



**FAMILY**  
**YEARBOOK**  
**2020/2021**

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

# Nambour RSL Club

Growing Nambour's Future



Enjoy great dining specials, live entertainment and the perfect space to meet family and friends.

## Points of Interest

- 22,000+ members
- \$4 million in community contributions
- Award winning Function & Event Facilities
- Multi Award Winning Club including Club Chef of the Year
- Hall of Fame entrant for Club Café of the Year
- Lunch and Dinner 7 Days
- Live entertainment each week

food friends entertainment

Matthew Street, Nambour | [nambourrsl.com.au](http://nambourrsl.com.au) |  

  
**Nambour**<sup>RSL</sup>  
it's your club

# WELCOME

Firstly, I would like to extend a warm welcome to all parents, guardians and athletes joining us for the first time, as well as returning members and families to #teamnambour.

NLAC is a place where parents and children enjoy coming together each week. Our centre is somewhere our kids can come and spend time with their friends and simply have fun!

Little Athletics is designed to bring the whole family together in a healthy outdoor sport and we have lots of opportunities for you to get involved and support your children with their love of athletics. On competition days you can support your athletes in a variety of ways with little or no experience. You can learn as you go and it's a lot of fun. Each competition day you can be an age group marshall, record results, time our track events, place judge, measure jumps and throws, rake a pit, lift a high jump bar etc. If there is anything you do not understand please ask myself or any of the other committee members. We will be happy to assist. You will find us in our green Committee shirts.

We have an amazing team of dedicated, hard working people behind the scenes at Nambour Little A's. Volunteers are the lifeblood of our sport and it's important to note there are no paid employees at our club. Some of our centre committee and coaches' continue to support the kids of NLAC long after their own children have graduated and no longer compete.

Nambour is one of the smaller centres on the Sunshine Coast, and this means we have time to coach and help our kids improve their skills each week – not just competition every Saturday. All children are encouraged to improve their own personal performances each time they take the field. It's not about being 'the best', it's about being 'your best'.

We recognise our athletes' Personal Best Achievements (PB's) each week at competition

and in our club newsletters. I look forward to seeing lots of PB's this season!

For those seeking carnivals and competitions, 2020/2021 promises to be an exciting season offering opportunities at carnivals locally, around our region and further afield. Take a look at our season calendar for dates and locations throughout the year.

In previous years, we have enjoyed fun and friendly competitions with Maroochy and Bli Bli Little Athletics in our TriCentre meet series. This season, to celebrate Maroochy's 40th anniversary year, we have been invited to attend a special Pentathlon event in the lead up to Regional Championships. It will be a great day of competition and I encourage all families to come along and participate.

This season, I'm seeking all our member's assistance in compliance with COVID safety precautions. This season is going to be a little different for us all with some form of COVID restrictions set to be with us for some time yet. Your cooperation in utilising our contact tracing EVA check in app, practising good hygiene and social distancing where possible, is essential in ensuring we continue to enjoy our return to community sport. Please check our noticeboard, our website and social channels regularly for the latest updates to competition guidelines and processes.

Please follow any direction given in relation to COVID precautions as failure to do so may well jeopardise others. Help us stay COVID SAFE.

Finally, I hope you all enjoy the season with Nambour Little A's. Thank you for being part of #teamnambour.

See you on the track.

**LINDSIE EASTMAN**

**Centre Manager 2020/2021**

# OUR CENTRE

Nambour Little Athletics has a proud history of athletics excellence.

We are a volunteer-based, not-for-profit association established to promote athletics and conduct athletic meetings in the Nambour district.

From very humble beginnings at the Nambour State Primary School, the centre commenced its first season in December 1983 with a handful of athletes.

As member numbers grew, the centre moved to the present PCYC (Police Citizens Youth Club) grounds in 1986. This move and the magnificent efforts of the centre's parents have seen the venue develop into one of the finest Little Athletics grounds in country Queensland.

## WHAT IS LITTLE A'S 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 the needs of those members.

"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."

## FAMILY, FUN & FITNESS

Little Athletics is a FAMILY activity in which children from the ages of four to seventeen learn the 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.**

# 2020/2021 COMMITTEE

POSITION	NAME	PHONE
CENTRE MANAGER	LINDSIE EASTMAN centremanager@nambourlittleathletics.com.au	0414 764 548
SECRETARY	TAMARA SANDERS secretary@nambourlittleathletics.com.au	
TREASURER	ROSS PFISTER treasurer@nambourlittleathletics.com.au	0407 456 061
OFFICIALS OFFICER	JULIE COUSINS	
EQUIPMENT OFFICER	KEFFED CORDWELL	
COMMITTEE MEMBERS	Tracey Couacaud Trish Spencer Erica Window	
COACHING STAFF	Lindsie Eastman Keffed Cordwell Julie Cousins Trish Spencer	
PATRON	Mr Martin (Marty) Hunt (MP)	



# SEASON CALENDAR 2020/2021

DATE	DAY	TIME	EVENT	VENUE
<b>OCTOBER</b>				
10	SAT	8:00AM	Centre Competition	Nambour LAC
17	SAT	8:00AM	Centre Competition	Nambour LAC
24	SAT	8:00AM	Centre Competition	Nambour LAC
31	SAT	8:00AM	Centre Competition	PB Bonus Day Nambour LAC
<b>NOVEMBER</b>				
7	SAT		SUNCOAST REGIONAL RELAYS CARNIVAL	Caboolture LAC
14	SAT	8:00AM	Centre Competition	Nambour LAC
21	SAT	8:00AM	Centre Competition	Nambour LAC
28	SAT		Caloundra Open Day Carnival	Caloundra LAC
<b>DECEMBER</b>				
5	SAT	8:00AM	Centre Competition	PB Bonus Day Nambour LAC
12	SAT	8:00AM	Centre Competition	Nambour LAC
12	SAT		McDONALD'S STATE RELAY CHAMPIONSHIPS	SAF, Brisbane
16	WED		NLAC Coaching Clinic	Nambour LAC
<b>XMAS BREAK - 12 December to 17 January</b>				
<b>JANUARY</b>				
17	SUN		TriCentre Pentathlon	Maroochy LAC
20	WED		NLAC Coaching Clinic	Nambour LAC
23	SAT	8:00AM	Centre Competition	Nambour LAC
30	SAT	8:00AM	Centre Competition	Nambour LAC
<b>FEBRUARY</b>				
6-7	SAT-SUN		SUNCOAST REGIONAL CHAMPIONSHIPS	PB Bonus Day Deception Bay LAC
13	SAT	8:00AM	Centre Competition	Nambour LAC
20	SAT	8:00AM	Centre Competition	Nambour LAC
27	SAT	8:00AM	Centre Competition	Nambour LAC
<b>MARCH</b>				
6	SAT	8:00AM	NLAC Tetrathlon	PB Bonus Day Nambour LAC
13	SAT	8:00AM	Centre Competition	Nambour LAC
19-21	FRI-SUN		McDONALD'S STATE CHAMPIONSHIPS	QSAC, Brisbane
27	SAT		End of Season Break Up/ Presentation	

NB. Calendar dates are subject to change. Please check our website and social media channels to stay up to date with calendar changes.

# REGISTRATION

Nambour Little A's caters for registered children between the ages of 4 to 17 years. The minimum age for registration is 4 years old and you can register on the child's birthday.

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

YEAR OF BIRTH	AGE GROUP FOR COMPETITION
2016	Tiny Tots
2015	Under 6
2014	Under 7
2013	Under 8
2012	Under 9
2011	Under 10
2010	Under 11
2009	Under 12
2008	Under 13
2007	Under 14
2006	Under 15
2005	Under 16
2004	Under 17

Registration fees for 2020/ 2021 as follows:

AGE	FEE
Tiny Tots	\$ 90.00
Under 6	\$165.00
Under 7 - Under 17	\$180.00

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

## WHAT DO YOU GET WHEN YOU REGISTER?

The fee covers registration and affiliation with Little Athletics Queensland and Sunshine Coast PCYC ground fees for Saturday competitions.

Athletes are encouraged to become members of the PCYC. Individual and family memberships are

available and enquiries should be made at the PCYC desk.

Also included in your registration:

- Registration pack including family yearbook (1 per family), gifts from LAQ and McDonald's Achievement Card
- Nomination fee for SunCoast Regional Relays carnival (U7-17 athletes)
- Nomination fee to Caloundra Open Day carnival (U6-17 athletes)

Your registration and affiliation with Little Athletics Queensland enables you to compete at any Little Athletics Centre in Queensland. If you can't make our weekly centre meet and you'd still like to compete (or want to compete multiple times a week), nearby centres on the Sunshine Coast have regular weekly meets on Friday nights and Saturday afternoons. And, if you're away on holidays (in Queensland), you can compete at the local Little Athletics Centre too! See your Centre Manager for more information and be sure to check the local COVID restrictions in place at your visiting centre.

\* Please note carnival nomination fees included in your registration are non-refundable.

## QUEENSLAND ATHLETICS MEMBERSHIP

LAQ provides a pathway for athletes to compete through Queensland Athletics (QA). Please refer to the QA website for more information on minimum ages, registration fees and local clubs.

### U16 and U17 Athletes

The Association will be offering free registration (LAQ Component) to U16 and U17 athletes if they are registered with a QA Club. To do this, the athlete (or their parent) needs to show proof that they have registered with a QA Club (i.e. registration form) when they register with Nambour Little Athletics.

Registration fees for dual registered U16-17 athletes is \$110 with NLAC.

All dual registered athletes in other age groups pay full NLAC membership fees of \$180 per athlete.

# CENTRE INFORMATION

Centre competition is conducted at the PCYC (Police Citizens Youth Club) Grounds, Youth Avenue, Burnside on Saturday mornings between 8:00am and 11:00am 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.

## WEEKLY SIGN ON

To protect the safety of your child/children and comply with State and Federal Health guidelines in relation to COVID-19, the Centre requires that **ALL VISITORS TO THE CENTRE ARE SIGNED IN ON ARRIVAL AND SIGN OUT ON DEPARTURE.**

Sign in and out is via the EVA Check-In App.

This app enables our centre to keep contactless visitor logs for contact tracing purposes. Visitors to the centre will see check-in posters on display on entry. These posters display a QR code and instructions on the procedure to sign in and out.

### STEP 1

Download the FREE Eva Check In app in the Google Play or Apple App Store.

### STEP 2

Open the App. Point the camera at the QR code and wait for it to recognise the link.

### STEP 3

Once the link has loaded, fill out the fields and follow the on-screen prompts to CHECK IN.

### STEP 4

Upon leaving the ground make sure you CHECK OUT via the app.

[If you do not have a smart phone, please attend our canteen to register your attendance before entering the field of play.](#)

Please note that any child not signed in by their parent on a competition day or coaching session 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 attend Nambour Little Athletics without a parent/guardian in attendance for the duration of the session.

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 for the duration of the competition.

## PARENT HELP

Parent assistance is VITAL at our weekly competitions.

On competition days parents can support athletes in a variety of ways with little or no experience. You can learn as you go and it's a lot of fun.

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.

If you have any questions, just ask one of our Committee members (you'll find us in the green shirts).

## CANTEEN

The centre operates a canteen including cold drinks, icy poles, 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.



## CENTRE NEWS

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 such as:

- closing dates for nominations of all the regional and centre carnivals
- officials and coaches education opportunities
- athlete coaching clinics which may be happening
- reminders about important issues such as updates to COVID guidelines, bringing your water bottle, wearing hats and sun safety.

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

[facebook.com/nambourlittleathletics](https://facebook.com/nambourlittleathletics)

[instagram.com/nambourlac](https://instagram.com/nambourlac)

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

## RAINY DAYS OR WET GROUNDS

If rain or ground closure results in cancellation of a competition day, notification will be posted on our 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 view 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 Athletics 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.

## 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.

## COACHING

Event coaching will be held mid week at the PCYC Grounds. Times may vary so be sure to check the noticeboard, newsletters and Facebook page for the most up to date information.

Coaching will cover specific areas according to the athletes needs and coach availability. Please discuss your event preferences with the Centre Manager.

Coaching is not compulsory, however we encourage all athletes to attend to improve on their skill development and technique in all events.



# YANDINA HARDWARE

YOUR COMPLETELY INDEPENDENT,  
LOCALLY OWNED HARDWARE STORE.

ALWAYS FRIENDLY AND HELPFUL SERVICE

- General Hardware ● Building Products ● Landscaping
- Timber ● Paint Products ● Pool Supplies ● Plumbing
- Cleaning Supplies ● Power Tools

OPEN EVERYDAY FOR YOUR CONVENIENCE

Monday to Friday 7am to 5pm

Saturday 7am to 4pm

Sunday 8am to 4pm

Wayne & Gabrielle Pawson

Phone 5446 8588

22 Farrell Street, Yandina

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



[www.facebook.com/yandinahardware](http://www.facebook.com/yandinahardware)

# CODE OF CONDUCT

## 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 conduct 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.

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 CARNIVALS & COMPETITION

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

The following pages outline just some of the LAQ competitions and carnival opportunities available for our athletes. Details of centre carnivals can be found on the LAQ website in the event calendar.

## COLES SPRING & SUMMER CARNIVALS

The **COLES SPRING CARNIVAL (26 September)** 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 (31 October)** aims to give all registered athletes in the U7-U17 age groups the opportunity to take part in a large-scale competition, without any of the pressures associated with a Championship.

## REGIONAL RELAYS

**7 November, 2020 (Caboolture 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.

We encourage **all our athletes** to nominate in **all events** for their age group. Regional 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.

We will be working with other small centres from our region to nominate Multi Centre Teams, and these teams will be eligible to progress to State Relays.

The first 3 placegetters in each event from Under 9 to Under 17 will progress to the State Relay Day to be held at the State Athletics Facility (SAF) in Brisbane on December 12th 2020.

## RELAY EVENTS PER AGE GROUP

AGE	EVENTS
U7	4x70 (shuttle), LJ, Dis
U8	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

## RELAY TEAM SELECTION POLICY

Selection of Track Relay Teams will be determined from recorded performances of nominated athletes in order to maximise the opportunity of qualifying teams.

In some cases, athletes from Nambour LAC will be selected in teams comprising of athletes from other centres in our region, be selected in teams with athletes up to 2 (two) age groups older and be selected in teams comprising both boys and girls.

The composition of Track Relay Teams including the allocation of positions within the team will be determined by the Centre Committee and athletes selected

- must run in their nominated team
- must run in their allocated position (leg), and
- must run the distance leg of the relay for which they are selected in Medley and Swedish relays.

By submitting your nomination, you agree to the above selection policy. Cont'd p14.

**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 CARNIVALS & COMPETITION

If you have any questions or are seeking 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

12 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

6 & 7 February, 2020 (Deception Bay LAC)

Nominations for this event are open to all athletes in the U7-U17 age groups including MultiClass athletes. Athletes in the U7-U8 age groups do not progress to State Championships but will receive participation medals if competing at this carnival.

This is an individuals championship event and medals are presented to athletes placed 1st, 2nd and 3rd in each event for athletes aged U9-U17.

For full details of event eligibility, qualifying times and distances and events per age group, please refer to the LAQ Competition Handbook on the LAQ website.

## STATE CHAMPIONSHIPS

12-14 March, 2020 (QSAC)

The first four placegetters in each event at the Regional Championships qualify to compete at the State Championships.

## COMBINED EVENT CHAMPIONSHIPS

27-28 February, 2021 (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.

Full eligibility and nomination information can be found on the LAQ website.

## MAROOCHY 40TH ANNIVERSARY PENTATHLON

17 January, 2021 (Maroochy LAC)

This season our friends at Maroochy Little Athletics reach their 40th milestone anniversary year. To help them celebrate, Nambour LAC has been invited to participate in a special Pentathlon event.

Athletes compete for points across a set program of 5 events. The top 3 athletes in each age group (boys and girls) will be recognised. All athletes are encouraged to attend this fun filled day of competition and celebration.





# CALOUNDRA LITTLE ATHLETICS OPEN DAY - NOMINATION FORM

In conjunction with

## HELD ON SATURDAY 28<sup>th</sup> NOVEMBER 2020

(8.30am Start)

Please Mark events with a X



	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: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 24<sup>th</sup> November 2020      **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 29th Nov 2020. 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)
- Green Peak Cap

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 A REQUIREMENT TO WEAR CORRECT AND COMPLETE CENTRE UNIFORM AT ALL CENTRE AND 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.



## CLUB UNIFORM PRICES

Club Shirt	\$35.00
Club Singlet	\$35.00
Shorts/ Bike Pants	\$10.00
Peak Cap	\$20.00
<b>UNIFORM PACK</b> Club Shirt, Shorts/ Bike Pants & Supporter Cap	\$60.00



**CENTRE / REMOTE MEMBER USE ONLY**

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

Nom.'s AND Fee's must be lodged through your Centres.

EVENTS	70	U7's	U8's	U9's	U10's	U11's	U12's	U13's	U14's	U15's	U16's	U17's
Sprints	100											
	200											
Middle/ Distance	400											
	800											
	1500											
Walks				700	1100	1100	1500	1500	1500	1500	1500	1500
Hurdles			60	60	60	80	80	80	B-90	G-90	G-90	G-100
									B-100	B-100	B-100	B-110
	200											
	300											
High Jump												
Long Jump												
Triple Jump												
Discus												
Javelin												
Shot Put												

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

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

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: \_\_\_\_\_

# COMPETITION RULES CONT'D



## FOOTWEAR

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.



**THE COOLING SPECIALISTS FOR ALL TYPES OF VEHICLES FROM  
MOTORBIKES TO TRACTORS, TRUCKS & EARTHMOVING MACHINERY**

- Supply & Fit New Radiators
  - Intercoolers • Condensers • Fuel Tank Repairs • Radiator Repairs
  - Recore & Custom-made Radiators • Welding Services
- [www.nambourradiators.com.au](http://www.nambourradiators.com.au)

*Give Mark  
a call*

**5441 5562**

**69 Coronation Ave  
Nambour**

# ATHLETE AWARDS

Nambour Little Athletics presents a number of awards annually to our member athletes. Our centre's award criteria is published on our website.

The Centre awards three encouragement trophies each season. The Eric Rea & Julie Cousins Perpetual Shields and the McDonald's Trophy. The two centre Perpetual Shields, one each for a boy and girl, 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.

## ERIC REA PERPETUAL SHIELD

SEASON	RECIPIENT
2019/2020	Zayne McDonald
2018/2019	Brandon MacRae
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

## KEFFED 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

## JULIE COUSINS PERPETUAL SHIELD

SEASON	RECIPIENT
2019/2020	Alexandra Angus
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

## 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 presented to an athlete who exemplifies the ideals of Little Athletics. The required attributes are Leadership, Respect, Perseverance, Sportsmanship and Enthusiasm.

SEASON	RECIPIENT
2019/2020	Mia Couacaud
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

SEASON	RECIPIENT
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

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 Girl

SEASON	RECIPIENT
2019/2020	Aidan Pfister
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 Boy

SEASON	RECIPIENT
2019/2020	Riley Parmenter
2018/2019	Charlie 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

# ATHLETE AWARDS CONT'D

## MOST IMPROVED CONT'D

### Senior Girls

SEASON	RECIPIENT
2019/2020	Grace Brimelow
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
2019/2020	Brandon Macrae
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 STARS

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
2019/2020	Ellie Bailey Makayla Atherton Ayla Cope
2018/2019	Mia Couacaud Ruby Couacaud
2017/2018	Sophie Kavanagh Lexi Sheavils
2016/2017	Neve Boxer Natasha Hammond

### Boys

SEASON	RECIPIENT
2019/2020	Kupa Kidd Eli Cordwell Tjamarli Tyson-Purcell
2018/2019	Jack Pearce Oliver Whitehouse
2017/2018	Benjamin Cope Ben Howard
2016/2017	Jude Brimelow Hugo Martin



## MALE & FEMALE ATHLETE OF THE YEAR

Male & Female athlete of the year is awarded to one athlete with the most strong and consistent performances across the season.

This includes weekly centre competitions as well as LAQ carnivals and competitions. The recipients of this award demonstrate consistent high-level performance eg. PB's at a McDonald's Blue Level across a number of events and/ or qualifying for State Championships in more than one event.

In addition, the athlete must display positive sportsmanship to fellow athletes, officials and coaches and represent Nambour Little Athletics with distinction.

### Female

SEASON	RECIPIENT
2019/2020	Kiralee Atherton

### Male

SEASON	RECIPIENT
2019/2020	Hugh Pfister



## CLUB CHAMPION

The Club Champion Award acknowledges an athlete who demonstrates the most significant performance at a competition outside of the weekly Nambour centre competitions.

For example:

- Setting a new club record
- Setting a new regional record
- Regional Championship medal recipient
- State Championship medal recipient
- LAQ Carnival medal recipient
- Selection in an LAQ State Representative Team or Development Squad

In addition, the athlete must display positive sportsmanship to fellow athletes, officials and coaches and represent Nambour Little Athletics with distinction.

SEASON	RECIPIENT
2019/2020	Keeley Porter



# ATHLETE AWARDS CONT'D

## 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 McDonald's 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 with your registration pack.

### 1st Level – Green

Most Little Athletes should achieve this.

### 2nd Level – Red

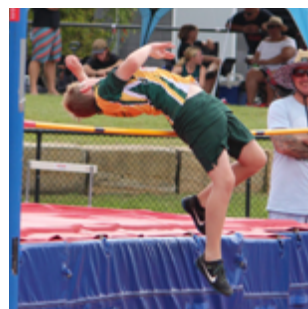
Achievable by about half of Little Athletes.

### 3rd Level – Blue

More difficult achieved by only a few Little Athletes.

## GOLD LEVEL

In addition to the standard McDonald's Achievement levels, the Association has also created a Gold level. The Gold level is provided as an optional additional goal. Athletes who achieve a Gold Achievement level are recognised at the Nambour Little Athletics end of season award presentation.



### 2019/2020 GOLD LEVEL ACHIEVEMENTS

Hugh Pfister	U9	100m
Keeley Porter	U9	200m, 400m, 800m
Mia Couacaud	U11	400m, 800m
Jude Brimelow	U11	800m, 1500m
Benjamin Cope	U12	800m





**17 Pioneer Rd Yandina**

**PH: 5446 7444**

**(Opposite the Ginger Factory)**

**FREE**

**1 x Puncture Repair**

- Repair to Australian Standards
- Premium Wheel Balance
- Complete Vehicle Pressure Check
- Including your spare

\*Present advert to redeem

**Applies to Passenger, SUV or 4WD Vehicles**

Valid until to June 2021

\*Not Applicable for account invoicing, 1 x voucher per person

\*Does not include tube cost if required

**OUR SERVICES**

- Wheels, Tyres & Tubes
- Tyre Repairs & Replacements
- Tyre Rotations & Balancing
- Wheel Alignments (Up to 6 Tonne)
- Fleet Tyre Servicing & Management
- 24/7 Commercial Mobile Tyre Service

# SunCoast Legend Award

Congratulations to Keffed Cordwell who was a recipient of one of the first SunCoast Region Legend Awards. These awards are presented in recognition of Support and Dedication to SunCoast Regional Little Athletics.



Kef was a founding member of Nambour Little Athletics, is a Life Member of our centre and continues to volunteer as a Chief Official at regional competitions.

# LAQ Awards

Little Athletics Queensland recognises the hard work and dedication of many individuals within the Association. They offer many different awards for adults, athletes and centres.



In 2020, Little Athletics Queensland recognised Robert Angus with an LAQ Merit Award.

Recipients of this prestigious award must have given a minimum of eight (8) years service at centre level and demonstrated a commitment to furthering the growth and development of their centre.

Only persons of high character and show an unselfish willingness to work for the betterment of Little Athletics are considered.

Congratulations Rob. Recognition well deserved for your all you have contributed to Nambour Little Athletics and our sport.

# Life Members

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

In 2020, the centre recognised 3 new Life Members. Congratulations Rob Angus, Maree Angus and Julie Cousins.

SEASON	LIFE MEMBER
1993	Keffed Cordwell
1993	Eric Rea
2013	Maureen Murphy
2020	Robert Angus
2020	Maree Angus
2020	Julie Cousins

# New Centre Best Performances

There were 10 new Centre Best Performances recorded over the 2019/2020 season.

Congratulations to the following athletes:

Alexandra Angus	U17 G	Discus	31.75m
Brandon MacRae	U12 B	Shot Put	9.87m
Mia Couacaud	U11 G	70m	11.20s
Jude Brimelow	U11 B	800m	2.32.96s
Keeley Porter	U9 G	800m	2.58.43s
Ellie Bailey	U8 G	70m	11.40s
Rhyder McDonald	U7 B	70m	11.90s

These performances have been added to our Centre Best Performances continued on the following pages.

# CENTRE BEST PERFORMANCES

## MALE

## FEMALE

### 70M

U7	Mathew McDONALD	11.90	1989	U7	Nicole CASTRO	12.30	1991
	Rhyder McDONALD	11.90	2019	U8	Ellie BAILEY	11.40	2019
U8	Timothy HOY	11.30	2002	U9	Aleesha HANSEN	10.80	1993
U9	Wade KELLY	10.50	2000	U10	Starlea WYLLIE	10.40	2006
U10	Riley PARMENTER	10.20	2018		Aleesha HANSEN		1994
	Wade KELLY		2001				
	Benn WATKINS		1994				

### 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		
AWD				AWD					
U11	Tjamarli TYSON-PURCELL	19.90	T20	2019	U13	Grace BRIMELOW	19.10	T38	2020
U16	Scott HANNAFORD	14.90	T20	2020	U16	Harley-Rose HEINEMANN	26.60	T35	2020
				U16	Soraya ROYER	20.30	T20	2020	

### 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		
AWD				AWD					
U11	Tjamarli TYSON-PURCELL	41.70	T20	2019	U13	Grace BRIMELOW	38.84	T38	2020
U16	Scott HANNAFORD	33.50	T20	2020	U16	Harley-Rose HEINEMANN	39.70	T35	2019
				U16	Soraya ROYER	43.66	T20	2020	



# CENTRE BEST PERFORMANCES

## MALE

## FEMALE

### 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		
AWD				AWD					
U11	Tjamarli TYSON-PURCELL	1:40.10	T20	2020	U13	Grace BRIMELOW	1:28.30	T38	2019
U16	Scott HANNAFORD	1:18.30	T20	2019	U16	Harley-Rose HEINEMANN	2:19.70	T35	2019
				U16	Soraya ROYER	1:59.70	T20	2020	

### 800M

U9	Jude BRIMELOW	2:44.00	2018	U9	Keeley PORTER	2:58.43	2020		
U10	Jude BRIMELOW	2:42.30	2019	U10	Aleesha HANSEN	2:54.00	1994		
U11	Jude BRIMELOW	2:32.96	2020	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		
AWD				AWD					
U11	Tjamarli TYSON-PURCELL	3:45.50	T20	2020	U13	Grace BRIMELOW	3:14.80	T38	2019
U16	Scott HANNAFORD	2:56.40	T20	2020	U16	Harley-Rose HEINEMANN	4:58.00	T35	2020
				U16	Soraya ROYER	5:39.40	T20	2019	

### 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 DIPPEL	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						
AWD				AWD					
U11	Tjamarli TYSON-PURCELL	8:18.20	TF20	2019	U13	Grace BRIMELOW	6:07.00	TF38	2019

### 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				
	Tyrone FOND		1996				
U10	Dean HAMILTON	11.20	1994				

### 80M HURDLES

U11	Hugo MARTIN	15.51	2019	U11	Mia COUACAUD	18.20	2019		
U12	Mitchell STOYLE	17.94	2019	U12	Sage MILNE	17.67	2019		
U13	Peter SLEEP	13.50	1994	U13	Bridgette SIMPSON	15.38	2005		
				U14	Fiona TURNBULL	14.80	1995		
AWD				AWD					
U11	Tjamarli TYSON-PURCELL	21.90	T20	2019	U13	Grace BRIMELOW	21.74	T38	2020

### 90M HURDLES

U14	Peter SLEEP	13.20	1995	U15	Bridgette SIMPSON	17.30	2007
				U16	Cecilia WEBBE	16.80	2013

### 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
----	------------	---------	------	----	-------------	---------	------

### 1100M WALK

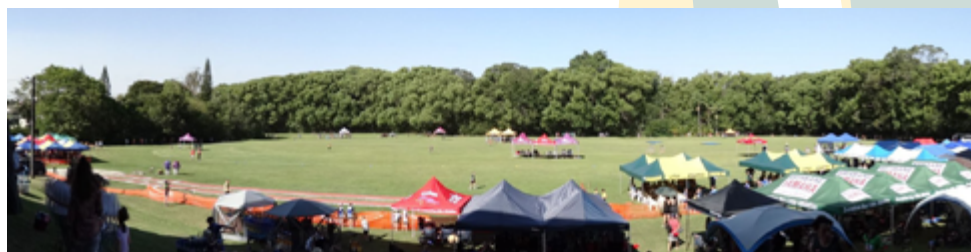
U10	Nicholas COLLINGWOOD	6:37.80	2002	U10	Chloe KELLY	6:51.60	2003
U11	Matthew KELLY	6:52.54	2001	U11	Sophie TIVER	6:36.24	2010

### 1500M WALK

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

### 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		
AWD				AWD					
U11	Tjamarli TYSON-PURCELL	2.79	F20	2020	U13	Grace BRIMELOW	2.99	F38	2020
U16	Scott HANNAFORD	3.92	F20	2019	U16	Harley-Rose HEINEMANN	1.00	F35	2019
				U16	Soraya ROYER	2.36	F20	2020	



# CENTRE BEST PERFORMANCES

## MALE

## FEMALE

### 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
AWD					AWD				
U11	Tjamarli TYSON-PURCELL	6.03	F20	2019	U13	Grace BRIMELOW	5.90	F38	2019
U16	Scott HANNAFORD	7.47	F20	2020					

### 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					
AWD					AWD				
U11	Tjamarli TYSON-PURCELL	0.97	F20	2019	U13	Grace BRIMELOW	1.00	F38	2019
U16	Scott HANNAFORD	1.05	F20	2020	U16	Soraya ROYER	0.65	F20	2019

### 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	Alexandra ANGUS	31.75		2019
AWD					AWD				
U11	Tjamarli TYSON-PURCELL	11.77	F20	2019	U13	Grace BRIMELOW	16.20	F38	2020
U16	Scott HANNAFORD	15.14	F20	2020	U16	Harley-Rose HEINEMANN	4.66	F35	2020
					U16	Soraya ROYER	9.23	F20	2020

### 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	Brandon MACRAE	9.87		2020	U12	Kerrie McMARTIN	13.20		1987
13	Kevin ASPINAL	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 LABINSKY1	10.80		2017	U16	Troy-Anne CORDWELL	9.85		2018
17	Jonathan ANGUS	10.71		2016	U17	Troy-Anne CORDWELL	10.22		2018
AWD					AWD				
U11	Tjamarli TYSON-PURCELL	4.88	F20	2019	U13	Grace BRIMELOW	6.21	F38	2020
U16	Scott HANNAFORD	6.42	F20	2019	U16	Harley-Rose HEINEMANN	2.72	F35	2019
					U16	Soraya ROYER	4.36	F20	2019

## MALE

### JAVELIN

## FEMALE

U11	Brett PORTER	31.82	1986
U12	Brett PORTER	38.16	1987
U13	Mathew MEIKLE	30.80	1999
U14	Adam GRIFFITHS	36.86	1998
U15	Cameron LABINSKY	39.00	2016
U16	Cameron LABINSKY	38.95	2017
U17	Jonathan ANGUS	36.95	2015

600G			
15	Ryan MENYWEATHER	47.64	1998

AWD			
U11	Tjamarli TYSON-PURCELL	7.66	F20 2019
U16	Scott HANNAFORD	14.29	F20 2019

U11	Jodie McMARTIN	23.90	1986
U12	Kerrie McMARTIN	35.76	1987
U13	Kerrie McMARTIN	30.38	1988
U14	Troy-Anne CORDWELL	25.52	2016
U15	Troy-Anne CORDWELL	28.86	2016
U16	Troy-Anne CORDWELL	30.22	2018
U17	Troy-Anne CORDWELL	30.49	2019

600G			
U14	Kerrie McMARTIN	34.12	1989
U15	Kerrie McMARTIN	34.80	1990
U16	Claire ELLEN	18.47	2003

AWD			
U13	Grace BRIMELOW	8.99	F38 2019
U16	Harley-Rose HEINEMANN	6.28	F35 2019
U16	Soraya ROYER	5.64	F20 2020

# SPONSORS

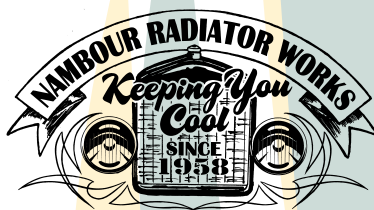
Nambour Little Athletics is a volunteer run, not for profit association. We are grateful for the essential support of these generous businesses.

Please support these organisations as they continue to support our centre.

### MAJOR SPONSOR



### GOLD SPONSORS



### SILVER SPONSOR



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



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



[facebook.com/NambourLittleAthletics](https://www.facebook.com/NambourLittleAthletics)