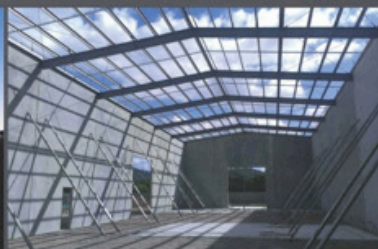




**FAMILY**  
**YEARBOOK**  
2019/2020

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

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# Welcome to the 2019/2020 Little Athletics season

**W**e are one of the smaller Centres on the Sunshine Coast, and that means that we have time to coach and help our kids improve, rather than just having competition every Saturday. Little A's is all about improving your own performance and not "winning". We emphasise personal bests (PB's) and not just who wins.

We also have a very friendly and collaborative relationship with Bli Bli and Maroochy Little A's Centres. The three small centres get together for regular Tri-Centre Carnivals during the season which are a great opportunity for the kids to make new friends and also obviously to get used to competing against other teams. We will also be working together to hold coaching clinics, official's accreditation sessions, training, and introduction to coaching courses. The cooperation between the three Centres is a major bonus to members of Nambour Little A's and is not something that other Centres on the Coast provide.

There are a few carnivals during the season that we encourage athletes to attend. There are local Carnivals we recommend and try to get as many kids to go to as possible, including the Caloundra Open Day. And then the two big LAQ carnivals are the Regional Relays in November and the Regional Championships in February. Athletes who place 1st, 2nd, 3rd or 4th in the Regional Championships and 1st, 2nd or 3rd at Regional Relays carnivals are then eligible to compete at State Relays or State Championships. Please see a friendly committee member for all the info on these carnivals.

Nambour is rostered to host the Suncoast Regional Relay Carnival in November this year. Your committee has been working hard over the off season to host this event, with improvements to the oval being made including the addition of our brand new synthetic long jump run up and landing pits on the main oval. The brand new

long jump pits have been made possible with a grant from the State Government's Gambling Benefit Fund and the hard work of our committee members. Special thank you to Rob Angus for his tireless efforts in applying for this grant and managing the construction to be complete in time for us to host the Suncoast Regional Relays at our home ground in November.

We cannot operate each Saturday morning without lots of parent and carer involvement. It is not difficult to help out – rake the long jump pit, hold a tape measure, spike the throws distances, help with the place judging. Ideally we would have two or three adults with each age group (especially the younger groups) to keep our Saturday mornings rolling smoothly.

Age Marshalls are needed for each age group every week. The Age Marshall leads the group to each event on the week's program and records each athlete's results. It can seem daunting, but it's not. Just ask one of the committee for help and you will be an expert in no time.

And look out for the Parent Info Workshop early in the season where you will learn the basics for each event. We will be providing entertainment for the kids while the Parents learn!

There are also opportunities for parents and carers to become qualified officials. Please check with our official's officer who will let you know what is involved. There are a couple of Official Workshops being held on the Sunshine Coast this season where the practical aspects of officiating will be covered. Once qualified you can take part as an official at LAQ carnivals.

I hope you enjoy the 2019/2020 season at Nambour Little A's.

**Scott Brimelow**  
Centre Manager

# Your Centre

## YOUR CENTRE HISTORY

Your Centre commenced in December 1983 at the Nambour State Primary School grounds and as numbers grew moved to the present PCYC (Police Citizens Youth Club) grounds in 1986. This move and the magnificent efforts of the Centre's parents has seen the venue develop into one of the finest Little Athletics grounds in Country Queensland, good enough, in fact, for the Queensland Senior Association to hold its country championships here in April 1993. In Feb 2014 we hosted the Suncoast Regional Championships at USC and it was one of the most successful Regionals ever!

## WHAT LITTLE ATHLETICS IS ALL ABOUT

The concept of Little Athletics was the brainchild of Trevor Billingham and the first competition started in the 1960's in Victoria. The activity has spread throughout Australia commencing in Queensland in 1975. Competing athletes in the first year totalled 1,500 and this number has spiralled to over 70,000 in recent years. The movement has developed philosophies in tune with needs of those members.

## LITTLE ATHLETICS QUEENSLAND MISSION STATEMENT

"Little Athletics aims to develop children of all abilities by promoting positive attitudes and a healthy lifestyle through family and community involvement in Athletic activities."

## WHAT IS THE OBJECTIVE?

Little Athletics is a FAMILY activity in which children from the ages of four to seventeen learn basic athletics skills of running, jumping and throwing.

Little Athletics is a FUN activity. All children, regardless of ability are encouraged to participate. Each child is encouraged to improve their own personal performance. To do this

your Little Athletics Centre provides friendly competitions on Saturday mornings and coaching activities during the week. By joining in these activities and learning HOW to do all these events correctly, your child will have lots of FUN.

Little Athletics is a FITNESS activity. From the simple warm-up exercises which precede each meeting, and each coaching session, to the actual running, jumping and throwing events, all Little Athletics activities are designed to improve your child's FITNESS and well being.

## THE AVERAGE LITTLE ATHLETE

Not all competitors can be champions.

This applies in all SPORTS.

Little Athletics was quick to recognise this and accept responsibility to preserve the interest of and rights of ALL members.

There is of course, an obligation to the talented child who may wish to continue in the sport. That obligation is met through coaching facilities and the opportunity to compete in State and National events.

Every effort is made to ensure that this obligation is not met at the expense of

The Average Little Athlete.

These are, by far, in the majority.

**ALL PARTICIPANTS ARE SUBJECT TO THE EMPHASIS THAT THE PHILOSOPHY IS BASED ON THE PREMISE: to IMPROVE rather than win.**

# Your Committee

POSITION	NAME	PHONE
CENTRE MANAGER	Scott Brimelow centremanager@nambourlittleathletics.com.au	0439 436 622
ASST CENTRE MANAGER	Rob Angus	0432 828 180
SECRETARY	Tracey Couacaud secretary@nambourlittleathletics.com.au	
TREASURER	Ross Pfister treasurer@nambourlittleathletics.com.au	0407 456 061
REGISTRAR & PUBLICITY	Lindsie Eastman registrar@nambourlittleathletics.com.au	0414 764 548
COACHING OFFICER	Simone Pearce	0418 744 725
OFFICIALS OFFICER	Julie Cousins	
EQUIPMENT OFFICER	Dan Griffith & Paul Martin	
CANTEEN CONVENOR	Maree Angus & Hayley Newport	
RECORDING OFFICER	Trish Spencer	
COMMITTEE MEMBERS	Kev Cordwell, Trevor Dryden, Debbie Griffith, Erica Window	
COACHING STAFF	Simone Pearce, Lindsie Eastman, Kev Cordwell, Trish Spencer	
PATRON	Mr Martin (Marty) Hunt (MP)	

## MEETINGS

Your centre committee meets at the centre clubhouse generally on the last Saturday of the month (after morning competition) and all members are welcome to attend. Please feel

free to approach any of the committee if you have any concerns or have any agenda items to be brought up at the next meeting. We are always pleased to hear constructive comments about the centre and its activities.

# Season Calendar

Date	Day	Time	Event	Venue
AUGUST	31	8:00am	Centre Competition	Nambour LAC
SEPTEMBER	7	8:00am	Centre Competition	Nambour LAC
	14	8:00am	Centre Competition	Nambour LAC
	21	8:00am	Centre Competition	Nambour LAC
	28	8:00am	Centre Competition	PB Bonus Meet Nambour LAC
	28		Coles Spring Carnival	Bundaberg
OCTOBER	5	8:00am	Centre Competition	Nambour LAC
	12	8:00am	Centre Competition	Nambour LAC
	19	8:00am	Structures Tri Centre Carnival (Nambour)	Nambour LAC
	26	8:00am	Centre Competition	Nambour LAC
NOVEMBER	2	8:00am	Centre Competition	Nambour LAC
	3		Coles Summer Carnival	SAF
	9		SunCoast Regional Relays Carnival	Nambour LAC
	16	8:00am	Centre Competition	PB Bonus Meet Nambour LAC
	23	2:30pm	Bli Bli Tri Centre Carnival (TBC)	Nambour LAC
	30		Caloundra LAC Open Day Carnival	Caloundra LAC
DECEMBER	7	8:00am	Centre Competition	Nambour LAC
	14	8:00am	Centre Competition	Nambour LAC
	14		McDonalds State Relay Championships	SAF
Christmas/ New Year Break (December 14 - January 17)				
JANUARY	17	5:45 pm	Maroochy LAC Tri Centre Carnival	Maroochy LAC
	25	8:00am	Centre Competition	Nambour LAC
FEBRUARY	2	8:00am	Centre Competition	Nambour LAC
	8-9		Suncoast Regional Championships	PB Bonus Meet Gympie LAC
	15	8:00am	NLAC Tetrathlon	PB Bonus Meet Nambour LAC
	22	8:00am	Centre Competition	Nambour LAC
	29	8:00am	Centre Competition	Nambour LAC
	29/2-1/3		Combined Event Championships	SAF
MARCH	7	8:00am	Centre Competition	Nambour LAC
	13-15		McDonalds State Championships	QSAC
	21		Awards Presentation & End of Season Break Up	

# Registration

Your centre caters for registered children between the ages of 3 to 17 years. The minimum age for registration is 4 years old and you can register on their birthday.

Children registered for this season will be organised into age groups according to their age at 1 January 2020. This registration is valid for 12 months and covers all LAQ events in this period.

## Child's Age as at Midnight 31/12/2019

Age at midnight on 31/12/2019	Age group for Competition
4	Tiny Tots
5	Under 6
6	Under 7
7	Under 8
8	Under 9
9	Under 10
10	Under 11
11	Under 12
12	Under 13
13	Under 14
14	Under 15
15	Under 16
16	Under 17

## WHAT DO YOU GET WHEN YOU REGISTER?

Each child receives :

- a centre Yearbook
- a registration number
- age label
- sponsor patches
- LAQ results book.

Registration fees for the 2019/ 2020 season are as follows:

AGE	FEE
Tiny Tots	\$ 90.00
Under 6 - Under 17	\$150.00

Family discounts for three or more children are available. Please inquire when registering.

The fee covers registration and affiliation with Little Athletics Queensland and Police & Citizens Youth Club ground fees.

Athletes are encouraged to be members of the PCYC. Individual and family memberships are available. Registrations should be made at the PCYC desk.

## IS THERE ANY INSURANCE?

All members and voluntary helpers are covered to some degree by insurance policies, which the Centre has as a result of its affiliation with the Little Athletics Queensland. Information can be obtained from your Centre Secretary.

**PLEASE NOTE THAT THE LITTLE ATHLETICS INSURANCE POLICY DOES NOT COVER ANY CHILD WHO LEAVES THE AREA CONTROLLED BY THE OFFICIALS UNLESS THE CHILD IS TRAVELLING DIRECTLY TO OR FROM HOME OR THE PLACE OF COMPETITION.**

# Centre Competition

Centre competition is conducted at the PCYC (Police Citizens Youth Club) Grounds, Youth Avenue, Burnside on Saturday mornings between 7.45 am and 11.00 am and is open to all athletes registered with the centre, visiting athletes from other centres who register on the day, and other visitors who register on the day.

## PARENT HELP

### WHEN YOU REGISTER YOUR ATHLETE YOU AUTOMATICALLY BECOME A VOLUNTEER!

Parent assistance is **VITAL** to hold a normal program of events.

Most parents receive great joy and pride watching their children trying to better their personal abilities and cope with personalised competition.

As much as the athletes enjoy being watched while they compete, they are even more enthusiastic when their parents are directly involved.

Parents, carers and grandparents can help us in the following ways:

- set-up and pack-up the equipment
- helping in the canteen
- becoming an Age Marshall and recording results and measurements
- place judging in track events
- spiking, retrieving and measuring events such as discus, shot put and javelin
- spiking, measuring and raking the landing pit at the long jump and triple jump events
- helping at high jump.

These may seem frightening jobs at first but we all started this way and more experienced parents are always on hand to help new parents learn the ropes.

## WEEKLY SIGN ON

To protect the safety of your child/children the Centre requires that **EVERY ATHLETE IS SIGNED IN EACH SATURDAY MORNING.**

The sign on book is available at the desk each morning. Any child not signed in by their parent is not covered by insurance against any injury.

The Committee of Nambour Little Athletics have a duty of care towards all of our registered athletes. Children cannot compete at Nambour Little Athletics without a parent/guardian in attendance. This is in line with the agreement all parents/carers signed upon registering with the Centre. Athletes will not be allowed to compete if their parents/ guardians are not in attendance.

## CANTEEN

The Centre operates a canteen including a sausage sizzle and healthy snack options. Your support of the canteen is appreciated as profits go directly towards improving our facilities, equipment and providing awards for the athletes.

## FIRST AID

In the unfortunate event that an injury occurs to one of the children, please take him or her to the Clubhouse where we will render all assistance possible. If the child cannot be moved please notify us immediately. A first aid kit is available at all times and where possible someone trained in the application of first aid will also be available.

## PUBLICITY

Don't forget to visit our website and our Facebook page, to stay up to date with all the news and events happening around our Centre like:

- closure dates for nominations of all the Regional carnivals and centre carnivals
- any clinics which may be happening and of interest to parents as officials and coaches
- reminders about important issues such as bringing your water bottle, wearing hats and each morning using the sunscreen which is available at the desk.

Please ensure you provide a current email address with your registration to keep up to date with the latest news by email also.



## RAINY DAYS OR WET GROUNDS

If rain or ground closure results in cancellation of a competition day, notification will be posted on our Website and Facebook page. We will also endeavour to send an email and/or text message. Notification will be prior to 7:30am.

## ON-LINE RESULTS

See results from every week, season best performances, graphs of results, print your own performance tickets and more. Here are the instructions:

1. Go to [www.resultshq.com.au](http://www.resultshq.com.au)
2. Log in with your email address and password, or if you have forgotten your password or using the system for the first time, click on "forgot your username"
3. Type in your email address (that you used to register) and you will be emailed your username and password. This will be a family login so you will see results for all your children in one place
4. Go back to [www.resultshq.com.au](http://www.resultshq.com.au) and enter your username and password
5. Once logged in you will see your children's name(s), a list of recent meets, upcoming meets, a button to list our centre records, and from time to time messages from the Club
6. Click on your child names and it will show results for the most recent meet. You can access results from all meets here, and print out tickets.

## SMOKING POLICY

Smoking is not permitted in any competition or spectator area during any Little Athletic Competition – including Centre Level Competitions.

Athletes, Coaches, Officials, and Spectators are reminded that smoking is inappropriate behaviour in a sporting environment and are asked to respect this smoking policy.

## MOBILE PHONE POLICY

Athletes are NOT permitted use mobile phones, iPods, or any other personal electronic equipment on the arena during any competition, including regular Centre competitions. A box will be provided in the clubhouse for storage of personal electronic equipment, which will be locked in the safe during competition. If athletes do not want to store their phones in the safe, they should NOT bring their phones to competition days.

Any athlete found using mobile phones, iPods, or other personal electronic equipment on the competition arena will be asked to leave the arena immediately and not return until the phone is secured in the safe.

## COACHING

Training and coaching will be conducted at the Centre grounds, PCYC, Nambour. We offer coaching programs across all disciplines throughout the season. Please view our coaching program for more information.

## WOULD YOU LIKE TO BECOME A COACH?

Little Athletics coaching is a rewarding and enjoyable experience where you can participate in your child's sport.

Athletics Australia offer coaching courses for beginners and more advanced parents / guardians.

We always welcome those who wish to join our coaching team. If you're interested in participating in a course or would just like some coaching information, please feel free to contact our coaching officer in the first instance.

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# Centre Competition cont'd

## CODE OF CONDUCT

Sport has a special place in Australian society. We are proud of our sporting tradition.

Winning, of course, is a vital part of that tradition – but not as important as the spirit of Australian sport. This spirit stems from our commitment to fair play Little Athletics Queensland (LAQ) has published the following code of behaviour which Nambour Little Athletics endorses.

### Parents

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

### Athletes

- Be a good sport. Respect all good performances whether from your Centre or the opponents and shake hands with and thank the opposing athletes and officials after

the event – win, lose or draw.

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

### Breaching the Code of Conduct

The code of behaviour as set down is to be followed by all athletes. Any breaches of this code will be dealt with in the following manner. In the first instance, the Centre Manager/ Age Marshall will speak with the offending athlete's entire age group. In the second instance, the athlete themselves will be spoken to by the Centre Manager/ Age Marshall and in the third instance, the Centre Manager/ Age Marshall will speak to the athlete along with the athlete's parents and the athlete will be excluded from the event they are currently participating in. Should a further breach occur the athlete will be excluded from the day's competition.

# LAQ Competition

Centres registered with Little Athletics Queensland are divided up into geographic Regions for competition purposes. The Nambour Centre is part of the Suncoast Region along with Bli Bli, Caloundra, Maleny, Maroochy, Cooloola Coast, South Burnett, Glasshouse Mountains, Noosa, Gympie, University, Caboolture, Deception Bay, Nanango, and Bribie Island.

The following pages outline just some of the LAQ competitions and carnival opportunities available for our athletes.

## COLES SPRING & SUMMER CARNIVALS

The **COLES SPRING CARNIVAL (28 Sept)** is held each year at the Bundaberg Region Athletics Facility and is open to all U7-U17 LAQ registered athletes as well as non-LAQ registered (age appropriate) athletes, QA registered U18's to Open athletes.

The **COLES SUMMER CARNIVAL (3 Nov)** aims to give all registered athletes in U7 – U17 age groups the opportunity to take part in a large-scale competition, without any of the pressures associated with a Championship.

### Eligibility

All LAQ Registered U7 – U17's Athletes and any LAA Registered U13 – U17's Athletes.

### Multi-Class Athlete Inclusion

LAQ and QA registered and classified ambulant and wheelchair athletes have the opportunity to nominate in their own events. For more specific information regarding LAQ Multi-Class Athlete participation and rules please visit the LAQ website.

### Nomination

U7 – U17's Athletes may nominate for a maximum of five (5) individual events.

## REGIONAL RELAYS

### 9 November, 2019 (Nambour LAC)

This major LAQ event encourages and allows athletes to compete in track and field teams and is by far the most popular of our Association Days both from a competition and spectator basis.

With a home ground advantage this year, we encourage **all our athletes** to nominate in **all events** for their age group. Regionals Relays is a competition open to athletes Under 7 and upward. Under 7 and 8 athletes compete at Regional Relays only. No competition is held at a state level for these age groups.

The Centre will select teams for both track and field events to compete against other Centres from our Region. Teams for track events have 4 members while field teams have 2 members.

Age	Events
U7	4x70 (shuttle), 4x100 (shuttle), LJ, Dis
U8	4x70 (shuttle), 4x100 (shuttle), LJ, SP
U9	4x100, 4x200, SP, Dis, HJ
U10	4x100, 4x200, SP, HJ, LJ
U11	4x100, 4xSwedish Medley, Dis SP, LJ
U12	4x100, 4xSwedish Medley, Dis, HJ, LJ
U13	4x100, 4xMedley, HJ, SP, Dis
U14	4x100, 4xMedley, SP, HJ, LJ
U15	4x100, 4xSwedish Medley, Dis, HJ, LJ
U16	4x100, 4xSwedish Medley, Dis, SP, LJ
U17	4x100, 4xSwedish Medley, Dis, SP, LJ

We will be nominating Composite Teams made up of athletes from different small Centres, and these teams will be eligible to progress to the State Relays. (Contid P15).

**CENTRE MEMBER  
NOMINATION FORM FOR LAQ REGIONAL RELAYS:**

**Centre:** \_\_\_\_\_

Shaded boxes indicate events which  
**ARE NOT**  
available to that age group as a team

REFER TO CENTRE COMMITTEE FOR NOMINATIONS CLOSING DATES & MAXIMUM NUMBER OF ENTRIES

Nominations must be lodged through your Centre.

EVENTS	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
4 x 70m											
4 x 100m											
4 x 200m											
4 x Swedish Medley											
4 x Medley											
Long Jump											
High Jump											
Discus											
Shot Put											

Surname \_\_\_\_\_ Contact ph/email: \_\_\_\_\_

First Name \_\_\_\_\_ B/G U/ Rego No. \_\_\_\_\_ No Events \_\_\_\_\_ Fees \$ \_\_\_\_\_

First Name \_\_\_\_\_ B/G U/ Rego No. \_\_\_\_\_ No Events \_\_\_\_\_ Fees \$ \_\_\_\_\_

First Name \_\_\_\_\_ B/G U/ Rego No. \_\_\_\_\_ No Events \_\_\_\_\_ Fees \$ \_\_\_\_\_

Centre use only Receipt No: \_\_\_\_\_ Amount received: \_\_\_\_\_

# LAQ Competition cont'd

The first 3 placegetters overall in each event from Under 9 to Under 17 will progress to the State Relay Day to be held at the State Athletics Facility at Brisbane on December 14th 2019.

Any queries, questions or advice as to whether your children should enter, please speak to a member of our committee. They will be pleased to help you understand the significance of putting in your nomination form for these relays.

## STATE RELAY CHAMPIONSHIPS

14 December (SAF)

The first three placegetters in the Regional Relay Day qualify to compete in the State Relay Championships against Centres from all over Queensland. This is one of LAQ's most exciting meetings.

## REGIONAL CHAMPIONSHIPS

8 & 9 February, 2020 (Gympie LAC)

Any athlete can nominate to compete at the regional championships. The Centre will give your child every encouragement to nominate and compete against other children within the Region. Each athlete can compete in up to 5 individual events of his or her choice.

Placing in the first four at Regionals entitles the athlete to compete at the LAQ's State Championships, they will also receive medals on the day. Under 7 and 8 athletes compete at this level and no further, They do however receive participation medals.

## STATE CHAMPIONSHIPS

13-15 March, 2020 (SAF)

The first four placegetters in each event at the Regional Championships qualify to represent the Centre at the State Championships and compete against the State's finest athletes.

## COMBINED EVENT CHAMPIONSHIPS

29 Feb & 1 March, 2020 (SAF)

The Combined Event Championships is oriented as a Championship Event for U9 – U17's and offers participation for U7 – U8's.

The number of combined events per age group is a graduated increase to reduce undue pressure on younger athletes and encourage athlete's development. A strong emphasis is on the participation of children in a wider range of events, rather than the early specialisation in one or two specific events.

Additionally, the State Team Selectors will refer to the U15 Heptathlon results when selecting athletes for the State Team.

The main purpose of the day is for athletes of all abilities to have an enjoyable day's competition and foster new friendships.

### Eligibility

All LAQ Registered U7 – U17's Athletes.

### Nomination

U7 – U8's Athletes may nominate for the Triathlon (three (3) set events).

U9 – U11's Athletes may nominate for the Tetrathlon (four (4) set events).

U12 – U14's Athletes may nominate for the Pentathlon (five (5) set events).

U15 – U17's Athletes may nominate for the Heptathlon (seven (7) set events).

U13 – U17's Athletes may nominate for the Jumps Triathlon (three (3) set events).

U13 – U17's Athletes may nominate for the Throws Triathlon (three (3) set events).



# CALOUNDRA LITTLE ATHLETICS OPEN DAY - NOMINATION FORM

## HELD ON SATURDAY 30th NOVEMBER 2019 (8.30am Start)

Please Mark events with a X



In conjunction with

	70m	100m	200m	400m	800m	1500m	700w	1100w	1500w	HJ	LJ	TJ	DIS	JAV	SP
U6															
U7															
U8															
U9															
U10															
U11															
U12															
U13															
U14															
U15															
U16															
U17															
OPEN															

### NOMINATION FEES:

- U7 to U17 \$20 Flat Fee : maximum of six (6) events
- U6 \$10 Flat Fee : maximum of four (4) events – (participation medals awarded as per LAQ policy)
- Open (18yr +) \$5 per event

Name: \_\_\_\_\_ Date of Birth \_\_\_\_\_ M / F \_\_\_\_\_ Age Group \_\_\_\_\_ Rego # \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_ Club \_\_\_\_\_

Please forward nominations to **Events Manager**, Caloundra Little Athletics, PO Box 156, Caloundra 4551 or [Email events@littleaths.org.au](mailto:Email.events@littleaths.org.au) electronic entries Payment can be made by **cheque (payable to Caloundra Little Athletics)** or **direct deposit** to Bendigo Bank, Caloundra Branch Little Athletics, BSB: 633-000, Account: 137566147. Please use athletes name and rego number for banking references. Nominations will only be accepted with proof of payment.

**NOMINATIONS CLOSE:** 5pm 26th November 2019 **ON DAY AND LATE NOMINATION** - \$25 flat fee will apply (\$15 for U6).

**Open Competitors** can enter on the day for the standard \$5/event – Nominations close one hour before event.

**CANCELLATION POLICY:** Alternative Date : Sunday 1st December 2019. Cancellation will be notified by the Caloundra Little Athletics website and Facebook.

**Please Note :** As this is a fun day – the event judges' decision will be final and no protests will be entered into.

**LAQ Footware and spikes rules will be enforced : Refer LAQ website**

# Competition Rules

All events conducted by the Centre are done so under the rules laid down by Little Athletics Queensland. LAQ has adopted the rules set down by the IAAF Handbook except as modified to suit the needs of the children.

The LAQ Competition Handbook can be found on the LAQ website. Some rules are:

## CENTRE UNIFORM

The official competition uniform is:

- Club Polo Shirt  
Yellow with Bottle Green and White flashes, Bottle Green Sleeves and Collar
- Club Racing Singlet  
Yellow with Bottle Green and White flashes and Green trim (to be worn from U13 upward at official competition meets only)
- Bottle Green Shorts, Briefs or Bike Pants  
(Boys must wear shorts)
- Yellow Bucket Hat

These items are available from the Clubhouse on Saturdays at near cost price.

It is Centre policy that, whilst not compulsory at Centre level competition, it is recommended that you wear your uniform at all levels of competition. It is also Centre policy that jewellery NOT be worn during competition.

## IT IS COMPULSORY TO WEAR CORRECT AND COMPLETE CENTRE UNIFORM AT ALL LAQ COMPETITIONS.

This includes:

### ATHLETE REGISTRATION NUMBER

These patches must be firmly affixed to the front of the athlete's top so as to be clearly visible at all times and the athlete's name must be clearly marked.

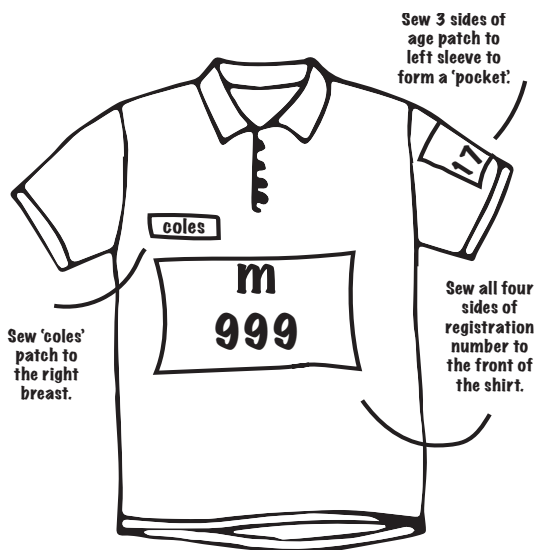
### AGE GROUP PATCH

The age group patch, as supplied, must be firmly affixed to the left sleeve of the Athlete's shirt.

### COLES SPONSOR PATCH

The Coles patch is to be affixed to the right breast of the Athlete's shirt.

If any athletes still have Jetstar, Medibank or IGA patches on their shirts from previous seasons these **MUST** be removed.



### CLUB UNIFORM PRICES

Club Polo & Hat	\$30.00
Club Singlet	\$30.00
Shorts/ Bike Pants	\$10.00
Bucket Hat	\$ 7.00
Old Design Polo	\$10.00
COMBO DEAL	\$40.00
Club Polo + Old Design Polo + Hat	





## Competition Rules contid

### SUN SMART

Sun safety is serious. Your Centre requires that hats be worn at all times where possible and that a maximum protection sunscreen be used at all times.

Sunscreen is available at the Clubhouse for use by athletes and parents.

### FOOTWEAR

At ALL Centre and LAQ carnivals shoes are compulsory for all events regardless of the track surface.

Spike shoes may NOT be worn by

- athletes in the Under 6,7,8,9 and 10 age groups,
- competitors in any event that has a pack start (except for Under 15+)
- competitors in track relays (except for Under 15+.

Spike shoes may be worn by

- athletes in other age groups for the long and triple jumps, high jump, javelin and any individual event run entirely in lanes.

Spike shoes may be worn only **IMMEDIATELY PRIOR TO THE EVENT** and **DURING THE EVENT**.

They **MUST** be removed **IMMEDIATELY** after the event is finished. It is **NOT PERMITTED** to wear spike shoes at any other time.

Parents are especially asked to ensure your children are aware of the serious injury that may be caused to other people from the wearing of spiked shoes. Your assistance in preventing such injuries is appreciated.

The maximum spike length permitted is 6mm for synthetic track, 9mm synthetic field and 12mm for any grass event.

## TRI CENTRE CARNIVALS

Each season, the 3 centres from the mid Sunshine Coast (Nambour, Maroochy and Bli Bli), come together 3 times for a fun competition.

Each centre takes turn in hosting the other centres at their usual competition time and venue.

It is a great way for our athletes to test themselves against other athletes in their age group. These carnivals are a great way to make new friends and compete with other centres in a fun and supportive environment. It's also a great way to catch up with our relay team mates.

Further competition details are circulated int he weeks leading up to each carnival. As always, competition is subject to weather and track conditions and our families will be notified of any changes to our season calendar via email and our social channels.





# 2019/2020 COACHING PROGRAM

Nambour Little Athletics is fortunate to have the coaches and resources to offer our athletes an exciting calendar of coaching opportunities across the season.

<p><b>BLOCK ONE</b> 15 Weeks 5 Sept - 11 Dec</p> <p><b>RUN, JUMP &amp; THROW</b> Introduction to technique</p>	<table border="1"> <thead> <tr> <th>THROWS</th> <th>RUNNING</th> <th>JUMPS</th> </tr> </thead> <tbody> <tr> <td>4 September</td> <td>11 September</td> <td>18 September</td> </tr> <tr> <td>25 September</td> <td>2 October</td> <td>9 October</td> </tr> <tr> <td>16 October</td> <td>23 October</td> <td>30 October</td> </tr> <tr> <td>6 November</td> <td>13 November</td> <td>20 November</td> </tr> <tr> <td>27 November</td> <td>4 December</td> <td>11 December</td> </tr> </tbody> </table> <p>Coaching sessions for all athletes will also form part of our regular Saturday program. This coaching is included in your registration fees.</p> <p>*September- December, running is based on technique and tactics. There will be some general fitness, but the 'distance' coaching sessions do not commence until Block 2 in December.</p>	THROWS	RUNNING	JUMPS	4 September	11 September	18 September	25 September	2 October	9 October	16 October	23 October	30 October	6 November	13 November	20 November	27 November	4 December	11 December	<p><b>Sign up for 1, 2 or all 3 streams</b></p> <p>1 STREAM \$30 2 STREAMS \$45 3 STREAMS \$60</p> <p>WEDNESDAYS FROM 4:00PM</p> <p>SIGN UP SHEETS ARE AVAILABLE ON OUR CLUB NOTICEBOARD</p> <p>A minimum of 5 athletes are required for each group to proceed.</p>
THROWS	RUNNING	JUMPS																		
4 September	11 September	18 September																		
25 September	2 October	9 October																		
16 October	23 October	30 October																		
6 November	13 November	20 November																		
27 November	4 December	11 December																		
<p><b>BLOCK TWO</b> 8 WEEKS 5 Dec - 30 Jan</p> <p>Regional Preparation Specific Training</p>	<p>For those athletes wishing to compete at Regional Championships in February (8 &amp; 9 Feb in Gympie), we offer an 8 week specialist block of coaching to assist your preparation.</p> <p>STREAM 1 - SPRINTS STREAM 2 - MIDDLE DISTANCE* STREAM 3 - THROWS STREAM 4 - JUMPS</p> <p>This block is an 8 week commitment to assist developing athletes.</p> <p>Coaching sessions for all athletes will continue as part of our regular Saturday program.</p> <p>*Middle distance coaching is for athletes U9 and up.</p>	<p><b>Sign up for 1, 2 or 3 streams</b></p> <p>1 STREAM \$48 2 STREAMS \$80 3 STREAMS \$96</p> <p>DAY &amp; SESSION TIMES TBC</p> <p>SIGN UP SHEETS ARE AVAILABLE ON OUR CLUB NOTICEBOARD</p> <p>A minimum of 5 athletes are required for each group to proceed.</p>																		
<p><b>INTENSIVE COACHING CLINICS</b></p> <p>Wed 18 Dec Wed 15 Jan</p>	<p>Back by popular demand, our intensive coaching clinics are designed to take you to the next level. With visiting specialist coaches across all disciplines, our clinics are jam packed full of fun.</p> <p>We encourage all athletes of all abilities to attend our coaching clinics.</p> <p>Spots are limited so you'll need to book early.</p>	<p><b>\$25 PER CLINIC</b></p> <p>The clinic coaching program will be confirmed closer to the clinic dates.</p>																		

Our coaches are all accredited and experienced in each discipline.

All athletes are encouraged to attend coaching, however please note the ages for the middle distance running group in block 2.

SIMONE 0418 744 725 OR LINDSIE 0414 764 548

FOR MORE INFORMATION

coaching@nambourlittleathletics.com.au

# Awards

The Centre awards three main trophies at the end of each season.

The two centre Perpetual Shields, one each for a boy and girl, are also encouragement awards and these are presented to those athletes who:

- have been registered members of the Centre for a minimum of 2 years
- are in the Under 10 to Under 17 age group

- attend on a regular basis
- attempt all events on the program enthusiastically.

These athletes need not be of outstanding ability at any one event.

The following have been the recipients since the instigation of each Shield/Trophy.

## ERIC REA PERPETUAL SHIELD

Season	Recipient
2018/2019	Brandon McRae
2017/2018	Jack Bannister
2016/2017	Lachlan Bangham
2015/2016	Louis Rogers
2014/2015	Jamie Griffith
2013/2014	Cameron Labinsky
2012/2013	Kodi Heinemann
2011/2012	Corey McNeish

## JULIE COUSINS PERPETUAL SHIELD

Season	Recipient
2018/2019	Alisha Royer
2017/2018	Alexandra Kase
2016/2017	Grace Brimelow
2015/2016	Kirra Bond
2014/2015	Annabelle Woods
2013/2014	Madison Jordan
2012/2013	Troy-Anne Cordwell
2011/2012	Cecilia Webbe

## KEV CORDWELL PERPETUAL SHIELD

Season	Recipient
2010/2011	Jack Wyllie
2009/2010	Henry Montgomery
2008/2009	Jonathan Angus
2007/2008	Zac Tindale
2006/2007	Brodie Tucker
2005/2006	Jamin Rea
2004/2005	Jeremy Hutton
2003/2004	S Punshon
2002/2003	Matthew Kelly
2001/2002	Matty Maher
2000/2001	Daniel Ireland
1999/2000	Ben Carroll

## MAUREEN MURPHY PERPETUAL SHIELD

Season	Recipient
2010/2011	Isabelle Simpson
2009/2010	Kathleen Waters
2008/2009	Sophie Tiver
2007/2008	Kenley Wyllie
2006/2007	Michelle Kenny
2005/2006	Starlea Wyllie
2004/2005	Lauren Simpson
2003/2004	Bridgette Simpson
2002/2003	Kate McWaters
2001/2002	Sharna McIntosh
2000/2001	Sarah Ireland
1999/2000	Brooke Dryden

## MCDONALD'S TROPHY

The McDonald's Trophy is an encouragement award given to an athlete who exemplifies the ideals of Little Athletics. The required attributes are Leadership, Respect, Perseverance, Sportsmanship and Enthusiasm.

Season	Recipient
2018/2019	Jamie Griffith
2017/2018	Troy-Anne Cordwell
2016/2017	Alexandra Angus
2015/2016	Lily Plowman
2014/2015	Ashlee Spencer
2013/2014	Blade Heinemann-Tilley
2012/2013	Jonathan Angus
2001/2012	Hannah Pringle
2010/2011	Cecilia Webbe
2009/2010	Sophie Tiver
2008/2009	Jayden Butler
2007/2008	Amanda Kenny
2006/2007	Jordan Duncan
2005/2006	Starlea Wyllie
2004/2005	Scott Simenauer
2003/2004	Nicholas Collingwood
2002/2003	Daniel Brooke
2001/2002	Greta Devlin
2000/2001	Ryan Devlin
1999/2000	Matthew Horsey
1998/1999	Lucy Killip
1997/1998	Dana Pringle
1996/1997	Adam Griffiths
1995/1996	Dominic Tyrell
1994/1995	Kobey Misios
1993/1994	Rebecca McKinley
1992/1993	Fiona Turnbull

## MOST IMPROVED

The Most Improved Trophies were first awarded in the 2012/2013 season to recognise those athletes who have significantly improved their individual performances.

Most Improved Trophies are based on personal best performances over the season compared to the athlete's performances over the first month of the season. Trophies are awarded to Junior (U6 to U11) and Senior (U12 to U17) Boys and Girls.

### JUNIOR GIRLS

Season	Recipient
2018/2019	Poppy Whitehouse
2017/2018	Sage Milne
2016/2017	Pauline Martin Matilda Hammond
2015/2016	Grace Brimelow
2014/2015	Harley-Rose Heinemann
2013/2014	Lily Plowman
2012/2013	Holly de Klerk

### JUNIOR BOYS

Season	Recipient
2018/2019	Charliie Bannister
2017/2018	Jude Brimelow
2016/2017	Brayth Boxer
2015/2016	Kyl Emery
2014/2015	Jake Simpson
2013/2014	Jack Bannister
2012/2013	Scott Hannaford



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# Awards cont'd

## MOST IMPROVED CONTID

### Senior Girls

Season	Recipient
2018/2019	Soraya Royer
2017/2018	Amali Oliver
2016/2017	Maddison Montgomerie
2015/2016	Harley-Rose Heinemann
2014/2015	Troy-Anne Cordwell
2013/2014	Hannah Paulsen
2012/2013	Kenley Wyllie

### Senior Boys

Season	Recipient
2018/2019	Scott Hannaford
2017/2018	Jamie Griffith
2016/2017	Scott Hannaford
2015/2016	Jonathan Angus
2014/2015	Jordan Hill
2013/2014	Corey McNeish
2012/2013	Blade Heinemann-Tilley

## RISING STAR COACHING AWARD

The recipients of these awards are selected by our coaching team. Recipients must show consistency of effort, dedication and commitment to continual improvement and a positive attitude and effort in competition.

### Girls

Season	Recipient
2018/2019	Mia Couacaud Ruby Couacaud
2017/2018	Sophie Kavanagh Lexi Sheavils
2016/2017	Neve Boxer Natasha Hammond

### Boys

Season	Recipient
2018/2019	Jack Pearce Oliver Whitehouse
2017/2018	Benjamin Cope Ben Howard
2016/2017	Jude Brimelow Hugo Martin

## MCDONALD'S ACHIEVEMENT AWARDS

To receive a McDonald's Achievement Award (certificate) an athlete must reach the relevant level in all events applicable to their age group in three (3) event groups eg. An Under 12 would be awarded a green certificate if they were to equal or better the green level times in (1) Jumps: Long, Triple and High, (2) Sprints: 100m and 200m and in the (3) Throws: Discus, Javelin and shot Put. Any event group combination can be used to meet the criteria, as long as the levels in three event groups are attained.

Achieving the relevant levels entitles an athlete to an award, which can be redeemed from their local McDonalds store. The maximum number of certificates an athlete can receive each season is three: 1 green, 1 red and 1 blue.

The McDonald's Achievement Levels are calculated from the average of performances of Queensland's Little Athletes over the years.

Levels for each age group and all events are detailed on the card supplied when you register.

### 1st Level - Green

Most Little Athletes should achieve this

### 2nd Level - Red

Achievable by about half of Little Athletes

### 3rd Level - Blue

More difficult achieved by only a few Little Athletes

# Nambour LAC Tetrathlon

## NAMBOUR LAC 35 YEAR INAUGURAL TETRATHLON

2018/2019 marked a huge milestone in our club history – our 35 year anniversary.

With the kind support of our long standing club sponsor – Nambour Radiator Works, we took the opportunity to celebrate this amazing achievement with our very first club Tetrathlon.

All Nambour LAC registered athletes were invited to attend. Athletes competed across 4 events – a sprint, long distance run, jump and throw event. Points for each event were awarded based on placing as well as bonus points for Personal Best's (PB's) achieved on the day. Competition was fierce and friendly with lots of PB's from our competing athletes.

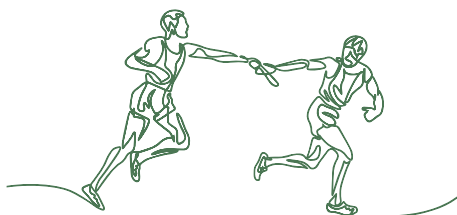
A commemorative drink bottle was awarded to the top 3 placegetters in each age group.

### GIRLS

Age	Winners
TT	1. Mary Spencer
U6	1. Baylee Clarke 2. Sophie Pearson 3. Lyla Kiepe
U7	1. Ruby Couacaud 2. Aidan Pfister
U8	1. Freya Milne 2. Poppy Whitehouse 3. Molly Pearson
U9	1. Zara Clarke
U10	1. Majella Jerome 2. Mia Couacaud 3. Shylah Cordwell
U11	1. Sage Milne 2. Alexandra Kase
U12	1. Kiralee Atherton 2. Nina Jerome 3. Grace Brimelow
U13	1. Ashlee Spencer 2. Alisha Royer
U15	1. Harley-Rose Heinemann 2. Soraya Royer
U16	1. Alexandra Angus
U17	1. Troy-Anne Cordwell

### BOYS

Age	Winners
U6	1. Rhyder McDonald 2. Carl White
U8	1. Hugh Pfister 2. Hunter Jenkins 3. Ethan Griffith
U9	1. Cohen Williams 2. Ryder Jenkins 3. Eli Cordwell
U10	1. Hugo Martin 2. Riley Parmenter 3. Jude Brimelow
U11	1. Benjamin Cope 2. Jack Pearce 3. Mitchell Stoye
U12	1. Peter Smith
U13	1. Jack Bannister
U15	1. Scott Hannaford 2. Matthew Hunkin





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# Life Members

## LIFE MEMBERSHIP

Life Membership of the Nambour Little Athletics Centre is awarded for outstanding contribution to the Centre over a significant period of time.

Season	Recipient
1993	Kev Cordwell
1993	Eric Rea
2013	Maureen Murphy

# LAQ Awards

Little Athletics Queensland recognises the hardwork and dedication that is made by many individuals within the Association. They offer many different awards for adults, athletes and Centres.

In 2018, our very own Julie Cousins was recognised as the Alison Quirke Official of the Year.

The Alison Quirke Official of the Year Award aims to promote, encourage and reward quality Little Athletics Officials.

## Guidelines For Selection

- Must have a minimum of five (5) years service as an Official at Association Competitions.
- Must have reliable participation at Association Competitions in the current season.
- Offers a high standard of officiating / service.
- Relates well to athletes and fellow Officials.
- Offers mentoring and assistance to new Officials.
- Is respected by his / her peers.

Congratulations Julie!

**\*\* Australian Official of the Year**

# Sponsors

Nambour Little Athletics is proudly sponsored by the following businesses.

Please support these organisations where you can.

## PLATINUM



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# CENTRE BEST PERFORMANCES

## MALE

## FEMALE

### 70M

U7	Mathew McDONALD	11.90	1989	U7	Nicole CASTRO	12.30	1991
U8	Timothy HOY	11.30	2002	U8	Emily PERRY	11.70	2001
U9	Wade KELLY	10.50	2000		Julia ADAMS		1990
U10	Wade KELLY	10.20	2001	U9	Aleesha HANSEN	10.80	1993
	Benn WATKINS		1994	U10	Starlea WYLLIE	10.40	2006
U11	Jordan GLADMAN	10.60	2009		Aleesha HANSEN		1994
U12	Corey McNIESH	10.80	2013	U11	Ko-Dee GIBBINS	11.20	2009
U13	Zach PAYNTER	9.70	2013	U12	Bella GOWLETT	10.80	2009
U14	Cameron LABINSKY	9.60	2015	U13	Amanda KENNY	10.55	2008
	Kiri SCHULZ		2005	U14	Amanda KENNY	10.20	2009
U15	Kiri SCHULZ	9.22	2006	U15	Cecilia WEBBE	9.80	2013

### 100M

U7	John RYAN	16.70	1986	U7	Julia ADAMS	18.00	1989
U8	Mark HANSEN	16.20	1995	U8	Jessica BASTIN-BYRNE	16.60	1995
	Greg RIMMELZWAAN		1993		Tracey MAY		1985
U9	H. DOVER	14.94	2003	U9	Aleesha HANSEN	15.20	1993
	Wade KELLY		2000		Julia STIRRUP		1985
U10	Greg RIMMELZWAAN	14.10	1995	U10	Aleesha HANSEN	14.50	1994
U11	Wade KELLY	13.40	2002	U11	Aleesha HANSEN	14.20	1995
U12	Wade KELLY	13.21	2003		Julie RUTLEY		1985
U13	Zach PAYNTER	13.00	2013	U12	Aleesha HANSEN	13.80	1996
U14	Peter SLEEP	12.30	1995	U13	Julie RUTLEY	13.80	1987
U15	Peter SLEEP	11.90	1996	U14	Kerrie McMARTIN	13.40	1989
U16	Cameron LABINSKY	12.40	2016	U15	Amy WALKER	13.00	1993
U17	Cameron LABINSKY	11.95	2017	U16	Cecilia WEBBE	13.40	2013
				U17	Cecilia WEBBE	13.71	2015

### 200M

U7	Tony CORDWELL	34.50	1987	U7	Julia ADAMS	37.10	1989
U8	Timothy KING	31.80	1988	U8	Tracey MAY	34.90	1985
U9	William COLE	31.20	1989	U9	Tracey MAY	32.20	1986
U10	Nigel GARDINER	30.00	1988	U10	Aleesha HANSEN	29.80	1994
U11	Wade KELLY	27.70	2002	U11	Kris-Ann FRANCIS	27.50	1988
U12	Wade KELLY	26.60	2003	U12	Aleesha HANSEN	28.10	1996
U13	Zach PAYNTER	26.04	2013	U13	Julie RUTLEY	28.40	1987
U14	Peter SLEEP	25.00	1995	U14	Cecilia WEBBE	28.34	2012
U15	Peter SLEEP	25.20	1996	U15	Cecilia WEBBE	28.18	2013
U16	Jonathan ANGUS	25.38	2014	U16	Cecilia WEBBE	27.89	2014
U17	Jonathan ANGUS	26.20	2016	U17	Cecilia WEBBE	30.21	2015

### 400M

U9	William COLE	1:13.00	1989	U9	Jessica McMAHON	1:14.20	1996
U10	Brett PORTER	1:08.70	1985	U10	Aleesha HANSEN	1:12.90	1994
U11	Brett PORTER	1:03.90	1986	U11	Ainsley ACKERMAN	1:11.10	2002
U12	Brett PORTER	1:02.30	1987	U12	Aleesha HANSEN	1:07.20	1996
U13	Zach PAYNTER	57.70	2013	U13	Brooke DRYDEN	1:08.20	2002
U14	Lee VELVICK	59.20	1995	U14	Lynette REA	1:04.50	1988
U15	Shaun SNOWDEN	57.10	1995	U15	Rebecca DIPPEL	1:06.00	2002
U16	Jonathan ANGUS	59.30	2014	U16	Cecilia WEBBE	1:15.00	2013
U17	Cameron LABINSKY	56.41	2017	U17	Kenley Wyllie	1:20.00	2015

### 800M

U9	Jude BRIMELOW	2:44.00	2018	U9	Tracey MAY	3:00.00	1986
U10	Jude BRIMELOW	2:42.30	2019	U10	Aleesha HANSEN	2:54.00	1994
U11	Brendan SAVAGE	2:38.00	1998	U11	Vanessa CHAPMAN	2:44.00	1985
U12	Dean HAMILTON	2:26.80	1996	U12	Lucy KILLIP	2:33.80	1999
U13	Dean HAMILTON	2:26.00	1996	U13	Lucy KILLIP	2:29.50	2000
U14	Aaron CRAIG	2:23.00	1990	U14	Lynette REA	2:43.00	1988
U15	Stephen COGHLIN	2:14.70	2001	U15	Rebecca DIPPEL	2:41.20	2002
U16	Jonathan ANGUS	2:22.82	2015	U16	Claire ELLEN	2:54.40	2003
U17	Jonathan ANGUS	2:18.52	2016	U17	Cecilia WEBBE	3:18.00	2014

# CENTRE BEST PERFORMANCES

## MALE

## FEMALE

### 1500M

U11	Brenden SAVAGE	5:07.70	1999	U11	Lucy KILLIP	5:41.10	1998
U12	Dominic TYRELL	5:16.10	1996	U12	Lucy KILLIP	5:17.60	1999
U13	Dominic TYRELL	5:03.70	1996	U13	Lucy KILLIP	5:09.70	2000
U14	Simon MAHER	5:13.00	2000	U14	Sharon MARRINGTON	5:49.50	1994
U15	James BATHERAM	5:13.90	2003	U15	Rebecca DIPPPEL	5:59.10	2002
U16	Jonathan ANGUS	5:16.00	2014	U16	Claire ELLEN	5:56.80	2003
U17	Jonathan ANGUS	4:50.79	2016				

### 60M HURDLES

U8	Cameron STEWART	12.10	1996	U8	Rebecca SIMPSON	12.70	2001
	Elijah FOND		1996	U9	Sharna McINTOSH	12.00	2000
	Mark HANSEN		1995	U10	Aleesha HANSEN	10.50	1994
U9	Mark HANSEN	10.80	1996	U11	Aleesha HANSEN	10.30	1995
	Tyrone FOND		1996	U12	Aleesha HANSEN	10.20	1996
U10	Dean HAMILTON	11.20	1994				
U11	Wade KELLY	10.40	2002				
U12	Oliver MARGARET	10.80	1995				

### 80M HURDLES

U13	Peter SLEEP	13.50	1994	U13	Bridgette SIMPSON	15.38	2005
				U14	Fiona TURNBULL	14.80	1995

### 90M HURDLES

U14	Peter SLEEP	13.20	1995	U15	Bridgette SIMPSON	17.30	2007
				U16	Cecilia WEBBE	16.80	2013
				U17	Kenley WYLLIE	16.97	2016

### 100M HURDLES

U15	Peter SLEEP	14.40	1996	U17	Kenley WYLLIE	20.90	2015
U16	Cameron LABINSKY	15.90	2016				
U17	Jonathan ANGUS	15.90	2016				

### 200M HURDLES

U13	Dean HAMILTON	28.70	1997	U13	Brooke DRYDEN	33.80	2002
U14	Peter SLEEP	27.50	1995	U14	Brooke DRYDEN	31.80	2003
U15	Peter SLEEP	26.20	1996	U15	Susanne ENGLISH	32.90	1995
U16	Cameron LABINSKY	29.77	2016	U16	Claire ELLEN	34.70	2003
U17	Jonathan ANGUS	31.00	2015	U17	Cecilia WEBBE	36.50	2014

### 700M WALK

U9	Mark BOGLE	4:34.00	1991	U9	Chloe KELLY	3:55.40	2002
U10	Nigel GREVETT	3:56.40	1993	U10	Brooke STILLA	4:32.00	1992

### 1100M WALK

U10	Nicholas COLLINGWOOD	6:37.80	2002	U10	Chloe KELLY	6:51.60	2003
U11	Matthew KELLY	6:52.54	2001	U11	Sophie TIVER	6:36.24	2010

### 1500M WALK

U11	Tony CORDWELL	9:27.00	1991	U11	Anna GRIFFITHS	11:07.00	1991
U12	Stephen CORDWELL	9:12.00	1990	U12	Teneka MEIKLE	9:11.63	2001
U13	Matthew KELLY	8:21.24	2003	U13	Michelle KENNY	9:40.60	2010
U14	Stephen CORDWELL	8:45.00	1992	U14	Claire ELLEN	9:08.19	2001
U15	Tony ELMS	7:23.00	1990	U15	Claire ELLEN	8:31.50	2002
U16	David COGHLAN	8:44.70	2003	U16	Claire ELLEN	8:45.70	2003
U17	Jonathan ANGUS	13:29.00	2015	U17	Cecilia WEBBE	11:26.85	2014

**MALE**

**FEMALE**

**LONG JUMP**

U7	Ryan HOSACK	3.66	1988	U7	Nicole CASTRO	2.85	1991
U8	Steven LEDGER	3.46	1992	U8	Sarah HERON	3.23	1991
U9	Mark HANSEN	3.91	1996	U9	Sharna McINTOSH	3.58	2000
U10	Wade KELLY	4.37	2001	U10	Amy WALKER	4.11	1988
U11	Wade KELLY	4.80	2002	U11	Ainsley ACKERMAN	4.58	2002
U12	Wade KELLY	5.23	2003		Amy WALKER		1989
U13	Zach PAYNTER	4.96	2013	U12	Amy WALKER	4.81	1990
	Brett PHILLIPS		1986	U13	Amy WALKER	4.89	1991
U14	Kevin ASPINALL	5.55	1995	U14	Amy WALKER	4.92	1992
U15	Joshua CORCORAN	5.89	2011	U15	Amy WALKER	5.31	1993
U16	Cameron Labinsky	5.54	2017	U16	Cecilia WEBBE	4.64	2014
U17	Jonathan Angus	5.46	2015	U17	Cecilia WEBBE	4.84	2014

**TRIPLE JUMP**

U11	Peter SLEEP	9.24	1992	U11	Ainsley ACKERMAN	9.11	2002
U12	Lawrie OLMEDO	10.12	1988	U12	Ainsley ACKERMAN	10.07	2003
U13	Peter SLEEP	11.22	1994	U13	Dana PRINGLE	11.06	1997
U14	Peter SLEEP	11.66	1995	U14	Amy WALKER	10.99	1992
U15	Peter SLEEP	11.84	1996	U15	Amy WALKER	11.34	1993
U16	Jonathan ANGUS	10.93	2014	U16	Cecilia WEBBE	9.87	2014
U17	Jonathan Angus	11.18	2015	U17	Cecilia WEBBE	9.87	2014

**HIGH JUMP**

U9	Joel COUACAUD	1.15	1995	U9	Starlea WYLLIE	1.13	2005
U10	Benn WATKINS	1.28	1994	U10	Starlea WYLLIE	1.25	2007
	Brett PORTER		1985	U11	Ainsley ACKERMAN	1.38	2002
U11	Benn WATKINS	1.37	1995	U12	Ainsley ACKERMAN	1.54	2003
	Brenden MAY		1985	U13	Amy WALKER	1.55	1991
U12	Brenden MAY	1.46	1986	U14	Amy WALKER	1.58	1992
U13	Richard FRENCH	1.55	1985	U15	Amy WALKER	1.68	1993
U14	Simon MAHER	1.56	2000	U16	Claire ELLEN	1.54	2003
U15	Peter SLEEP	1.71	1996	U17	Cecilia WEBBE	1.43	2014
U16	Jonathan ANGUS	1.60	2014				
U17	Jonathan ANGUS	1.72	2015				

**DISCUS**

U7	Kurt WRIGHT	15.89	2005	U7	Jodie McMARTIN	18.06	1986
U8	Steven LEDGER	19.14	1992	U8	Jodie McMARTIN	25.20	1987
U9	Brett GILL	23.94	1993	U9	Jodie McMARTIN	28.38	1988
U10	Daniel SNOWDEN	29.20	1994	U10	Jodie McMARTIN	29.76	1989
U11	Ben MAYES	27.84	1990	U11	Jodie McMARTIN	29.74	1990
U12	Brett PORTER	28.30	1987	U12	Kerrie McMARTIN	33.32	1987
U13	Blade HEINEMANN-TILLEY	33.00	2014	U13	Alexandra ANGUS	26.81	2016
U14	Kevin ASPINALL	32.80	1995	U14	Kerrie McMARTIN	38.18	1989
U15	Brad STILLA	39.88	1990	U15	Kerrie McMARTIN	36.30	1990
U16	Jonathan ANGUS	38.40	2014	U16	Alexandra ANGUS	29.45	2019
U17	Jonathan ANGUS	31.75	2016	U17	Troy-Anne CORDWELL	21.06	2018

**SHOT PUT**

7	Cohen Williams	6.24	2018	U7	Jodie McMARTIN	7.31	1986
8	Steven LEDGER	7.33	1992	U8	Jodie McMARTIN	7.14	1987
9	Trent VAN GOALE	7.47	1991	U9	Jodie McMARTIN	8.25	1988
10	Danny SNOWDEN	8.89	1994	U10	Jodie McMARTIN	9.22	1989
11	Blade HEINEMANN-TILLEY	9.13	2012	U11	Jodie McMARTIN	9.87	1990
12	Ben CARROLL	9.29	2001	U12	Kerrie McMARTIN	13.20	1987
13	Kevin ASPINALL	12.79	1994	U13	Kerrie McMARTIN	13.62	1988
14	Cameron LABINSKY	11.13	2014	U14	Kerrie McMARTIN	12.49	1989
15	Ethan CUTLER	12.70	2014	U15	Kerrie McMARTIN	12.91	1990
16	Cameron Labinsky	10.80	2017	U16	Troy-Anne CORDWELL	9.85	2018
17	Jonathan Angus	10.71	2016	U17	Troy-Anne CORDWELL	10.22	2018

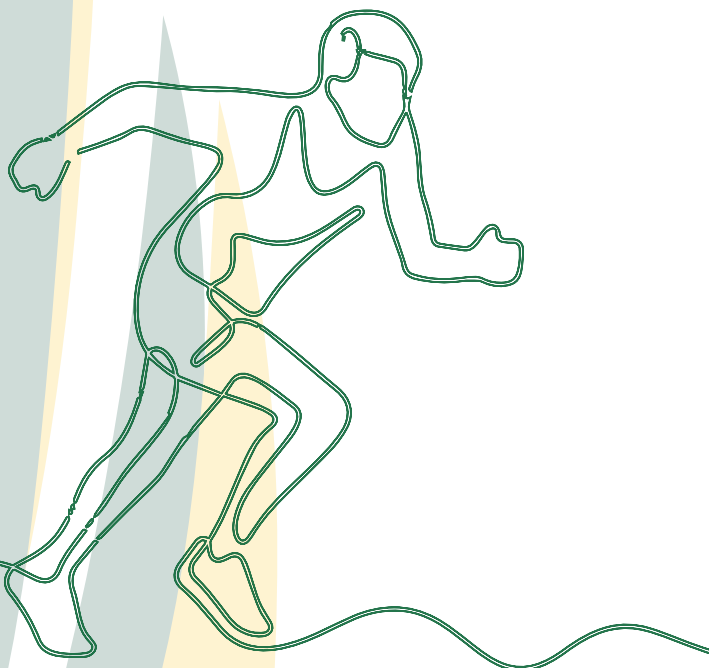
# CENTRE BEST PERFORMANCES

## MALE

## FEMALE

### JAVELIN

U11	Brett PORTER	31.82	1986	U11	Jodie McMARTIN	23.90	1986
U12	Brett PORTER	38.16	1987	U12	Kerrie McMARTIN	35.76	1987
U13	Mathew MEIKLE	30.80	1999	U13	Kerrie McMARTIN	30.38	1988
U14	Adam GRIFFITHS	36.86	1998	U14	Troy-Anne CORDWELL	25.52	2016
U15	Cameron LABINSKY	39.00	2016	U15	Troy-Anne CORDWELL	28.86	2016
U16	Cameron LABINSKY	38.95	2017	U16	Troy-Anne CORDWELL	30.22	2018
U17	Jonathan ANGUS	36.95	2015	U17	Troy-Anne CORDWELL	30.49	2019
600G				600G			
15	Ryan MENYWEATHER	47.64	1998	U14	Kerrie McMARTIN	34.12	1989
				U15	Kerrie McMARTIN	34.80	1990
				U16	Claire ELLEN	18.47	2003







# Nambour RSL Club

**PROUD MAJOR SPONSORS OF NAMBOUR LITTLE ATHLETICS**

Nambour RSL Club have something for the whole family including Kids Eat Free\* every Sunday-Tuesday in our Mosaic Restaurant! Mosaic is open seven days a week for both lunch & dinner and is in view of our Kids Room and Youth Zone, so you can enjoy a family meal and then look on while your children enjoy family movies, game consoles, toys and more. Book your next family outing with us by calling 5441 2366.

Terms and Conditions apply.

## Two 1 Year Memberships for \$5.50



Enjoy discounted dining, courtesy bus access and access to members only draws. T&C's apply.

Applicants must reside at the same address. Subject to membership application conditions.

Valid 1 Sep 19 - 31 Mar 20

## Complimentary Garlic Bread in Mosaic



Two pieces of garlic & herb bread when you purchase any 2x main meals in Mosaic. T&C's apply. Must be a member.

Valid 1 Sep 19 - 31 Mar 20

## \$5 Altro Café Voucher



Redeemable with any purchase of \$15 or more in one transaction. T&C's apply. Must be a member.

Valid 1 Sep 19 - 31 Mar 20

## 2 for 1 Soft Drinks



With any schooner of post mix soft drink you purchase, you'll receive a second glass FREE. T&C's apply. Must be a member.

Valid 1 Sep 19 - 31 Mar 20

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