - Most Improved (Overall) Boy & Girl
- ✓ Age Champion and Runner Up Trophies U7-U17
- ✓ Foloji 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 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 6th September 2024 or from the date they register before October 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 2023/2024 season and were therefore recipients of the 100% Participation Award:

- ✓ U10 Jayce Ibarrientos
- ✓ U9/B Noah Davies
- ✓ U10/G Maya Brown
- ✓ U11/G Addison Mayes
- ✓ U11/G Ally Samuels
- ✓ U11/G Caitlin Benedict
- ✓ U11/B Koby Paterson
- ✓ U14/B Aidan Papworth
- ✓ U14/B Cooper McGarrigle



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, 15th March 2025. To be eligible, an athlete must also have competed in a minimum of three events on each night of competition. Please note participation on 3rd December (Christmas Party) does not count towards this award.

The following athletes competed on every competition night from when they joined during the 2024/2025 season and were therefore recipients of the 100% Attendance award:

- ✓ U9/B Noah Davies
- ✓ U6/B Thomas Cebulski
- ✓ U7/G Opie Esdale
- ✓ U8/G Nina Blaney
- ✓ U8/G Madeline Driscoll
- ✓ U8/B Lucas Bolger
- ✓ U8/B Maize Paki
- ✓ U8/B Jayce Ibarrientos
- ✓ U9/B Ryan Entermann
- ✓ U8/G Chloe Pienaar
- ✓ U10/G Maja Cebulski
- ✓ U10/G Alyrah Entermann
- ✓ U10/G Maya Brown
- ✓ U10/B Eli Von Dozier
- ✓ U10/B Dre Von Dozier
- ✓ U10/B Cooper Markwort
- ✓ U11/G Addison Mayes
- ✓ U11/G Ally Samuels
- ✓ U11/G Caitlin Benedict
- ✓ U11/B Kaiji Morisaki
- ✓ U11/B Ethan MacLachlan
- ✓ U11/B Koby Paterson
- ✓ U13/G Amy Bynge
- ✓ U14/B William Kreuger
- ✓ U14/B Aiden Papworth
- ✓ U14/B Cooper McGarrigle
- ✓ U15/G Belle Regan
- ✓ U17/G Talia Berry
- ✓ U17/G Madeline Morrison
- ✓ U17/B Brooklyn Kreuger
- ✓ U17/B Luke Visser

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 2023/2024 winners were:

Jake Dean & Isla Primrose

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 2023/2024 was awarded to

Georgia Turello

The Fay & Terry Larkins Incentive Award

for 2023/2024 was awarded to

Lola O'Reilly



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 & March 2024. 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 athletes 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 2023/2024 were:

U7 BOYS	GOLD: Carter O'Reilly,	SILVER: William Petrie	BRONZE: Kento Morisaki
U7 GIRLS	GOLD: Harper Rose Mundt,	SILVER: Opie Esdale,	BRONZE: Lani KIELTY
U8 BOYS	GOLD: Maize Paki	SILVER: Mason Saliba,	BRONZE: Jayce Ibarrientos
U8 GIRLS	GOLD: Madeline Driscoll,	SILVER: Nina Blaney,	BRONZE: Brooklyn Taylor
U9 BOYS	GOLD: Noah Davies,	SILVER: Ryan Entermann,	BRONZE: Jesse Burton
U9 GIRLS	GOLD: Skye Long,	SILVER: Lenna Caughley	BRONZE: Josie Primrose
U10 BOYS	GOLD: Dre Von Dozier	SILVER: Cooper Markwort	BRONZE: Ethan Jones
U10 GIRLS	GOLD: Alyrah Entermann	SILVER: Lana Lage,	BRONZE: Maya Brown
U11 BOYS	GOLD: Kaiji Morisaki,	SILVER: Koby Paterson	BRONZE: Michael Godfrey
U11 GIRLS	GOLD: Amity Lynch	SILVER: Caitlin Benedict	BRONZE: Caitlin Papworth
U12 BOYS	GOLD: Robbie Elger	SILVER: Jamie Church	BRONZE: Kaito Unuma
U12 GIRLS	GOLD: Koa South,	SILVER: Ania Cebulski	BRONZE: Holly Petrie
U13 BOYS	GOLD: Zander Holthouse	SILVER: Brody Cross,	BRONZE: Hayden Bartlett
U13 GIRLS	GOLD: Marisse Benedict,	SILVER: Indi Vincenti,	BRONZE: Chloe Kelk
U14 BOYS	GOLD: Cooper McGarrigle,	SILVER: Aiden Papworth,	BRONZE; William Kreuger
U14 GIRLS	GOLD: Miya Vincenti		
U15 BOYS	GOLD: Jake Dean		
U15 GIRLS	GOLD: Sienna Smith,	SILVER: Jalyn South,	BRONZE: Sarah Draper
U16 BOYS	GOLD: Jesse Ashley,	SILVER: Cooper Wee	
U16 GIRLS	GOLD: Maddison McDougall,	SILVER: Belle Regan	
U17 GIRLS	GOLD: Taylah Morris,	SILVER: Talia Berry,	BRONZE: Madeline Morrison
U17 BOYS	GOLD; Joshua Cutajar,	SILVER; Luke Visser,	BRONZE; Brooklyn Kreuger

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 2023/2024 Coaches awards:

Sarah Johnston	Harper Vayro	Levi Entermann
Jennifer Harvey	Sienna Pirie	Josie Primrose
Julia Harvey	Ruby Hatfield	Sophia Pirie
Max Durre	Mila Threlfo	

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.

Ellie KIELTY	Hadleigh Connor	Kiara Gray
Ayvah Thomas	Harrison Joyce	Dexter Lewis
Aaliyah Taylor	Blake Badcock	Sophia-Rose Meese
Allie Francis Doorty	Indi Connor	Alexander Joyce
Harley Elliott	Jakub Marek	Harlie Bolger
Mackenzie Wormald	Jake Smith	Antwon Evans
Maximus Sun		



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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 2023/2024 season were awarded to:

Emily Bubb	Delilah McAlister	Harrison Leigh-Smith
Riley Clarke	Dallas Elliott	Peyton Gramza
Chloe Pienaar	Chelsea O'Reilly	Tyler Schmidt
Zyaire Weir	Mya Cassidy	Mitchell Cutajar
Arabella Schyff	Amy Byng	Chloe Turello

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 2023/2024 members who have been inducted into the honour roll:

5 Years

Tori Russell	Connor Morgan	Eli Carson
Kira Russell	Ariana Mirascija	Luka Brown
Chelsea O'Reilly	Zander Holthouse	Maya Brown

10 YEARS

Jesse Ashley



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. 2023/2024 winners were:

U7/B AGE CHAMPION:	Carter O'Reilly	RUNNER UP:	Kento Morisaki
U7/G AGE CHAMPION:	Opie Esdale	RUNNER UP:	Harper Rose Mundt
U8/B AGE CHAMPION:	Maize Paki	RUNNER UP:	Mason Saliba
U8/G AGE CHAMPION:	Madeline Driscoll	RUNNER UP:	Brooklyn Taylor
U9/B AGE CHAMPION:	Noah Davies	RUNNER UP:	Ryan Entermann
U9/G AGE CHAMPION:	Skye Long	RUNNER UP:	Lenna Caughley
U10/B AGE CHAMPION:	Eli Von Dozier	RUNNER UP:	Cooper Markwort
U10/B MC AGE CHAMPION:	Jye Carson		
U10/G AGE CHAMPION:	Alyrah Entermann	RUNNER UP:	Maya Brown
U11/B AGE CHAMPION:	Kaiji Morisaki	RUNNER UP:	Koby Paterson
U11/G AGE CHAMPION:	Caitlin Benedict	RUNNER UP:	Amity Lynch
U12/B AGE CHAMPION:	Jack McGarrigle	RUNNER UP:	Jamie Church
U12/G AGE CHAMPION:	Koa South	RUNNER UP:	Isabella Morgan
U13/B AGE CHAMPION:	Zander Holthouse	RUNNER UP:	Brody Cross
U13/G AGE CHAMPION:	Marissa Benedict	RUNNER UP:	Chloe Kelk
U14/B AGE CHAMPION:	Cooper McGarrigle	RUNNER UP:	Aiden Papworth
U14/G AGE CHAMPION:	Miya Vincenti		
U15/B AGE CHAMPION:	Jake Dean		
U15/G AGE CHAMPION:	Sienna Smith	RUNNER UP:	Jaylyn South
U16/B AGE CHAMPION:	Jesse Ashley	RUNNER UP:	Cooper Wee
U16/G AGE CHAMPION:	Belle Regan	RUNNER UP:	Maddison McDougall
U17/B AGE CHAMPION:	Luke Visser	RUNNER UP:	Joshua Cutajar
U17/G AGE CHAMPION:	Talia Berry	RUNNER UP:	Taylah Morris



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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 2023/2024 Derek Bannister Most Improved athletes were:

Ally Samuels & Aiden Wheeler

Most Improved U7 – U17

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. 2023/2024 Most Improved athletes were:

U7/B Lincoln Powell

U7/G Lani Kielty

U8/B Lucas Bolger

U8/G Anna Markova

U9/B Archer Faulks

U9/G Lily-Ann Johnston & Josie Primrose

U10/B Lewis Marks

U10/G Chloe Gurr

U11/B Dominic Leslie

U11/G Caitlin Papworth & Tilly Larkin

U12/B Kaito Unuma

U12/G Ania Cebulski

U13/B Hayden Bartlett

U13/G Chloe Kelk

U14/B William Kreuger

U15/G Sarah Draper

U17/B Jayden Brown & Brooklyn Kreuger



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	M Driscoll	12.32	2023/24
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	M Driscoll	1.05	2023/24
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	D Von Dozier	1.25	2023/24	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	M Cutajar	27.75	2023/24	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	F Donoghue	15.1	2023/24	80m Hurdles	H Keays	13.92	2023/24
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	K South	25.99	2023/24
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	L Gillespie	31.01	2023/24	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	24.4	1997/98	200m	PR Turton	27.3	2010/11
	D Devine	24.4	2019/20		C Bailey	28.2	1999/00
400m	D Devine	54.9	2019/20	400m	C Bailey	1.01.6	1999/00
800m	D Devine	2.11.4	2019/20	800m	C Bailey	2.24.4	1999/00
1500m	D Devine	4.32.7	2019/20	1500m	C Bailey	4.59.9	1999/00
100mHurdles	D Devine	14.6	2019/20	90mHurdles	T Smith	14.2	2007/08
300mHurdles	D Devine	43.6	1997/98	300mHurdles	S Smith	51.64	2023/24
1500m Walk	D James	7.41.0	2016/17	1500m Walk	K Smith	11.10.7	1989/90
Long Jump	D Devine	6.08	2019/20	Long Jump	PR Turton	5.04	2010/11
Triple Jump	E Kuhne	12.36	1997/98	Triple Jump	M Silcock	9.98	2021/22
High Jump	D Devine	1.75	2019/20	High Jump	T Smith	1.55	2014/15
1kg Discus	M Stopel	55.00	1997/98	1kg Discus	J South	33.46	2023/24
4kg Shot Put	M Stopel	14.90	2004/05	3kg Shot Put	G Davies	10.61	2017/18
700g Javelin	L Visser	36.88	2021/22	500g Javelin	J South	44.15	2023/24

Under 16 Boys				Under 16 Girls			
70m	J Evans	8.4	2016/17	70m	K Kyle	9.7	2019/20
100m	J Evans	11.6	2016/17	100m	D Utber	13.8	2015/16
	D Devine	11.6	2020/21		K Clarke	13.8	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	M McDougall	2.26.66	2023/24
1500m	D Devine	4.37.5	2020/21	1500m	M McDougall	5.05.01	2023/24
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	T Berry	13.44	2023/24
	C Ashley	11.8	2020/21				
200m	J Hayes	24.3	2010/11	200m	T Berry	28.57	2023/24
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	T Berry	4.68	2023/24
	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	L Visser	40.65	2023/24	1kg Discus	B Doel	30.28	2022/23
5kg Shot Put	L Visser	11.23	2023/24	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:

Rodney Watson

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 big one for us as a club, building on the success of previous seasons. Our numbers have stayed strong with just over 400 members.

We have implemented new systems and procedures making registration packs and uniform purchases faster and more efficient.

The uniform shop has been upgraded with new storage shelves kindly donated by the O'Reilly Family. Crop tops and singlets were added into stock for younger athletes.

The equipment room has been freshly fitted out and painted by the Durre Family and Gavin Johnston.

We have been able to offer a new service that I wish was around sooner – Athlete Patch Sewing! This was a fundraising initiative raised and run by Coach Kathleen with the support of some great helpers including Rebecca Kreugers Mum Jeanette.

We have added a dedicated contactless payment square into the uniform shop.

We have adopted new technology onto the back straight with the use of the electronic gun and laptop to upload times automatically.

We have had our first full season of using an iPad to enter the athletes into their lanes at the start line of the front straight.

With the help of Coles we now have a set of hurdles to run hurdle events simultaneously on both the front and back straights for Friday competition nights.

We have added a new timing clock that makes it fun for the athletes to see their times and names as they cross the finish line.

Additionally with the help of the Gold Coast City Council we have made some well needed clubhouse and shed renovations, including roof replacement and renovations, exterior painting and canteen air-conditioning to make it bearable on those hot Summer afternoons. We have also installed security shutters to the clubhouse.

Our future plans for the club will need some assistance in the coming seasons with new long jump run ups that are starting to sink and undulate as well as better drainage around the throwing areas or even better we might apply for a grant for a fully covered wet weather arena to protect us from rain and wind!

As we know this season hasn't been the best weather-wise and we would like to thank you all for your patience and understanding.

We would also like to thank the Durre Family and Gavin Johnston for tidying up and fixing all of the damage caused by the Christmas Day storms.

We did get some good weather – not much, but some, including the Christmas Party day which was hot and sunny and filled with lots of fun games and activities for the kids and the parents – The kids won the Tug-of-War I believe, but the adults got their payback with the water guns! That's what it's all about, getting out there and having fun together!

We have also been lucky enough to have some additional Volunteer Coaches join us this season, - Coach Rodney and Coach Casey, helping out at Wednesday afternoon training and Friday night competitions.

Regional Relays was held at Ashmore LAC in November hosting all of the Little Athletics Centres on the Gold Coast.

We had 142 of our athletes compete at our South Coast Regional Relays and from there 57 athletes in 28 teams qualified and competed at the LAQ State Relay Championships in Brisbane.

There were 5 Regional Relays Best Performances set – U11/G Medley Relay, U14/B Swedish Relay, U10 Mixed High Jump, U11 Mixed Shot Put.

There were 2 QLD State Relay Best Performances set – U12/G 4 X 100m Relay, and U10 Mixed Long Jump relay. Well done to those athletes!

We had 93 athletes compete at the South Coast Regional Individual Championships held at Tweed Heads LAC with 70 qualifying for the individual QLD State Championships.

There was 1 QLD Best Performance – U15/G Javelin, Jalyn South.

At the QLD State Championships held at QSAC we had 55 athletes compete with 23 medals won – GOLD; 9, SILVER; 6, BRONZE; 8.

Overall we have achieved a lot and this was evident with the number of people who attended our 2023/2024 Awards Presentation Evening, each week at the Friday night competition nights and Wednesday afternoon training sessions, our club representation at Regional events and State events – We all should be very proud, a great effort from everyone.



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

